



## Resident Spotlight



Our resident spotlight this month shines on Dorothy Breidinger. Dorothy was born in Arnolds Park, IA, also known as the Iowa Great Lakes. She had two sisters. As a teenager she enjoyed picking strawberries in the morning and taught swimming in the afternoon. Dorothy’s mother and father owned a cabin court, a fruit & vegetable stand and a gas station. She met her husband Orville during one of her nights out at the local skating rink which she frequented about three times a week. Things must have gone pretty well because they were happily married for fifty-five years. Dorothy and Orville both worked. Orville was a farmer and Dorothy was a head cook in a nursing home. She held her position for twenty years and enjoyed every minute of it. Dorothy and Orville raised three children. In addition, they have seven grandchildren and ten great-grandchildren. Dorothy moved to Lakeland from Zephyrhills where she also taught line dancing and clogging for fifteen years, and it continues to be a passion of hers. About a year and a half ago Dorothy suffered a heart attack. This life-changing event helped Dorothy realize how much she wanted to be closer to her daughter Judy who lives locally. Her search brought her to Arbor Hills. Some of her favorite hobbies include various types of dancing such as swing dancing, line dancing and clogging. She also enjoys crocheting with yarn, and Wii Bowling with her fellow Arbor Hills residents. Dorothy stated what she likes best about Arbor Hills is that, “It’s just such a nice place to live.” She is very happy here and you can always see her out and about with her best pal and loyal pet “Punkin”. Punkin is the best watch dog and loves to be out in the dog park next to Arbor Oaks.

Words of Wisdom: “Always finish what you start”!

### Favorite Recipe

#### Chocolate Vinegar Cake

##### Ingredients

- 3 cups all-purpose flour
- 2 cups white sugar
- 1 teaspoon salt
- 2 teaspoons baking soda
- ½ cup unsweetened cocoa powder
- ¾ cup vegetable oil
- 2 tablespoons distilled white vinegar
- 2 teaspoons vanilla extract
- 2 cups cold water

##### Directions

Sift flour, sugar, salt, soda, and cocoa together into a 9x13 inch ungreased cake pan. Make three wells. Pour oil into one well, vinegar into second, and vanilla into third well. Pour cold water over all, and stir with fork

Bake at 350 degrees F for 30-40 minutes or until tooth pick inserted comes out clean. Frost with your favorite icing.



## World Autism Day

Autism awareness has grown worldwide in recent years. For the United Nations, the rights of persons with disabilities, including persons with autism, as enshrined in the Convention on the Rights of Persons with Disabilities (CRPD), are an integral part of its mandate.

When world leaders adopted the 2030 Agenda for Sustainable Development in 2015, the international community reaffirmed its strong commitment to inclusive, accessible and sustainable development, and pledged that no one would be left behind. In this context, the participation of persons with autism as both agents and beneficiaries is essential for the realization of the Sustainable Development Goals (SDGs).



In 2008, The United Nations General Assembly unanimously declared April 2<sup>nd</sup> as World Autism Awareness Day. The 2019 observance of the Day at UN Headquarters is organized by the UN Department of Global Communications and Department of Economic and Social Affairs, in close cooperation with persons with autism and their representative organizations.

- Always
- Unique
- Totally
- Intelligent
- Sometimes
- Mysterious



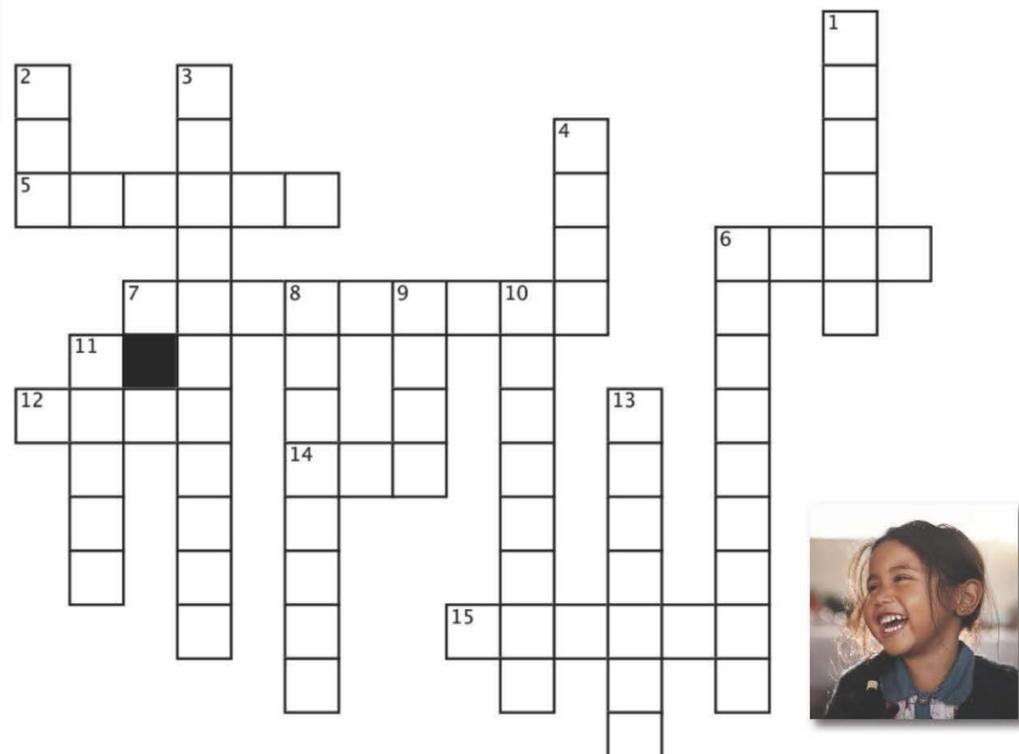
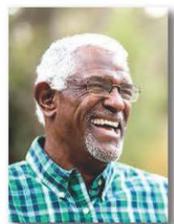
# happy birthday

- |                    |      |
|--------------------|------|
| Dorothy Breidinger | 4/6  |
| Nina Cribbs        | 4/8  |
| Verna Isbell       | 4/12 |
| Ida Braugman       | 4/15 |
| Grace Graham       | 4/22 |
| Delores Shanks     | 4/22 |
| Betty Frei         | 4/24 |
| Pat Wilkins        | 4/26 |
| Hannah Scruggs     | 4/27 |



## Silly Jokes

Use the clues to fill in the crossword.



## Silly Jokes

(clues)

### ACROSS

- 5. How does NASA organize a party?  
They \_\_\_\_\_
- 6. What is the color of the wind?
- 7. What does a shark like to eat with peanut butter?
- 12. What often falls but never gets hurt?
- 14. What did the lawyer name his daughter?
- 15. What country is the slipperiest?

### DOWN

- 1. What kind of key opens a banana?  
A \_\_\_\_\_
- 2. What type of music are balloons afraid of?
- 3. What nails do carpenters hate to hit?
- 4. What sound do porcupines make when they kiss?
- 6. What do you call a sleeping bull?  
A \_\_\_\_\_
- 8. What do lawyers wear to court?
- 9. How many golfers does it take to screw in a lightbulb?
- 10. What kind of shoes do all spies wear?
- 11. What did the hamburger name his daughter?
- 13. What kind of nut always seems to have a cold?

## Wet Monday



The Irish have St. Patrick's Day. Mexicans have Cinco de Mayo. Even the Italians have Columbus Day. For those of Polish descent, there is Dyngus Day, always celebrated the Monday after Easter Sunday.

Dyngus Day is a celebration tied to the end of the Lenten season, but like many modern religious holidays, it has pagan origins. Just as Easter is filled with symbolism of rebirth, so, too, is Dyngus Day. In fact, one of the major rituals of Dyngus Day is for boys to splash water on girls. Nowadays, this is most often achieved with squirt guns, but in the past, this was done with buckets of water. For this reason, Dyngus Day is also known as Wet Monday or even Water Plunge Monday.

the Corn Mother every spring ensured a bountiful growing season. The second explanation is also a story of rebirth but not of crops. The ritual splashing of water began with the baptism of Prince Mieszko I on Easter Monday in the year 966 AD. The baptism of the prince signified the acceptance of Catholicism as the national religion of Poland. In these two ways, Dyngus Day is both a celebration of Catholicism and an homage to pagan fertility rituals. During a Dyngus Day celebration, boys often only drench those girls that they are sweet on. In many ways, Dyngus Day is a flirting festival, where young men publicly identify the women they would like to court.



There are two explanations behind this wet tradition. The first harkens back many centuries to the pagan ritual of watering the Corn Mother, which was a doll woven of corn and was meant to be an icon of the goddess of fertility. Watering

## Breaking Baseball's "Color Line"



Each year, Major League Baseball honors Jackie Robinson by celebrating April 15 as Jackie Robinson Day. Back in 1947, April 15 was opening day, and young Jackie Robinson made his debut for the Brooklyn Dodgers. Robinson went an unmemorable 0–3, only reaching base on a throwing error, yet he made history as the first African American to play in the big leagues. His courageous debut ended 80 years of segregation in the

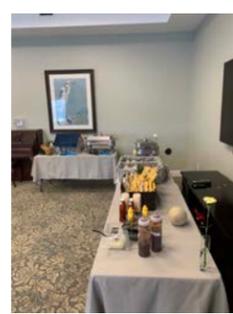
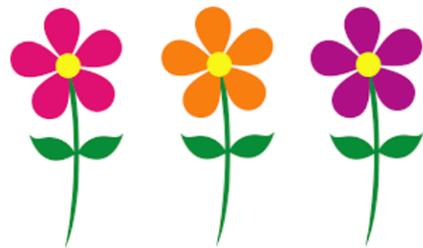
game. Less than 10 years later, the percentage of black players on Major League teams matched or exceeded that of the general population. Robinson was not only a Hall-of-Fame player but an American cultural hero.



### Past Activites / Events



### Spring Fling



## Activities Bulletin

Tuesday April 2<sup>nd</sup> – Let your voice be heard in the Town Hall Meeting. 10:15am in the Community Center

Tuesday April 2<sup>nd</sup> – World Autism Day 

Wednesday April. 3<sup>rd</sup> – Help our newest residents feel welcome at the New Resident Reception in the Community Center at 1:00pm

Thursday April 4<sup>th</sup> – Join the competition of bidders at the Lima Bean Auction held in the Community Center at 3:00pm

Friday April 5<sup>th</sup> – Happy Hour with Deborah Mims. 3:45pm in the Community Center

Thursday April 11<sup>th</sup> – National Pet Day! Show your love for your furry & feathery friends 

Friday April 12<sup>th</sup> – Happy Hour with Sherrie Nosal. 3:45pm in the Community Center

Wednesday April 17<sup>th</sup> – Better Living for Seniors Breakfast 9:00am–11:00am. **Breakfast for Residents in Community Center**

Thursday April 18<sup>th</sup> – Easter Egg Hunt at 3:00pm

Friday April 19<sup>th</sup> – Happy Hour with Angel Tuider 3:45pm in the Community Center

Sunday April 22<sup>nd</sup> - Easter Sunday 

Friday April. 26<sup>th</sup> – Happy Hour with Eddy Rivers. 3:45pm in the Community Center