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The Heartbeat of Payson, AZ >>>



May  
2017

Guided by goodness, loyalty, faith, and fun



# PULSE

Did you know >>>



that Mother's Day will attribute to nearly 25% of all flowers sold in a year? And, in the U.S. alone, 122 million phone calls

are made to mothers throughout the day. Rest assured that your well wishes and warm thoughts are for good; good health that is. According to various studies and numerous research projects affirm that bouquets of flowers produces enzymes and chemical reactions that actually boosts physical and psychological health.

So no wonder, people say, "Stop and smell the roses." Be sure to take a moment to smell the lavender or aroma of roses, or taste the richness of silky chocolate, or share a story that brings laughter and you will be sure to obtain a healthy dose of endorphins that will provide a positive boost in your day.

Happy Mother's Day!

## Special Tribute to Our Mothers

In this special edition of the Majestic Rim Pulse we asked residents to share about their mothers. The response was overwhelming and we are honored to commemorate this Mother's Day Issue to all **MOMS, NANAS, GRANDMAS, AUNTS, SISTERS, and BEST FRIENDS** around the world. Share your story with us on Facebook, we'd love to learn what makes your **mom special!**

"My mother is special because she was what every mother should be – always loving, ready with a lap to hold or hug when needed. She prepared us to be always concerned and helpful to others, especially children. We had to learn and be educated for our future, so that we would be independent, but dependent on our Lord always. I love her and am ever thankful for her and my father." *Love your daughter, Arlene*

"She did without to give to us. She was helpful to those who needed help. She died at 50 years of age, not growing old enough to see her grandchildren grow up. She lives on in our hearts and minds and we were lucky to have her for 50 years." *Love you Mom, Emma*

"My mother always put her family first and I never worried about what to eat, or clothes to wear. It was so wonderful to come home from school to find homemade desserts. She thought it was important to keep us girls busy with piano lessons, going to church every Sunday and going to youth groups. My mom was a lovely lady, one I hope to emulate with my life. I was blessed to have her as my mom." *Memories by Louise*

## Luau Party at Majestic Rim Retirement Living

Join us at our festive Hawaiian Luau party on

Tuesday, May 23<sup>th</sup>

4:00 – 6:00 p.m.

Come and enjoy the live entertainment by the Royal Islanders offering premier Hawaiian music, classic songs and traditional dance performances. Be sure to dress comfortable and participate in our own hula class teaching various traditional hula routines.

Please R.S.V.P to Cristine Royer by calling 928.474.3912 or email [croyer@majesticrim.com](mailto:croyer@majesticrim.com)  
Delicious island beverages and light refreshments will be provided.



310 E Tyler Parkway, Payson

# May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:15 Poker Walk 10:00 Sign Class 1:30 Shopping 1:30 Knights Poker 4:00 Rummikub 6:00 Downton Abbey	<b>2</b> 8:15 Poker Walk 10:00 Wii Bowling 1:00 Bible Study 3:00 Skip-Bo 4:00 Gardening	<b>3</b> 8:15 Donuts/Coffee 10:45 Total Fitness 1:00 Walker Check 2:00 Bible Study 5:30 Night Out	<b>4</b> 8:15 Poker Walk 9:00 Smoothies 10:00 Reminisce Our Moments 1:30 Shopping 3:00 Farkle 6:00 Hand & Foot	<b>5</b> 9:30 Mind Jogger 10:30 Knight Tales 10:45 Total Fitness 3:00 Ballroom Dance 4:00 Pianist Angelina 6:00 Social Hour	<b>6</b> 9:00 Coffee Klatch 10:00 Uno 3:00 Mexican Train 6:00 Watch a Flick
<b>7</b> 10:30 Community Church 3:00 Phase 10 7:00 Variety TV	<b>8</b> 8:15 Poker Walk 10:00 Sign Class 1:30 Shopping 1:30 Knights Poker 4:00 Rummikub 6:00 Downton Abbey	<b>9</b> 8:15 Poker Walk 10:00 Wii Bowling 1:00 Bible Study 3:00 Skip-Bo 4:00 Gardening	<b>10</b> 8:15 Donuts/Coffee 10:45 Total Fitness 2:00 Bible Study 3:00 BINGO 4:30 Music w/Cyndi	<b>11</b> 8:15 Poker Walk 9:00 Smoothies 10:00 Kreative Krafters 1:30 Shopping 3:00 Farkle 4:00 Financial Seminar 6:00 Hand & Foot	<b>12</b> 9:30 Mind Jogger 10:45 Total Fitness 2:30 Resident Mtgs 3:00 Ballroom Dance 4:00 Classic Car Parade 6:00 Social Hour	<b>13</b> 9:00 Coffee Klatch 10:00 Uno 3:00 Mexican Train 6:00 Watch a Flick
<b>14 Mother's Day</b> 10:30 Community Church 3:00 Phase 10 7:00 Variety TV	<b>15</b> 8:15 Poker Walk 10:00 Sign Class 1:30 Shopping 1:30 Knights Poker 4:00 Rummikub 6:00 Downton Abbey	<b>16</b> 8:15 Poker Walk 10:00 Wii Bowling 11:00 Blood Pressure 1:00 Bible Study 2:00 Casino Play 3:00 Skip-Bo 4:00 Gardening	<b>17</b> 8:15 Donuts/Coffee 10:45 Total Fitness 2:00 Bible Study 3:00 Matinee Movie	<b>18</b> 8:15 Poker Walk 9:00 Smoothies 10:00 Arm Chair Travel 1:30 Shopping 3:00 Farkle 6:00 Hand & Foot	<b>19</b> 9:30 Mind Jogger 10:30 Knight Tales 10:45 Total Fitness 3:00 Ballroom Dance 6:00 Social Hour	<b>20</b> 9:00 Coffee Klatch 10:00 Uno 3:00 Mexican Train <b>4:00 Decades-PCS</b> 6:00 Watch a Flick
<b>21</b> 10:30 Community Church 3:00 Phase 10 6:00 Birthday Party 7:00 Variety TV	<b>22</b> 8:15 Poker Walk 10:00 Music Makers 1:30 Shopping 1:30 Knights Poker 4:00 Rummikub 6:00 Downton Abbey	<b>23</b> 8:15 Poker Walk 10:00 Wii Bowling 1:00 Bible Study 3:00 Skip-Bo 4:00 Gardening <b>4:00 Luau Party</b>	<b>24</b> 8:15 Donuts/Coffee 10:45 Total Fitness 2:00 Bible Study 3:00 Community Service	<b>25</b> 8:15 Poker Walk 9:00 Smoothies 10:00 BINGO 1:30 Shopping 3:00 Farkle 4:00 Financial Seminar 6:00 Hand & Foot	<b>26</b> 9:30 Mind Jogger 10:45 Total Fitness 3:00 Ballroom Dance 6:00 Social Hour w/Staff	<b>27</b> 9:00 Coffee Klatch 10:00 Uno 3:00 Mexican Train 6:00 Watch a Flick
<b>28</b> 10:30 Community Church 3:00 Phase 10 7:00 Variety TV	<b>29 Memorial Day</b> 8:15 Poker Walk 10:00 Sign Class 1:30 Shopping 1:30 Knights Poker 4:00 Rummikub 6:00 Downton Abbey	<b>30</b> 8:15 Poker Walk 10:00 Wii Bowling 1:00 Bible Study 3:00 Skip-Bo 4:00 Gardening	<b>31</b> 8:15 Donuts/Coffee 10:45 Total Fitness 2:00 Bible Study 5:30 Night Out			

Calendar Subject to Changes

## Mother's Day Tribute continued...

"She took special care of me when I was growing up. She was always there for me if I ever had a problem or needed advice about something. We were very close, I love her!" *Special thoughts by Marjorie*

"My mother was special because she raised nine children (4-boys and 4-girls). We lived in Holland during the war (1940-1945) and we all survived such stressful circumstances. She was brave and unshakeable." *Special thoughts by Willy*

"No matter what difficulties I was having, she would say, "David, it will be alright." And she was right. Nothing like a mother's love!" *Special thoughts by David*

"Even after having six kids, she decided to give birth to one more... me! She has the patience of an angel. All of us came first before her; she was always there for me. No questions asked. She was very loving and caring." *Love you mom, A*

"My mother is special because of her love and worry as she cared for five of us kids. We grew up very poor and she would always take care of us and ignore her own wants. As we grew up, we would remember her birthday and other holidays and send her a card (usually with money enclosed). I would say, "Dear Ma, please buy something nice for yourself." When she passed, the five of us received a large envelope with each of our names on it. Enclosed were all the cards she received over the years including all the money. She didn't spend any of it. Not a day goes by that I don't think about her. She will always be in my mind and in my heart." *Love Seena*



### Reminisce "Our Moments" >>>

#### Sacagawea (1788-1812)

Sacagawea is revered as the guide, interpreter and negotiator for the Lewis and Clark Expedition according to most historical journals. In November of 1804, to assist with the Corp of Discovery team, her husband Toussaint Charbonneau was one of the men interviewed and was offered to join the expedition only if accompanied with Sacagawea. The pair offered communication skills in many languages such as Hidatsa, Shoshone and French. Sacagawea was only 16 at the time and was pregnant with her first child. She nearly died during child birth but found inspiration through a gift of a turquoise belt offered by William Clark. She gave birth and fully recovered. Baby Jean Baptiste was a new addition to the expedition and rarely left the swaddling pouch on her back. She was instrumental of the safe passage and negotiations with other tribal groups. Clark wrote, "[she] is the most loving, caring woman ever known to this man or any other."


*"All I am, or hope to be, I owe to my angel mother."*


~Abraham Lincoln


Enrich, Educate & Entertain >>>





Here are some fun facts about Mother's Day.

 Floral sprays are the number one gift on Mother's Day and carnations are the number one flower chosen in most bouquets.

 Pink, red and white carnations are the most requested colors for mothers on this special holiday.

 Anna Jarvis was actively campaigning to congress in 1914 to honor mother's with a special day. President Woodrow Wilson signed the Joint Resolution establishing the second Sunday in May as Mother's Day.

 Common gifts include flowers, cards, jewelry, spa treatments and dining out.

 Most moms want to share this day with family!