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Stamp



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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

The Pioneer Post

April 2022 Newsletter



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Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.



Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



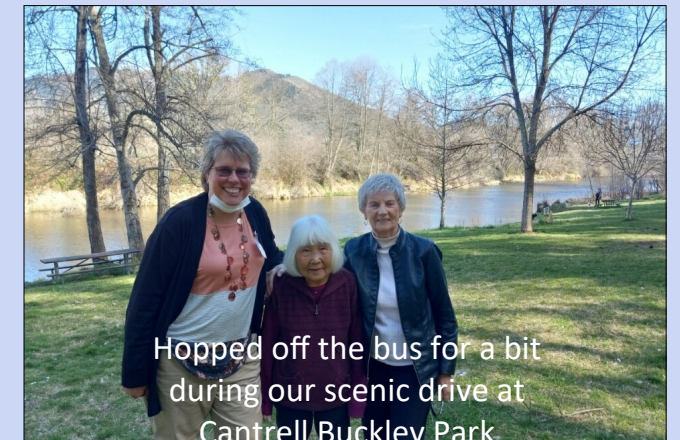
National Cupcake Day



Mardi Gras party time



Girl Scout cookie time.



Hopped off the bus for a bit during our scenic drive at Cantrell Buckley Park



Happy St. Patty's Day



Puppy love from a neighbor

We don't remember days,

We remember moments.

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
02 PBJ Day; Ferret Day; Handmade Day
03 Film Score Day; Chocolate Mousse Day
04 Walk Around Things Day; Vitamin C Day
05 Caramel Day; Deep Dish Pizza Day
06 Bookmobile Day; Walking Day
07 World Health Day; Beer Day; Burrito Day
08 Zoo Lovers' Day; Reflect on Gratitude Day
09 Cherish Antiques Day; Name Yourself Day
10 Farm Animal Day; Cinnamon Crescent Day
11 Barbershop Quartet Day; Pet Day
12 Grilled Cheese Day; Colorado Day
13 Scrabble Day; Peach Cobbler Day
14 Gardening Day; Pecan Day; Dolphin Day
15 Good Friday; Glazed Ham Day
16 Bean Count Day; Eggs Benedict Day; PJ Day
17 Easter; Haiku Day; Ellis Island History Day
18 Intl. Monuments & Sights Day; Radio Day
19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
21 British Tea Day; Chocolate Cashews Day
22 Earth Day; Jelly Bean Day
23 Picnic Day; Cherry Cheesecake Day
24 Pigs in Blankets Day; Pet Parent Day
25 Hairstylist Day; Zucchini Bread Day;
26 Audubon Day; Pretzel Day
27 Prime Rib Day; Administrative Staff Day
28 Poem Day; Superhero Day
29 Arbor Day; Dance Day
30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
Earth Day, first
celebrated in 1970,
has a new theme
each year. In 2022,
it's "Invest in Our
Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Robin" -Ruth
"Mockingbird" -Ferne
"Turkey" -Buster
"Peacock" -Celia, Dick & Carol
"Hummingbird" -Glen, & Nancy K.
"Eagle" -Walter
"Cardinal"-Jane & Karen D.



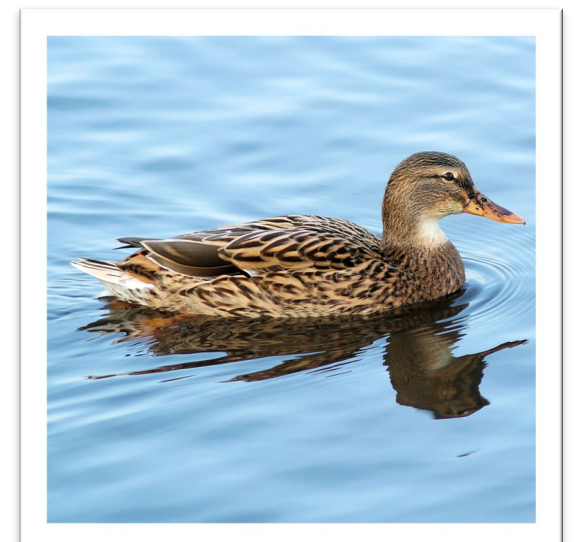
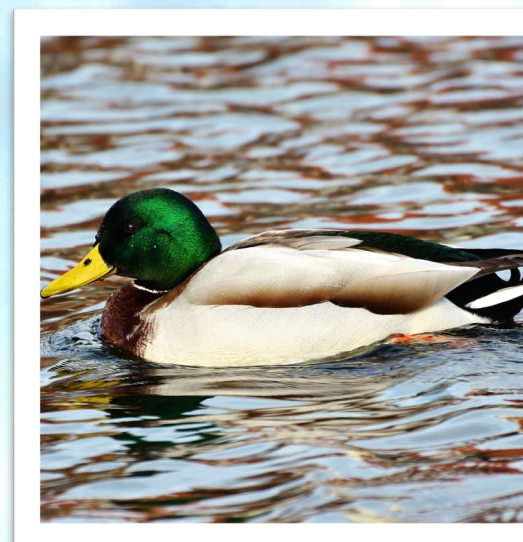
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Bird Watch

By Marjorie N.

"There's ducklings in the creek!" My first April here, a fellow resident called out excitedly the news of the new family and we all trooped out to watch.

That was a good rain year and the creek was flowing well with large open spaces filled with water and the vegetation dabbling ducks like. The Mallard family had nested successfully! Dabbling ducks, built with legs set back on the body and a short neck, usually waddle on land. They feed just under the surface by dunking their heads and torso in the water, their tails and hind quarters visible above the surface. Remember "ducktail" haircuts of the 50's? Unlike the subdued brown and white feathers of the female, Mallard males or drakes are quite colorful except for the one to three months after breeding when they are molting. Called "eclipse plumage," this flightless and dull-colored state is believed by ornithologists to be "camouflage" to protect the nest and help the male obtain food for the female and young. Mallards are also called "puddle ducks;" they can spring into the air without a running start. So, if you see one crouching to take off—duck!!



SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p><i>Happy Birthday</i></p>  <p>Marjorie H. 4/1 Arnie 4/17 Yoshi 4/18 Residents Georgine 4/19 Shirley B 4/23 Christian 4/6 Staff Kiara 4/9</p>	<p><u>Transportation</u></p> <p>Monday, Tuesday & Thursday 8:30am to 3:00pm</p> <p>AL-A building Lobby DR-Dining Room UDR-Upstairs Dining AK-Activity Kitchen TF-Third Floor B-Bistro CR-Cinema Room</p>	<p>Friday Night Movie</p> <p>4/1 Love Story 4/8 Ella Enchanted 4/15 RV 4/22 Hairspray 4/29 The Pursuit of Happiness</p>	<p>Saturday Night Movie</p> <p>4/2 Nights in Rodanthe 4/9 The Sandlot 4/16 Roman Holiday 4/23 Sully 4/30 Support Your Local Sherriff</p>	<p>1 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:30 Woman's Book Club B 11:30 Sourdough Bread DR Sourdough Bread & Butter 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B Bobbie Ann 6:00 Friday Night Movie CR</p>	<p>2 9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 Color Time AL 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>3 8:45 News & Coffee AL 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>4 9:00 Morning Exercise B 10:00 IN2L Travel AL 11:30 Tater Day DR Sweet Potato Fries 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Resident Council B 4:00 IN2L Karaoke AL</p>	<p>5 9:00 Morning Tea AL 10:00 Crocheting with NancyBL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 IN2L Bible Study CR 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL</p>	<p>6 9:00 Morning Exercise B 10:00 Shopping BiMart 11:30 Twinkie Day DR Hostess Twinkies 1:30 Co-ed Poker TF 2:00 Afternoon Exercise B 2:00 Welcome Comm B 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p>7 8:30 Morning Espresso AL 10:00 Poetry Reading CR 11:00 One on One Visits 1:00 BINGO B 2:00 Parkinson's Support CR 2:00 Craft Time B 3:00 Carole Nielsen B Notorious Women of the Wild West 4:00 IN2L Trivia AL</p>	<p>8 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:30 Woman's Book Club B 11:30 Empanada Day DR Homemade Empanadas 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B Tracy Davey 6:00 Friday Night Movie CR</p>	<p>9 9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 Color Time AL 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>10 8:45 News & Coffee AL 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>11 9:00 Morning Exercise B 10:00 IN2L Travel AL 11:30 Cheese Fondue DR Cheese Fondue with Bread 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Yahtzee BL 4:00 IN2L Karaoke AL</p>	<p>12 9:00 Morning Tea AL 10:00 Crocheting with NancyBL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 IN2L Bible Study CR 2:00 Menu Meeting B 3:00 Creekside Chat B 4:00 IN2L Classic TV AL</p>	<p>13 9:00 Morning Exercise B 10:00 Shopping Target 11:30 Peach Cobbler Day DR Homemade Peach Cobbler 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 2:00 Activities Meeting B 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p>14 8:30 Morning Espresso AL 10:00 Poetry Reading CR 11:00 One on One Visits 1:00 Louis Faro BL 2:00 Reminisce Stories BL 3:00 Craft Time B 4:00 IN2L Trivia AL</p>	<p>15 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:30 Woman's Book Club B 11:30 Nat. Titanic Day DR Eclairs 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:30 Music Social B Chris & Dom 4:30 Easter Celebration Dinner</p>	<p>16 9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 Color Time AL 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>17 8:45 News & Coffee AL 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 11:30 IN2L 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>18 9:00 Morning Exercise B 10:00 IN2L Travel AL 11:30 Animal Cracker DR Animal Crackers 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Yahtzee BL 4:00 IN2L Karaoke AL</p>	<p>19 9:00 Morning Tea AL 10:00 Crocheting with NancyBL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 IN2L Bible Study CR 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL</p>	<p>20 9:00 Morning Exercise B 10:00 Shopping Fred Meyer 11:30 Lima Bean DR Lima Beans & Ham Soup 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 3:00 Scenic Drive 4:00 IN2L Travel AL</p>	<p>21 8:30 Morning Espresso AL 10:00 Poetry Reading CR 11:00 One on One Visits 1:00 BINGO B 2:00 Parkinson's Support CR 2:00 Craft Time B 3:00 Carole Nielsen B Egypt-Land of the Pharaohs 4:00 IN2L Trivia AL</p>	<p>22 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:30 Woman's Book Club B 11:30 Jelly Bean Day DR Jelly Belly Jellybeans 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B Sheila Winn 6:00 Friday Night Movie CR</p>	<p>23 9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 Color Time AL 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>
<p>24 8:45 News & Coffee AL 9:30 IN2L Trivia AL 10:15 Local Church Bus 10:30 Card Games TF 1:30 Co-Ed Poker TF 3:00 Gentleman's Club TF 4:00 IN2L Classic TV AL</p>	<p>25 9:00 Morning Exercise B 10:00 IN2L Travel AL 11:30 Zucchini Bread DR Homemade Zucchini Bread 1:30 Monday Matinee CR Double Feature 2:00 IN2L Trivia AL 3:00 Yahtzee BL 4:00 IN2L Karaoke AL</p>	<p>26 9:00 Morning Tea AL 10:00 Crocheting with NancyBL 11:00 One on One Visits 1:00 Wii Bowling TF 2:00 IN2L Bible Study CR 2:00 Menu Meeting B 3:00 Cocktail Hour B 4:00 IN2L Classic TV AL</p>	<p>27 9:00 Morning Exercise B 10:00 Shopping Trader Joes 11:30 Babe Ruth Day DR Baby Ruth Candy Bar 1:30 Co-ed Poker TF 2:00 IN2L Resident's Choice AL 3:00 Birthday Party B 3:00 Meet & Greet B 4:00 IN2L Travel AL</p>	<p>28 8:30 Morning Espresso AL 10:00 Poetry Reading CR 11:00 One on One Visits 1:00 BINGO B 2:00 Reminisce Stories BL 3:00 Craft Time B 4:00 IN2L Trivia AL</p>	<p>29 8:30 Friday Donuts DR 9:00 Morning Exercise B 10:30 Woman's Book Club B 11:30 Arbor Day DR Tree Fruit, Salad 1:00 PV Cookbook Project B 2:00 Afternoon Exercise B 3:00 Music Social B Joshua Paul 6:00 Friday Night Movie CR</p>	<p>30 9:00 IN2L Tia Chi B 9:30 Coffee & Cookies AL 11:00 Color Time AL 1:30 BINGO B 2:30 IN2L Games AL 3:00 Co-ed Poker TF 4:00 IN2L Classic TV B 6:00 Saturday Night Movie CR</p>