Make New Friends All Through Your Life

Building friendships and creating thriving social circles is a key component of good health throughout your entire life. From Mayo Clinic's HealthQuest newsletter come these suggestions for making new friends no matter how old you are:

- Take your pet for walks. Make conversation with folks who stop to chat.
- Join a hobby group.
- Volunteer in community groups or at a hospital, church or school.
- Take a course at your local community college.
- Shape up while meeting new people in an exercise class.
- Get active in a social cause or goal.
- Go out to lunch with a work or social acquaintance at least once a month.
- Ask a small favor of a neighbor, and do the same for him or her.
- Volunteer to usher at your local community theater.

Earth Day Every Day

Earth Day has become a regular fixture on the calendar since 1970. Cities worldwide celebrate with festivals and fundraisers and green community events. April 22 is a day of global environmental appreciation and action, and this year's theme is "Trees for the Earth." The Earth Day Network aims to plant a tree for each of Earth's inhabitants by 2020. Being involved in this initiative is easy enough, so why stop there? Why not celebrate Earth Day every day and effect change on a larger scale? Start a recycling drive in your neighborhood or retirement complex. Plant a community garden. Lead your friends and neighbors in a clean parks initiative and keep your local park or stomping ground green and litter-free. Motivate loved ones to be environmentally conscious. The options are endless.

Consider how often you clean your house. It's one of those things you do regularly, at least to some degree, even when you don't want to. So why not do the same for your home, Earth?

HarborChase
Assisted Living • Memory Care

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EQUAL HOUSING OPPORTUNITY

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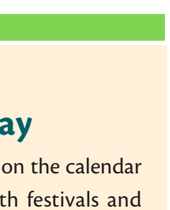

HarborChase
Assisted Living • Memory Care

The HarborChase Wire: A Monthly Publication of HarborChase Shorewood MC **April 2018**

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Director of Memory Care

Valerie Beyer
Director Of Marketing

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Director of Life Enrichment

Russ Slack
Director of Maintenance

April Birthdays!

Marian Houlehen..... 4/26
Jim Kohler..... 4/29

Harbor Chase Happenings!

All residents must sign in and out when leaving the building.
Family members please sign out your loved one when leaving the building.
Reminder: Please sign up for all outings at the front desk.

1st.....St. Roberts Easter Service
2nd..... The Amazing Easter Magic Show
3rd..... UWM Tech Talk Presentation
3rd..... Walgreens Trip
5th..... HC Putting Tournament
5th.....Milwaukee Public Museum
6th.....Kohl's Trip
6th..... Family Night Pie Baking Contest
6th.....Live Entertainment with Fran the Piano Man.
10th.....Dollar Store Trip
11th.....Arbor Day Adventure Story Event
11th.....Live Entertainment: The Nightingals
12th.....Shorewood Library
13th.....Metro Mart Trip
13th..... HC Comedy Open Mic
15th.....St. Roberts Church Service
17th.....Boston Store Trip
18th..... Lunch Outing
19th..... Milwaukee Art Museum
21st.....Children's Jazz Dance Group.
24th..... Target Trip
26th..... Milwaukee Historical Central Library
27th.....Goodwill Trip
17th..... Live Entertainment: Brett Gaertner

www.HarborChase.com/ Shorewood.htm

HarborChase of Shorewood • The Cove

April 2018

HarborChase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **8:15 St. Roberts Church Visit ~ Easter Service** 10:30 Easter Bunny Trivia 11:30 Early Bird Bingo 1:30 Easter Sunday Rosary **3:00 Sundaes on Sunday** **3:30 Easter Egg Decorating** 6:00 Sliver Sneaker Club 7:00 Soft Jazz Tunes	**2** 9:45 Fit Brain Games 10:00 Today In History 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor **2:00 Exercise Therapy w/Nicole** **3:30 Easter Magic Show!** **4:30 Easter Egg Scavenger Hunt** 5:00 Easter Family Dinner 7:00 Spiritual Music For Relaxing	**3** **9:45 Walgreens Shoppers** **10:00 UWM Time Slip Workshop** 11:00 Remember When... 1:30 Sit Down Dancing 2:30 What Am I? 3:00 Over The Rainbow 6:00 Relaxing Rainbow Art 7:00 Mindful Meditation	**4** 9:45 Daily Chronicle Discussion 10:00 Who Am I? 11:00 Let's Get Fit! 1:30 Work With Watercolor **2:30 Cooking Demo /w Chef** **3:30 Come & Create Art Project** 6:00 Maya Angelou Poetry Reading 7:30 Soothing Musical Melodies	**5** 9:30 Let's Talk About April! **9:45 Milwaukee Public Museum** 10:00 Think Fast! Trivia 11:00 Tai Chi Masters 1:30 History of 'Fore!' **2:00 HarborChase Putting Tournament** 3:00 Hole in One Bean Bag Toss **4:00 Memory Therapy /w Tiffany** 6:15 Gentle Hand Massages	**6** **9:45 Kohl's Shoppers** **10:00 Exercise Therapy /w Amanda** 11:00 Fact or Fiction? **1:30 Brain Fitness /w Pati** **3:00 Pie Baking Championship** **3:30 Live Entertainment: Fran The Piano Man** 4:00 Afternoon Stroll to Bistro 6:00 Relaxing Hand Massages 7:00 Full Cups and Friends	**7** 9:45 Wake Up Your Brain 10:00 Let's Be Healthy Trivia 11:00 Let's Get Fit! **1:30 Stamp it Out Card Creation Club** 2:30 HarborChase Songbirds 3:15 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Facts About Healthy Aging
8 9:30 Today In History 10:30 Incredible Baseball Records 11:30 Early Bird Bingo 1:30 Gentle Tai Chi **3:00 Sundaes on Sunday** 6:00 Sliver Sneaker Club 7:00 Evening News Tunes	**9** 9:45 Fit Brain Games 10:00 Life and Times of Rosie The Riveter 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor **2:00 Exercise Therapy w/Nicole** 3:30 Memories in The Making 6:15 Women in Wartime Trivia 7:00 Spiritual Music For Relaxing	**10** **9:45 Walgreens Shoppers** **10:00 UWM Time Slip Workshop** 11:00 Remember When... 1:30 Sit Down Dancing **2:00 Love on a Leash/Therapy Dogs** 2:30 Hand Massages and Manicures 6:00 Animals of the Amazon 7:00 Explore the Amazon	**11** 9:45 Daily Chronicle Discussion 10:00 History of the Bookmobile **10:30 Live Entertainment: Nightingals** **11:30 Lunch Bunch Outing!** **2:00 Arbor Day Story Event** **3:00 Come & Create Art Project** 6:00 Library Trivia Knowledge 7:30 Favorite Book Discussion	**12** 9:45 Shorewood News Talk 10:00 Fun Space Facts 10:30 The First Man In Space 11:00 Gentle Yoga Fitness **1:30 Shorewood Library Trip** **3:00 Kitchen Creation Club** **4:00 Memory Therapy /w Tiffany** 6:15 Outer Space Mining Puzzle 7:00 Time to Reminisce: Space Travel	**13** 9:30 The History of Scrabble **9:45 Metro Mart Shoppers** **10:00 Exercise Therapy /w Amanda** 11:00 Smiling Cookies Decoration **1:30 Brain Fitness Therapy** **3:30 Open Mic: Come Tell Your Best Joke** 6:15 Scrabble Slam 7:00 Word Search Champs	**14** 9:45 Daily Chronicle Chat 10:00 Discussing Dolphin Day 11:00 Sit Down Dancing **1:30 Stamp It Out Card Creation Club** 2:30 HarborChase Songbirds 3:15 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Dive into Trivia!
15 **8:15 St. Roberts Church Visit** 9:45 Sunday Funnies ~ Humor 10:00 Celebrating Creativity Trivia 11:00 Early Bird Bingo 1:30 Soothing Stretches 2:30 Famous Works of Art **3:00 Sundaes on Sunday** 6:00 Silver Sneakers Club 7:00 Mandala Art for the Soul	**16** 9:45 Daily Chronicle Discussion 10:00 History of The Boston Marathon 11:00 Sit & Be Fit 1:30 Share a Prayer **2:00 Exercise Therapy /w Nicole** 3:30 Memories in The Making 6:15 Think Fast! Marathon Trivia 7:00 Soothing Musical Melodies	**17** **9:45 Boston Store Shoppers** **10:00 UWM Time Slip Workshop** 11:00 Remember When... 1:30 Cue Card Fitness **3:00 Gentlemen's Club /w Russ** 3:30 Rock n' Roll Karaoke 6:15 Ford Mustang Facts	**18** 9:30 Today In History **10:15 Church Service /w Deacon Gary** **11:30 Lunch Bunch Outing!** 1:30 Work With Watercolor 2:30 A Century of Animal Crackers **2:30 Cooking Demo /w Chef** **3:00 Memorial Service /w Vitas** 6:00 Animal Crackers Trivia 7:00 Evening News Talk	**19** **9:45 Milwaukee Art Museum** 10:30 Benefits of Bike Riding 11:00 Tai Chi Masters 1:30 History of The Bicycle 3:00 Kitchen Creations Club **4:00 Memory Therapy /w Tiffany** 6:15 Time To Reminisce: First Bicycle 7:00 Easy Listening Tunes	**20** **9:45 TJ Maxx Shoppers** **10:00 Exercise Therapy /w Amanda** 11:00 Memory Streets Trivia **1:30 Brain Fitness Therapy /w Pati** 2:30 Jazz: Past to Present Music **3:30 Jazz Dance Performance** 6:00 Finish These Lines 7:00 Let's Laugh Together!	**21** 9:45 Today In History 10:00 Buckingham Palace Trivia 11:00 Let's Get Fit! **1:30 Stamp it Out Card Creation Club** 2:30 HarborChase Songbirds 3:30 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Queen Elizabeth Facts
22 9:45 Coffee Clutch Clique 10:30 Earth Day & Energy Conservation 11:30 Early Bird Bingo 1:30 Gentle Tai Chi **3:00 Sundaes on Sunday** 6:00 Silver Sneakers Club 7:00 Thoreau: Father of the Green Movement	**23** 9:45 Fit Brain Games 10:00 Shirley Temple Trivia 11:00 Sit & Be Fit 1:30 Daily Devotions ~ 2nd Floor **2:00 Exercise Therapy /w Nicole** 3:30 Memories in The Making 6:15 Americas Little Sweetheart 7:00 Fill Up Your Cup! Table Talk	**24** **9:45 Target Shoppers** **10:00 UWM TimeSlip Workshop** 11:00 Remember When... 1:30 Sit Down Dancing **2:00 Love on a Leash/Therapy Dogs** 2:30 Hand Massages and Manicures 3:30 What Did It Cost? 6:15 Fun Sun Facts 7:00 Sun Word Scramble	**25** 9:45 Wake Up Your Brain! 10:00 Peculiar Penguin Facts 11:00 Let's Get Fit! 1:30 Work With Watercolor **3:00 Come & Create Art Project** 4:00 Cranium Crunch Time 6:00 Gentle Hand Massages 7:00 Mindful Meditation	**26** 9:30 Daily Chronicle Discussion 10:30 Birds of America Discussion 11:00 Gentle Yoga Fitness **1:30 Historic Milwaukee Central Library** 2:30 How to Draw a Bird 3:00 Kitchen Creations Club **4:00 Memory Therapy /w Tiffany** 6:15 Birds of America	**27** **9:45 Goodwill Shoppers** **10:00 Exercise Therapy /w Amanda** 11:00 What Am I? **1:30 Brain Fitness Therapy /w Pati** 2:00 What Tree Did it Fall From? **3:30 Live Entertainment: Brett Gaertner** 6:15 Evening Stroll to Bistro 7:00 Amazing Tree Poetry	**28** 9:45 Daily Chronicle **10:00 Super Heroes Through The Ages** 11:00 Sit Down Dancing **1:30 Honoring Everyday Super Heroes** **2:30 Popcorn and A Movie: Batman** 4:00 Bistro Bingo Bash 6:15 Walk It Off Evening Stroll 7:00 Deep Breathing Exercise
29 **8:15 St. Roberts Church Service** 9:45 Sunday Funnies ~ Humor 10:00 Hand Massages & Manicures 11:00 Early Bird Bingo 1:30 Soothing Stretches 2:30 Color Me Calm **3:00 Sundaes on Sunday** 6:00 Silver Sneakers Club 7:00 Benny Goodman Tunes	**30** 9:45 Morning News Talk 10:00 A History of Jazz 11:00 Sit & Be Fit 1:30 Share a Prayer **2:00 Exercise Therapy w/Nicole** 3:30 Memories in The Making 6:15 Music Trivia: Jazz 7:00 Soft Jazz Tunes					

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All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

April

ACROSS

1. April _____ Day
3. Visit animals and their habitats at the _____
4. Plant a tree on this day
6. Let fresh air in by opening your _____
7. Go on a road _____
8. Cook outside on the _____
9. Major League _____ begins
10. Time to tidy up the house
12. Sand and ocean
13. Day dedicated to our planet

DOWN

1. April showers bring May _____
2. Vegetables and flowers grow in the _____
5. A break in April
6. Take your dog out for more _____
7. Time to file your _____
9. Enjoy the outdoors via 2 wheels
11. Take a blanket and basket of food on a _____

Our Family Photo Album!

Bingo with Peggy

"Big Kids Choice"

Always Creating

Art For Life Enrichment

Conducting the UWM Wind Ensemble

Winslow Homer Art Exhibit

Irish Dance Group

St. Pattys Art!

K9 Police Meet and Greet

Why do we
Make Art?
the Reasons are Endless

The urge to create art—a story or novel, a painting or sculpture, a song or a symphony—seems innate. We do it for any number of reasons, regardless of whether we're likely to become rich or famous for the work.

Children, for example, tend to paint pictures that reflect their individual experience or observations, or else impose order (through designs, patterns and repetition).

Here are some other sources of artistic inspiration:

- To communicate thoughts and feelings with other people
- To construct a more pleasant or favorable environment
- To help other people see ideas more clearly
- To record a specific time, place, person or subject
- To commemorate important people or events
- To reinforce cultural traditions
- To spur social change
- To decorate surroundings (or oneself)
- To explain the unknown
- To challenge oneself

Try this experiment with friends:

Display a few examples of artwork from different cultures and time periods, and ask people to speculate on what inspired their creators. Their answers should give you added insight into what art is all about.

"happiness is a warm puppy."

– Charles M. Schulz

Animal Lovers Unite

April is National Dog Appreciation Month!

America is a country of animal lovers. Many of us, at one time or another, have had at least one pet in our lives. Their companionship and level of devotion is unwavering, solidifying our animal friends as members of our families. We offer them unconditional love, just as they offer the same to us. Mankind's realization of this information helped lead to the creation of the American Society for the Prevention of Cruelty to Animals, or ASPCA, which was founded by Henry Bergh, a well-known diplomat and philanthropist, on April 10, 1866, in New York City. Bergh lobbied for the creation of this organization, explaining to political officials that protecting animals was an important issue relevant to all parties and classes everywhere. He relayed accounts of animal cruelty and easily convinced the New York legislature to sign and pass a document on April 10, 1866, that allowed for the incorporation of the ASPCA. Much thanks to Mr. Bergh for his impassioned pleas, as this organization is vital to the protection of our animals.

BE PATIENT WHEN SEEKING GREAT IDEAS

Whether you're brainstorming on your own or with a team, your goal is to naturally generate creative ideas and solutions as quickly as possible. But don't stop looking for answers too soon. Sometimes an idea will catch everyone's attention early in the discussion, and an immediate consensus will form around it. But further discussion will frequently yield more ideas, some of them better, so you don't want to cut off the flow too soon. Allow your idea-generation process to run its full course, then take a look at your results. The initial winners will still be there, along with some possibly great late arrivals.

HELP SAVE OUR PLANET

Earth Day is an international celebration of the environment, recognized in countries around the world every year on April 22.

The first Earth Day was observed in the U.S. on April 22, 1970, the result of efforts by former Wisconsin senator Gaylord Nelson to bring national attention to the state of the environment. Nelson set out to raise environmental consciousness by staging a country-wide "teach-in."

His idea took off like a rocket. The following spring, more than 20 million people rallied in the largest grassroots mobilization in American history. The first Earth Day helped create the modern environmental movement, as well as the first environmental legislation — the Clean Air Act and the Clean Water Act.

In 2014, more than 1 billion people in 141 countries celebrated Earth Day. This year's observance will similarly be marked with activities from the local to the national level in countries throughout the world.