

April Activities Continued

* Shopping in Burlington - Saturday, April 14th & 28th

Calling all shoppers! This is your chance to go shopping at the mall or other stores in Burlington. We have two trips scheduled this month and the bus will be leaving at 11:15. Please sign up for this event in the hallway near the lobby.

* Shopping at Walgreens - Tuesday, April 17th

Walgreens gives Chandler's residents a 20% discount on many items purchased so please come and join us for a shopping trip to our local store. Please sign up in the hallway by the lobby.

*Lunch Outing– Kiwanis Salmon BBQ - Thursday, April 19th

Everyone says this is the best salmon BBQ in the county so we thought it would be an adventure worth trying. This is an annual event tied to the tulip season that is put on by Kiwanis. The Hillcrest Park and Lodge is located in Mt. Vernon so it is also a great time to view tulips as well. Please join us and sign up early as seats will be filling up fast.

* Spring String Art - Saturday, April 21st

Spring is in the air and we have new designs for spring time string art. The February string heart were a huge hit and a blast to create. Come express your artistic side with this accessible art project at 1:30PM in the compass room. Please signup so that we have the correct amount of supplies.

Note: Please check the calendar for other activities not listed.

Congratulations Chandler's Square Wii Bowlers!!

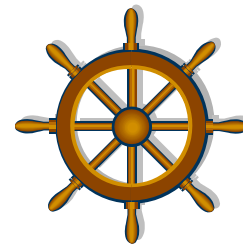
Our two teams placed 1st & 2nd! Nancy A. placed 1st in the women's group and Pete P. placed 1st in the men's group! The Chandler's Champs also raised the most money!



CLIPPER



April 2018



Pete Kovach
Executive Director

Casandra Roberts
Business Office
Manager

Leah Yanega
Community Relations
Director

Tammy Scott
Health Services
Director

**Becca Booker-
DeMonbreun**
Activities Director

Ian McAllaster
Food Services
Director

John Fuik
Maintenance
Director

Susie Deyo
Resident Relations

Annual Appreciation Breakfast!

Join us on Friday, April 13th,
6:30-9:00am

We're inviting Anacortes City employees and volunteers to breakfast in appreciation of all they do! Residents are welcome and encouraged to come for a meet and greet and to have breakfast. Residents do not need a meal ticket for the event. A RSVP would be appreciated to help us plan for the event. Please let Leah Yanega know or signup on the board near the lobby.



Chandler’s Square Residents’
Council Meeting
March 20, 2018

Present:
Mary Lou M.
Maxine L.
Harry B.
Dee H.
Nancy A.
Lorraine P.
Becca B-D

Meeting was called to order at 2:30pm. The following discussions took place:

Old Business:
There were concerns from the residents about the recent power outage. This concerns have been discussed with Pete and he will address them.

During icy weather the walk way can become slick and needs deicer. Please be careful until the deicer can be applied.

There are some concerns with seating and path ways in the dining room that will be brought up at the food committee meeting.

New Business:
A big thank you to all of the Wii bowler. They took almost all of the awards at the event.

Concerns about spiders and ant in and around the building. These concerns have been passed along to Pete and John.

The blinds in the Dining Room need to be replaced. This has been passed along to Pete and John. If you would like the blinds up or down please ask a staff member to do it.

Spring cleaning focus points were brought up at the meeting. These point include: power washing the patios and sidewalks, cleaning exterior window, replacement of exterior mats, and cleaning or disposal of interior fake plants. These point have been pass along to Pete and John.

The meeting was adjourned at 2:45pm.
Respectfully submitted, Becca B-D, Interim Secretary

Happy April Birthdays

Residents

4/10 ~ Sandra H.
4/17 ~ Marie C.
4/19 ~ John P.
4/22 ~ Pauline M.
4/30 ~ Chuck P.

Staff

4/04 ~ Sue A.
4/12 ~ Shaiann W
4/21 ~ Ashley W.
4/27 ~ Chris M.
4/29 ~ Kelsey H.



March Birthday Celebration



April Activities



Balanced & Fit w/Ania— Monday, April 2, 9, 16, 23, 30
Come join Ania (a certified PTA and fitness instructor) on **Monday mornings at 9:30AM** to work on your balance and mobility to enhance your safety independent daily living1

April Birthday Party - Tuesday, April 3rd
Come and join the fun in celebrating our April birthdays. We will have yummy cake, ice-cream, and a fun raffle with great prizes. It will be in the Dining Room at 2:30. Hope to see you there!

*** Ladies Lunch Outing - Max Dale’s - Thursday, April 5th**
Head out to Mt. Vernon to Max Dale’s Steakhouse, a Chandler’s Square favorite. There should be something for everyone so come along with us for a fun lunch outing! Bus will be leaving at 11:30. Sign up sheets are in the hallway by the lobby.

*** Walking Club – Saturday, April 7th**
Calling all that want to get active this spring! This summer we will take walks through out Anacortes and now is the time to get started around Chandler’s Square. Meet up with Kerry and your fellow walkers at 1:30PM in the Capitan's Crossing to get moving. Kerry will lead a walk around Chandler’s Square, outside it the weather is favorable. After the walk there will be water provided and ideas of further walks. Please sign up so we can have to right number of supplies.

*** Breakfast and Drive - The Corner & Flower Fields Drive - Sunday, April 8th**
Chris will be driving you to The Corner in Anacortes for a fabulous breakfast. Then drive through the Skagit valley to see the colorful tulip fields on the way back to Chandler’s. Please sign up early as bus seats will fill up fast. Bus will be leaving at **9:30am**.

*** Shopping at Soroptimist - Tuesday, April 10th**
Soroptimist is one of the best places to buy used goods in Anacortes. You can find some really cool treasures along with clothing, shoes, books, and many other items. Sign up in the hallway by the lobby if you want to come along.

*** Guy’s Lunch Outing - Thursday, April 12th**
Calling all guys! These outings are always fun because you never know what adventure you’ll be on with John driving! One thing is for sure, there will always be a stop for lunch! The bus leaves at 11:15 and you’ll need to sign up in the hallway near the lobby.

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Digestive Health and Aging

Your digestive system works hard every day to absorb and utilize the nutrients in your food and eliminate the waste daily. After years of hard work, you may begin to see some changes in your digestive health as you age. It is estimated that 40% of older adults have one or more age-related digestive symptom each year. As we age these processes slow down and our digestion is not as efficient. Just like any other health problem, prevention is the best medicine when it comes to keeping your digestion running smoothly.

How can rehabilitation help you? Therapists are uniquely qualified to provide individualized rehabilitation due to their understanding of disability and aging as well as their ability to address the physical, psychological, cognitive and social needs of an individual. Based on the results of the evaluation, the rehabilitation team may recommend any of the following interventions:

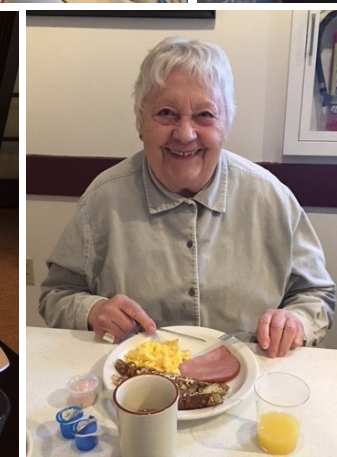
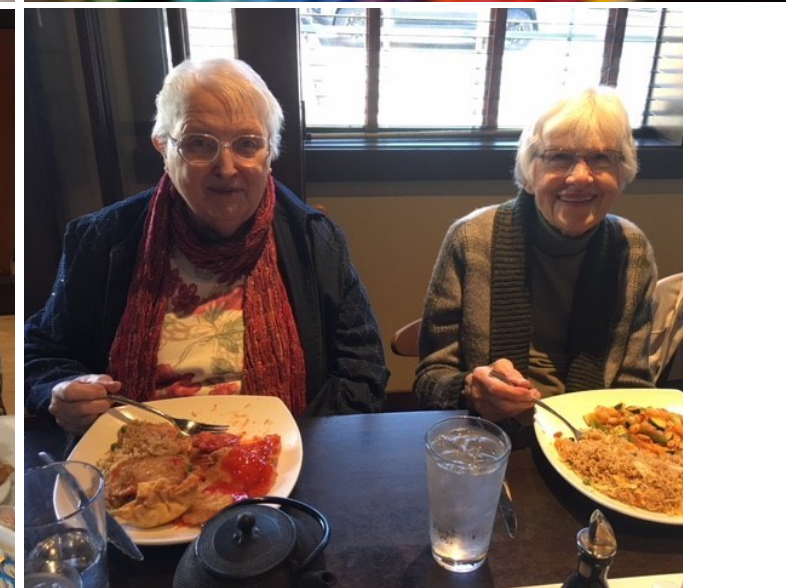
- Direct feeding therapy designed to meet individual needs
- Nutritional changes (e.g., different foods)
- Postural or positioning changes (e.g., different seating)
- Behavior management techniques
- An exercise program

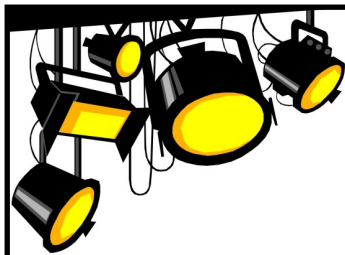


For additional information, please contact your Select Rehabilitation Physical, Occupational, and Speech Therapists at 360-755-3399 or join us at our Healthy Living Talk on April 2nd at 10:30am in The Captain's Crossing.

Educational Lecture

April 20th at
2:30PM in the
Dinning Room





April Movies
At The Theater – Saturday & Sunday's
Starting at 2:30pm

Darkest Hour 2017 PG-13 2hr 5m – **Playing April 7 & 8**
Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days. **Cast:** Gary Oldman, Kristin Scott Thomas, Ben Mendelsohn, Lily James, Ronald Pickup, Stephen Dillane, Nicholas Jones, Samuel West, David Schofield, Richard Lumsden, Malcolm Storry, Charley Palmer Merrell, Hannah Steele, Jeremy Child, Hilton McRae **Genre: Drama Based on Real Life**

Mary Poppins 1964 G 2hr 19m – **Playing April 14 & 15**
Julie Andrews made her screen debut and won an Academy Award for her portrayal of the "practically perfect" nanny who revolutionizes the prim and proper Banks family in this supercalifragilisticexpialidocious Disney classic. **Cast:** Julie Andrews, Dick Van Dyke, David Tomlinson, Glynis Johns, Hermione Baddeley, Reta Shaw, Karen Doerice, Matthew Garber, Elsa Lanchester, Arthur Treacher, Reginald Owen, Ed Wynn
Genre: Classic

Wonder 2017 PG 1hr 53m – **Playing April 21 & 22**
Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. **Cast:** Julia Roberts, Owen Wilson, Jacob Tremblay, Mandy Patinkin, Daveed Diggs **Genre: Drama**

Overboard 1987 PG 1hr 53m – **Playing April 28 & 29**
Heiress Joanna Stayton hires carpenter Dean Proffitt to build a closet on her yacht -- and refuses to pay him for the project when it's done. But after Joanna accidentally falls overboard and loses her memory, Dean sees an opportunity to get even. **Cast:** Goldie Hawn, Kurt Russell, Edward Herrmann, Katherine Helmond, Mike Hagerty, Roddy McDowall, Jared Rushton, Jeffrey Wiseman, Brian Price, Jamie Wild **Genre: Romantic Comedy**

Music this Month

April 2nd

Ward McCary ~ 2:30

April 9th

The Esquires ~ 2:30

April 16th

Jan O'Leary ~ 2:30

April 23rd

Matt Audette ~ 2:30

April 30th

Nick & Judy ~ 3:00