

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Key GR—Gathering Room OV—Orchard View FW—Freedom Way FL—Front Lobby L—Library DR—Dining Room CR—Conference Room ** — Sign-up Required <i>Programs are subject to change</i>	9:30 Morning Start-Up (GR) 1 9:45 Chair Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Piano with Linda (GR)	9:30 Morning Start-Up (GR) 2 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 "Star of the Month" Who Am I? (GR) 2:00 Movie Matinee: "Seabiscuit" (GR) 6:57 Kentucky Derby NBC
1:00 Worship Service (GR) 3 2:00 Movie Matinee: "Maybe I'll Come Home in the Spring" (GR)	9:30 Morning Start-Up (GR) 4 9:45 Chair Yoga (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 5 9:45 "Forever Fit" Exercise (GR) 10:30 Cinco de Mayo Trivia (GR) 1:00 Documentary: "Hamilton: Building America" (GR) 1:00 Country Drive & the Creamery Connection (FL)(**)	9:30 Morning Start-Up (GR) 6 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 7 9:45 Stronger Seniors Exercise (GR) 10:30 Coffee & Good News (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 2:00 Resident Council (GR) 3:00 Spring Poetry Reading (GR)	9:30 Morning Start-Up (OV) 8 9:45 Chair Exercise (OV) 10:00 Nurse Honor Guard Tribute (GR) 1:00 Bingo (GR) 3:00 Live Music with Peter Senica & Mother's Day Tea (GR)	9:30 Morning Start-Up (GR) 9 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Hymn Sing with Freedom Community Church (L) 2:00 Movie Matinee: "Yours, Mine, and Ours" (GR)
1:00 Worship Service (GR) 10 2:00 Movie Matinee: "Breakfast at Tiffany's" (GR)	9:30 Morning Start-Up (GR) 11 9:45 Chair Yoga (GR) 10:30 Trivia (GR) 1:00 Craft: "Painting Robin's Egg Nests" (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 12 9:45 "Forever Fit" Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Singalong with Lona and Trudy (GR) 3:00 Bowling (GR)	9:30 Morning Start-Up (GR) 13 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 11:00 Lunch Out to South County Brewing (FL)(**) 1:30 Chair Dancing with Kim (GR) 3:00 TV Concert: The Gaither Brothers: "I'm Going Home" (GR)	9:30 Morning Start-Up (GR) 14 9:45 Stronger Seniors Exercise (GR) 10:30 Nature Journalling Club (GR) 1:00 Piano w/ Joan (L) 3:00 "Mostly Flowers" Photography Presentation with Jim Heffner (GR)	9:30 Morning Start-Up (GR) 15 9:45 Chair Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Live Music with Dominick Cicco (GR)	9:30 Morning Start-Up (GR) 16 9:45 Chair Exercise (GR) 10:30 Armed Forces Day Trivia (GR) 1:00 Hangman (GR) 2:00 Movie Matinee: "Emma" (GR) 6:50 Preakness NBC
1:00 Worship Service (GR) 17 2:00 Movie Matinee: "My Big Fat Greek Wedding" (GR)	9:30 Morning Start-Up (GR) 18 9:45 Chair Yoga (GR) 10:30 Men's Sit & Chat (GR) 1:00 Documentary: "The Presidents" Pt. 4: "A. Johnson to Arthur" (GR) 1:00 Shopping at Walmart (FL)(**) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) 19 9:45 "Forever Fit" Exercise (GR) 10:30 Adelynn Wood Sings Hits of the '60s (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR)	9:30 Morning Start-Up (GR) 20 9:45 Chair Exercise (GR) 10:30 Coffee & Good News (GR) 10:30 Rosary Circle (OV) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 21 9:45 Stronger Seniors Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Virtual Voyager: "Guatemala" (GR)	9:30 Morning Start-Up (GR) 22 9:45 Chair Exercise (GR) 10:30 Faith Break (GR) 1:00 Piano & Patriotic Singalong with the Ensor Family (GR) 3:30 Bingo (GR)	9:30 Morning Start-Up (GR) 23 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Reading Circle: "Who was Paul Revere?" (GR) 2:00 Movie Matinee: "Grumpier Old Men" (GR)
1:00 Worship Service (GR) 24 2:00 Movie Matinee: "The American President"	9:30 Morning Start-Up (GR) 25 9:45 Chair Yoga (GR) 10:30 Trivia (GR) 1:00 Memorial Day Color & Chat (GR) 2:00 Movie Matinee: "Top Gun" (GR)	9:30 Morning Start-Up (GR) 26 9:45 "Forever Fit" Exercise (GR) 10:30 Coffee & Crosswords (GR) 1:00 Craft: "Pressed Flower Lanterns" (GR) 3:30 Bingo (GR)	9:30 Morning Start-Up (GR) 27 9:45 Chair Exercise (GR) 10:30 Nature Journalling Club (GR) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) 28 9:45 Stronger Seniors Exercise (GR) 10:30 Trivia/Tribonds (GR) 11:00 Lunch/Shopping at the Amish Markets (FL)(**) 1:00 Piano w/ Joan (L) 3:00 Comedy Hour: "Dick Van Dyke Show" (GR)	9:30 Morning Start-Up (GR) 29 9:45 Chair Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Birthday Party with Mick Cochran: "Merry Month of May" (GR)	9:30 Morning Start-Up (GR) 30 9:45 Chair Exercise (GR) 10:30 Trivia (GR) 1:00 Animal of the Month: "Tough as a Tortoise" Presentation (GR) 2:00 Movie Matinee: "Mrs. Doubtfire" (GR)
1:00 Worship Service (GR) 31 2:00 Movie Matinee: "Sabrina" (GR)	<h2>The Village at Shrewsbury Personal Care Programs & Events</h2>					



Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.



Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.



Larry Herring

Personal Care Newsletter

Larry Herring

Resident of the Month May 2026

Larry Herring was born May 13th in Baltimore, MD. He attended Perry Hall High School, from which he graduated in 1966. Larry met his wife, Linda, at age 14 when he and his friend were attending a junior high dance. (He had started dancing with her sister first!) He and Linda were married August 6th, 1966. They were married for 35 years, 1 month, and 17 days before her passing. Together, they had two sons, Christopher and Larry. Today, Larry has one granddaughter as well.



After graduating from high school, Larry started working for his father's landscaping company for the summer. He then worked for Bel Air Chevrolet for a time, before transitioning to Coppers Co. where he worked for 35 years. After leaving, he worked as a mechanical service representative for 11 years.

Larry has always enjoyed working on cars. He bought 2 Mustangs which he greatly enjoyed fixing up! He also enjoys watching golf, and the Baltimore Orioles. Larry moved to Zimmerman Place in May of 2025, and we couldn't be happier to have him. You may see him around playing BINGO, attending our men's group, or our live music. When you see Larry around be sure to say, "Hello!", you will be glad you did!