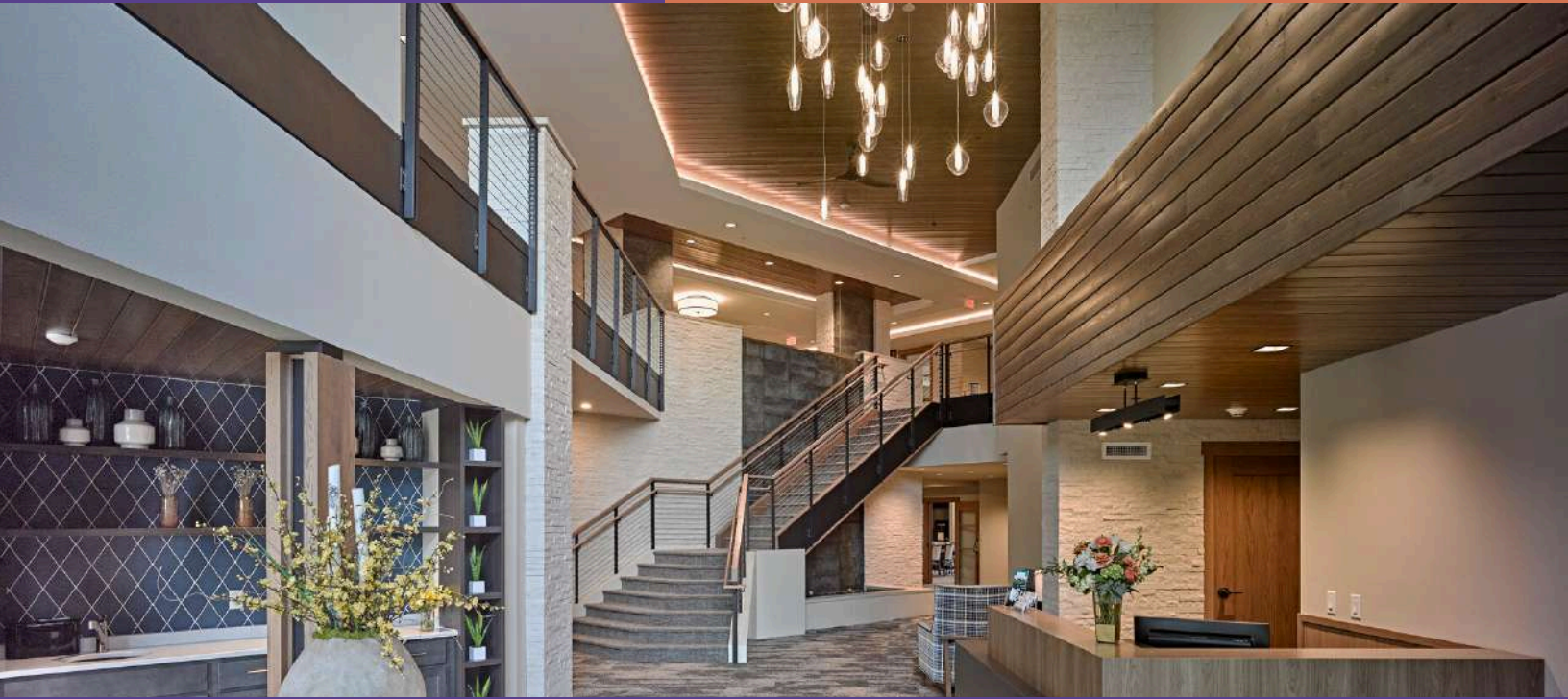




Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



May Newsletter

Discover what's new at Cardinal View



May

*Discover a Garden
full of growing things*



COMMUNITY LIFE

May 2026

Entertainment

Karlos Moser

*Spain to Russia - Which
Language Sings the Best?*

Wednesday, May 6th at 3:30pm
2nd Floor Cardinal Room

HeartStrings® - The Madison Symphony Orchestra

The Rhapsodie Quartet

Wednesday, May 13th at 3:30pm
2nd Floor Cardinal Room

Happy Hour with Kevin Murphy

Friday, May 15th at 4:00pm
2nd Floor Pub/Bistro

Lifelong Learning Program:

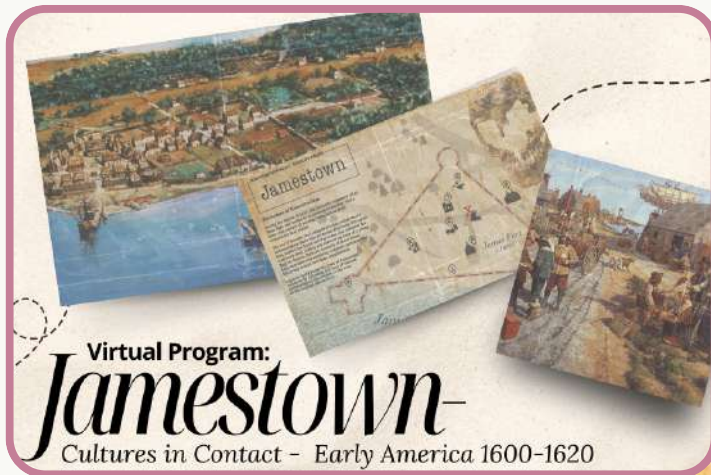
May 7th

2:00PM

1st Fl Good Neighbor Rm

Jamestown Cultures in Contact Early America 1600-1620

Presented by:
Jamestown-Yorktown
Foundation



Virtual Program:
Jamestown
Cultures in Contact - Early America 1600-1620



ROBOT SOCCER LEAGUE

Cardinal View Crazy Cardinals 2026 Robot Soccer Schedule

Week	Date	Competing Team	Result
Week 1	04/28 @ 1:00pm	Purple Hawks	Won
Week 2	05/05 @ 1:00pm	Boltz	
Week 3	05/12 @ 1:00pm	BYE	
Week 4	05/19 @ 1:00pm	Slayers	
Week 5	05/26 @ 1:00pm	Mighty Knights	
Week 6	06/02 @ 1:00pm	A-Team	
Week 7	06/09 @ 1:00pm	Rockers	

Robot Soccer League held in the 2nd Floor Cardinal Room



MOTHERS DAY MENU

Sunday, May 10th

Breakfast:

Continental Style:

**Muffins, Danish, Fresh Fruit, Boiled Eggs,
Assorted Yogurts**

Lunch:

Creamy Lemon Garlic Shrimp

or

Smoked Chicken Kabobs

**With - Rice Pilaf, Mixed Vegetables, Dinner
Rolls, Strawberry Rhubarb Pie**

Boxed Dinner:

Sign-Up at Front Desk

**Chicken Salad Slider, Pasta Salad,
Fruit Cup, Cookie**

Pick Up Between 3:45-4:45PM



Resident Birthdays

Norma M.	05/01
Linda P.	05/09
Bruce L.	05/09
Donna Lynn	05/17
Connie M.	05/20
Lawrence L.	05/20
Karen K.	05/27
Susan E.	05/29

Employee Birthdays

David M.	05/01
Roberto D.	05/01
Julie H.	05/02
Zaida S.	05/05
Maurina S	05/09
Alamin B.	05/15
Callie B.	05/16
Jaden R.	05/17
Samanatha L.	05/18
Tess H.	05/23
Kristie S.	05/25

Employee Anniversary

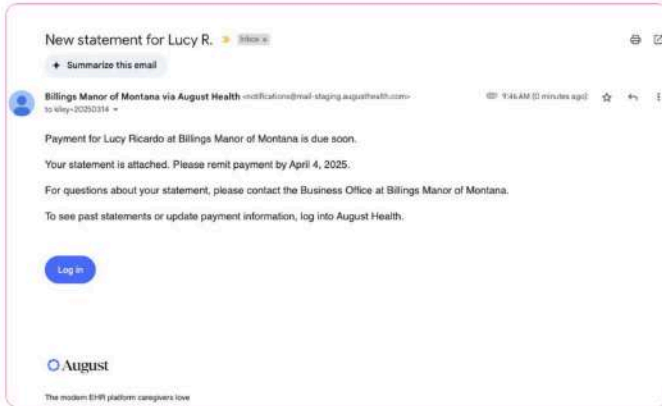
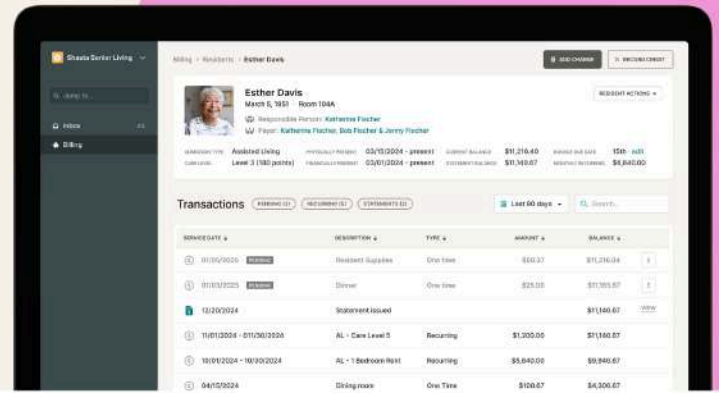
Daryl J.	05/01	3 yrs
Maria H.	05/27	2 yrs
Callie B.	05/29	1 yr



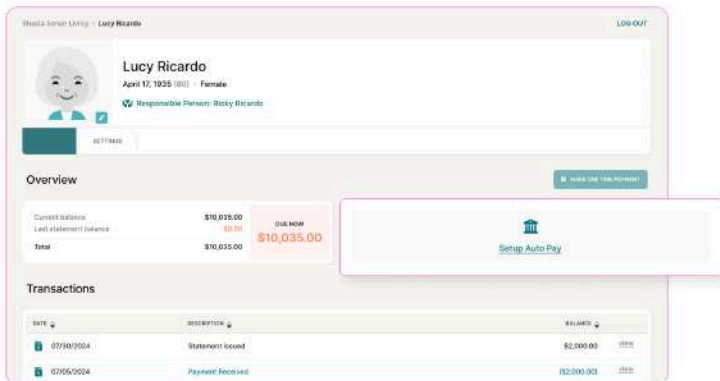
Resident Anniversaries

Ruth H.	2 yrs	05/01	Pat D.	2 yrs	05/23
Betty Z.	1 yr.	05/01	Dick D.	2 yrs	05/23
Barb S.	4 yrs	05/07	Barbara M.	1 yr.	05/27
Delores M.	3 yrs	05/10	Patrick M.	1 yr.	05/27
Sandra A.	3 yrs	05/15	Linda W.	2 yrs	05/28
Betty F.	1 yr.	05/17	John B.	3 yrs	05/30
Maynard F.	1 yr.	05/17			

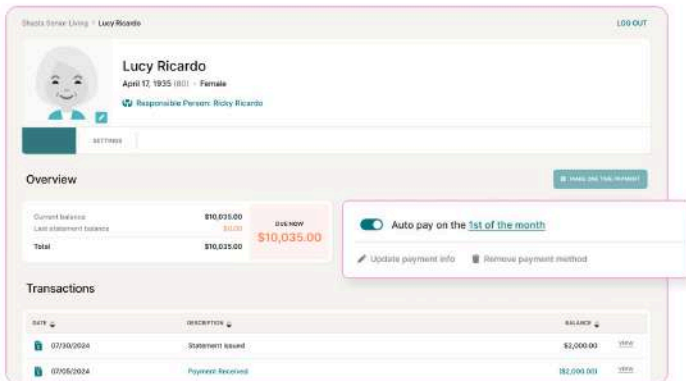
Payments Your Way



1 Check your inbox
You'll receive an email when a statement is issued, giving you access to the family portal.



2 View your statements
This is the main screen you'll see when you log into the August Health Family Portal. From here, you can easily view your statements, add a payment method, or make a one-time payment.



3 Auto-Pay, your way
Click the "Set Up Auto Pay" button to create a custom payment schedule that works for you. You can choose the amount, frequency, and preferred payment method —all in just a few clicks.

Resident Referral Program



Pick Your Neighbor

REFER A FRIEND TO A LIFESPARK SENIOR LIVING COMMUNITY & WHEN THEY MOVE IN

you
will receive \$500 off
one month's rent

&

your friend
will receive \$500 off
one month's rent

*friend must mention you during our first conversation





**“What drains your spirit drains your body.
What fuels your spirit fuels your body.”**

— Caroline Myss

According to the National Institutes of Health, research has a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies.

What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.





SENIOR BRAT FEST

TUESDAY, MAY 19th for LUNCH

Senior Brat Day is Brat Fest's way of bringing the festival's signature Johnsonville brats and buns to local senior communities.

Senior Brat Delivery is a program run by Brat Fest in partnership with WKOW 27 and Momentum Insurance, with support from sponsors including Johnsonville, Metcalfe's Market, and others.

It delivers brats and buns to senior communities throughout Dane County . The program is funded by sponsor donations, and Brat Fest encourages additional contributions to support more locations by visiting <https://bratfest.com/>.

The initiative is part of Brat Fest's long-standing tradition of community outreach, inspired by the Metcalfe family's original customer appreciation event in front of Metcalfe's Market. It ensures that even those who can't attend the main festival can enjoy a piece of the Brat Fest experience.



SUMMER

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

Beachwear
Bikini
Boardwalk
Breeze
Coconut
Crab
Jet ski

Kayak
Mango
Picnic basket
Sailing
Sand dunes
Seashore
Shells

Snorkel
Sunbathe
Sunburn
Sunglasses
Volley
Water park