

# North Fork Heights Monthly Activity Calendar - May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px;">*Calendar subject to change*</div> <div style="text-align: center;">  <p><b>OLDER AMERICANS MONTH</b> MAKE YOUR MARK: MAY 2020</p> </div> </div>						1	May Day						
						6pm	BINGO Social Distancing						
2		3		4		8							
			10AM	Patty Hurd's Surprise to-go	5	6	7	10AM	Ladies Appreciation TO GO Brunch Sign-up Required	8pm	BINGO Social Distancing		
					9AM	6-7pm			Last Day to Sign-Up for Nat'l Apple Pie Day				
					<b>CINCO DE MAYO</b> 2D Harvest Food Distribution	Tenant Council Snack Bar							
9	Mothers day	10		11		12		13	14	15	15		
		1PM	Word Puzzle Entries Due	LAST DATE REGISTER TO VOTE	6-7pm	Tenant Council Snack Bar		1PM	Apple Pie to-go Dining Room Sign-up Required	6pm	BINGO Social Distancing		
				1:30PM	Word Puzzle Winner								
				2PM	EUM Church to-go			Happy Birthday Jackie Limerick!	Happy Birthday Dick Atcheson!				
16		17		18	PRIMARY ELECTION	19		20		21	22		
				2PM	Cupcake & Ice Cream To-Go	1PM	Blood Pressure Checks Covid-10 Education Home Solutions				6pm	BINGO Social Distancing	
						6-7pm	Tenant Council Snack Bar						
23		24		25		26	National Senior Health & Fitness Day	27		28	29		
						6-7pm	Tenant Council Snack Bar			12PM	Picnic to-go Hot Dogs/Salad/Dessert \$3 per person Sign-Up	6pm	BINGO Social Distancing
							Happy Birthday Deb Davis!						
30		31	Memorial Day	<div style="display: flex; justify-content: space-around; align-items: center;">    </div> <p style="text-align: center;">Celebrates ★ Honors ★ Remembers</p>									

## NORTH FORK HEIGHTS

MAY 2021

### UPCOMING EVENTS

At North Fork Heights, all tenants and visitors are to wear a mask or face shield. Please self-screen when reentering to the building from being off the property of 22 Spruce Street (complete the sign-in questionnaire and take your temperature).

#### Resident Spotlight

We are starting something new and looking for interested residents who would like to volunteer for future resident newsletter spotlights. This month Stella Woods is in the resident spotlight.

#### Taxes/Rent Rebate Preparation

You still have time to get your 2020 Rent Rebate Certificate completed & mailed before the June 30<sup>th</sup> deadline. Contact the Jefferson County Area Agency on Aging at 814-849-3096 to get your rebate completed.

#### The Sunshine Line

The Jefferson County Area Agency puts out a monthly newsletter, "The Sunshine Line". If you would like to receive this free monthly newsletter, you can register on their website, [www.jcaaa.org](http://www.jcaaa.org) or give them a phone call at 814-849-3096.

#### Primary Election on May 18<sup>th</sup>

This election will decide the judicial candidates, county candidates, and local candidates that will be on the November ballot. To receive a mail-in ballot, you must be a registered voter living in Jefferson County. Last day to register is May 11<sup>th</sup>. You can apply by calling Karen Lupone at the Jefferson County Board of Elections at 814-849-1693. Your vote is your voice in our democracy.

#### Native Birds

There is a booklet on the bulletin board which gives information on the native birds of Pennsylvania. Please take a few moments to look through it. There are also several books at the coffee table in A-Wing Lounge on our local bird population. Anyone wishing to donate birdseed for our birdfeeders will be appreciated.

#### Tenant Council

Meetings suspended until COVID-19 Restrictions lifted. Keep an eye on the Community bulletin board and our newsletters for further details.

**Patty Hurd** will be here on May 4<sup>th</sup> at 10am with her surprise for everyone.

**Ladies Appreciation Brunch** - May 7<sup>th</sup> at 10am. Please sign-up if you would like to attend. Hot coffee, tea & caramel french vanilla bread pudding will be served to-go.

The **EUM Church Ladies** will be dropping off a treat to-go on May 11<sup>th</sup>, at 2pm. Mark your calendar and stop in the dining room.

**National Apple Pie Day** - May 13<sup>th</sup>. Stop in the dining room at 1pm for an apple pie treat to-go. Sign-up is required prior to May 7<sup>th</sup>. See the bulletin board in the main lobby for sign-up.

**May Birthdays** will be celebrated on the 18<sup>th</sup> with cupcakes and ice cream to-go in the dining room at 2pm.

#### National Senior Health & Fitness Day - May 26<sup>th</sup>

Consider seeing your physician for an annual physical. Have you started a wellness program? Maybe morning exercise or just go for a daily walk. This is a good month to initiate your personal program. If you are walking outside, carry your ID or cell phone, you never know when these can be helpful.

#### Blood Pressure Checks & Continuing Education

Home Solutions will be providing blood pressure checks and present a COVID-19 general education on May 19, 2021 at 1pm in the dining room. Question and answer session to follow.

#### Second Harvest Food Distribution

Information posted on the bulletin board next to the dining room entrance regarding qualification and information for applying for the monthly food box. If you are interested in receiving this monthly benefit, please stop in the business office. Questions will be answered and assistance completing the application is provided.

#### Memorial Day

PICNIC to-go on May 28<sup>th</sup>, in the Dining Room. Grilled Hot Dogs, Salad, and dessert. \$3 per person. Please sign-up for our Memorial Day celebration.

happy  
MOTHER'S  
day



North Fork Heights



## RESIDENT SPOTLIGHT STELLA WOODS



Stella Woods grew up in North Freedom, Pennsylvania, Armstrong County, and lived with her family on the original homestead. She can date the homestead back to her great, great grandfather. The original farmland was purchased from Native Americans and the family home was a log cabin. She grew up with 5 sisters and 2 brothers on a farm; attended school in the Dayton Area School district; married after graduation and has 6 children, 14 grandchildren and 3 great grandchildren. Although most of her immediate family live out-of-state now, she is creating journals with photographs for her family. The journals provide family history and life situations, local history to share through all the generations. A wonderful gift to cherish.

Stella loves to garden and has beautiful plants in her apartment, especially African Violets.

An avid bird watcher, Stella will share her knowledge of Native Pennsylvania birds, proper feed/bird seed and weather patterns that affect birds migration and locations at specific times. Crows are known to warn of danger, alert animals and birds. Starlings are a nuisance bird brought in from Europe. Hummingbirds are beautiful to watch, colorful, and territorial. Catbirds will mimic the songs of other birds.

Stella has cataloged the following birds since arriving at NFH: Woodpeckers (Downy, hairy, & red bellied), sparrows, cardinals, black spotted starlings, nuthatch (moves upside down on tree), blue jays, titmouse (looks like miniature female cardinal), crows, doves, and hawks.

These birds return in Spring: turkey vulture, pewee, robins, bluebirds, wren, hummingbirds, red-winged blackbird, grackle (black/purple), cowbird, goldfinch (males-yellow with black wings & head).

If you spend time observing the birds at the feeders, please consider a contribution of bird seed. It would be greatly appreciated.

A woman of strong Christian faith, Stella is an ordained Jehovah Witness Minister who is willing to share and answer Bible related questions. Please take a few minutes to meet your neighbor.

