

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2021 Assisted Living

1
Medical Transportation**
 10:30 Catholic Services, AR
 1:00 Documentary, LR
1:00 Northwest Geriatrics
2:00 Strike Up The Band, LR
 3:00 Afternoon Exercise, DR
 6:00 Evening Movie, LR

All Fools' Day

2
 10:00 Strength Exercise w/Weights, DR
 1:00 Walking Group, L
 1:30 Daily Chronicle, LR
2:00 Easter Bunny Visit With Refreshments, L
 6:00 Evening Movie, LR

Good Friday

3
 10:00 Morning Exercise, DR
 2:30 Word Games, LR
 3:30 Nail Time, AR
 6:00 Evening Movie, LR

4
 9:00 Morning Musical Movie, LR
 6:00 Viewers Choice, LR



5
 10:00 Strength Exercise w/Weights, DR
 2:00 Bible Study with Carla, DR
 6:00 Evening Movie, LR

6
 10:00 Morning Exercise, DR
1:00 Northwest Geriatrics
1:30 Scenic Drive, L**
 3:00 Sing Along, LR
 6:00 Evening Movie, LR

7
 10:00 Strength Exercise w/Weights, DR
10:45 Shopping-Dollar Tree, L**
2:00 Creative Corner, AR
 6:00 Evening Movie, LR

8
Medical Transportation**
 10:30 Catholic Services, AR
 1:00 Documentary, LR
1:00 Northwest Geriatrics
2:00 Strike Up The Band, LR
 3:00 Afternoon Exercise, DR
 6:00 Evening Movie, LR

9
 10:00 Strength Exercise w/Weights, DR
 1:00 Walking Group, L
 1:30 Daily Chronicle, LR
2:30 Happy Hour with Entertainment
 6:00 Evening Movie, LR

10
 10:00 Morning Exercise, DR
 2:30 Word Games, LR
 3:30 Nail Time, AR
 6:00 Evening Movie, LR

11
 9:00 Morning Musical Movie, LR
 2:00 DOXA Church, LR
 6:00 Evening Bingo, AR
 6:00 Viewers Choice, LR

12
 10:00 Strength Exercise w/Weights, DR
 2:00 Bible Study with Carla, DR
 6:00 Evening Movie, LR

Ramadan Begins

13
 10:00 Morning Exercise, DR
12:30 Swing Dance North-Bellevue Senior Center, L**
1:00 Northwest Geriatrics
 6:00 Evening Movie, LR

14
 10:00 Strength Exercise w/Weights, DR
10:45 Shopping-QFC, L**
1:30 Court Yard Spring Planting, CY
 6:00 Evening Movie, LR

15
Medical Transportation**
 10:30 Catholic Services, AR
 1:00 Documentary, LR
1:00 Northwest Geriatrics
2:00 Strike Up The Band, LR
 3:00 Afternoon Exercise, DR
 6:00 Evening Movie, LR

16
 10:00 Strength Exercise w/Weights, DR
 1:00 Walking Group, L
 1:30 Daily Chronicle, LR
2:30 Happy Hour with Entertainment
 6:00 Evening Movie, LR

17
 10:00 Morning Exercise, DR
 2:30 Word Games, LR
 3:30 Nail Time, AR
 6:00 Evening Movie, LR

18
 9:00 Morning Musical Movie, LR
 3:30 Balloon Volleyball, LR
 6:00 Evening Bingo, AR
 6:00 Viewers Choice, LR

19
 10:00 Strength Exercise w/Weights, DR
 2:00 Bible Study with Carla, DR
 6:00 Evening Movie, LR

20
 10:00 Morning Exercise, DR
1:00 Northwest Geriatrics
1:30 Scenic Drive, L**
 3:00 Sing Along, LR
 6:00 Evening Movie, LR

21
 10:00 Strength Exercise w/Weights, DR
10:45 Shopping-Trader Joes, L**
2:00 Bingo Bash, DR
 6:00 Evening Movie, LR

22
Medical Transportation**
 10:30 Catholic Services, AR
 1:00 Documentary, LR
1:00 Foot Care: Dr. Gorey
Sign up at Front Desk
1:00 Northwest Geriatrics
2:00 Strike Up The Band, LR
 3:00 Afternoon Exercise, DR
 6:00 Evening Movie, LR

Earth Day

23
 10:00 Strength Exercise w/Weights, DR
 1:00 Walking Group, L
 1:30 Daily Chronicle, LR
2:30 Happy Hour with Entertainment
 6:00 Evening Movie, LR

24
 10:00 Morning Exercise, DR
 2:30 Word Games, LR
 3:30 Nail Time, AR
 6:00 Evening Movie, LR

25
 9:00 Morning Musical Movie, LR
 2:00 DOXA Church, LR
 6:00 Evening Bingo, AR
 6:00 Viewers Choice, LR

26
 10:00 Strength Exercise w/Weights, DR
 2:00 Bible Study with Carla, DR
 6:00 Evening Movie, LR

27
 10:00 Morning Exercise, DR
1:00 Northwest Geriatrics
 3:00 Trivia with Joy, LR
 6:00 Evening Movie, LR

28
 10:00 Strength Exercise w/Weights, DR
10:45 Shopping-Bartells, L**
3:00 Resident Meeting Come Share your Ideas, DR
 6:00 Evening Movie, LR

29
Medical Transportation**
 10:30 Catholic Services, AR
 1:00 Documentary, LR
1:00 Northwest Geriatrics
2:00 Strike Up The Band, LR
 3:00 Afternoon Exercise, DR
 6:00 Evening Movie, LR

Arbor Day

30
 10:00 Strength Exercise w/Weights, DR
 1:00 Walking Group, L
 1:30 Daily Chronicle, LR
2:30 Happy Hour with Entertainment
 6:00 Evening Movie, LR

All Activities are subject to change as allowed by the State and Health Department Guidelines

April 2021
THE MONTHLY GAZETTE

"The roofs are shining from the rain. The sparrows tritter as they fly, and with a windy April grace the little clouds go by."

— Sara Teasdale



Animal of the Month – Cat

The domestic cat, often referred to as a house cat, is part of the feline family, Felidae. Cats share over 95% of their DNA with tigers. They first became pets in ancient Egypt around 7500 BC and in Cyprus around 9500 BC.



Today, the world is home to over 500 million domestic cats. These carnivorous mammals sleep an average of 12 to 16 hours a day, can run up to 30 miles per hour, and live on a diet of small critters, such as birds, rats, and mice—unless they are eating a bowl of cat food. Cats walk by moving the two legs on each side at once.

The only other animals to walk this way are giraffes and camels.

Cats are known for being feisty, independent, and landing on their feet—hence the belief that they have nine lives, which explains why they symbolize rebirth. Black cats are thought to be magical and/or bad luck, while legend has it that white cats bring good fortune.

Special Days

April Fools' Day
April 1

Good Friday
April 2

Easter
April 4

Last Day of Passover
April 4

Tax Day
April 15

Earth Day
April 22

Arbor Day
April 30

Flower – Daisy



April's flower is the daisy, one of the oldest and best-known English flowers. It retains its Anglo-Saxon name, "day's eye," because of its appearance and the fact that it closes according to the amount of available sunshine. According to legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted attention. Thus, the flower has come to symbolize modesty, chastity, and innocence. The daisy is also used to tell if "he loves me" or "loves me not" by pulling off the petals one-by-one.

Birthstone – Diamond



The birthstone for April is the diamond. For centuries, this stone has signified romance, intrigue, power, greed, and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, it symbolizes everlasting love. Formed nearly 100 miles beneath Earth's surface in temperatures that exceed 2700°F, the diamond is the world's hardest naturally occurring substance. It is also the purest of all gemstones, composed completely from crystallized carbon. Its name comes from the Greek word *adamas*, which means "unconquerable."



Assisted Living

A Great Place to Call Home

Hair Salon
Wednesdays 9:00 AM -1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Happy Birthday:

Pete J 4/15 Bill A 4/27

Welcome:

Eileen C

- 4/02 @2:30 PM **Birthday Celebration with Live Music**
- 4/09 @2:30 PM **Happy Hour with Entertainment**
- 4/13 @12:30 PM **Swing Dance North Bellevue Senior Center**
- 4/14 @2:00 PM **Red Hats**
- 4/16 @2:30 PM **Happy Hour with Entertainment**
- 4/21 @2:00 PM **Bingo Bash**
- 4/23 @2:30 PM **Happy Hour with Entertainment**
- 4/28 @3:00 PM **Resident Meeting –Come Share your Ideas**
- 4/30 @2:30 PM **Happy Hour with Entertainment**