

APRIL 2021 COLONIAL GARDENS STAFF

OFFICE HOURS

Monday - Sunday: 7:30 a.m.-7:30 p.m.

TRANSPORTATION

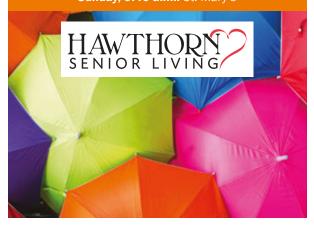
Monday - Friday, 9 a.m.-3 p.m.: Appointments
Tuesday & Thursday, 9 a.m.-3 p.m.:
Shopping Shuttle

Wednesday, See sign-up sheet: Activity Outings Saturday, 8:30 a.m.: Synagogue:

Temple B'Nai Abraham

Sunday, 8:40 a.m.: St. Richard's

Sunday, 9:10 a.m.: 2nd Congregational Sunday, 9:40 a.m.: St. Mary's



Chef Demo

In February we were finally able to have our first Chef Demo with our wonderful Chef Tom. The demonstration was how to make white chocolate and dark chocolate dipped strawberries with the theme of Valentine's Day in mind. In front of a crowd of ladies chef began to melt each type of chocolate in its own double boiler. To make the chocolate a little more thin and workable he added cream. He then demonstrated how to dip the strawberries on the skewer into the chocolate and roll them to coat them completely. The ladies in attendance then were asked if anyone wanted to try. A few did try and did a great job. But in the end everyone got to sample some chocolate-dipped strawberries.



Laurie dipping into white chocolate



Rosalie diving into dark chocolate



Chef's audience

Magnet Boards

"When the moon hits your eye like a big pizza pie, that's amore!"

We made magnet boards out of pizza pie pans. The designs in the center came from place mats that we cut down to size to fit snuggly in the center of the pan. Modge Podge was the magic glue that held the place mat on the pan. Hot glue was used to secure the flowers and ribbon around the edge of the pan. Even though some place mats were duplicated, each final product came out different. It was a fun craft and the ladies love it when we use flowers. To tie it all together to be hung, a loop was made with nautical rope hot glued to the back. Now all they need are some magnets to make it a memo board!



Petie, Ginger and Rhoda



Lesley and her board



Dottie, Betty and Joan

Tulip Planters

Let's get ready for spring with some tulips! The craft group spent two craft sessions painting the planters then planting the bulbs. We first started off with a small ceramic planter shaped like a little rain boot. The goal was to paint them however their hearts



Ginger getting dirty

wanted, as simple or as detailed as they liked. When the planters were done and dry they got sprayed down twice to be sealed. One seal was the inside so the water would not seep out of the boot and ruin the paint. The second spray was on the outside so it was resistant to weather and water. The second week was when it was time to plant the pre-chilled tulip bulbs. Because they had not been outside in the ground all winter, they needed to be pre-chilled in order to be forced to grow inside. It was a blast, everyone fell in love with their little boots and took them back to their apartments.



Mary painting



Betty planting



Laurie painting



Finished products — until they grow!

APRIL 2021

Birthdays

Dottie Bates, 1st
Barbara Alsen, 3rd
Claire Powell, 7th
Ann Boyle, 8th
Betty Blake, 9th
Al Beaupre, 11th
Margaret Morrin, 14th
Alice Burke, 15th
Mike Riccio, 20th
Virginia Carter, 21st
Robert Donaher, 24th
Anita Murtaugh, 30th
Maureen Griffin, 30th

Locations

Activity Room Hall, First Floor, ARH

Activity Room, First Floor, AR

Floor, CR

Atrium, First Floor, ATR
Card Room, Second

Chapel, Third Floor, CH

Conference Room, Second Floor, CON

Courtyard Outside Of AR, CY

Dining Room, First Floor, DR

Fitness Room, Second Floor, FR

Library, First Floor, LB Main Lobby, ML

Movie Theater,

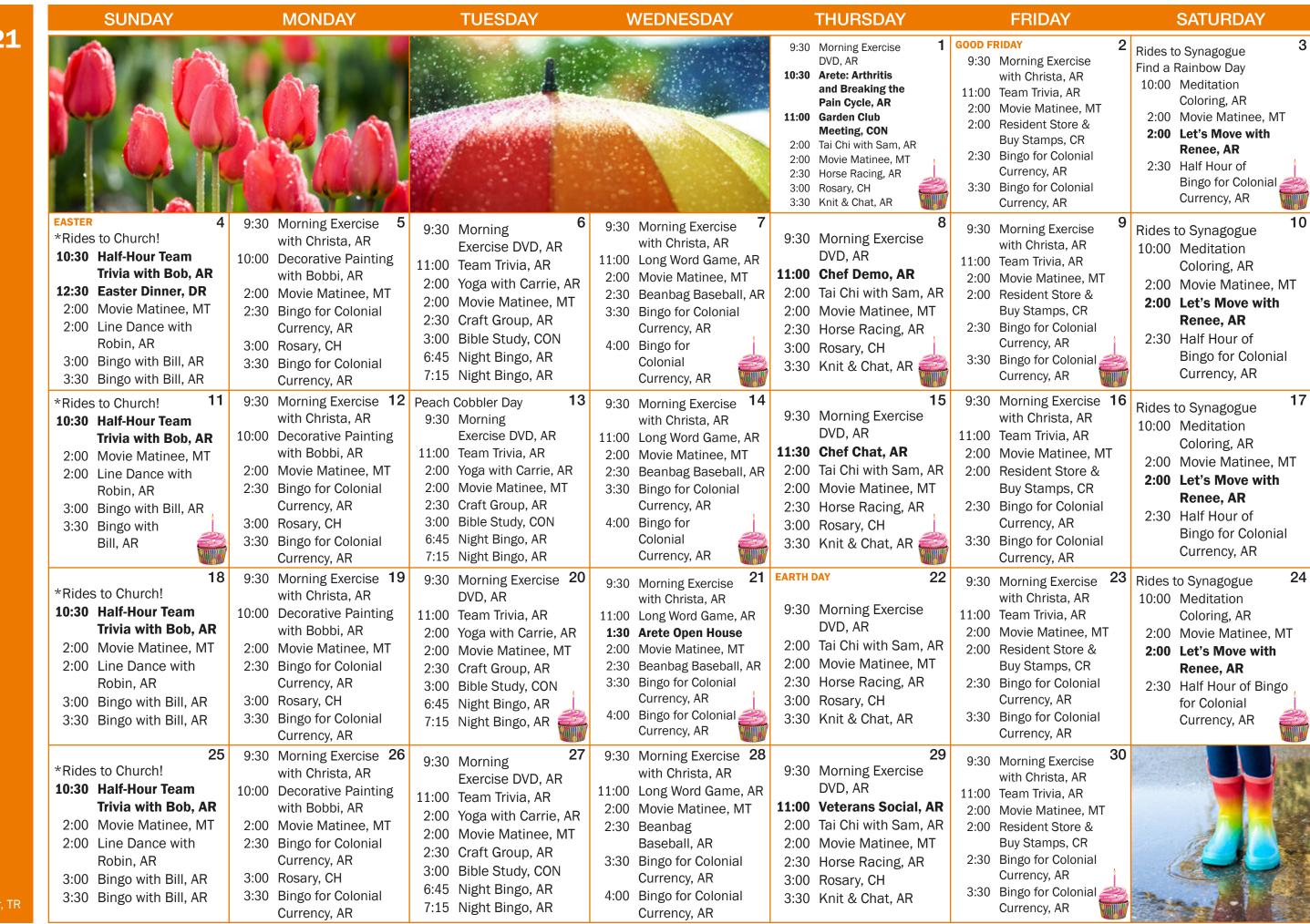
Third Floor, MT

Pool Table Area, Second Floor, PTA

Residents Kitchen, First Floor, RK

Salon, Fourth Floor, S

TV Room, Second Floor, TR



Wardrobe Color Calendar

This month is all about the rainbow, whether it be eating it, wearing it, or finding one. Join in the fun the week of April 12th-18th by wearing a different color each day.

Monday, April 12th, wear red! The color red symbolizes warmth, comfort, excitement, love and energy.

Tuesday, April 13th, wear orange! The color orange symbolizes happiness, energy and enthusiasm.

Wednesday, April 14th, wear yellow! Yellow symbolizes cheeriness, optimism and silliness.

Thursday, April 15th, wear green! Green symbolizes growth, tranquility and harmony.

Friday, April 16th, wear blue! The color blue symbolizes serenity, focus and calmness.

Saturday, April 17th, wear purple! The color purple symbolizes sophistication, wisdom and a little bit of mystery.

Sunday, April 18th, wear pink! Pink symbolizes calmness, gentleness and joy.

Let's have some colorful fun!





Chef Chat

Come to the monthly Chef Chats to learn something new about food, try something yummy and make suggestions. In February we learned about anti-inflammatory super foods and what makes them



Chef sits down with the residents.



Fresh berry bowls

work in the body with the aid of an educational video. While the video played the residents in attendance got to chow down on a fresh berry bowl, filled with fresh strawberries, raspberries, blackberries and blueberries. The video gave many examples of foods, dishes to try and facts. Like, did you know avocados have more potassium than a banana? Chef suggested trying avocado toast and some residents enjoyed that idea. If you have any suggestions for the chef come to the monthly Chef Chat or write him a note with your idea. Come prepared to learn something new and try something yummy at this month's Chef Chat, marked in the newsletter calendar.

Richard and Pat, married 60 years ago going strong.



Richard and Pat

Love Is ...

Joe P. and his wife, remembering the good times together.



Joe P. and his wife

Linda and Jack, finding your soulmate.

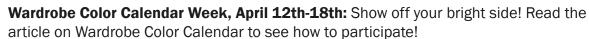


Linda and Jack

Coming Soon

Thursday, April 1st, Arete — Arthritis and Breaking the Pain Cycle: Join Arete at 10:30 a.m. in the Activity Room as they provide education on arthritis and how to end the pain cycle that comes with it.

Saturday, April 3rd, Find a Rainbow Day: Enjoy the rainbow sherbet at supper today for dessert.



Tuesday, April 13th, Peach Cobbler Day: Enjoy some yummy peach cobbler made by the culinary team at supper's dessert.

Wednesday, April 21st, Arete Open House: Visit Arete in their new space in apartment 301 from 1:30 to 4 p.m. Ask them questions, get to know them and what they do.



Peach cobbler

Thursday, April 22nd, Earth Day: Enjoy a "Cup of Dirt" from the culinary team at dessert after supper. Not a real cup of dirt, but a treat made with pudding, Oreo cookies and gummy worms! Yum!

Friday, April 30th, Arbor Day: Learn how to identify trees with the use of a dichotomous key with Christa at 10 a.m. in the Activity Room.



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