



SarahCare® of Belden Village

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May 2026

Our Center Staff

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Slow and steady wins in May!

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. So, here at SarahCare this Month we will be making turtles, painting ceramics, learning about turtles and so much more. We can't wait to share these moments with you and so much more.

Help us keep the kitchen and our drivers running smoothly. If you will be off on a scheduled day, please call us by 8:30. And don't forget to schedule your make-up day!

Cilantro-Lime Chicken Skewers

- 1/2 cup extra-virgin olive oil
- 1/4 cup fresh lime juice
- 4 tsp. reduced-sodium soy sauce
- 2 tsp. packed light brown sugar
- 1/2 tsp. ground cumin
- 1/2 cup chopped fresh cilantro leaves
- 4 (8-oz.) chicken breasts, cut into 1" pieces
- 1 (2") piece ginger, peeled, finely grated
- 3 cloves garlic, finely grated



In a large bowl, whisk oil, lime juice, soy sauce, brown sugar, and cumin until combined. Stir in cilantro, season with salt and pepper. Set aside half of dressing for serving.

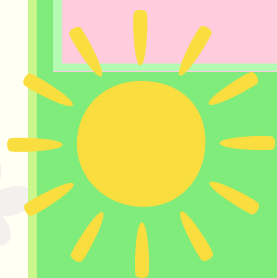
Add chicken, ginger, and garlic to remaining dressing and toss to coat. Cover and let marinate at least 30 minutes at room temperature or up to 4 hours in the refrigerator.

Meanwhile, if using wooden skewers, soak skewers in water at least 30 minutes before grilling.

Prepare a grill for medium-high heat; preheat 5 minutes (or heat a grill pan over medium-high heat). Carefully thread chicken onto skewers.

Grill chicken, turning occasionally, until golden brown and internal temperature registers 165°; about 5 minutes per side.

Transfer skewers to a plate. Spoon some reserved dressing over top. Serve with remaining dressing and lime wedges alongside.





What's for Lunch?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheerios Turkey & provolone sandwich, potato salad, fruit salad <i>Mandarin oranges & Cheez-Its</i>
4 French toast sticks Chicken tenders, peas, oranges, mac & cheese <i>Applesauce & cornbread</i>	5 Sausage & egg muffin BBQ pulled pork, baked beans, coleslaw, melon <i>Yogurt & graham crackers</i>	6 Banana nut muffin Turkey w/ stuffing & mashed potatoes, applesauce <i>String cheese & Chex Mix</i>	7 Oatmeal Whole grain ham salad sandwich, coleslaw, fruit salad <i>Cottage cheese & pineapple chunks</i>	8 English muffin Southwest beef enchilada, cauliflower rice, pineapple <i>Cheese cubes & Goldfish crackers</i>
11 Cinnamon raisin toast Baked chicken w/ cheesy broccoli, apple slices, roll <i>Yogurt & animal crackers</i>	12 Blueberry muffin Cheeseburger w/ tater tots, mandarin oranges <i>Crackers w/ cheese cubes</i>	13 Egg & cheese muffin Sloppy Joe w/ tater tots, applesauce <i>Cottage cheese & diced peaches</i>	14 Pancakes Hamburger stew over mashed potatoes, melon, dinner roll <i>Applesauce & mini pretzels</i>	15 Cheerios Whole wheat grilled cheese, tomato soup, banana <i>Mandarin oranges & Cheez-Its</i>
18 Cinnamon raisin toast Lemon chicken, red skin potatoes, applesauce, pasta <i>Yogurt & animal crackers</i>	19 Blueberry muffin Ham & swiss sandwich, cucumber salad, peaches <i>Crackers w/ cheese cubes</i>	20 Egg & cheese muffin Taco salad w/ black beans & corn, melon, tortilla chips <i>Cottage cheese & diced peaches</i>	21 Pancakes Roast beef w/ gravy & vegetables, banana, dinner roll <i>Applesauce & mini pretzels</i>	22 Cheerios Macaroni & cheese, broccoli salad, apple slices <i>Mandarin oranges & Cheez-Its</i>
25 Center Closed Enjoy time with family & Friends! HAPPY MEMORIAL DAY	26 Sausage & egg muffin Chicken salad croissant, broccoli salad, sliced peaches <i>Yogurt & graham crackers</i>	27 Banana nut muffin Meatloaf w/ gravy, mashed potatoes, applesauce, biscuit <i>String cheese & Chex Mix</i>	28 Oatmeal Lasagna, roasted green beans, banana, dinner roll <i>Cottage cheese & pineapple chunks</i>	29 English muffin Cream chicken & mixed vegetables over biscuit, apple slices <i>Cheese cubes & Goldfish crackers</i>

The following major food allergens are used as ingredients: Milk, Egg, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify a food employee for more information on these ingredients.



May Adventures



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>4</p> <p><u>"May the 4th Be with You" Day</u> News & Views Get Fit Bingo Star War Trivia&Fact What am I? Board Games Short Story</p>	<p>5</p> <p><u>Cinco de Mayo</u> Daily Views Movin' to the Oldies Card Club Brain Saver Trivia & Facts Finish the Lyric Cinco de Mayo What Am I?</p>	<p>6</p> <p><u>Bubbles Day</u> Chit Chat Sittercise Balloon Bop Bingo Card Club PAC Meeting Patio Time Blowing Bubbles</p>	<p>7</p> <p><u>Green Thumb Day</u> Morning Social Let's See Those Moves Balloon Volleyball Brain Saver Gardening for Good Green Trivia Jigsaw Puzzles Pass the Ball</p>	<p>8</p> <p><u>May Day</u> News & Views Get Fit Bingo Who am I? Cup Holder Craft Afternoon Cards Name 5 Hangman</p> <p><u>V-E Day</u> News & Views Get Fit Parachute Bingo What am I? Easy Poppy Pin Dominos Afternoon Spa</p>
<p>11</p> <p><u>A Special Mother</u> News & Views Get Fit Bingo Beading Sorting Drop in the Umbrella "The Special Mother" Story</p>	<p>12</p> <p><u>A "Wonder-Ful" Day</u> Coffee Talk Morning Moves Tic Tac Toe Card Club Brain Saver Spa Afternoon NOTES Categories Scrabble</p>	<p>13</p> <p><u>Sweet as Apple Pie Day</u> News & Views Get Fit Bingo Shopping & Lunch (Dollar Tree & Pete's) Toss the Apple How many words?</p>	<p>14</p> <p><u>What's All the Racket About? Day</u> Let's Chat Senior Bootcamp Bowling Brain Saver "Ten" Trivia Sentimental Journey Card Club</p>	<p>15</p> <p><u>Birthday Party</u> <u>Hammer Away Day</u> News & Views Get Fit Bingo How many Tools 1:30 Jon King Sings Ledge Turtle Craft Name That Tool Patio Time</p>
<p>18</p> <p><u>Victoria Day</u> News & Views Get Fit Bingo Reminisce Sorting Beading How Many Words Match Game</p>	<p>19</p> <p><u>Beauty Shop</u> <u>"Tiptoe Through the Tulips"</u> Morning Social Let's Stretch Reminisce Brain Saver Who Am I? Finish the Lyrics Card Club</p>	<p>20</p> <p><u>Turn Beauty Inside Out Day</u> News & Views Get Fit Bingo LUNCH BUNCH (Grinder's) Spa Afternoon Monopoly</p>	<p>21</p> <p><u>"Foul Ball!" Day</u> Daily View Movin' With Maria Ball Catch Card Club Brain Saver Baseball Jokes Sensory Program "Big-League Chew"</p>	<p>22</p> <p><u>World Turtle Day</u> News & Views Get Fit Bingo Marine Ceramics Tough as a Tortoise Fun Facts/Turtles Story Time</p>
<p>25</p> <p>Center Closed Enjoy time with family & Friends!</p> 	<p>26</p> <p><u>The Duke's Day</u> Let's Chat Movin' to the Oldies Duck Hunt Brain Saver Patio Time 1960s Trivia Card Club</p>	<p>27</p> <p><u>Golden Gate Bridge Day</u> News & Views Get Fit Bingo Shopping & Lunch (Rose's & Demario's) Card Games Gardeners</p>	<p>28</p> <p><u>Horseshoe Day</u> Breakfast Talk Movin' With Maria Balloon Volleyball Brian Saver Name 5 Random Trivia Board Games</p>	<p>29</p> <p><u>Swingin' to the Oldies Day</u> News & Views Get Fit Bowling Bingo Spa Afternoon Mosaic Craft Reminisce</p>

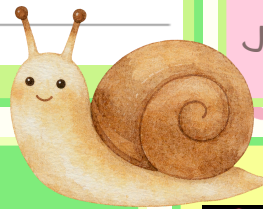
* All Activities & Outdoor Activities are Subject to change! *

Spring A-Z

Write one word that has to do with spring or Easter next to each letter of the alphabet.
For example: A=April, B=bunny, C=chick etc



A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z



Service Spotlight

Podiatry Services

At Family Foot and Ankle Center makes visits to our center to provide podiatry services to our participants while they attend!

At Family Foot & Ankle Center accepts Medicare plans.

If interested in enrolling please ask Cassie for an enrollment form,

The podiatrist will be back in the center on Friday, June 6th.

Happy Birthday to You!!

- Charles H. 5.4
- Robert S. 5.15
- Becky S. 5.18
- Chris S. 5.12
- Joan T. 5.22
- Violetta K. 5.25
- Lorette D. 5.24
- Richard G. 5.24
- Lewis J. 5.25

YOUR WORDS MAKE A DIFFERENCE

Leave us a review and let others know what you love about us!

