

DISCOVERY VILLAGESM

AT SANDHILL

By Discovery Senior Living

440 Town Center Place • Columbia, SC 29229 • (803) 828-3322

Nature's Clean Sweep

Rain can dampen plans for outdoor activities, but it's one way Mother Nature cleans the air. According to scientists studying the effect, as a raindrop falls through the atmosphere, it captures particles of dust, soot and other airborne pollutants, which can help improve air quality.

Deep Sleep Benefits the Brain

When it comes to sleep, getting quality shut-eye is essential. New research has found that during stages of deep sleep, fluids move through the brain to rinse out toxins, similar to the cleaning cycle of a washing machine. Scientists say this power-wash process appears to protect brain health and may be a link in understanding dementia.

Remember When: Door-to-Door Sales

What do encyclopedias, vacuum cleaners and beauty products have in common? These were some of the items that were commonly sold door to door. Salespeople peddling their wares would make their way up and down neighborhood streets, knocking on doors, offering samples and demonstrating their products, often to homemakers, in hopes of making a sale. Many brand-name products gained loyal customers from these face-to-face encounters.

Chocolate Bunny Bonanza

More than 90 million chocolate bunnies are sold in the U.S. each year.

April 2020

Office Hours

Monday-Friday 8:30am-5:00pm
Saturday & Sunday by appointment

Your Community Team

| | |
|-----------------|---------------------------------|
| Joel Childers | Executive Director |
| LeeAnne Moody | Business Office Manager |
| Abby Johnson | Senior Lifestyle Counselor |
| John Smaracko | Senior Lifestyle Counselor |
| Rhonda Rodengen | Director of Activities & Events |
| Laurie Felkel | Move-In Coordinator |



Easter Joy

We want to wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.



April 2020

- LB Legends Bar (FL1)
- G Lucky's Games (FL3)
- L Lobby (FL1)
- F Fitness Center (FL2)
- BR Ballroom (FL4)
- PT Pool Table (FL3)
- DZ Dz Media Ctr.(FL3)
- TR Therapy Room(FL2)
- P Pool
- C Arts & Crafts (FL3)
- OP Off Property (Lobby)
- SR Sitting Room (FL2)
- O Outside
- ♥ Fitness

- ✓ Sign-Up Required
- 🎓 Education
- † Faith

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|--|
| <p>Remember... More smiling, less worrying. More compassion, less judgment. More blessing, less stressing. More love, less hate. Roy T. Bennett</p> | | | <p>1 9:30 BR Worship Workout♥ 10:30 BR "Rock Band" Workout♥ 12:45 BR Fit & Fun♥ 1:00 OP Shopping Trip✓ 2:30 P AquaFit♥ 2:30 C Jehovah's Life and Ministry Study 3:00 BR Wii Games 7:00 SC Village Vote Movie</p> | <p>2 9:30 BR Balance & Core♥ 10:30 BR Chair Yoga♥ 12:45 BR Boxing♥ 2:30 P Aqua-Gility♥ 2:30 F Get Strong♥ 4:00 LB Trivia Thursday 7:00 SC Documentary Movie</p> | <p>3 9:00 BR Bagua Zhang with Bryon♥ 10:00 BR Stretch & Stroll♥ 10:30 L Meditation & Stretch♥ 1:00 O DV Putting Challenge 1:30 SR Bridge 2:00 G Bingo Bash 4:00 LB Social Hour: Name That Tune! 7:00 SC Friday Night Flicks</p> | <p>4 9:00 P Aqua-Gility♥ 10:00 BR Tai Chi♥ 1:00 G Spades/Hand & Foot 1:30 C Art Club 2:00 G Corn Hole 7:00 SC Classic Movie</p> |
| <p>5 8:00 SC Sunday In Touch† 10:00 L Study the Word with Virginia Ann† 1:00 G Dealer's Choice 3:00 SC Sunday Matinee</p> | <p>6 9:45 LB Morning Motivation 10:00 BR Tai Chi♥ 12:00 BR Birthday Celebration/Lunch Mixer✓ 1:30 DZ Bridge 1:30 BR Wii Games 2:30 P AquaFit♥ 4:00 LB Family Feud</p> | <p>7 11:00 C Spring Valley Bible Discovery † 12:45 BR Fit & Fun♥ 1:00 PT Snooker & Snacks (3rd flr. pool table) 1:30 G Hand & Foot 2:30 P Aqua-Gility♥ 4:00 LB Discovery Talks🎓 7:00 SC Action Movie</p> | <p>8 9:30 BR Worship Workout♥ 10:30 BR "Rock Band" Workout♥ 12:45 BR Fit & Fun♥ 1:00 OP Shopping Trip✓ 2:30 P AquaFit♥ 2:30 C Jehovah's Life and Ministry Study 3:00 BR Wii Games 7:00 SC Village Vote Movie</p> | <p>9 9:30 BR Balance & Core♥ 10:30 BR Chair Yoga♥ 12:45 BR Boxing♥ 2:30 P Aqua-Gility♥ 2:30 F Get Strong♥ 4:00 LB Trivia Thursday 7:00 SC Documentary Movie</p> | <p>10 Good Friday 9:00 BR Bagua Zhang with Bryon♥ 10:00 BR Stretch & Stroll♥ 10:30 L Meditation & Stretch♥ 1:30 SR Bridge 1:30 BR Mexican Train 2:00 G Bingo Bash 4:00 LB Social Hour: Name That Tune! 7:00 SC Friday Night Flicks</p> | <p>11 9:00 P Aqua-Gility♥ 10:00 BR Tai Chi♥ 1:00 G Spades/Hand & Foot 2:00 G Corn Hole 7:00 SC Classic Movie</p> |
| <p>12 Easter 8:00 SC Sunday In Touch† 10:00 L Study the Word with Virginia Ann† 1:00 G Dealer's Choice 3:00 SC Sunday Matinee</p> | <p>13 9:45 LB Morning Motivation 10:00 BR Tai Chi♥ 1:30 DZ Bridge 1:30 BR Wii Games 2:30 P AquaFit♥ 4:00 LB Family Feud</p> | <p>14 11:00 C Spring Valley Bible Discovery † 12:45 BR Fit & Fun♥ 1:30 G Hand & Foot 2:00 TR Fox Talks🎓 2:30 P Aqua-Gility♥ 7:00 SC Action Movie</p> | <p>15 Tax Day 9:30 BR Worship Workout♥ 10:30 BR "Rock Band" Workout♥ 12:45 BR Fit & Fun♥ 1:00 OP Shopping Trip✓ 2:30 P AquaFit♥ 2:30 C Jehovah's Life and Ministry Study 3:00 BR Wii Games 7:00 SC Village Vote Movie</p> | <p>16 9:30 BR Balance & Core♥ 10:30 BR Chair Yoga♥ 11:30 OP Lunch Date 12:45 BR Boxing♥ 2:30 P Aqua-Gility♥ 2:30 F Get Strong♥ 4:00 LB Trivia Thursday 7:00 SC Documentary Movie</p> | <p>17 9:00 BR Bagua Zhang with Bryon♥ 10:00 BR Stretch & Stroll♥ 10:30 L Meditation & Stretch♥ 1:30 SR Bridge 2:00 G Bingo Bash 4:00 LB Social Hour: Name That Tune! 7:00 SC Friday Night Flicks</p> | <p>18 9:00 P Aqua-Gility♥ 10:00 BR Tai Chi♥ 1:00 G Spades/Hand & Foot 1:30 C Art Club 2:00 G Corn Hole 7:00 SC Classic Movie</p> |
| <p>19 8:00 SC Sunday In Touch† 10:00 L Study the Word with Virginia Ann† 1:00 G Dealer's Choice 3:00 SC Sunday Matinee</p> | <p>20 9:45 LB Morning Motivation 10:00 BR Tai Chi♥ 1:30 DZ Bridge 1:30 BR Wii Games 2:30 P AquaFit♥ 4:00 LB Family Feud</p> | <p>21 11:00 C Spring Valley Bible Discovery † 12:45 BR Fit & Fun♥ 1:30 G Hand & Foot 2:30 P Aqua-Gility♥ 4:00 LB Vet Talks🎓 7:00 SC Action Movie</p> | <p>22 9:30 BR Worship Workout♥ 10:30 BR "Rock Band" Workout♥ 12:45 BR Fit & Fun♥ 1:00 OP Shopping Trip✓ 2:30 P AquaFit♥ 2:30 C Jehovah's Life and Ministry Study 3:00 SC Game Show Wii Wheel of Fortune 3:00 BR Wii Games 7:00 SC Village Vote Movie</p> | <p>23 9:30 BR Balance & Core♥ 10:30 BR Chair Yoga♥ 12:45 BR Boxing♥ 2:30 P Aqua-Gility♥ 2:30 F Get Strong♥ 4:00 LB Trivia Thursday 7:00 SC Documentary Movie</p> | <p>24 9:00 BR Bagua Zhang with Bryon♥ 10:00 BR Stretch & Stroll♥ 10:30 L Meditation & Stretch♥ 1:30 SR Bridge 1:30 BR Mexican Train 2:00 G Bingo Bash 4:00 LB Social Hour: Name That Tune! 7:00 SC Friday Night Flicks</p> | <p>25 9:00 P Aqua-Gility♥ 10:00 BR Tai Chi♥ 11:00 OP Outing 1:00 G Spades/Hand & Foot 2:00 G Corn Hole 7:00 SC Classic Movie</p> |
| <p>26 8:00 SC Sunday In Touch† 10:00 L Study the Word with Virginia Ann† 1:00 G Dealer's Choice 3:00 SC Sunday Matinee</p> | <p>27 9:45 LB Morning Motivation 10:00 BR Tai Chi♥ 1:30 DZ Bridge 1:30 BR Wii Games 2:30 P AquaFit♥ 4:00 LB Family Feud</p> | <p>28 11:00 C Spring Valley Bible Discovery † 12:45 BR Fit & Fun♥ 1:30 G Hand & Foot 2:30 P Aqua-Gility♥ 4:00 LB Discovery Talks🎓 7:00 SC Action Movie</p> | <p>29 9:30 BR Worship Workout♥ 10:30 BR "Rock Band" Workout♥ 12:45 BR Fit & Fun♥ 1:00 OP Shopping Trip✓ 2:30 P AquaFit♥ 2:30 C Jehovah's Life and Ministry Study 3:00 BR Wii Games 7:00 SC Village Vote Movie</p> | <p>30 9:30 BR Balance & Core♥ 10:30 BR Chair Yoga♥ 12:45 BR Boxing♥ 2:30 P Aqua-Gility♥ 2:30 F Get Strong♥ 3:00 L Special Music 4:00 LB Trivia Thursday 7:00 SC Documentary Movie</p> | <p>Calendar is Subject to Changes Tune in to Channel 1390 for the up to date schedule. April is... Keep America Beautiful Month Move More Month Scottish-American Heritage Month Stress Awareness Month</p> | |



"Then & Now"

In the Kitchen

Home cooks use a menu of appliances and gadgets for making meals. Look back at what was cooking in popular kitchen trends from decades past.

| <u>Decade</u> | <u>Kitchen Appliance/Gadget</u> |
|---------------|--|
| 1940s | electric blender, refrigerator |
| 1950s | nonstick pans, dishwasher, Tupperware |
| 1960s | pressure cooker, electric can opener |
| 1970s | Crock-Pot, fondue set, salad spinner |
| 1980s | microwave oven, food processor, deep fryer |
| 1990s | George Foreman grill, bread machine |
| 2000s | juicer, Magic Bullet, single-cup coffee brewer |
| 2010s | Instant Pot, air fryer, spiralizer |

**"This Month
In History"**

APRIL

1910: President William Howard Taft throws out the first pitch at the Washington Senators' opening day, starting a tradition of U.S. presidents tossing ceremonial pitches at Major League Baseball games.

1923: Firestone Tire and Rubber Co. begins manufacturing inflatable tires for automobiles.

1954: America gets an appetite for Swanson's new TV dinner. The frozen heat-and-eat meal sold for 98 cents and contained turkey, stuffing, sweet potatoes and peas.

1961: At the Masters Tournament, Gary Player of South Africa becomes the first international winner of the annual golf championship.

1970: Paul McCartney releases his debut solo album and announces that the Beatles are breaking up.

1983: Tokyo Disneyland opens in Japan. It was the first Disney park built outside of the U.S.

2005: Prince Charles, the heir to the British throne, marries Camilla Parker Bowles.

2007: Legendary jazz saxophonist and composer John Coltrane is awarded a posthumous Pulitzer Prize special citation for his music accomplishments.

2019: Using a network of telescopes, astronomers photograph a black hole in space, a feat thought to be impossible.