



# first & main™ of AUBURN HILLS

3151 E Walton Blvd. • Auburn Hills, MI 48326 • (248) 282-4094  
www.firstandmainauburnhills.com

## First & Main of Auburn Hills Management Team:

—  
**Gina Tindall**  
Executive Director  
—  
Lisa Battersby  
Director of Sales & Marketing  
—  
Elizabeth Lowe  
Director of Resident Care  
—  
Amanda Kosman  
Director of Lifestyles  
—  
Eric Zbytowski  
Director of Dining Services  
—  
Nigel Ar-Rahmaan  
Director of Plant Operations

### Mealtimes

*Breakfast*

7:00–9:00am

*Lunch*

12:00–1:00pm

*Dinner*

5:00–6:00pm

—  
**\*\* All guests must purchase a meal ticket  
1 hour prior to each meal. \*\***  
—

Room trays will be served once dining service  
has been completed.

April 2021



### A Colorful Sight

Catching sight of a rainbow spanning the sky is a natural wonder that can often stop you in your tracks. These colorful “rainy arches,” the Latin meaning of their name, appear when light reflects and refracts through water droplets. Because a rainbow is an optical phenomenon, it’s unique to each person seeing it, since the angles of reflected light will be slightly different from their viewpoint.

### Flowers OR Bingo

On Fridays we graciously receive donated flowers from Trader Joe’s. From now on if our building does not receive a donation we will play a morning game of Bingo in it’s place!

Please remember that what we do on each Friday is subject to change morning of & last minute.

### RESIDENT REMINDER:

All drives will be socially distanced & masks must be worn if multiple riders are on the bus.



### Bus Transportation

Wednesdays–Fridays

9:00am–4:00pm

Cost: \$2.00 per mile

- We have reserved the above times for physician appointments as long as the office is within 10 miles of our community.
- We ask that you make your request with the Activity Director or Concierge at least one week in advance.
- With appointment times being first come, first served, the earlier you request transportation, the better.

All appointments and outings will be allowed weather permitting.



### Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

*Festive florals.* Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

*Rainy day welcome.* Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

*Yarn-wrapped eggs.* Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

*Spring garland.* Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

### Technicolor Spectaculars

There was a time when posters and trailers publicizing the latest movie release boasted the fact it was shot "in glorious Technicolor!"

In the early 1900s, Hollywood entered a new era in moviemaking, shifting from black and white to color motion pictures to reflect the real world and bring storylines to life.

Co-founding the Technicolor company in 1915, American engineer Herbert Kalmus developed the groundbreaking method that produced vivid, eye-popping color on the big screen. It took his team 20 years of trial and error. The process used a special camera that recorded three reels of film, each with a filter that captured the primary colors of red, blue and yellow, which were later dyed and layered together.

Despite being expensive and troublesome, Technicolor became the standard by the late 1930s. Richly colorized classics include "The Adventures of Robin Hood," "Gone With the Wind" and "Singin' in the Rain." But the most famous film is "The Wizard of Oz," with its scenes of the yellow brick road and Dorothy's ruby slippers.





## Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible.

*Head turns.* Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

*Shoulder rolls.* Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

## Rubber Duck Tale

A symbol of bath time fun, rubber ducks have been helping kids get squeaky-clean for more than 100 years.

The first rubber ducks splashed on the scene in the late 1880s, when manufacturers came up with different ways to use Charles Goodyear's newly invented vulcanized rubber. These duckies didn't float, and instead were designed as teething toys for toddlers.

By the 1930s, toy companies were making floating bath toys out of vinyl, although the name rubber duck still stuck. In 1949, sculptor Peter Ganine patented a design for the now-classic bright yellow duck with an orange bill.

*Marching in place.* Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

*Toe lifts.* This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

*Ankle rolls.* These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

The cheerful little ducks were marketed as soothing toys for bath time, helping youngsters overcome fears of the water and also learn about hygiene.

Rubber ducks are now available in all sizes, colors and designs, including many that resemble entertainment and sports celebrities. Also popular are duck derby races, where rubber ducks are floated down a body of water to raise money for charity.



## Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."

—Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."

—Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."

—Ban Ki-moon

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."

—Stewart Udall

"I consider the world, this Earth, to be like a school, and our life the classrooms."

—Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."




—Stan Lee

"Once you've been in space, you appreciate how small and fragile the Earth is."

—Valentina Tereshkova

"Try to leave the Earth a better place than when you arrived."

—Sidney Sheldon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>All Events Are Subject to Change</b>			<b>Detroit Tigers Opening Day</b> 1 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice <b>12:00 Opening Day Lunch</b> <b>1:00 CH Detroit Tigers Game</b> 1:30 <b>C</b> Catholic Mass 2:30 <b>CH</b> Opening Day Nachos 6:00 <b>MT</b> Movie Night	<b>Good Friday</b> 2 9:00 <b>FR</b> Live Catholic Mass 10:00 <b>FR</b> Stations of the Cross 11:30 <b>CH</b> Self Grab Chronicle & Activity Packets👤 2:00 <b>C</b> FPC Good Friday Service <b>3:15 2D Town Hall Meeting</b> 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	3 10:30 <b>CH</b> Chronicle👤 11:00 <b>CH</b> Self Grab Activity Packet👤 2:30 <b>FR</b> Movie & Popcorn 4:00 <b>FR</b> Table Puzzles👤 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤
<b>Happy Easter</b> 4 <b>7:00 Light Breakfast</b> 9:30 <b>FR</b> FHC Easter Service <b>11:00 ~ Easter Brunch ~</b> 2:30 <b>CH</b> Self Grab Easter Packet👤 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	5 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>BS</b> Bingo Store 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	6 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Coffee, Chronicle, & Chat 11:00 <b>C</b> Bible Study w/ Jim 11:00 <b>2D</b> Teamwork Trivia 2:00 <b>B</b> Ice Cream Bar 3:00 <b>FR</b> Mini Manicures 6:00 <b>MT</b> Movie Night	7 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>B</b> Happy Hour 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	8 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>C</b> Devotional Chat 3:00 <b>FR</b> Music Appreciation 6:00 <b>MT</b> Movie Night	9 9:00 <b>FR</b> Live Catholic Mass 10:00 <b>2D</b> Floral Arrangements 11:30 <b>CH</b> Self Grab Chronicle & Activity Packets👤 2:00 <b>FR</b> Virtual Tours: Museums <b>3:30 LO Entertainment: John</b> 🎵 6:30 Walking Club👤	10 10:30 <b>2D</b> Coffee, Chronicle, & Chat 11:00 <b>2D</b> Mind Puzzles 2:00 <b>FR</b> Movie & Popcorn 3:00 <b>RR</b> Hydration & Snack Cart 4:00 <b>FR</b> Table Puzzles👤 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤
11 9:30 <b>FR</b> FHC Easter Service 10:30 <b>2D</b> After Service Social 2:00 <b>FR</b> Afternoon Movie 3:00 <b>RR</b> Hydration & Snack Cart 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	12 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>FR</b> Meditation Monday 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	13 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Coffee, Chronicle, & Chat 2:00 <b>B</b> Ice Cream Bar <b>3:00 LO Piano: Showboat w/ Stephan</b> 6:00 <b>MT</b> Movie Night	14 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>B</b> Happy Hour 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	15 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 1:30 <b>C</b> Catholic Mass 3:00 <b>FR</b> Dance Appreciation 6:00 <b>MT</b> Movie Night	16 9:00 <b>FR</b> Live Catholic Mass 10:00 <b>2D</b> Floral Arrangements 11:30 <b>CH</b> Self Grab Chronicle & Activity Packets👤 2:00 <b>FR</b> Virtual Tours: Australia <b>3:30 LO Entertainment: Lukas</b> 🎵 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	17 10:30 <b>CH</b> Chronicle👤 11:00 <b>CH</b> Self Grab Activity Packet👤 2:30 <b>FR</b> Movie & Popcorn 4:00 <b>FR</b> Table Puzzles👤 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤
18 9:30 <b>FR</b> FHC Easter Service 10:30 <b>2D</b> After Service Social👤 2:30 <b>CH</b> Self Grab Chronicle & Activity Packets👤 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	19 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>BS</b> Bingo Store 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	20 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Coffee, Chronicle, & Chat 11:00 <b>C</b> Bible Study w/ Betty 11:00 <b>2D</b> Teamwork Trivia 2:00 <b>B</b> Ice Cream Bar 3:00 <b>FR</b> Mini Manicures 6:00 <b>MT</b> Movie Night	21 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>B</b> Happy Hour 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	22 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>C</b> Devotional Chat 3:00 <b>FR</b> Music Appreciation 6:00 <b>MT</b> Movie Night	23 9:00 <b>FR</b> Live Catholic Mass 10:00 <b>2D</b> Floral Arrangements 11:30 <b>CH</b> Self Grab Chronicle & Activity Packets👤 2:00 <b>FR</b> Virtual Tours: Kenya <b>3:30 LO Entertainment: Phil</b> 🎵 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	24 10:30 <b>2D</b> Coffee, Chronicle, & Chat 11:00 <b>2D</b> Mind Puzzles 2:00 <b>FR</b> Movie & Popcorn 3:00 <b>RR</b> Hydration & Snack Cart 4:00 <b>FR</b> Table Puzzles👤 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤
25 9:30 <b>FR</b> FHC Easter Service 10:30 <b>2D</b> After Service Social 2:00 <b>FR</b> Afternoon Movie 3:00 <b>RR</b> Hydration & Snack Cart 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	<b>Happy National Pretzel Day</b> 26 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>FR</b> Meditation Monday 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	27 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Coffee, Chronicle, & Chat 2:00 <b>B</b> Ice Cream Bar 3:00 <b>2D</b> Arts & Crafts 6:00 <b>MT</b> Movie Night	28 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>2D</b> BINGO 3:30 <b>B</b> Happy Hour 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	29 9:00 <b>FR</b> Live Catholic Mass 10:30 <b>2D</b> Chronicle & Chat 11:00 <b>2D</b> iN2L: Resident Choice 2:00 <b>C</b> Devotional Chat 3:00 <b>FR</b> Dance Appreciation 6:00 <b>MT</b> Movie Night	30 9:00 <b>FR</b> Live Catholic Mass 10:00 <b>2D</b> Floral Arrangements 11:30 <b>CH</b> Self Grab Chronicle & Activity Packets👤 2:00 <b>FR</b> Virtual Tours: Ethiopia <b>3:30 LO Entertainment: Jeff</b> 🎵 6:00 <b>FD</b> Shake & Take Popcorn👤 6:30 Walking Club👤	



## Pockets and Purses

Unique to each person are the everyday essentials found in their pockets or purse. Look at what you carry with you, and think back to how it's changed over the years.

- Are you the type who carries just the essentials or one who has a little bit of everything, just in case?
- Do you keep your ID, money and bank cards in a wallet or a money clip?
- Are there any photos of loved ones in your wallet or purse?
- Did you or anyone in your family carry a pocket watch as a timepiece?
- Do you always have a handkerchief, or hankie, with you? If so, does it have a special design or monogram?
- For ladies, cotton gloves, a plastic rain bonnet, and a scarf to protect one's hairdo on windy days were both fashionable and a necessity. Do you remember using these?
- A pocketknife comes to the rescue in many situations. Is that something you've carried?
- Is there a small sentimental object or good luck charm that you like to keep with you? If so, what's the story behind it?
- What are some uncommon or unexpected things you've carried with you?



## The Sweetest Bean

Chewy, sweet and colorful, jelly beans are a favorite treat.

It's believed that jelly beans originated from Turkish delight, a candy made of cornstarch and sugar that's similar to the soft, gel-like center of a jelly bean. Jordan almonds, a type of candied almond with a hard outer shell, may also have been an inspiration.

An unknown American candy maker created the first jelly

beans in the mid-1800s, and in the 1860s, they were marketed to soldiers serving in the Civil War. Their protective, nonsticky outer shell and small size made them easy to carry in pockets. Jelly beans quickly became a popular penny candy.

About 16 billion jelly beans are produced every year. Depending on the manufacturer, it can take seven to 21 days to make a jelly bean. Once the gooey center is formed, the bean undergoes a process called panning, in which colors, flavors and several layers of sugar are applied, creating the outer shell.

Cherry is the most popular jelly bean flavor.

## Happy Birthday

You're not getting older—you're getting better! Happy birthday to all our residents celebrating birthdays this month. Remember, this is the one time each year when you can have your cake and eat it, too!

## It's Your Party!

Laugh some every day, keep growing, keep dreaming and keep following your heart. Remember these thoughts as you celebrate another year of life. Happy birthday to our residents with birthdays this month.



## APRIL BIRTHDAYS

04-11	Eileen B.
04-20	John T.
04-25	Bill O.
04-29	Bonnie W.







**Friday Flower Arrangements**

Every other Friday we have been blessed with donated flowers from Trader Joe's. We receive such a random assortment of any and all kinds of flowers. Each batch of flowers is cut down and sorted into vases that we use around our community and more importantly on our dining room tables. It is a great way for the ladies of our community to show off something they have created. It gives the dining room a bright and inviting atmosphere for any and all who enter!



**February 16th**

Mardi Gras, Fat Tuesday,  
Paczki Day:  
Whatever you choose to call  
it, was celebrated with full  
bellies!



**St. Patty's Decorations**



# first&main<sup>™</sup>

of AUBURN HILLS

3151 E Walton Blvd.  
Auburn Hills, MI 48326

## "This Month In History"

### APRIL

**1934:** At 231 mph, the strongest wind ever recorded in the U.S. blows over Mount Washington, N.H. The record is commemorated every April 12, Big Wind Day.

**1952:** Mr. Potato Head becomes the first toy advertised on television. Its commercials were specifically aimed at children, rather than adults.

**1968:** Martin Luther King Jr. delivers his "I've Been to the Mountaintop" speech in Memphis, Tenn.

**1970:** Earth Day is celebrated for the first time. Today, more than 1 billion people in nearly 200 countries take part in the observance.

**1991:** Billed as "The Battle of the Ages," 28-year-old Evander Holyfield beats 42-year-old George Foreman in a boxing match in Atlantic City, N.J., defending his heavyweight champion title.

**2001:** As the first paying space tourist, American businessman Dennis Tito reportedly spends \$20 million to ride along on a Russian mission to the International Space Station.

**2018:** Online streaming music services overtake the sales of CDs and vinyl albums for the first time.