

The Graceful Connection

May 2023



Latest News from The Gem at Town Village Sterling Heights

Happy May!

May is a fabulous month and we have so much to celebrate. We honor all of our amazing Moms who live and work here so mark your calendars for our Mother's Day Tea. We'll also be getting our fiesta on this Cinco de Mayo (minus the tequila) but it'll be a fun time nonetheless. Last but not least, we'll be kicking off summer with our Memorial Day Celebration and Ice Cream Social. Somewhere in between that we're going to get out and enjoy this beautiful spring. Come on over and join us!

And make sure you take a moment to meet your new Wellness Director Christie. We are blessed to have her and we remain blessed to have all of you.

Sheri Sepanak
Executive Director

Gem Photos



BIRTHDAYS



Robert "Bob" B. - 12th
Lottie B. - 15th
Mary D. - 29th





E V E N T S

Sterling Heights Nature Center



As the weather hopefully continues to warm up we can start to venture out to Nature again. We will start with an outing on Thursday May 4th. We will learn about different animals in our local area and enjoy the sights and sounds they have to offer.

Mother's Day Tea

We will be coming together on the afternoon of Wednesday, May 10th to celebrate all of our lovely Mothers. We will sip soothing teas as we nibble on some sweet treats, surrounded by the soothing sounds of violin music. It should be a time worthy of celebrating our mothers.



Ice Cream Social

We will be kicking off the holiday weekend and the official start of summer with an Ice Cream Social on Friday May 26th at 3pm.

Join your neighbors and friends for a sweet treat and a great time!



N E W S

May is Older Americans Month and this year's theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat ageist stereotypes. This month we are encouraged to challenge the narrative on aging by celebrating opportunities to change and learn new things, embracing the deeper confidence and understanding of the world that only comes with maturity, and to stay engaged in our communities. Do this by participating in a Graceful Giving opportunity or attending a New Neighbor Social and forming new relationships and deeper connections with peers, neighbors, and family. Check in with your Life Enrichment Director to see how you can stay connected, give back to your community, and practice health habits to make the most of your aging experience, and have a little fun too!

NEW RESIDENTS

Elizabeth B.
Mary Lou L.





TOWN VILLAGE
STERLING HEIGHTS
A GRACE MGMT COMMUNITY



May, sunshine and blue skies and springtime bouquets. Light hearts and laughter and bright happy days. Dogwoods are blooming, hatchlings appear, May is such a lovely time of the year.

MEET OUR TEAM

Sheri Sepanak - Executive Director
Christie Lassen -Wellness Director
Trisha Ginn -Senior Village Program Life
Enrichment Manager

Paris Gentry. - Business Office Manager
Stacy Jefferies - Dining Services Director
Dale Main - Maintenance Director
Julie Nobles. - Sales Director



Town Village Sterling Heights

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