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| **May Purposeful Programming** | |
| **Movement Matters** is a month-long campaign centered on increased movement and overall wellbeing. The goal is to motivate individuals within your organization to move more and sustain their increased movement throughout the year.  What is your motivation to move more this month? | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| **May 3rd:**  Garden Meditation Day | * YouTube video (22 min.): [Guided Meditation: Journey to Your Secret Garden](https://youtu.be/xdrn2JxiF5s) * Information about [Therapeutic Gardens](https://www.ahta.org/horticultural-therapy) from the American Horticultural Therapy Association. * It is the perfect time to create a *Kokedama* or Japanese Moss Garden. Here is a step-by-step article to  [Make a Miniature Moss Garden](https://food52.com/blog/12790-a-miniature-moss-garden-for-your-tabletop).   + [Benefits of Fresh Air Kokedama Plants](https://www.tranquilplants.co.uk/pages/the-benefits-of-fresh-air-kokedama-plants) article including a short four-minute TED Talk: *How to Grow Fresh Air*. * Create a mini–Zen Garden! Use this [DIY Mini Zen Blog](https://www.proflowers.com/blog/mini-zen-garden) as a guide. * **Dr. Roger & Friends** Podcast Episode (15 min.):[Take a Bath in the Forest!](https://www.spreaker.com/user/masterpiece_living/nature-p1) |
| **May 8th:**  Stamp Out Hunger Day | * Find your local food bank at [FeedingAmerica.org](https://www.feedingamerica.org/find-your-local-foodbank) and discover the opportunities. * Learn more about the annual [Stamp Out Hunger Food Drive](https://www.nalc.org/community-service/food-drive/2020-donor-drive) from the National Association of Letter Carriers (NALC) and partner with your local food bank. Use this five-minute [motivational video](https://www.youtube.com/watch?v=REHZ5QfUmS8&feature=emb_title) from NALC in 2019. * Download the [Charity Miles](https://charitymiles.org/charities/) app and choose a food-related charity (Feeding America, Action for Healthy Kids, World Food Programme). Create a team and encourage residents and team members to join! |
| **May 26th:**  Senior Health & Fitness Day | * Get inspired and find out how to participate in 28th annual Senior Health and Fitness Day: <http://www.fitnessday.com/>      * YouTube video: [20 Min Senior Exercise Routine](https://youtu.be/8CE4ijWlQ18) with chair options. * Master-Peace Circle **Meditation**: [Progressive Muscle Relaxation](https://www.youtube.com/watch?v=3IE6kbGQtBw) * **Dr. Roger & Friends** Podcast Episodes:   + [Will You Be Fit or Frail at 85?](https://www.youtube.com/watch?v=BRpX9RgzROE)   + [Movement Matters! (Tips to Engineer Movement Back into Your Life)](https://www.youtube.com/watch?v=yOQ_C1OlLWw) * [My Life Check](https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7) *is an interactive online tool from American Heart Association that helps people assess and track their heart health information and gain a better understanding of their risk for heart disease and stroke.* |
| **May 30th:** National Creativity Day | * [4 Lessons in Creativity](https://youtu.be/sY0Pf_pfqCI) **TED Talk** (17 min): *Radio host Julie Burstein talks with creative people for a living -- and shares four lessons about how to create in the face of challenge, self-doubt and loss.* * Inspire each other and make **vision boards** together or collaborate and create one for the community! Gather tips from this article from the Oprah Magazine: [How to Make a Vision Board](https://www.oprahmag.com/life/a29959841/how-to-make-a-vision-board/) * **Articles** by: Cera Meintzer and Danielle Palli   + [Creativity During COVID](https://mymasterpieceliving.com/creativity-during-covid/)   + [Getting Serious About Humor and Play](https://mymasterpieceliving.com/resource/getting-serious-about-humor-and-play/) * **Dr. Roger & Friends** Podcast Episode (10 min.): [Creativity During COVID](https://www.youtube.com/watch?v=nk1Z8SO4p-8) * Use these [creativity photos](https://mymasterpieceliving.com/resource/creativity-challenge-photos/) to challenge teams to find as many creative and unique ways to use the items as possible (e.g., Creating art and photographing it, invent a game, tell a story using the objects, etc.): |