Did You Know?

May is Older American's Month!
The 2017 OAM Theme is “Age Out Loud!” Older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others.

Embrace your age and be proud of your accomplishments.
(Source: oam.acl.gov)

Welcome Marty!
The Bridge is delighted to welcome Marty to our team as an Activity Assistant! Marty has lived in Juneau for seven years, and loves the weather, the people, and the culture of Juneau. Marty brings incredible kindness and joy to the Bridge. Her energy and enthusiasm are unparalleled and we are thrilled to have her a part of the Bridge family!

May Birthdays
No Birthdays this month!

The Bridge offers monthly salon appointments with a local hairdresser who comes to our facility and provides a variety of services.
Tasty Fruit Pizza! *(Source: tasteofhome.com)*
TOTAL TIME: Prep: 30 min. + chilling YIELD: 16 servings

**Ingredients**
- 1 cup all-purpose flour
- 1/4 cup confectioners' sugar
- 1/2 cup cold butter
- 1 package (8 ounces) reduced-fat cream cheese
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 2 cups halved fresh strawberries
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup fresh blueberries
- **GLAZE:**
  - 5 teaspoons cornstarch
  - 1-1/4 cups unsweetened pineapple juice
  - 1 teaspoon lemon juice

**Directions**
1. In a large bowl, combine flour and confectioners' sugar. Cut in butter until crumbly. Press onto an ungreased 12-in. pizza pan. Bake at 350° for 10-12 minutes or until very lightly browned. Cool on a wire rack.
2. In a small bowl, beat the cream cheese, sugar and vanilla until smooth. Spread over crust. Arrange the strawberries, oranges and blueberries on top.
3. For glaze, in a small saucepan, combine the cornstarch, pineapple juice and lemon juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool slightly.

**Nutritional Facts**
1 slice: 170 calories, 9g fat (6g saturated fat), 25mg cholesterol, 120mg sodium, 20g carbohydrate (13g sugars, 1g fiber), 3g protein.
**Diabetic Exchanges:** 1-1/2 fat, 1 starch, 1/2 fruit.

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What's Cookin' at The Bridge?

**UAS Students Volunteer at The Bridge!**

Students from the University of Alaska Southeast volunteered on a Saturday. They spent their time and energy cleaning and organizing the building which will make the lives of clients and staff so much easier! We are so grateful for volunteers at The Bridge Adult Day Program! Thanks!
# The Bridge Adult Day Program Activity Calendar

**May 2017: Carefully Planned Activities to Keep you Healthy and Active**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
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<tr>
<td>May Day Craft</td>
<td>Charades</td>
<td>Sing-A-Long with Michael</td>
<td>Splatter Ball</td>
<td>Croquet and Classical</td>
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<tr>
<td>Baby Shower For Kelsey</td>
<td>Library Fun w/ Felicite</td>
<td>Horse Shoes</td>
<td>Ice Cream Making Class</td>
<td>Music w/ Rita</td>
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<tr>
<td>Baggo!</td>
<td>Entertainment in Parlor</td>
<td>Entertnainment in Parlor</td>
<td>Pictionary</td>
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<tr>
<td>Current Events</td>
<td>Basketball</td>
<td>Sing-A-Long with Michael</td>
<td>Baggo</td>
<td>Croquet and Classical</td>
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<tr>
<td>Accordion w/ Dale</td>
<td>Library Fun w/ Felicite</td>
<td>BINGO</td>
<td>Gardening Club!</td>
<td>Music w/ Jacque</td>
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<tr>
<td>Catch of the Day</td>
<td>Entertainment in Parlor</td>
<td>Hanging-Out Man</td>
<td>Entertainment in Parlor</td>
<td>B-Bag Toss</td>
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<td>15</td>
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<tr>
<td>Show Me Your Smile</td>
<td>Charades</td>
<td>Sing-A-Long With Michael</td>
<td>Charades</td>
<td>Croquet and Classical</td>
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<tr>
<td>Bridge Outing: Mendenhall Glacier</td>
<td>Library Fun w/ Felicite</td>
<td>BINGO</td>
<td>Gardening Club!</td>
<td>Music w/ Rita</td>
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<tr>
<td>Baggo!</td>
<td>Entertainment in the Parlor</td>
<td>Horse Shoes</td>
<td>Entertainment in Parlor</td>
<td>Popcorn Toss</td>
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<td>22</td>
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<tr>
<td>Current Events</td>
<td>Dice N’ Reminisce</td>
<td>Sing-A-Long With Michael</td>
<td>Purple Dice</td>
<td>Croquet and Classical</td>
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<tr>
<td>Accordion w/ Dale</td>
<td>Library Fun w/ Felicite</td>
<td>BINGO</td>
<td>Humane Society Visit</td>
<td>Music w/ Jacque</td>
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<tr>
<td>Splatter Ball!</td>
<td>Entertainment in the Parlor</td>
<td>Lawn Darts</td>
<td>Entertainment in the Parlor</td>
<td>Anacrostics!</td>
</tr>
<tr>
<td>29 Memorial Day Bridge is closed.</td>
<td>30</td>
<td>31</td>
<td>BINGO</td>
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</table>
Guest musician, Dale, lit up the dance floor at the Bridge with his accordion. Dale played polka, waltzes, and swing tunes. *(Top Photo)*

Jean shares a dance with Michael as guest musician, Dale, performs a waltz on his accordion. *(Middle Photo)*

Tom sports a fashionable set of bunny ears while assisting with decorating the Bridge community room. *(Bottom Photo)*

The Bridge Adult Day Program
1803 Glacier Hwy
(907) 463-6170

Hours:
7:30am-5pm Mon-Fri

The Bridge Program receives financial support from the Juneau Community Foundation's CBJ Social Service Grants and the State of Alaska, Senior & Disabilities Services

Southeast Senior Services is a Division of Catholic Community Services