



ACTIVITIES PROGRAM

TUESDAY, APRIL 7, 2020

STREAMING SERVICES ALVIN AILEY

WE WANTED TO MAKE SURE YOU CAN STILL FIND COMFORT AND JOY IN THE BEAUTY OF DANCE BY VIRTUALLY CONNECTING WITH PERFORMANCES.

For a limited time, Alvin Ailey is thrilled to share full length videos for free!

<https://www.alvinailey.org/ailey-all-access>

Want some extra context for each piece? Online learning guides related to Ailey's signature masterpiece "Revelations" are available on Lincoln Center's website.

<http://lincolncenteratthemovies.org/education/alvin-ailey.html>

Art for TODAY

Personalized art lectures from an All Seasons favorite, Wendy Evans. Turn up your volume and sit back, as Wendy takes us through her favorite selections today, all curated on theme, here: [HTTPS://TINYURL.COM/UTW9JNG](https://tinyurl.com/UTW9JNG)



Wendy Evans was raised among the museums of London, England. Evans began her higher education at Oxford University in England, receiving bachelor's and master's degrees in economics. Eventually settling in the Detroit area, she volunteered for the Docent Program at the Detroit Institute of Arts. Her love of art led to completing a Master of Arts degree at Wayne State University in art history. Evans began teaching at Wayne State, College for Creative Studies, University of Michigan-Dearborn and Henry Ford Community College. She

frequently gives programs at the DIA. Perhaps her most unusual lecture was given at Anhui University in China. Wendy received the United Way Community Services Heart of Gold Award, the DIA Volunteer Council Distinguished Service Award, the 2014 Birmingham-Bloomfield Cultural Arts Award and a 2015 Esteemed Women of Michigan award from the Burnstein Community Clinic. Known for her English accent and crazy socks, Wendy loves to share her passion for art with audiences. "I have an absolute passion for sharing ideas about art and I always wanted to be a teacher. I feel that if people see and know more about art, they will feel as I do and it will enrich their lives. When people ask if I have a favorite, I always say it is the last one I studied."

INFORMATIONAL SECTION



DID YOU MISS THE PANEL DISCUSSION AT THE DORIS SLOAN MEMORIAL
PROGRAM: THE POWER OF INUIT ART?

WATCH IT HERE! <https://tinyurl.com/qoq42ft>

In this program, Collector Philip Power joins Inuit art experts Marion (Mame) Jackson (art historian and professor emerita, Wayne State University and the University of Michigan), and Patricia Feheley (owner and director of Feheley Fine Arts gallery, an internationally-renowned gallery specializing in early and contemporary Inuit art) in a conversation moderated by Vera Grant about the story of the Inuit collections gifted by Philip and Kathy Power. This conversation shares how two generations of the Power family connected Ann Arbor with the Arctic, and the relationship of both traditional and innovative ways of making art with the lifeways and environment of the Inuit peoples.

TASTEBOVS & TRIVIA!

Starting last Saturday and continuing each Wednesday, our talented kitchen team will create a themed dinner and deliver a unique culinary experience right to your door. To complement our chef's efforts, we're excited to announce this new segment in our packets!

EVER WANTED TO KNOW MORE ABOUT THE HISTORY OF A DISH?

The relationship between arts movements and changing culinary tastes over time? Well-known songs and dances dedicated specifically to the foods we love? Beginning this week, each Activities Issue will include engaging content linked directly to the magic coming out of our kitchens. We hope you'll enjoy this feast for the belly, mind, and soul. From the All Seasons team, thank you for letting us serve you.

NEW ORLEANS JAZZ IN THE ROARING 20S!

- Jazz music became wildly popular in the “Roaring Twenties,” a decade that witnessed unprecedented economic growth and prosperity in the United States. Consumer culture flourished, with ever greater numbers of Americans purchasing automobiles, electrical appliances, and other widely available consumer products. The achievement of material affluence became a goal for many US citizens as well as an object of satire and ridicule for the writers and intellectuals of the Lost Generation. The Lost Generation refers to the generation of artists, writers, and intellectuals that came of age during the First World War (1914-1918) and the “Roaring Twenties.” The utter carnage and uncertain outcome of the war was disillusioning, and many began to question the values and assumptions of Western civilization.
- After Congress passed the Volstead Act in 1919, which banned the manufacture and sale of alcoholic beverages, many Americans sought refuge in speakeasies and other entertainment venues that hosted jazz bands.
- In New Orleans, the king cocktail (in the 20s and beyond) is the Sazerac: In the mid-1800s a Creole man named Antoine Peychaud started selling his own medicinal elixir with the promise of health benefits. Made with Cognac, bitters, sugar, and herbsaint, Sazerac quickly became a hit and has turned into the Official Drink of New Orleans. Today most bars use rye whiskey instead of Cognac. Whiskey is made from grains, while Cognac is made from grapes but, they’ll both do the job! One of the most popular places to enjoy a Sazerac, then and now, is the Sazerac Bar in Roosevelt Hotel, which particularly thrived in the 1920s Jazz boom in New Orleans.



WEEKLY THEME



STRENGTHEN YOUR MIND

DAILY RIDDLE: What comes once in a minute, twice in a moment, but never in a thousand years?:



APRIL 3, 2020 DAILY RIDDLE ANSWER

11 o'clock + 2 hours => 1 o'clock;
9 o'clock + 5 hours => 2 o'clock.
So, the answer is 2!

CENSUS INFO AND FUN FACTS:

HAVE YOU COMPLETED THE CENSUS?

Last week on April 1 Census Day was observed nationwide. By today, everyone should have received an invitation to participate in the 2020 Census in one of three ways: online, by phone, or by mail.

Your response matters. Health clinics. Fire departments. Schools. Even roads and highways. The census shapes many different aspects of your community. Please let your Director of Life Enrichment know if you would like assistance completing the census.

MORE INFO: <https://2020census.gov/en/important-dates.html>

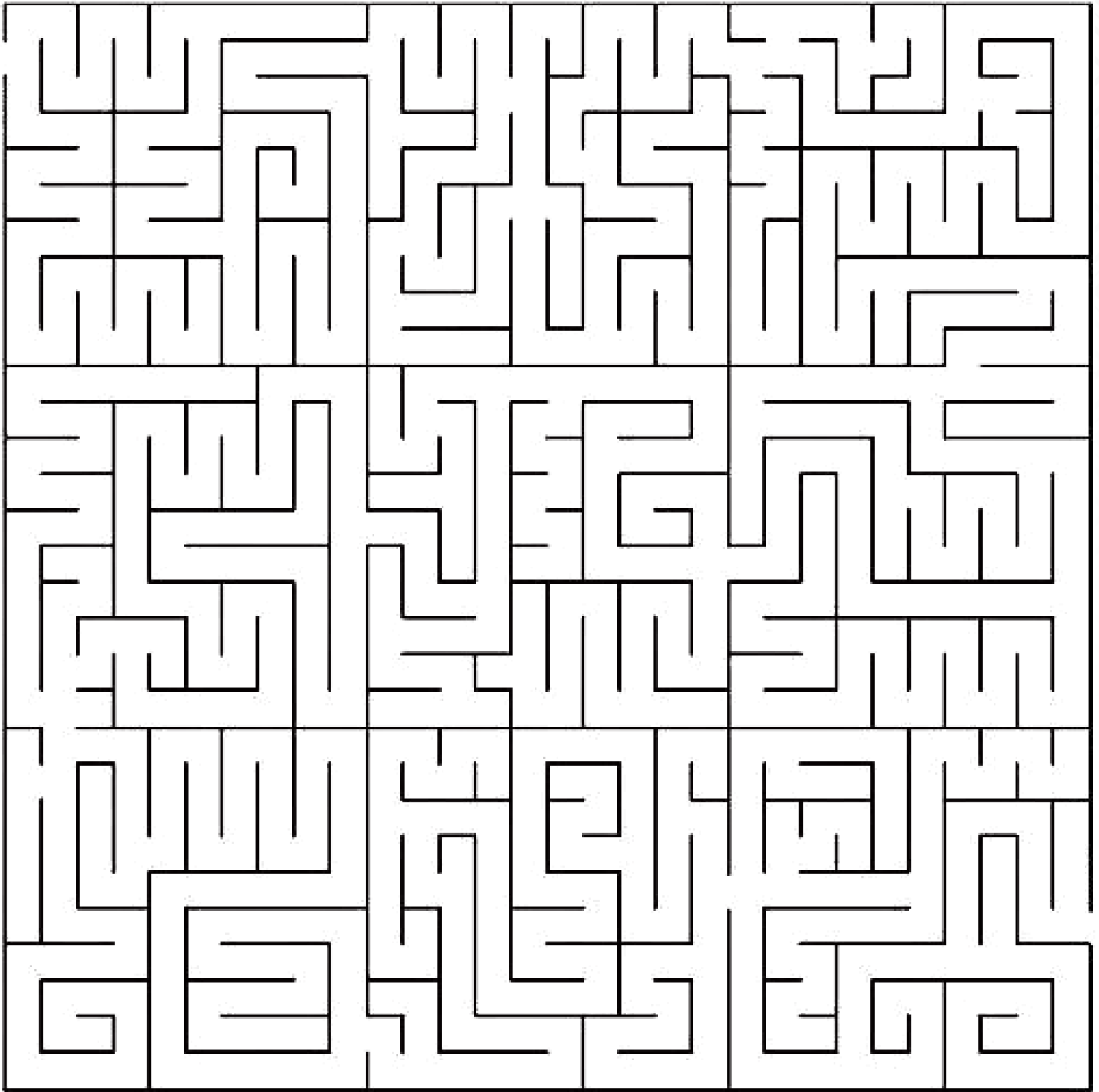


THE SCIENCE OF BASEBALL INFORMATION

QUIZ FROM APRIL 3: The Old Tiger Stadium was nicknamed "The Corner" for its location on these two avenues.

ANSWER: Michigan and Trumbull. Note: It has been listed on the National Register of Historic Places since 1989.

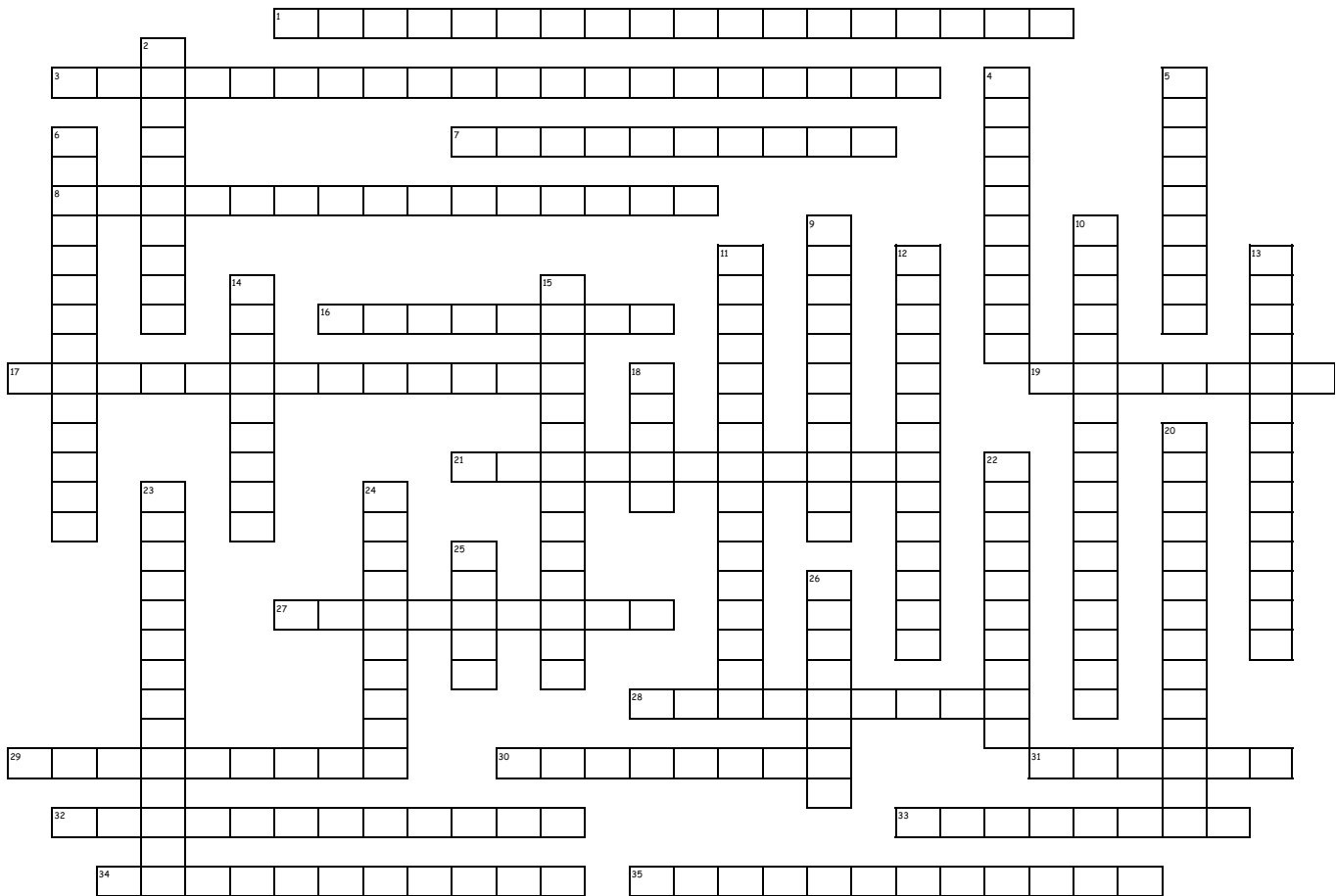
START



FINISH

MAZE

ROARING TWENTIES



Across

1. This was the flood of new, affordable products to the public.
3. This person was the prosecutor of the Scopes Trial. Hint: He was also a three-time presidential candidate.
7. Someone that illegally sold alcohol was called a _____.
8. Harry Daugherty was the _____ and accepted money from criminals which was illegal for a man in his position.
16. These immigrants were excluded from the Quota Laws of 1921 and 1924.
17. This person worked for the government and spend nearly \$70,000 on floor cleaner which was enough to last 100 years, and it was bought at over 24 times to fair price.
19. This was a young woman with short hair, a short dress, and lots of makeup tht would typically take part in social crazes of the time.
21. The Eighteenth Amendment is more commonly known as _____.
27. The Three R's were an emphasis in rural _____.
28. The idea of emphasizing science over religion.
29. John Scopes broke the law by teaching _____ in his science classroom.
30. This was a group of friends that got government jobs under Warren Harding.
31. This is a tax on imported goods.
32. This person was names Secretary of the Treasury and wanted lower taxes and cut the federal budget.
33. This athlete played for the Yankees and was involved with what is often considered the worst baseball trade of all time.
34. All of the 1920s presidents were _____.
35. This reduced the production time of a Model T from 12 hours to 90 minutes.

Down

2. This person was the Secretary of the Interior and was sentenced to prison.
4. What is a change in the way of doing things or an act of introducing a change?
5. Who is given credit for creating weekends by starting a five day work week?
6. This was one of the most popular movie stars of the 1920s.
9. After 1919, most Americans would get their alcohol in _____.
10. This is how people made large purchases of goods by making a small down payment and more payments over time.
11. This is the author of the American classic, *The Great Gatsby*.
12. This is how people made large purchases of stocks by making a small down payment and more payments over time.
13. This person came from Chicago to defend John Scopes in his trial.
14. This was put in place in 1924 and allowed Germany to pay war to debts to Great Britain and France who would then pay war debts back to the US.
15. This is the rapid manufacture of large numbers of identical products.
18. This is how people heard about the weather, sports, and other news.
20. Someone that believe every word in the Bible was absolute truth was called a _____.
22. The _____ Scandal involved the Albert Fall selling oil set aside for the US Navy.
23. This man's nickname was Silent Cal.
24. In 1915 the _____ was revived on Stone Mountain in Georgia.
25. When selling Model T's they can come in any color, so long as it's _____.
26. Women gained this with the passing of the 19th Amendment in 1920.

CATEGORY 1: RANGE OF MOTION AND STRENGTHENING EXERCISES

KNEE

54. Quad Set

(quad strengthener)

Purpose: ROM, Strength, ADLs - Rising from chair, climbing stairs, walking

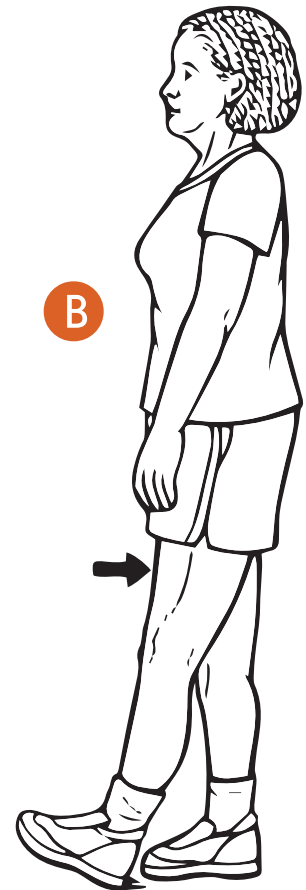
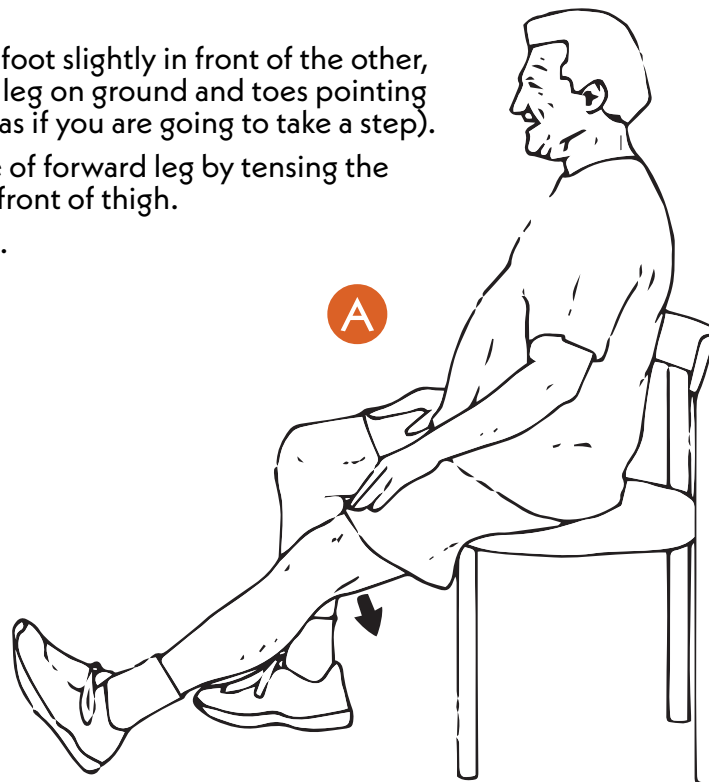
VERSION A

- Sit at edge of chair, one leg out straight, and heel on floor.
- Point toes toward ceiling.
- Straighten knee by tensing the muscles on top of thigh.
- Hold 6 seconds.
- Relax.

VERSION B

- Stand with one foot slightly in front of the other, heel of forward leg on ground and toes pointing toward ceiling (as if you are going to take a step).
- Straighten knee of forward leg by tensing the muscles on the front of thigh.
- Hold 6 seconds.
- Relax.

! PRECAUTIONS
■ None



EXERCISE

all seasons

ANKLE EXERCISES (#56-58)

56. Heel-Toe Lift

(ankle dorsiflexion/plantarflexion)

Purpose: ROM, Balance, Strength, AD Ls - Walking, climbing stairs

VERSION A (SITTING)

- Sit with feet flat on floor.
- Lift heels, keeping toes on floor.
- Return to flat.
- Lift toes, keeping heels on floor.
- Return to flat.

VERSION B (STANDING)

- Stand up straight holding on to chair.
- Rise up and stand on toes.
- Hold 3 seconds.
- Lower slowly to flat feet.
- Challenge: Stand on one leg and raise heel. Repeat on other leg.

PRECAUTIONS

- Muscle cramp, Balance in standing position, Ankle joint surgery

Note: Illustration

Shows bare feet to indicate movement, but exercise is done in shoes.



CATEGORY 1: RANGE OF MOTION AND STRENGTHENING EXERCISES

ARM
SHOULDER
ELBOW

18. Diagonal Arm Reach

(shoulder abduction and adduction)

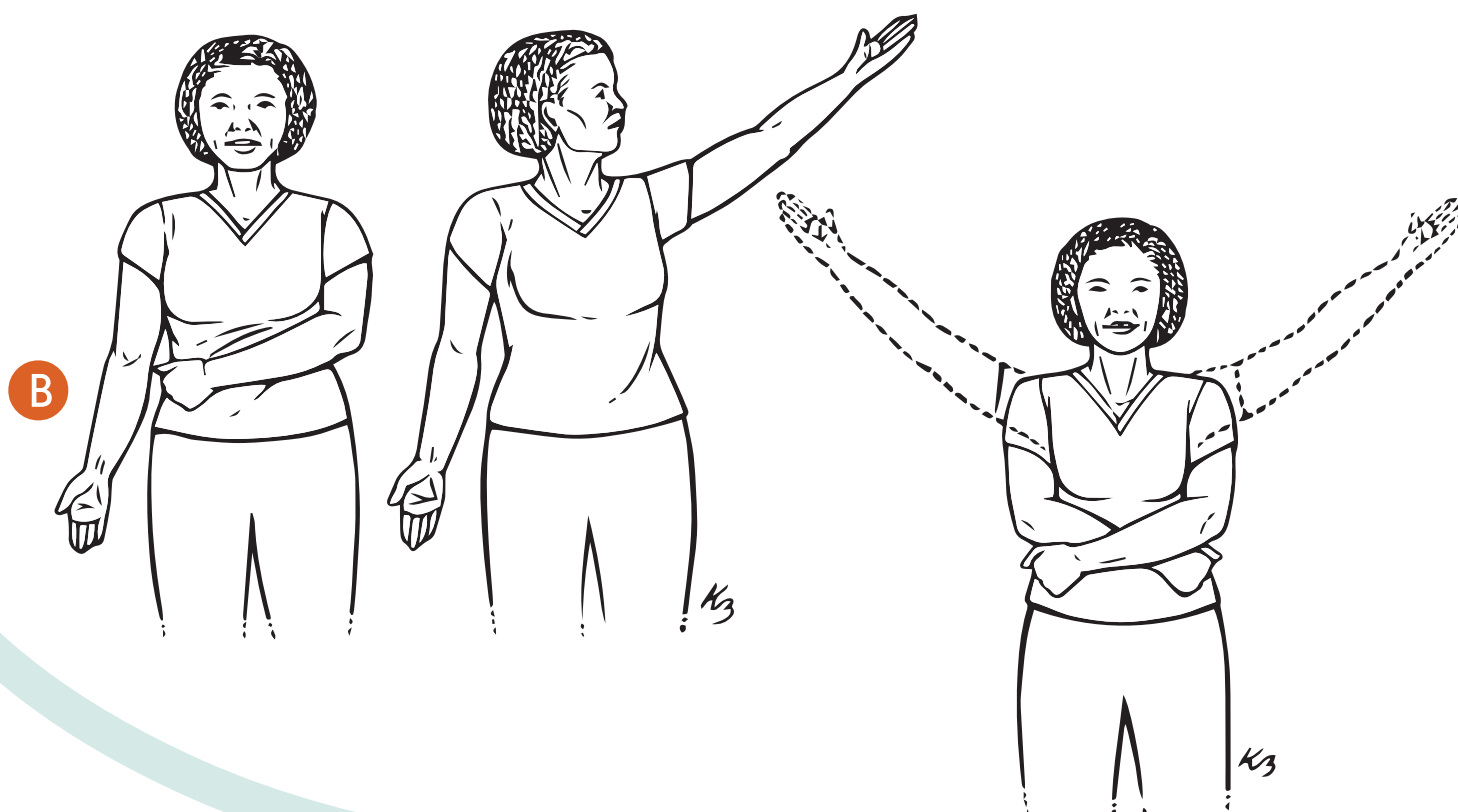
Purpose: ROM, ADL- Turning over in bed

VERSION B

- Start with one hand on opposite hip.
- While watching your hand, move arm across body and above the shoulder (as if you were drawing a sword).
- Repeat with other arm
- Note: This exercise may also be done moving both arms at the same time.

! PRECAUTIONS

- Shoulder joint surgery



CHECK OUT THE LATEST VIDEO FROM OUR FRIENDS AT **SYDFIT!:**
<https://tinyurl.com/yxx3nbuq>

EXERCISE


all seasons

Tuesday, April 7, 2020

The New York Times

Trent H. Evans / Edited by Will Shortz

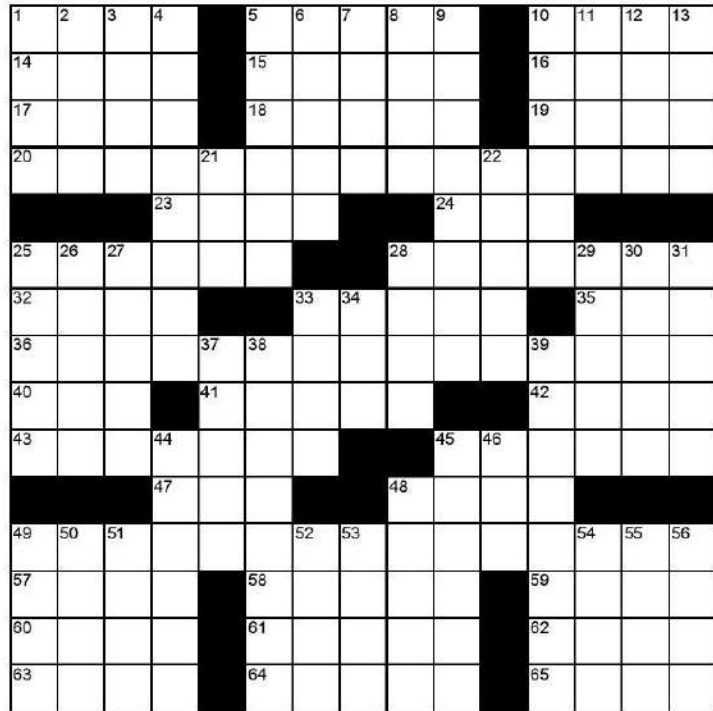
ACROSS

- 1 Measure of time or airplane wings
- 5 Makeup of the first house in "The Three Little Pigs"
- 10 A tall one is exaggerated
- 14 Fabled race loser
- 15 Boxer Ali
- 16 Big name in skin care
- 17 Taiwanese PC maker
- 18 Fred's neckwear on "Scooby-Doo"
- 19 Time long past
- 20 Dreaming state
- 23 Lavish celebration
- 24 Like the summer sun
- 25 Knights' mounts
- 28 Big name in smoothies and juices
- 32 Beats again and again, in slang
- 33 "Tippy" craft
- 35 Relative of a paddle
- 36 Practical state
- 40 Sleeve's contents
- 41 Takeaway of a fable
- 42 Coif that might use pins and spray
- 43 Classic catalog for air passengers
- 45 Symbol of sudden, brilliant success
- 47 It ends with diciembre
- 48 Dalai ____
- 49 Crass state
- 57 Like dissertation defenses
- 58 In adulthood

- 59 Early stop for presidential candidates
- 60 Indian flatbread
- 61 Like unexplained house creaks, say
- 62 Big name in bubbly
- 63 Door handle
- 64 Televised comedy event
- 65 Otherwise

DOWN

- 1 Ousted Iranian leader
- 2 Duel unit
- 3 Researcher's specialty
- 4 Comic con, e.g., stereotypically
- 5 Viewpoints
- 6 Refinement
- 7 Like Mr. Moneybags
- 8 Plant that yields a salve
- 9 OSHA or the F.C.C.
- 10 "Let's Go Places" sloganeer
- 11 Felipe or Moises of major-league baseball
- 12 Grease for baking
- 13 The ____ (apt anagram for "they see")
- 21 Iraq War danger, for short
- 22 Bring down, as a flag
- 25 TV viewers' vantage points
- 26 Bring up the rear?
- 27 The Joker, to Batman
- 28 Student in a Contracts class, typically
- 29 Jeweler's instrument
- 30 ____ Calrissian, member of the Rebel Alliance in "Star Wars"
- 31 Fire in the belly
- 33 Abbr. before C, F, V or X
- 34 Sound of insight
- 37 Muscat resident
- 38 Opposite of "from here on"
- 39 DeLorean license plate in "Back to the Future"
- 44 Fill-in-the-blanks story
- 45 Note holder on a refrigerator
- 46 Big bird Down Under
- 48 Puppeteer Shari
- 49 Breakout role for Robin Williams
- 50 Soldering device
- 51 Defense alliance since 1949



- 52 Bygone smartphone
- 53 Jewish wedding dance
- 54 Soldering
- 50-Down, e.g.
- 55 She sheep
- 56 \$100/night, e.g.

CROSSWORD PUZZLE



1	S	2	A	3	R	4	A		5	S	6	E	7	E	8	S	9	T		10	S	11	W	12	I	13	T
14	P	L	E	B		15	C	O	R	N	E	R	16	S	T	O	N	E									
17	A	L	A	I		18	U	P	S	E	T	A	L	E	R	T	S										
19	M	O	N	T	20	A	G	U	E				21	C	A	P	L	E	T								
22	S	W	I	M	C	A	P					23	L	E	T	S	D	R	Y								
			24	M	U	T	T		25	I	T	I	S														
27	I	28	M	A	C	S		29	T	W	I	T	T	30	Y			31	M	32	P	33	G				
34	W	I	T	H	O	35	R	W	I	T	H	O	U	36	T	Y	O	U									
37	O	D	E		38	N	O	E	L	L	E		39	T	A	S	E	S									
						40	P	E	L	E		41	B	A	S	H											
42	C	43	A	44	P	45	U	46	L	E	T			47	M	O	N	T	A	48	G	49	E				
50	A	L	L	N	E	W				51	G	I	N	G	E	R	E	D									
52	P	I	E	C	E	O	53	F	54	C	A	K	E		55	S	O	L	I								
56	R	E	A	L	T	R	O	O	P	E	R				57	O	N	I	T								
58	A	N	T	E		59	K	E	Y	E	D				60	F	A	D	S								