

MAY

MILITARY APPRECIATION MONTH

To all the men and women who have served in the US military, both past and present, thank you. Your dedication and sacrifices have shaped our community and country. We are grateful for your service and proud to have you as part of our community.





Office Hours

Mon-Tues: 09:00 a.m.-04:00 p.m.

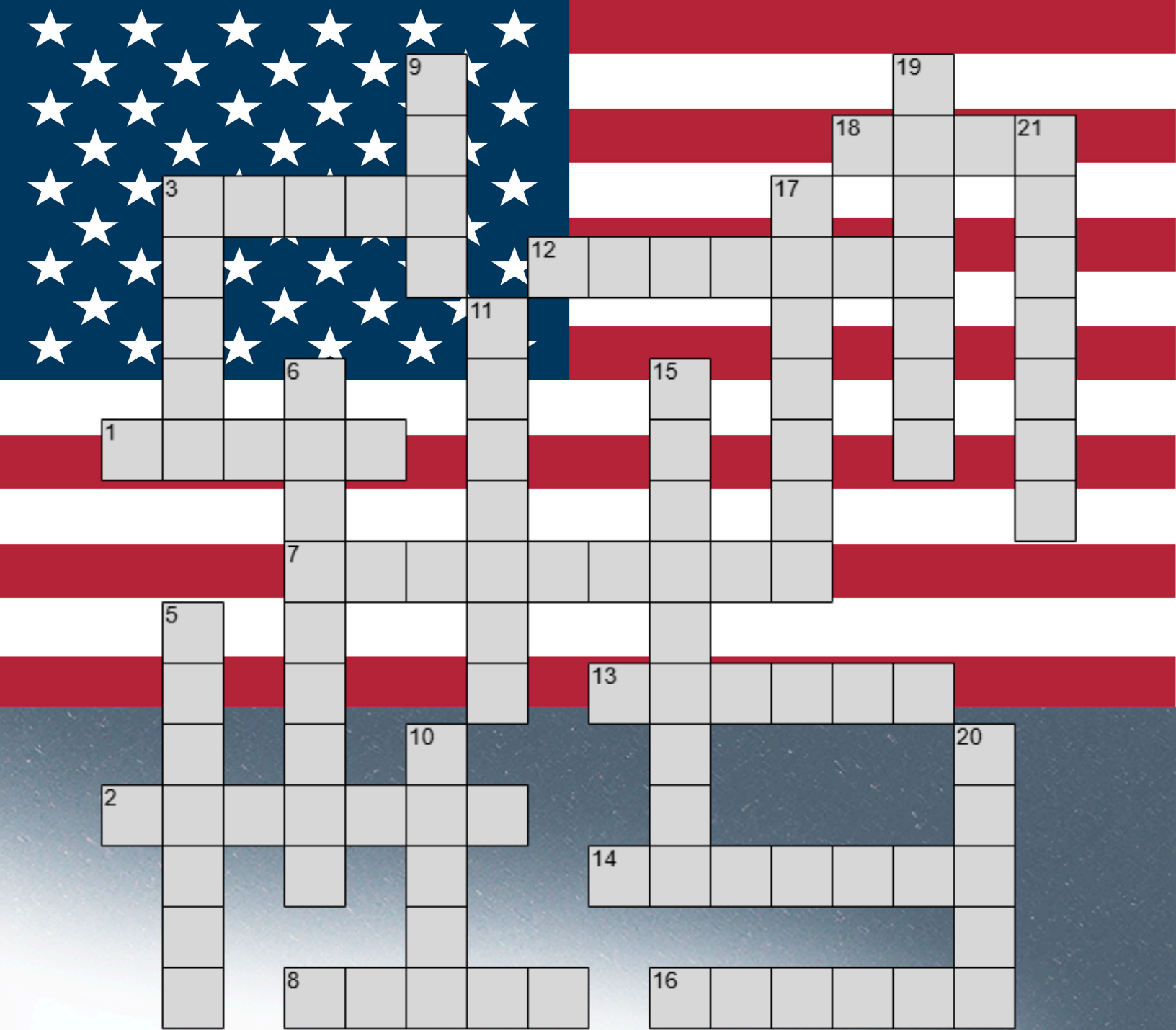
Friday: 09:00 a.m.-12:00 p.m.

OFFICE WILL BE CLOSED
MONDAY MAY 25th FOR
MEMORIAL DAY AND LAST DAY
OF THE MONTH

Attention BHA tenants

We kindly request that you refrain from flushing any type of wipes down the toilet. Although some wipes may be labeled as "flushable," they can lead to serious plumbing problems and incur expensive repair costs. Instead, please dispose of wipes in the trash. Your cooperation is essential in maintaining a safe and pleasant environment for all. Thank you for your understanding and attention to this important matter.



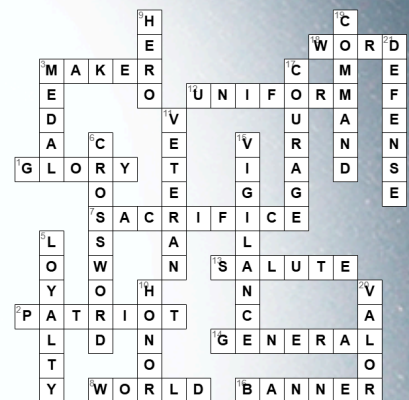


DOWN

- 3. Military award
- 4. Faithful allegiance
- 5. Word puzzle
- 8. Person of great courage
- 9. High respect and esteem
- 10. Former military service member
- 14. Watchfulness and alertness
- 16. Fearlessness in battle
- 18. Military authority
- 19. Bravery in the face of danger
- 20. Military protection

ACROSS

- 1. Fame and honor
- 2. One who loves their country
- 3. Creator
- 6. Giving up for country
- 7. Planet Earth
- 11. Service member's outfit
- 12. Military gesture of respect
- 13. High-ranking officer
- 15. Military flag
- 17. Unit of language



MONTH OF MAY WORD SEARCH

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

ARMY

AIRFORCE

NAVY

MARINES

MAY

FLOWERS

SHOWERS

MOTHERS DAY



MONTH OF MAY WORD SEARCH

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

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MOTHERS DAY



ALL-AMERICAN BBQ

CHICKEN & FOIL PACKET POTATOES






INGREDIENTS

- 4 CHICKEN THIGHS OR DRUMSTICKS
- ½ CUP BBQ SAUCE
- 4 MEDIUM POTATOES, CHOPPED
- 1 TABLESPOON OLIVE OIL OR BUTTER
- 1 TEASPOON GARLIC POWDER
- 1 TEASPOON PAPRIKA
- SALT & PEPPER TO TASTE

INSTRUCTIONS

- PREHEAT OVEN TO 400° F.
- PLACE CHICKEN IN A BAKING DISH AND COAT WITH BBQ SAUCE.
- IN A BOWL, TOSS CHOPPED POTATOES WITH OIL, GARLIC POWDER, PAPRIKA, SALT, AND PEPPER.
- WRAP POTATOES IN FOIL PACKETS OR SPREAD ON A BAKING SHEET.
- BAKE CHICKEN AND POTATOES FOR 35–40 MINUTES, UNTIL CHICKEN IS COOKED THROUGH AND POTATOES ARE TENDER.

MAY {2026}

S	M	T	W	T	F	S
					1	2
3	4	5	 6	7	8	9
10	11	12	 13	14	15	16
17	18	19	 20	21	22	23
24	 25	26	 27	28	29	30
31						

IMPORTANT DATES

MONDAY MAY 25, 2026: MEMORIAL DAY, OFFICE WILL BE CLOSED

EVERY WEDNESDAY 9:00 AM - 10: 00 AM: COFFE KLUTCH

WEDNESDAY MAY, 27TH 9:00 AM - 10: 00 AM: MORNING BINGO

BIRTHDAYS

CHRISTINA: 05/07
SHIRLEY: 05/10
TERRY: 05/14
GLENDA: 05/16
RONNIE: 05/22



CHRIS: 05/22
JOSEPH: 05/24
PATRICK: 05/24
GLENDA: 05/16
RONNIE: 05/22



HEATHER: 05/31

Shoulder roll EXERCISE

HOW TO:

1. SIT COMFORTABLY WITH YOUR BACK STRAIGHT.
2. LIFT SHOULDERS TOWARD YOUR EARS.
3. ROLL THEM BACK AND DOWN IN A CIRCLE.
4. REPEAT SLOWLY.

BENEFITS

REDUCES NECK AND SHOULDER STIFFNESS
IMPROVES POSTURE
HELPS RELIEVE TENSION