

# May 2026

## Older Americans Month

Each May, we recognize Older Americans Month, honoring the contributions and resilience of older adults in our community.

The 2026 theme, "Champion Your Health," highlights the importance of proactive wellness and staying engaged in physical, mental, and social health as we age. It's a reminder that healthy aging is supported through both personal choices and strong community connections.

## Interactive Activity - Spring Word Search

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



BLOSSOM  
BLUEBIRD  
BOOTS  
CHICKS  
DAFFODIL  
FLOWERS

GARDEN  
GRASS  
GREEN  
KITE  
MUD  
NEST

RAIN  
SEEDS  
TULIPS  
UMBRELLA  
WARM



## Upcoming Holidays

Meals on Wheels of Southwest Florida deliveries will continue as normal & will not be affected by these holidays.

*Sunday, May 10*  
*Mother's Day*

*Monday, May 25*  
*Memorial Day*



## Featured Resource

Transportation Disadvantaged (TD):  
For individuals unable to transport themselves due to disability, age (65+), or income. To apply, contact LeeTran Customer Service at 239-533-0300 (Mon-Sat, 8 AM-5 PM) to request an application.

Passport (ADA Paratransit):  
Shared-ride, door-to-door service for individuals with disabilities who cannot use fixed-route transit. To apply or learn more, contact the LeeTran Passport Office at 239-533-0300 (Mon-Fri, 8 AM-5 PM).

*Questions or Comments? Please reach out to us!*

Lillian, Meals on Wheels Manager: 239-332-7687 x 128

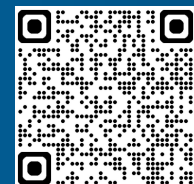
Jessika, Client Coordinator: 239-337-1055

Sirena, Client Advocate: 239-332-7687 x 126

3429 Dr. Martin Luther King, Jr. Blvd., Fort Myers, FL 33916

To cancel meals, please call our main number or email [mow@communitycooperative.com](mailto:mow@communitycooperative.com) at least 2 days in advance.

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