

Ron Kenmotsu: Proud Father & Patriot

When I meet Ron Kenmotsu, I begin my interview the way I always do, by asking where he was born.

“I was born in Amache, Colorado. That was a Japanese internment camp,” he reports frankly. “I was born right at the beginning of the war. My brother was born two years after me, right toward the end of the war when my family was returning to San Francisco.”

I ask about growing up and what he remembers most about his childhood.

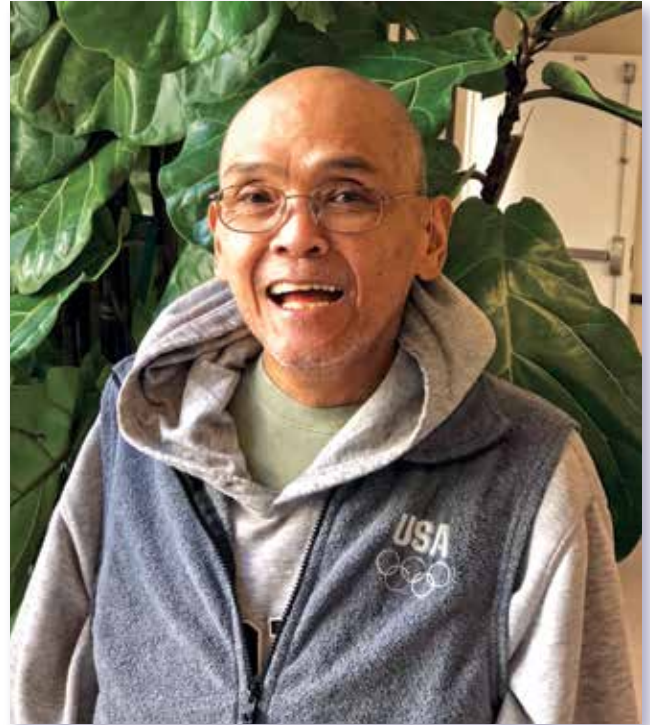
“I don’t remember any of the camp because I was just a baby,” he tells me. “I grew up in the City. My parents were lucky because when they were sent to camp, their neighbor looked after their home for them, and they were able to return to it. Later, they managed hotels in the City, and we lived at the various hotels, moving frequently.”

Ron attended school in San Francisco and after graduating he joined the Army.

“I was in the Army for 3 years, then I came back and worked for the Federal Reserve in San Francisco and then Wells Fargo,” he says. During that time, he met his wife, Grace, through mutual friends. Grace was in college and determined to finish her degree and teaching credentials before marrying, so the pair dated for 5 years before tying the knot.

Once married, Ron and Grace moved to Foster City, where they raised two sons, Curtis and Derek. Despite his own amazing story, Ron really lights up when speaking about his sons.

“My oldest son is Curtis. He double-majored at UC Irvine and he and his wife, Emi, have my new grandson, Ethan. Ethan’s middle name is Zee, so I call him ‘EZ,’” he laughs. “Curtis lives in San Bruno, it’s nice. I just saw the baby last Sunday.”



Ron Kenmotsu

Through his younger son, Ron’s military service came full circle.

“Derek decided he wanted to go to West Point. He had to have a congressional recommendation, and the whole family got interviewed. He went, and after he graduated he was stationed in Korea. It was kind of weird because we figured out that where he was in Korea was only about 5 miles down the road from where I had served myself all those years before! I visited him there, and he took me to exactly where I was stationed. It was totally different,” he chuckles. “I think the only thing that was the same there was the movie theater!”

Derek went on to serve in Afghanistan, Japan, and Hawaii. He later returned to school for an MBA and eventually took a position at Apple.

I comment that he must be proud of his sons. “Oh yes,” he responds enthusiastically, “they’ve done a lot. They tell me, ‘You took care of us all those years, now it’s our turn to take care of you.’ I would be proud of them no matter what they did. They are good boys,” he smiles.



Lunch at Sam's Chowder House
Red Hatters Luncheon



Sterling Crafters
Floristry Demonstration



Mark Your Spring Calendar

We encourage all residents, their families, and friends to join us for any of our upcoming events:

- Friday, May 4 Cinco de Mayo w/Mills Latina Mentor Program – 3:00 p.m.
- Saturday, May 5 Kentucky Derby – 2:00 p.m.
- Sunday, May 13 Mother's Day Brunch – 12:00 & 1:30 p.m.
- Monday, May 14 SFSU Handbell Choir – 6:30 p.m.
- Sunday, May 20 Pancake Bingo – 11:30 a.m.
- Monday, May 28 Memorial Day BBQ – 12:00 p.m.

Don't Forget...
Sterling Court is on...



Facebook
@SterlingCourt



Instagram
@Sterling_Court

Be sure to follow us and tell a friend!

Engaging in New Hobbies for Health and Happiness

You already know that diet and exercise are important factors in living a long and healthy life, but what else can you do to live your best life in retirement? Experts tell us that attending to mental and social health is just as important as addressing your physical needs, and participating in hobbies is one way to stay active, engaged, and healthy.

Find a Furry Friend

Pets offer companionship, a purpose, and have been shown to reduce stress and lower blood pressure. Furry friends also encourage exercise since they require walks or daily play and interaction to stay fit and active. They also contribute to boosting social interaction since they are natural ice breakers. Birds, cats, and small dogs are welcome at Sterling Court, so consider adding an animal companion to your home today.

Unlock Your Inner Artist

Artistic ventures encompass a variety of hobbies that provide excellent health benefits. Knitting, scrapbooking, journaling, painting, and pottery are all activities that encourage mental focus and stimulation while also providing relaxation. The act of creating is also linked to self-esteem, especially as you see your artistic skills improve with each effort. Even better, making art with friends folds a social element into the hobby, keeping you connected to fellow hobbyists and creating an environment ideal for teaching, learning, and advancing your talents. Sterling Court offers a multitude of art classes that you can sign up for – take a look at our calendar on page 4 to see which classes suit you.

Explore the Virtues of Volunteering

Volunteering is a hobby that pays returns twofold – to the recipient of your services and to you. Research has shown that the positive effects of volunteering include reduced rates of depression and isolation and increased emotional stability. The National Institute on Aging has reported that participating in purposeful engagements like volunteering can even lower the risk of chronic health issues and improve longevity.



Tutoring a younger generation, assisting neighbors with household tasks and errands, or volunteering with animals or at a cultural institution are just a few ways you can dedicate your time and effort to your surrounding community.

Try Your Hand at Cards

Whether an actual card game, like bridge, or another activity like Scrabble or bingo, playing games is a great hobby for socializing and keeping sharp. Research shows that seniors who regularly participate in mentally stimulating games have healthier brains and better recall than those who do not. Scientific studies have also shown that those who utilize their brains in this way can build up brain-saving reserves that help delay the effects of Alzheimer's and allow for a longer, healthier life.

At Sterling Court, we offer a full calendar of activities that cover a variety of interests – from history lectures to floristry demonstrations to Rummikub. Schedule time to participate in your favorite activity or take time to explore something new that you may not have tried before. You'll gain the positive benefits that accompany engaging in a hobby and may even uncover a hidden talent in the process!



Activity Rooms

- BR—Bristol Room
- DR—Dining Room
- LB—Library
- LR—Living Room
- MV—Mt. Vernon Room
- PDR—Private Dining Room
- RR—Revere Room

- BRC—Burl. Rec. Ctr.
- SMSC—San Mateo Senior Center

The Weekly

Check *The Weekly* for current updates or changes in schedule.

The Daily

Check our main board for daily activities, which is opposite to the Front Desk.

Scheduled

Appointments
Transportation Provided
Monday—Thursday

Sunday	Monday	Tuesday
		1
		10:00 Physics/Time - RR 11:00 Fitnessize - RR 11:00 Red Hatters - MV 3:00 Outsmart Yourself - RR 4:00 Social Hour w/Scott H. - LR 7:00 Bridge - BR 7:00 Evening Movie - RR
6	7	8
10:15 Church - Catholic/Protestant 11:00 Fitnessize - RR 1:30 Kings in the Corner - BR 3:00 Tea Service - RR 6:30 Blackjack - BR 7:00 Evening Movie - RR	9:30 Shopping 10:00 Color Expressions - MV 10:00 Low Vision Group - BR 11:00 Shape Up w/Sofia - RR 11:30 Shopping - Tanforan Mall, San Bruno 1:00 Bridge/Rummikub - BR 1:45 Bingo - DR 3:00 Burlingame Library 7:00 Evening Movie - RR	10:00 Trip - Art Show, Corte Madera 11:00 Fitnessize - RR 4:00 Social Hour w/Steven S. - LR 7:00 Evening Movie - RR
13	14	15
 Mother's Day 10:15 Church - Catholic/Protestant 11:00 Fitnessize - RR 12:00 Joan Connolly on Piano - RR 12:00 1 st Seating Mother's Day Brunch - DR 1:30 2 nd Seating Mother's Day Brunch - DR 6:30 Blackjack - BR 7:00 Evening Movie - RR	9:30 Shopping 10:00 Color Expressions - MV 11:00 Shape Up w/Sofia - RR 1:00 Bridge/Rummikub - BR 1:45 Bingo - DR 3:00 Burlingame Library 6:30 SFSU Handbell Choir - LR	11:00 Fitnessize - RR 1:15 Shopping - TJ's/Rite Aid/Joann's 4:00 Social Hour w/Eddie W. - LR 7:00 Bridge - BR 7:00 Evening Movie - RR
20	21	22
10:15 Church - Catholic/Protestant 11:00 Fitnessize - RR 11:30 Pancake Bingo - DR 1:45 Sunday @ Sterling w/Adam - RR 3:00 Tea Service - RR 6:30 Blackjack - BR 7:00 Evening Movie - RR	9:30 Shopping 10:00 Color Expressions - MV 11:00 Shape Up w/Sofia - RR 11:00 Shopping - Dollar Tree, San Bruno 1:00 Bridge/Rummikub - BR 1:45 Bingo - DR 3:00 Burlingame Library 7:00 Evening Movie - RR	9:45 Podiatrist 10:00 Trip - San Francisco Zoo 10:00 Physics/Time - RR 11:00 Fitnessize - RR 3:00 American West - RR 4:00 Social Hour w/Peter M. - LR 7:00 Bridge - BR 7:00 Evening Movie - RR
27	28	29
10:15 Church - Catholic/Protestant 11:00 Fitnessize - RR 1:30 Kings in the Corner - BR 1:45 Sunday @ Sterling w/Adam - RR 3:00 Tea Service - RR 3:00 Eddie Williams on Sax - LR 6:30 Blackjack - BR 7:00 Evening Movie - RR	 Memorial Day Holiday 11:30 Banjo/Trumpet Duo - LR 12:00 Memorial Day BBQ 7:00 Evening Movie - RR	10:00 Physics/Time - RR 11:00 Fitnessize - RR 3:00 Outsmart Yourself - RR 4:00 Social Hour w/Kathleen N. - LR 7:00 Bridge - BR 7:00 Evening Movie - RR

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">2</p> <p>9:30 Shopping 11:00 Chair Yoga w/April - RR 11:00 Floristry Demo - MV 11:30 Bridgepointe Shopping, San Mateo 1:15 Bible Study w/Rev. Sue Ann - RR 1:30 Games - BR 2:30 Library Book Review - RR 4:00 Nintendo Wii - RR</p>	<p style="text-align: right;">3</p> <p>9:30 Coffee Klatch - MV 10:30 Mind Jog/Exercise Asian - RR 1:00 Art w/Kay - MV 1:00 Bridge - BR 2:00 Communion - RR 2:45 The Arts w/Adam - RR 6:30 Blackjack - BR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">4</p> <p>9:30 Shopping 9:30 Sterling Crafters - BR 11:00 Fitnessize - RR 11:00 Sterling Walkers 1:30 History w/Michael - RR 3:00 Mills HS Latin Dancers - LR 3:00 Shabbat - BR 4:00 Social Hour w/Csardas - LR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">5</p> <p> Cinco de Mayo 10:00 Computer Classes w/Juan - BR 11:00 Fitnessize - RR 1:00 Bridge/Rummikub/ Pinochle - BR 2:00 Kentucky Derby - RR 7:00 Dominoes/Scrabble - BR 7:00 Evening Movie - RR</p>
<p style="text-align: right;">9</p> <p>9:30 Shopping 11:00 Chair Yoga w/April - RR 11:00 Floristry Demo - MV 1:30 Games - BR 2:45 Current Events w/Tim S. - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">10</p> <p>9:30 Coffee Klatch - MV 10:30 Mind Jog/Exercise Asian - RR 1:00 Art w/Kay - MV 1:00 Bridge - BR 2:45 The Arts w/Adam - RR 4:00 Iris Lai on Piano - LR 6:30 Blackjack - BR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">11</p> <p>9:30 Shopping 9:30 Sterling Crafters - MV 11:00 Fitnessize - RR 11:00 Sterling Walkers 1:30 History w/Michael - RR 3:00 Mass/Communion w/Father - RR, Children's Choir 3:00 Shabbat - BR 4:00 Social Hour w/Eric V.J. - LR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">12</p> <p>10:00 Computer Classes w/Juan - BR 11:00 Fitnessize - RR 1:00 Bridge/Rummikub/ Pinochle - BR 2:00 Movie & Popcorn - RR 7:00 Dominoes/Scrabble - BR 7:00 Evening Movie - RR</p>
<p style="text-align: right;">16</p> <p>9:30 Shopping 10:30 Chat with Chef Denis - RR 11:00 Chair Yoga w/April - RR 11:00 Floristry Demo - MV 11:30 Hillsdale Shopping, San Mateo 1:30 Games - BR 2:00 Bible Study w/Rev. Sue Ann - MV 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">17</p> <p>9:30 Coffee Klatch - MV 10:30 Mind Jog/Exercise Asian - RR 1:00 Art w/Kay - MV 1:00 Bridge - BR 2:45 The Arts w/Adam - RR 6:30 Blackjack - BR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">18</p> <p>9:30 Shopping 9:30 Sterling Crafters - MV 11:00 Sterling Walkers 11:00 Fitnessize - RR 1:30 History w/Michael - RR 3:00 Communion - RR 3:00 Shabbat - BR 4:00 Social Hour w/Michael R. - LR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">19</p> <p>10:00 Computer Classes w/Juan - BR 11:00 Fitnessize - RR 1:00 Bridge/Rummikub - BR 2:00 Movie & Popcorn - RR 7:00 Dominoes/Scrabble/ Pinochle - BR 7:00 Evening Movie - RR</p>
<p style="text-align: right;">23</p> <p>9:30 Shopping 11:00 Chair Yoga w/April - RR 11:00 Floristry Demo - MV 1:00 Birthday Party w/Jim M. - LR 2:00 Games - BR 2:45 Current Events w/Tim S. - RR 4:00 Nintendo Wii - RR 7:00 Music Video - RR</p>	<p style="text-align: right;">24</p> <p>9:30 Coffee Klatch - MV 10:30 Mind Jog/Exercise Asian - RR 1:00 Bridge - BR 1:00 Art w/Kay - MV 2:45 The Arts w/Adam - RR 6:30 Blackjack - BR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">25</p> <p>9:30 Shopping 9:30 Sterling Crafters - MV 11:00 Fitnessize - RR 11:00 Sterling Walkers 1:30 History w/Michael - RR 3:00 Communion - RR 3:00 Shabbat - BR 4:00 Social Hour w/Paulette R. - LR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">26</p> <p>10:00 Computer Classes w/Juan - BR 11:00 Fitnessize - RR 1:00 Bridge/Rummikub/ Pinochle - BR 2:00 Movie & Popcorn - RR 7:00 Dominoes/Scrabble - BR 7:00 Evening Movie - RR</p>
<p style="text-align: right;">30</p> <p>9:30 Shopping 11:00 Chair Yoga w/April - RR 11:00 Floristry Demo - MV 11:30 Bridgepointe Shopping, San Mateo 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR</p>	<p style="text-align: right;">31</p> <p>9:30 Coffee Klatch - MV 10:30 Mind Jog/Exercise Asian - RR 1:00 Bridge - BR 1:00 Art w/Kay - MV 2:45 The Arts w/Adam - RR 6:30 Blackjack - BR 7:00 Evening Movie - RR</p>		

Classes & Lectures

A Conversation in the Arts with Adam Donovan

Thursdays at 2:45 p.m. in the Revere Room.

- May 3 *Manolo: The Boy Who Made Shoes for Lizards, Part I*
- May 10 *Manolo: The Boy Who Made Shoes for Lizards, Part II*
- May 17 *My Kid Could Paint That! Part I*
- May 24 *My Kid Could Paint That! Part II*
- May 31 *Jack Taylor: The Man Who Dressed Sinatra*

Art with Kay

Join Kay Carlson's art class on Thursdays at 1:00 p.m. in the Mt. Vernon Room.

Bible Study

Wednesday, May 2 at 1:15 p.m. and May 16 at 2:00 p.m. led by Rev. Sue Ann Yarbrough in the Mt. Vernon Room. All are welcome.

Color Expressions* with Lisa Evens

Classes are every Monday at 10:00 a.m. in the Mt. Vernon Room. Beginners are welcome!

Computer Lab Tutorial with Juan Gomez

Classes are every Saturday from 10:00 a.m. – 1:00 p.m. in the Bristol Room. Sign up at the Front Desk for a session.

NEW CLASS: Current Events with Tim Simmers*

Stay informed! His topics range from local, national, and international news events to health care, environmental issues, and compelling sports events. May 9 and 23 at 2:45 p.m. in the Revere Room.

Floristry Demonstration

Marlene Andrade creates a variety of arrangements and explains her use of materials. Drop-in Wednesdays at 11:00 a.m. in the Mt. Vernon Room.

History with Michael Svanevik

Michael provides engaging Friday lecture presentations at 1:30 p.m. in the Revere Room.

- May 4 *Aerial Razzle Dazzle – Saga of the Boy Wonder*
- May 11 *Gertrude Atherton – She Wielded a Powerful Pen*
- May 18 *Elisabeth Mills Reid – on the Road to Buckingham Palace*
- May 25 *Let's Have a Party – And Build an Island*

Library Book Reviews

The first Wednesday of the month, May 2, Jan and Cynthia from the Burlingame Library review books for us. You can also check books out and keep them until next month. Meet at 2:30 p.m. in the Revere Room.

Sundays at Sterling

Adam Donovan teaches this class on Sundays at 1:45 p.m. in the Revere Room.

- May 20 *Sinatra: to be Frank, Part I*
- May 27 *Sinatra: to be Frank, Part II*

Dick Mckee is the host of the following three series. We meet Tuesdays in the Revere Room at 10:00 a.m. and 3:00 p.m.

Mysteries of Modern Physics: Time

We tend to take time for granted since we don't have any control over its passage. Professor Sean Carroll is a senior researcher at the California Institute of Technology (Caltech) and he will clear up our uncertainties on this profound subject.

- May 1 *Entropy and Counting*
- May 22 *Playing with Entropy*
- May 29 *The Past Hypothesis*

Outsmart Yourself: Brain-Based Strategies to a Better You

This lecture course is taught by Peter M. Vishton, a psychology professor at the College of William & Mary in Williamsburg, Virginia. The course will include many suggestions useful for Sterling Court.

- May 1 *Overcome Your Aging Brain*
- May 29 *Grow Your Brain Out of Depression*

The American West: History, Myth & Legacy

This course covers the West from colonial to modern times. It is taught by professor of American history Patrick N. Allitt, who teaches at Emory University outside of Atlanta.

- May 22 *Venturing Beyond the Appalachians*

Bus Trips

Tuesday, May 8

We will leave at 10:00 a.m. for the Annual Art Show at the Corte Madera Town Center. Kay Carlson, one of our teachers, will be meeting us there to show us around the exhibit. Afterwards we will have lunch at The Cheesecake Factory. First a feast for your eyes and then a feast for lunch.

Tuesday, May 22

At 10:00 a.m. we will go to the San Francisco Zoo to see the lions, tigers, and bears, as well as the lemurs and penguins, and ride the carousel. Lunch will be in the Leaping Lemur Café.

Please sign up
for all events
in the Activity
Book located at
the Front Desk

Fitness & Exercise

Mind Jog & Exercise To Asian Music* with Debbie Au

Every Thursday at 10:30 a.m. we have mind jogging and Asian exercising in the Revere Room. Exercise your brain and body while exercising for better balance and flexibility.

Nintendo Wii Computer Sports

Beginners: First-time players and anyone needing assistance to play. Meets Wednesdays at 4:00 p.m. in the Revere Room.

Senior Fitness Video

Join us Tuesdays, Fridays, Saturdays, and Sundays at 11:00 a.m. in the Revere Room.

Sterling Walkers

Walk Fridays at 11:00 a.m. We take you to Coyote Pt. Park, Anza Lagoon, Ryder Park, San Mateo Central Park, and Leo Ryan Park, weather permitting.

Shape Up with Sofia

Sofia De La Vega teaches this class. The class meets at 11:00 a.m. Mondays in the Revere Room and is for all fitness levels. You will boost your energy and sleep better while improving your strength, stamina, balance, and posture.

Chair Yoga with April

April Gagne has been a yoga instructor for the last 26 years. She works with seniors in Pacifica at her studio. Her class meets Wednesdays at 11:00 a.m. in the Revere Room. All seniors can participate.

**San Mateo Adult School*

Clubs & Social Groups

Coffee Klatch

On Thursdays at 9:30 a.m. meet and greet your neighbors in our Mt. Vernon Room and have coffee, a sweet roll, or donut. Enjoy the delicious treats and a wonderful cup of coffee. It is a great way to get to know other residents and enjoy their fellowship.

Sterling Crafters

We meet every Friday at 9:30 a.m. in the Bristol Room. If you knit, crochet, or do any handcraft, this social group is for you.

Sterling Red Hatters

The Sterling Red Hatters meet Tuesday, May 1 at 11:00 a.m. in the lobby. They will be going for lunch at the Fish Market.

Wellness Support

Manicurist/Pedicurist

Cindy Gonzales will not be here on Saturdays. Call for weekday appointments at (650) 834-2878.

Podiatrist Visits

Dr. Passeri will be here on Tuesday, May 22, at 9:45 a.m. If you need to see the doctor before this date, please call Dr. Passeri's office at (650) 342-5733.

Beauty Shop

Nina Delgadillo is here on Wednesdays and Saturdays from 9:00 a.m. to 4:00 p.m. Call her at (650) 863-0413 for an appointment. She can do the latest styles as well as an old-fashioned style.

Program Highlights

Friday, May 4

At 3:00 p.m. join our Cinco de Mayo celebration in the Living Room. The Mills High School Latina Mentor Program will be performing dances and teaching the history of the dance.

Saturday, May 5

Join us for the 144th running of the Kentucky Derby in the Revere Room at 2:00 p.m. You can pick a horse and root for him to win. There is a prize for the person whose horse wins.

Sunday, May 13

We will celebrate Mother's Day with a delicious brunch at 12:00 p.m. or 1:30 p.m. Don't forget to sign up at the Front Desk for either seating.

Monday, May 14

We will be entertained by the San Francisco State University Handbell Choir in the Living Room. They are a delight to listen to and watch as they play the handbells at 6:30 p.m. in the Living Room.

Sunday, May 20

Today is our delicious pancake bingo at 11:30 a.m. in the Dining Room. After breakfast enjoy a lively game of bingo. The cost for bingo is \$2.00 and includes a delicious breakfast. Guest's breakfast is \$10.00.

Monday, May 28

Join us at noon for our first barbecue of the season to celebrate Memorial Day. Chef Denis and his kitchen staff will provide grilled BBQ ribs, chicken, hot dogs, hamburgers, and fresh salmon. And, don't forget about the corn on the cob, baked beans, salads, drinks, and desserts. Sign up at the front desk. Entertainment by Randy on the banjo and Andy on the trumpet.

Please sign up for all events in the Activity Book located at the Front Desk



Musical Notes

Join us for Social Hour at 4:00 p.m. on Tuesdays and Fridays in the Living Room. Enjoy a live musical performance and delicious hors d'oeuvres.

Tuesday, May 1

Scott Hill—Guitar

Friday, May 4

Csardas (Tibor—Violin/Yelena—Piano)

Tuesday, May 8

Steven Schwartz—Piano

Thursday, May 10

Iris Lai—Piano (4:00 p.m.)

Friday, May 11

Eric Van James—Piano

Sunday, May 13

Joan Connolly—Piano (12:00 p.m.)

Monday, May 14

SFSU Handbell Choir (6:30 p.m.)

Tuesday, May 15

Eddie Williams—Saxophone

Friday, May 18

Michael Rabbino—Piano

Tuesday, May 22

Peter Master—Piano

Wednesday, May 23

Jim Murdoch—Accordion (1:00 p.m.)

Friday, May 25

Paulette Renee—Vocalist

Sunday, May 27

Eddie Williams—Sax (3:00 p.m.)

Monday, May 28

Randy Johnson—Banjo

Andy Storar—Trumpet (11:30 a.m.)

Tuesday, May 29

Kathleen Nelson—Piano

May Birthdays

All residents are invited to come downstairs for a special birthday tribute to the residents listed below on Wednesday, May 23 at 1:00 p.m. Jim Murdoch will provide entertainment. If that is not enough to tempt you, there will be lots of cake and ice cream and the best company in town.

May 4 Chris Abratowski

May 5 Ken Neumann

May 6 Ellen Donnelly

May 8 Lillian Benson

May 9 Arlone Dennis

May 10 Diana Tortorice

May 15 DiAnn Bormes

May 16 Jean Hazelwood

May 18 Patricia Lacy

May 24 Tess Distel

May 24 Grace Kittredge

May 25 Cynthia Riedel

Welcome

Please give a warm welcome and introduce yourself to our new residents:

#221 Margaret Sterling

#440 Alex Eparza

Cinco De Mayo

Cinco de Mayo, or the Fifth of May, is a celebration of the winning of the Battle of Puebla during the Franco-Mexican War. In 1862, a



small army of approximately 2,000 men led by General Zaragoza overcame the French army of more than 6,000 soldiers. This battle wasn't an end to the war, but it was an encouragement that rallied more support for the Mexican army.

The celebration of Cinco de Mayo is often confused as being Mexico's Independence Day. The war for Mexican independence from Spain began in 1810. Mexican

Independence Day is celebrated on September 18. In Mexico, Cinco de Mayo is celebrated with military parades and reenactments of the Battle of Puebla. In the U.S., this day has evolved into a celebration of Mexican culture. The celebration includes having parades, listening to mariachi music, dancing, and eating traditional Mexican foods.