



Life. Love. Legacy.™  
1934 Whiddon Mill Rd.  
Tifton, Ga. 31793  
(229) 386-2273



# LEGACY VILLAGE OF TIFTON

NEWSLETTER | MAY 2026



## YOUR LEADERSHIP TEAM



**Alana Sirmans**  
Executive Director



**Porshia Stone, LPN**  
Resident Services Director



**Misty McDuffie**  
SC Life Enrichment Director



**Chris Griffin**  
Maintenance Director



**Barbara McLaren**  
Dining Services Director



**Cashonda Pittman**  
Staff Development Coordinator



**Josh Bennett**  
Chaplain



## A MESSAGE FROM YOUR EXECUTIVE DIRECTOR

As we welcome the month of May, I find myself reflecting on the rhythm of the seasons and the gentle ways they invite us to pause, look around, and appreciate what's right in front of us. May is a month of transition. Spring is in full

bloom and summer's just around the corner, and it always seems to bring that sense of renewal into the halls of our community as well.

This sense of renewal is echoed in the special occasions we celebrate together this month. May is recognized nationwide as Older Americans Month, a time when we honor the achievements, wisdom, and resilience of our residents. Their stories, experiences, and laughter are the foundation that makes our community a home. Let's take a moment to recognize the unique gifts our residents share, and the way their lives inspire everyone around them, every single day.

We also look forward to Nurse Appreciation Week, May 6-12—a chance to express our heartfelt gratitude to the dedicated nurses whose compassion and steady hands shape our daily lives. Their care, patience, and kindness are the backbone of our community, and we are truly grateful for the difference they make.

All around us, nature reminds us of how life thrives when given a little warmth and attention. I see it in our gardens as new blossoms appear, in the friendships that continue to grow, and in the laughter that fills our common spaces. These everyday moments, shared together, are what make this season so special.

As May comes to a close, we will pause together on Memorial Day to remember and honor those who have served and sacrificed for our country. Their legacy lives on in the community we share and in the opportunities we have to gather in peace and friendship.

As always, we invite you to join us whenever you'd like—whether it's a group activity, a celebration, or a quiet moment of conversation. Each presence adds to the richness of our community.


Thank you for the joy, patience, and kindness you bring every day. Let's make the most of this beautiful season, together.

Warmly,


*Alana Sirmans*

**Alana Sirmans**  
Executive Director

Behind every smile in our halls, is the nurse in this heart.




PORSHIA STONE, LPN



**NATIONAL NURSES WEEK**  
May 6-12

We appreciate You!



## Celebrations & Milestones

### Welcome to our newest residents!

- David McMillan
- Bill Shellnut
- Marlon Webb
- Martha Garrett
- Iris Cornell

Let's celebrate everyone marking a special moment this month!

#### RESIDENT BIRTHDAYS

- May 8: Carolyn Barfield

#### TEAM MEMBER BIRTHDAYS

- May 27: Angelica Page
- May 29: Donetha Newsome

#### RESIDENT ANNIVERSARIES

- Carol Todd – 5 years
- Sandra Ellis – 5 years

#### TEAM ANNIVERSARIES

- Barbara McLaren – 4 years
- Chandler Jones – 2 years
- Nicole Tucker – 2 years



## FUN & MEMORIES: AMERICAN TRIVIA WITH TONYA LAND OF HOME INSTEAD



## HANDS FULL OF FLOWERS, HEARTS FULL OF JOY

FLORAL ARRANGING WITH LUCY & NORA JANE



## ALZHEIMER'S SUPPORT SERVICES

A complimentary support service, designed to complement the care we provide.

Schedule today with Dr. Ron Harvard.

[LEGACYSL.NET/ALZHEIMERS-SUPPORT](https://legacysl.net/alzheimers-support)

IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!



## JUST FOR FUN GUARANTEED ILLEGAL CATCH

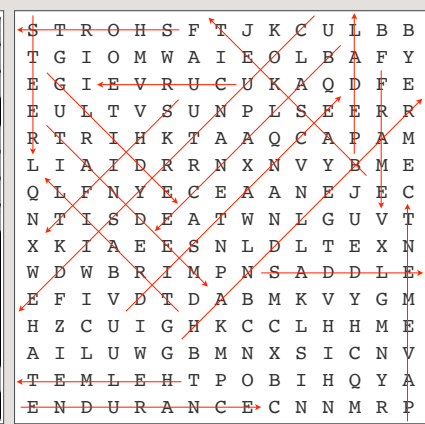
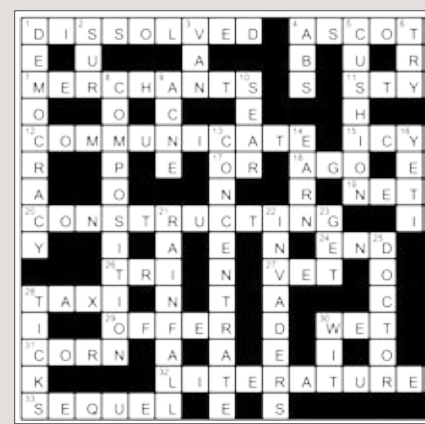
There was a salmon fisherman who was out in the ocean fishing when his boat sank. He was lucky enough to make it to a deserted island where he had to survive on whatever he could find.

When the Coast Guard eventually found him, the leader noticed a fire pit with California Condor feathers all around. He went over to the fisherman and said, "You know, it's illegal to kill a California Condor. I'm afraid I'm going to have to arrest you."

The fisherman protested for some time, explaining that he killed it because he was going to starve, but eventually he calmed down.

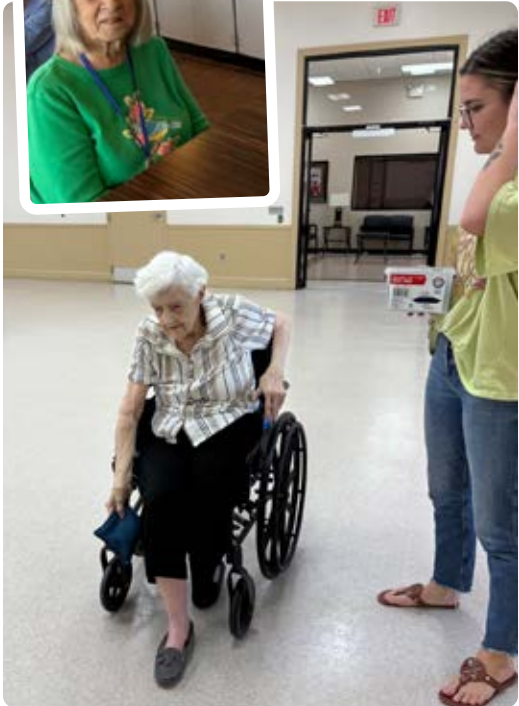
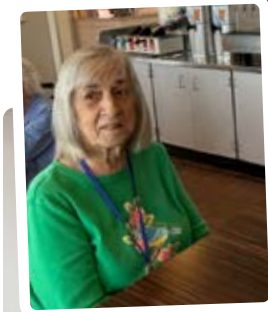
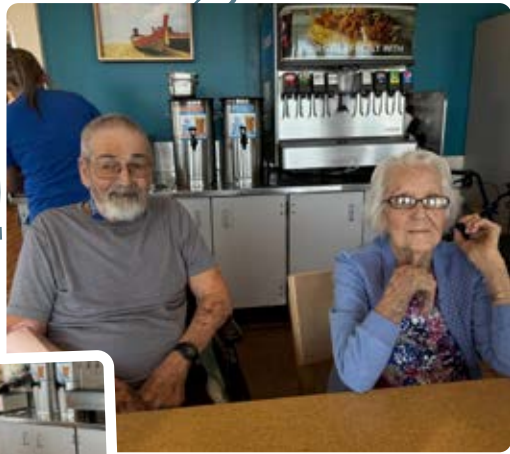
"Out of curiosity," the Coast Guard asked, "what did it taste like?"

The fisherman replied, "Well, it was kind of a mix between a snowy owl and a bald eagle."



CORN HOLE Showdown FOLLOWED BY A CAPTAIN D'S FEAST

GAME ON!



**GOING THE EXTRA MILE AWARD**  
**CHANDLER JONES**  
**MAY WINNER**



"If anyone forces you to go one mile, go with them two miles." Matt 5:41  
 Submit your nominations in the lobby!

Mother's Day Celebrations

**FRI., MAY 8<sup>th</sup>** Tea Party with Mother's Day Jeopardy!

*Sweets, treats & an assortment of teas, along with a special Mother's Day edition of Jeopardy!*

**SUN., MAY 10<sup>th</sup>** Mother's Day BINGO!

*A lively round of Bingo and a table of sweet treats. Bring your lucky charms, and make some special memories. with us.*

Growing Together:  
 PLANTING SEEDS WITH LUCY & NORA JANE



LIFE ENRICHMENT Connections



May is here, and with it comes the joy of celebrating Older Americans Month—a tradition we cherish in our community. Each year, we join hands with friends and neighbors to honor the remarkable women and men who have shaped our hometown with their wisdom, humor, and kindness. This year, our theme is "Champion Your Health," a simple but powerful reminder that wellness belongs to everyone, at every age. Throughout the month, we'll host activities focused on prevention, vitality, and taking charge of our own well-being. I hope you'll join us in the fun, and maybe even try something new!

We're also looking forward to Nurses Week from May 6th through the 12th. If you see Porshia around the Village, please take a moment to thank her. Her dedication to our residents is truly inspiring—she goes above and beyond every single day, always ready to lend a hand wherever it's needed. We're so fortunate to have her in our family.

Let's make this May a month to remember—full of laughter, connection, and good health!

Warmly,  
 Misty McDuffie  
 Life Enrichment Director

MAY HIGHLIGHTS

- May 5 11:30AM Older Americans Month Cinco de Mayo-themed Kickoff Party (LRC)
- May 11 2PM Carnival/Magic Show (LRC)
- May 15 11:30AM Fish Fry (LRC)
- May 19 10:30AM MuuMuus & Mimosas (LRC)
- May 26 Car Show
- May 28 11:30AM Older Americans Month Finale Luncheon (FBC)

NOTABLE EVENTS IN MAY

- May 13 National Third Shift Workers Day
- May 6-12 National Nurses Week
- May 17-23 National EMT Week

REMEMBER & HONOR



MEMORIAL DAY • May 25

**EARS, CHEER, AND CUDDLES DEAR AT THE EASTER PARTY**



**ACROSS**

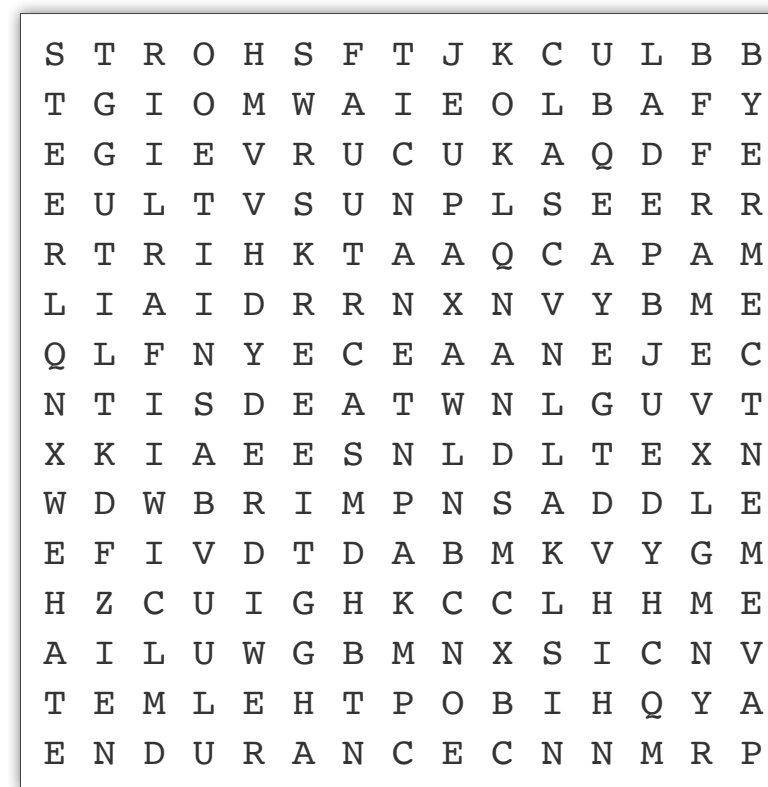
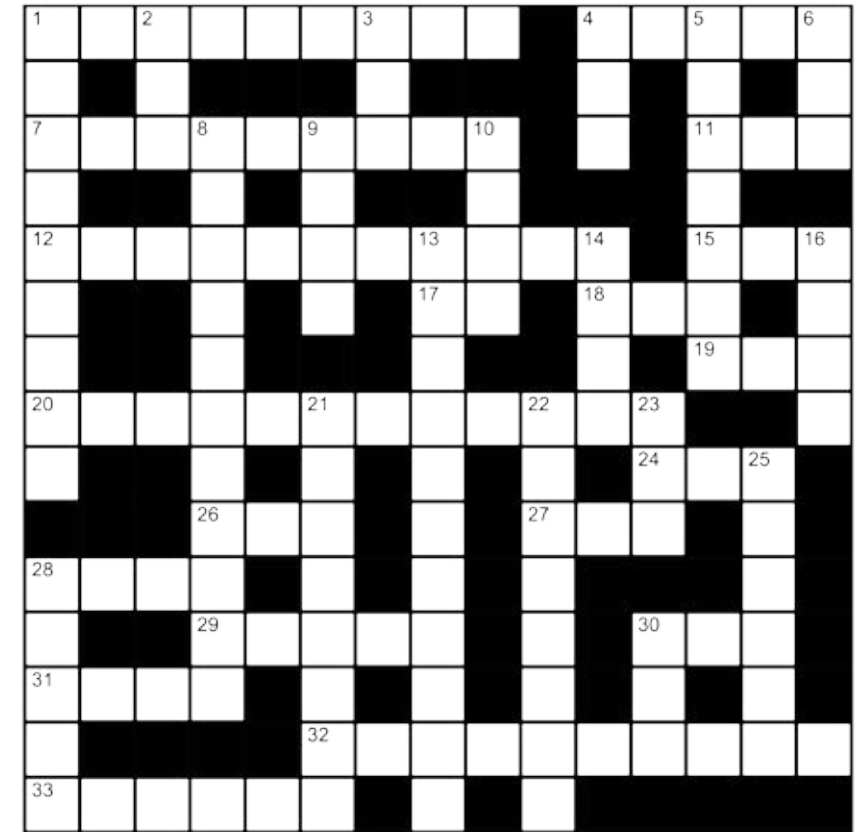
- 1. Melted
- 4. Fancy tie
- 7. Traders or dealers
- 11. Hog haven
- 12. Transmit information
- 15. Frigid
- 17. Either \_\_\_
- 18. Long \_\_\_ and far away
- 19. Fishing aid
- 20. Building or creating
- 24. Finale
- 26. Prefix meaning "three"
- 27. Dog doc
- 28. It's hailed by city dwellers
- 29. Proposal
- 30. Freshly painted
- 31. Maize
- 32. English major's subject
- 33. Film follow-up

**DOWN**

- 1. Government by the people
- 2. Used before name and charge
- 3. Vehicle with sliding doors
- 4. Stomach muscles, for short
- 5. Shock absorber?
- 6. Attempt
- 8. Musical arrangement
- 9. Teen affliction
- 10. Brand, in a way

- 13. Focus intently
- 14. Work for pay
- 16. Abominable Snowman
- 21. Wet-weather indicator
- 22. H. G. Wells' Martians are some

- 23. Figure out
- 25. Physician
- 28. The sounds of time passing?
- 30. Humorist's specialty



**PEDAL POWERED**

*The words listed can be found vertically, horizontally, diagonally, forward, and backward.*

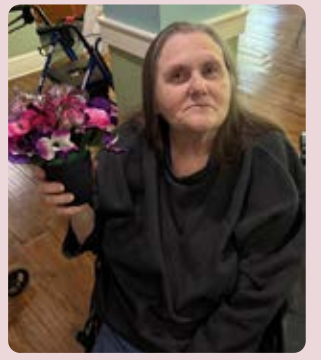
- |             |           |        |
|-------------|-----------|--------|
| BALANCE     | FRAME     | SADDLE |
| BASKET      | GLIDE     | SHIFT  |
| COUNTRYSIDE | HANDLEBAR | SHORTS |
| CURVE       | HELMET    | STEER  |
| DISTANCE    | PAVEMENT  | TANDEM |
| ENDURANCE   | PEDAL     | TRAIL  |



Mime Time!  
CHARADES & SUNDAES  
WITH EVANGELA OF  
ABIDE HOME CARE



HANDS-ON WITH HAPPINESS:  
ARRANGING FLOWERS WITH AMANDA



VOLUNTEER APPRECIATION BREAKFAST

we're grateful for you!



SUNNY SERVES AND SWEET TREATS: VOLLEYBALL & BANANA SPLITS



A TASTY TRIP TO



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

Personal Care

						9:30 Coffee & Newsletters 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Movie Matinee 5:00 Dinner <small>May Day</small>	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 One on Ones 2:00 Volleyball 3:00 Porch Chat 5:00 Dinner
10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:00 Dinner	9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 12:00 Lunch 1:30 One on One Visits 2:00 Noodle Ball 3:00 Coke Floats 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise w/ Gracie <b>11:00 Cinco de Mayo (OAM kickoff)</b> 2:00 Movie Matinee 3:00 Popcorn & Pop <small>Cinco de Mayo</small>	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 ROM Interview 2:00 Church w/ Josh 2:30 BINGO 5:00 Dinner	9-1 Beauty Shop 12:00 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 5:00 Dinner	9-1 Beauty Shop 12:00 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise 12:00 Lunch 2:00 Mother's Day Tea Party 3:00 Mother's Day Jeopardy 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Table Games/Hydration 5:00 Dinner
10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO w/ Mom 3:00 Word Search 5:00 Dinner <small>Mother's Day National Skilled Nursing Care Week</small>	9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 12:00 Lunch <b>2:00 Carnival at LRC &amp; Magic Show</b> 5:00 Dinner	10:00 Devotion 10:30 Joyful Sound (FBC Choir) 12:00 Lunch 1:00 One on One Visits 2:00 Senior Chef 3:00 Simple C 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 One on One Chats 2:00 Church w/ Josh 2:30 BINGO 5:00 Dinner	9-1 Beauty Shop 12:00 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 5:00 Dinner	9-1 Beauty Shop 12:00 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 5:00 Dinner	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise/Hydration <b>11:30 Fish Fry at LRC</b> 1:00 Room Visits 2-4 Movie Matinee 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Parachute Pop/Hydration 5:00 Dinner <small>Armed Forces Day</small>
10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:00 Dinner	9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 11:30 Lunch on Town 1:00 One on Ones 2:00 Resident Council 3:00 Butterbean Auction 5:00 Dinner <small>Victoria Day (Canada)</small>	9:30 Rise & Shine 10:00 Devotion <b>10:30 Moo Moos &amp; "Mimosas" LRC</b> 12:00 Lunch 2:00 Puzzles 3:30 The Carpenters 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 One on One Chats 2:00 Church w/ Josh 2:30 BINGO 5:00 Dinner	9-1 Beauty Shop 12:00 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 5:00 Dinner <small>Shavuot Begins</small>	9-1 Beauty Shop 12:00 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C Armchair Travel 5:00 Dinner	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Cornhole Competition 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Bean Bag Toss/Hydration 5:00 Dinner
10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:00 Dinner	10:30 Exercise w/ Misty 12:00 Lunch 1:00 One on Ones 2:00 Movie Matinee 3:00 Popcorn & Pop 5:00 Dinner <small>Memorial Day</small>	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise w/ Misty 12:00 Lunch 1:00 One on Ones 2:00 Car Show 3:00 Ice Cream Sundae 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Tik Toks 2:00 Church w/ Josh 2:30 BINGO 5:00 Dinner	9-1 Beauty Shop <b>11:30 OAM Finale</b> 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C Armchair Travel 5:00 Dinner	9-1 Beauty Shop <b>11:30 OAM Finale</b> 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C Armchair Travel 5:00 Dinner	9:30 Lobby Chat 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Country Ride 5:00 Dinner	9:30 Rise & Shine 10:00 Devotion 10:30 Exercise/Hydration 12:00 Lunch 1:00 Room Visits 2-4 Ring Toss/Hydration 5:00 Dinner
10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:00 Dinner	<h2>Older Americans Month</h2>						

Sunday

Monday

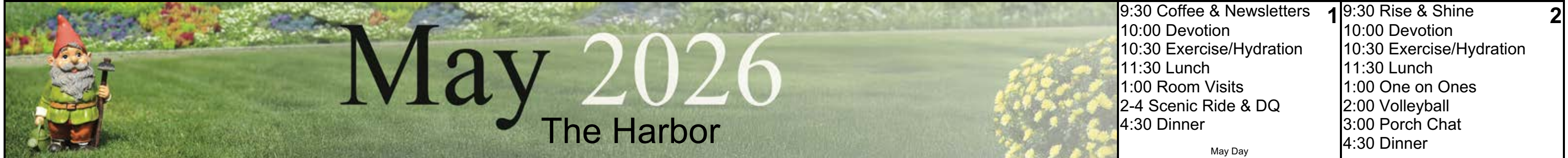
Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026

## The Harbor

<p>10:00 Church on TV 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 4:30 Dinner</p> <p><b>3</b></p>	<p>9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Visits 2:00 Noodle Ball 3:00 Coke Floats 4:30 Dinner</p> <p><b>4</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise w/ Gracie <b>11:00 Cinco de Mayo (OAM kickoff)</b> 2:00 Movie Matinee 3:00 Popcorn &amp; Pop</p> <p><b>5</b> <small>Cinco de Mayo</small></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Extra Mile Interview 2:00 Church w/ Josh 2:30 BINGO 4:30 Dinner</p> <p><b>6</b></p>	<p>9-1 Beauty Shop 11:30 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C Pics 4:30 Dinner</p> <p><b>7</b></p>	<p>9:30 Coffee &amp; Newsletters 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Room Visits 2-4 Scenic Ride &amp; DQ 4:30 Dinner</p> <p><b>1</b> <small>May Day</small></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 One on Ones 2:00 Volleyball 3:00 Porch Chat 4:30 Dinner</p> <p><b>2</b></p>
<p>10:00 Church on TV 11:00 Weekly Events 11:30 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 4:30 Dinner</p> <p><b>10</b> <small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 11:30 Lunch <b>2:00 Carnival at LRC &amp; Magic Show</b> 4:30 Dinner</p> <p><b>11</b></p>	<p>9:30 Lobby Chat 10:00 Devotion 10:30 Exercise w/ Misty 11:30 Lunch 1:00 Room Visits 2:00 Senior Chef 3:00 Simple C 4:30 Dinner</p> <p><b>12</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 One on One Chats 2:00 Church w/ Josh 2:30 BINGO 4:30 Dinner</p> <p><b>13</b></p>	<p>9-1 Beauty Shop <b>11:30 Family Lunch</b> 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C Pics 4:30 Dinner</p> <p><b>14</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration <b>11:30 Fish Fry at LRC</b> 1:00 Room Visits 2-4 Movie Matinee 4:30 Dinner</p> <p><b>15</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Room Visits 2-4 Parachute Pop 4:30 Dinner</p> <p><b>16</b> <small>Armed Forces Day</small></p>
<p>10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:00 Dinner</p> <p><b>17</b> <small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 11:30 Lunch on Town 1:00 One on One 2:00 Porch Chat 3:00 Butterbean Auction 4:30 Dinner</p> <p><b>18</b> <small>Victoria Day (Canada)</small></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion <b>10:30 Moo Moos &amp; "Mimosas" LRC</b> 11:30 Lunch 2:00 Match Game 3:30 The Carpenters 4:30 Dinner</p> <p><b>19</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 One on One Chats 2:00 Church w/ Josh 2:30 BINGO 4:30 Dinner</p> <p><b>20</b></p>	<p>9-1 Beauty Shop 11:30 Lunch 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 4:30 Dinner</p> <p><b>21</b> <small>Shavuot Begins</small></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Room Visits 2-4 Cornhole Competition 4:30 Dinner</p> <p><b>22</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Room Visits 2-4 Bean Bag Toss 4:30 Dinner</p> <p><b>23</b></p>
<p>10:00 Church on TV 11:00 Weekly Events 12:00 Lunch 1:00 Snack/Hydration 2:00 BINGO 3:00 Word Search 5:00 Dinner</p> <p><b>24</b></p>	<p>9:30 Devotion w/ Mark FBC 10:30 Exercise w/ Misty 11:30 Lunch 1:00 One to One 2:00 Movie Matinee 3:00 Popcorn &amp; Pop 4:30 Dinner</p> <p><b>25</b> <small>Memorial Day</small></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise w/ Misty 11:30 Lunch 1:00 One on One 2:00 Car Show 3:00 Simple C 4:30 Dinner</p> <p><b>26</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Tik Toks 2:00 Church w/ Josh 2:30 BINGO 4:30 Dinner</p> <p><b>27</b></p>	<p>9-1 Beauty Shop <b>11:30 OAM Finale</b> 1:00 Snack Cart 2:00 Pampered Hands 3:00 Simple C 4:30 Dinner</p> <p><b>28</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Room Visits 2-4 Country Ride 4:30 Dinner</p> <p><b>29</b></p>	<p>9:30 Rise &amp; Shine 10:00 Devotion 10:30 Exercise/Hydration 11:30 Lunch 1:00 Room Visits 2-4 Ring Toss 4:30 Dinner</p> <p><b>30</b></p>

10:00 Church on TV  
11:00 Weekly Events  
12:00 Lunch  
1:00 Snack/Hydration  
2:00 BINGO  
3:00 Word Search  
5:00 Dinner

**31**



# Older Americans Month