

## Cache Me If You Can

Geocaching is an activity that combines treasure hunting and technology. The very first geocache consisted of a five-gallon bucket filled with a map, two CD-ROMs, a cassette recorder, a VHS movie tape, a book,



four \$1 bills, a slingshot handle, and a can of black-eyed peas. While this does not sound like a very glamorous treasure, it has gone down in history—amongst geocaching enthusiasts—as the “Original Stash.” The bucket was partially buried in the ground by Dave Ulmer of Beavercreek, Oregon. He then posted its whereabouts on a website on May 3, 2000. He did not include a treasure map or a list of directions; instead, he listed the GPS coordinates of N 45° 17.460 W 122° 24.800. In this way, anyone with a handheld GPS device could find his stash. And geocaching was born.

## MAY BIRTHDAYS

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini’s Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party.

- \*GARY BENSON ~ MAY 3<sup>RD</sup>
- \*RICHARD BELK ~ MAY 20<sup>TH</sup>
- \*JERI ROGERS ~ MAY 23<sup>RD</sup>

- Gary Cooper (Actor) – May 7, 1901
- Martha Graham (Dancer) – May 11, 1894
- Perry Como (Singer) – May 18, 1912
- Joan Collins (Actress) – May 23, 1933
- Bob Dylan (Singer) – May 24, 1941
- Joe Namath (Quarterback) – May 31, 1943

## Racing Across the Centuries

Each May since 1912, runners have been

# ● ADVENT SQUARE

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### DEAR RESIDENTS & FAMILIES:

IN THE MONTH OF MAY WE ARE CELEBRATING MOTHER’S DAY AND MEMORIAL DAY. PLEASE JOIN US FOR HAPPY HOUR TO CELEBRATE MOTHER’S DAY ON SATURDAY, MAY 10<sup>TH</sup> @ 3:00 P.M. IN THE DINING ROOM.

ON MEMORIAL DAY, MONDAY, MAY 26<sup>TH</sup> , WE WILL BE HONORING THOSE WHO SERVED OUR COUNTRY, WITH OUR TRADITIONAL COURTYARD SERVICE AND BBQ TO FOLLOW. SPECIFIC DETAILS WILL BE POSTED.

WE HAVE A NEW HAIRSTYLIST WHO IS LICENSED AND OWNS HER OWN SALON. HER NAME IS BARBARA ANN AND SHE WILL BE COMING TO ADVENT SQUARE TO MAKE YOU EVEN MORE BEAUTIFUL! PLEASE SIGN-UP IN THE ACTIVITY ROOM. THE PRICES REMAIN THE SAME.

### UPCOMING MAY 2025 ACTIVITIES:

MAY 6<sup>th</sup> @ 10:00 AM ~ MOTHER’S DAY CRAFTING PROJECT. PLEASE JOIN US IN THE ACTIVITY ROOM. IF YOU LIKE TO PAINT, YOU WILL NOT BE DISAPPOINTED.

This hobby is now practiced worldwide. Millions of caches are hidden all over the world, just waiting for someone to find them. All one needs is a cell phone and the cache’s coordinates. Typically, a geocache consists of a waterproof container—Tupperware, a plastic canister, a military ammunition box—concealed in some way and containing a logbook, pencil, and “treasures.” Once the cache is discovered, the finder logs their name in the logbook and is free to take whatever they wish from the cache. Often, the finder adds something new to the treasure. In this way, geocache hunters share and interact without ever meeting each other. Participants also record their experiences on the website where they found the GPS coordinates, such as [www.geocaching.com](http://www.geocaching.com).

Sometimes a special object will be moved from cache to cache. For example, the original can of beans from Ulmer’s first geocache (included in the case pictured above) is now the “most-found travel bug in the world.” But food is no longer allowed in caches, so the carefully restored can is housed in a see-through case and loaned out for geocaching events from Oregon to Austria.



sprinting from San Francisco Bay to the Pacific Ocean in San Francisco’s Bay to Breakers road race, proudly hailed as the oldest footrace in America. But the Thanksgiving Turkey Trot in Buffalo, New York, has been held continuously since 1896—five months longer than the Boston Marathon, which first took place in April 1897. And Buffalo’s cross-border neighbors in Hamilton, Ontario, are host to the Around the Bay Road Race—first held in 1894 and canceled only during World War I and from 1925 to 1935. The world’s oldest running race may have been at Greece’s Olympic Games, kicked off in 776 BC. Other notable races include Italy’s Palio del Drappo Verde, first held in 1208 and run for 590 years until the French invaded Italy in 1798, and Scotland’s Red Hose Run, which has taken place continuously since 1508, interrupted only by plague and war.



**T E A M**

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**OFFICE HOURS**  
**MONDAY – SATURDAY**  
**9:00 AM – 4:30 PM**  
**SUNDAYS & EVENINGS**  
**BY APPOINTMENT ONLY**  
\*

**IMPORTANT PHONE NUMBERS;**  
**OFFICE**                   **561-391-7207**  
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\* **FIRE / MEDICAL EMERGENCY: 911**

**MAY 9<sup>th</sup> @ 2:00 PM** ~ **TRIP TO PUBLIX SUPERMARKET. PLEASE SIGN-UP IN THE ACTIVITY ROOM IF YOU WOULD LIKE TO DO A LITTLE FOOD SHOPPING!**

**MAY 10<sup>TH</sup> @ 3:00 PM** ~ **WE WILL BE HONORING OUR MOMS FOR MOTHER’S DAY AT HAPPY HOUR, WITH FRANI & BOBBY OF HEART AND SOUL.**

**MAY 13<sup>TH</sup> @ 10:00 AM** ~ **WE WILL BE MAKING “SALTINE TOFFEE” IN THE DINING ROOM. THE RECIPE IS MADE WITH SALTINE CRACKERS, CHOCOLATE, BUTTER & ENGLISH TOFFEE. YUMMY !**

**MAY 13<sup>TH</sup> @ 2:00 PM** ~ **GLASS JEWELRY BEADING CLASS. WE HAVE BEEN CREATING MANY PRETTY BRACELETS AND NECKLACES IN OUR PREVIOUS CLASSES. AS WE GET BETTER AT CREATING PIECES, WE CAN GRADUATE TO THE FANCIER COSTUME JEWELRY.**

**MAY 20<sup>TH</sup> @ 10:00 AM** ~ **WE WILL BE PAINTING WHITE ROCKS WITH MANY PICTURE IDEAS FOR YOU TO CHOOSE FROM. WHEN COMPLETE, IT CAN SERVE AS YOUR ESPECIALLY HAND-CRAFTED PAPER WEIGHT!**

**MAY 23<sup>RD</sup> @ 2:00 PM** ~ **ICE CREAM SOCIAL IN THE DINING ROOM. WE WILL BE MAKING BANANA SPLITS WITH ALL THE TOPPINGS.**

**MAY 26<sup>TH</sup>** ~ **“MEMORIAL DAY CELEBRATION”. WE WILL HAVE OUR TRADITIONAL MEMORIAL DAY SERVICE IN THE COURTYARD, WITH A BBQ TO FOLLOW. EXACT DETAILS WILL BE POSTED.**

**MAY 27<sup>TH</sup> @ 10:00 AM** ~ **“EQUINE THERAPY” ~ PLEASE JOIN THE ADORABLE MINI PONIES FROM “PERSONAL PONIES” UNDER THE GAZEBO. YOU CAN WALK THEM, PET THEM, BRUSH THEM & FEED THEM! PLEASE GET INVOLVED. THANK YOU.**

**\*PLEASE CHECK YOUR CALENDARS DAILY FOR ADDITIONAL PLANNED ACTIVITIES\***

*Wishing All Our Beautiful Moms a  
Very Happy Mother’s Day With Much Love!  
Warm Regards, Donna*





Breathe into Balance



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so many things that improve with practice—playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of our brains. Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga, as opposed to exercise, blends breathing with stretching, gentle movement, and sometimes visualization. With “guided visualization,” participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. For anyone interested, it’s important to both check with your physician and, once approved for this activity, try a variety of types to find the one that works best for you. Luckily, there are 31 days in May to explore the options.



This is My Body which was Shed for You

For the unleavened bread to the offer we make  
Of the sacrificed Lamb for the altar we take  
At His table He gives of the Symbols we get  
To remember his body of which we are fed  
In heaven we'll join there, the symbols we'll share.

The Savior's Call

I Can Hear My Savior Calling

What greater place of comfort for souls  
to be so blessed than in the arms of  
God who said, “Come unto me and rest”.  
He set the bounds of space and put the stars in place. Said I am meek  
and lowly hearted, such condescending Grace. To learn of this Blessed  
Person and behold His Face, is the knowledge of God's Glory what  
treasures to embrace. Yes, yes Jesus died for us sinners to deliver us  
from doom.  
He is the one who fills my longing seeing that He fills all things.  
Showing for the matchless praises  
of His Glory, I now sing. Will you answer this entreaty of the Savior's  
call. He will give you peace and comfort. He is the Lord of All.

I am going to prepare a place for you

There is a Heart full of love coming down from above ~Brought Jesus to  
me, my companion to be.  
To suffer the cross, with his blood he paid the cost  
To purchase and bought the redemption I sought  
A door opens wide Jesus calls you to his side  
In the Father provide, all the Saints to reside  
His Kingdom will be, His great glory to see  
the salvation to all, who answers his call.

The Place

Christ in You, the Hope of Glory

I asked the Lord to hear my case  
and find for me a Godly place for which my  
soul would happy be, but He would have my heart to see. Within my  
life the Source I hide  
Himself the treasure to provide  
Me as a channel to reach out and share His  
Grace with all about.  
Where finally there would be found  
The place wherein my soul abounds.

Poems Written by; Perry Pasquale

A Mom–entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger “mother” church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

International Firefighter's Day

International Firefighters' Day (IFFD) is observed on May 4<sup>TH</sup> in order to honor firefighters for their service internationally, remembering firefighters who lost their lives during service and to commemorate firefighters killed in the September 11 attacks. It was established after a proposal by Australian firefighter, JJ Edmondson, was made on January 4, 1999, following the deaths of five firefighters fighting a bushfire in Australia on 2 December, 1998. A "sound off" occurs at noon local time on the first Sunday of May, as part of International Firefighters' Day. It involves turning on fire sirens for 30 seconds, and a subsequent moment of silence for one minute to commemorate all firefighters who were killed in duty. The sound off began in 2002, and has been continued annually. Fire prevention and the need for more intensive and thorough training is promoted through International Firefighters' Day, and the day is seen as an important opportunity to raise both skills and awareness. Symbols; The red and blue ribbon is a symbol used for International Firefighters Day. The red of the ribbon represents fire while the blue represents water. The ribbon is traditionally worn on the lapel Saint Florian, regarded in the Catholic Church as the patron saint of firefighters, is another symbol of International Firefighters' Day.

Tapping Through Time

Put on your tap shoes and get ready to do the Shim Sham Shimmy on May 25, Tap Dancing Day. Centuries ago, cultures collided in the New World when two distinct dances became one: Irish and Scottish immigrants brought wooden-clogged step dances, and West African enslaved people brought stomping and slapping juba. Tap dancing emerged as a hybrid, as African styles became more formal and were tapped with hard-soled shoes, and European dancing forms became more fluid, rhythmic, and dynamic. In 1925, iron was introduced to the toe and heels of tap shoes, allowing dancers (and their audience) to more easily hear their rhythm. Now dancers could tap a *cappella*, clacking out their own beats without musical accompaniment.

