

# May 25th is Memorial Day 2020

Memorial Day (previously but now seldom called Decoration Day) is a Federal holiday in the United States for remembering, honoring, and mourning the military personnel that had died while serving in the United States Armed Forces.



The holiday is now observed on the last Monday of May. Memorial Day has been observed on May 30 from 1868 to 1970. Many people visit cemeteries and memorials on Memorial Day to honor and mourn those who have died in military service. Many volunteers place an American flag on each grave in national cemeteries.

Memorial Day is considered the unofficial start of summer in the United States, while Labor Day marks the unofficial start of Autumn on the first Monday of September.

Two other days that also celebrate those who have served or are serving in the U.S. military are: Veterans Day, which honors those who have served in the United States Armed Forces; and Armed Forces Day, an unofficial U.S. holiday (earlier in May) for honoring those currently serving in the armed forces.



## May is Older Americans Month

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.



For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, Make Your Mark, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

**Volunteer your time.** Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?

**Share your story.** There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

**Get involved in your neighborhood.** Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

# The Laurels at Laurelbrooke Activity Calendar - May 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>CALENDAR SUBJECT TO CHANGE</div> <div>Please note activities are included on your calendar, but until the Governor lifts the social distancing ban, all group activities will be cancelled until otherwise notified. Contact Christine at (814) 849-4131 if you have any questions or concerns. Thank You.</div>										1		2	
3		4		5		6		7		8		9	
									Laurels Coffee Chats				
								9:00 AM	Clubhouse				
10		11		12		13		14		15		16	
				4:00 PM	Laurels Happy Hour						Laurels		
	Happy				LBL mpr room					9:30 AM	Armed Forces Day		
	Mother’s Day!										Coffee/cookies		
											Clubhouse		
17		18		19		20		21		22		23	
											Laurels/Villages		
										12:00 PM	Memorial Day		
											Boxed Lunch		
											(Call Christine to Reserve)		
24/31		25		26		27		28		29		30	
				9:00 AM	Laurels Monthly								
			Happy		Breakfast Social								
			Memorial Day!		LBL dining room								
				Happy Birthday									
				Barb Shriver!									