

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2023



1
10:00 Morning Exercise, DR
2:00 Entertainment with Ron Herring, DR
5:30 Evening Movie, LR

April Fools' Day

2
9:00 Morning Musical Movie, LR
1:00 Bean Bag Toss, LR
2:00 Bingo, DR
5:30 Evening Movie, LR

Palm Sunday

3
9:00 Walking Group, L
10:00 Morning Exercise, DR
11:00 **Mask Toss Celebration, L**
1:30 **Scenic Drive, L ****
5:30 Evening Movie, LR

4
9:00 Walking Group, L
10:00 Morning Exercise, DR
1:00 **Novari Primary Care**
2:00 Game Time with Barb, LR
3:00 Strike Up the Band with Barb, LR
5:30 Evening Movie, LR

5
10:00 Strength Exercise, DR
10:30 **Shopping- QFC, L****
1:00 Walking Group, DR
2:00 **Bingo, DR**
5:30 Evening Movie, LR

Passover Begins

6
Medical Transportation**
10:00 Catholic Services, AR
1:00 **Novari Primary Care**
1:00 Wii Bowling, IC
2:00 April Fools Fun, LR
3:00 Afternoon Exercise, DR
5:30 Evening Movie, LR

7
10:00 Morning Exercise, DR
1:30 **Photos and Visit with the Easter Bunny, LR**
2:30 **Birthday Celebration Carol Hendrickson, DR**
5:30 Evening Movie, LR

8
10:00 Morning Exercise, DR
2:00 Balloon Volleyball, LR
2:30 Word Games, DR
5:30 Evening Movie, LR

9
9:00 Morning Musical, LR
Easter Buffet 11:15 to 1:00
1:00 Ring Toss, LR
10:00 Nail Time, AR
2:00 Bingo, DR
5:30 Evening Movie, LR

Easter Sunday

10
9:00 Walking Group, L
10:00 Morning Exercise, DR
1:30 **Scenic Drive, L****
5:30 Evening Movie, LR

11
9:00 Walking Group, L
10:00 Morning Exercise, DR
12:00 **Swing Dance-North Bellevue Senior Center, L**
1:00 **Novari Primary Care**
5:30 Evening Movie, LR

12
10:00 Strength Exercise, DR
10:30 **Shopping-Rite Aid ****
1:00 Walking Group, DR
2:00 **Red Hats, DR**
5:30 Evening Movie, LR

13
Medical Transportation**
10:00 Catholic Services, AR
1:00 **Novari Primary Care**
1:00 Food Committee, DR
2:00 Social Connection, LR
3:00 Afternoon Exercise, DR
5:30 Evening Movie, LR

14
10:00 Morning Exercise, DR
1:00 Walking Group, L
2:30 **Happy Hour with Lindi Moo, DR**
5:30 Evening Movie, LR

15
10:00 Morning Exercise, DR
1:00 Activity Committee, DR
2:00 Balloon Volleyball, LR
2:30 Word Games, DR
5:30 Evening Movie, LR

16
9:00 Morning Musical Movie, LR
1:00 Bean Bag Toss, LR
2:00 Bingo, DR
5:30 Evening Movie, LR

17
9:00 Walking Group, L
10:00 Morning Exercise, DR
1:30 **Scenic Drive, L****
5:30 Evening Movie, LR

18
9:00 Walking Group, L
10:00 Morning Exercise, DR
11:00 **Lunch Outing-Red Robin, L**
1:00 **Novari Primary Care**
2:00 Game Time with Barb, LR
3:00 Strike Up the Band with Barb, LR

19
10:00 Strength Exercise, DR
10:30 **Shopping- QFC, L****
1:00 Walking Group, DR
2:00 **Bingo, DR**
5:30 Evening Movie, LR

20
Medical Transportation**
10:00 Catholic Services, AR
1:00 **Novari Primary Care**
1:00 Wii Bowling, IC
2:00 Social Connection, LR
3:00 Afternoon Exercise, DR
5:30 Evening Movie, LR

21
10:00 Morning Exercise, DR
1:00 Walking Group, L
2:30 **Happy Hour with Red Shirt Cowboys, DR**
5:30 Evening Movie, LR

22
10:00 Morning Exercise, DR
1:00 **Outdoor Spring Gardening, CY**
2:00 Balloon Volleyball, LR
2:30 Word Games, DR
5:30 Evening Movie, LR

Earth Day

23
9:00 Morning Musical Movie, LR
10:00 Nail Time, AR
1:00 Ring Toss, LR
2:00 Bingo, DR
5:30 Evening Movie, LR

24
9:00 Walking Group, L
10:00 Morning Exercise, DR
2:00 **Resident Meeting Come Share Your Ideas, DR**
5:30 Evening Movie, LR

25
9:00 Walking Group, L
10:00 Morning Exercise, DR
1:00 **Novari Primary Care**
2:00 Bingo Bash, DR
3:00 Strike Up the Band with Barb, LR
5:30 Evening Movie, LR

26
10:00 Strength Exercise, DR
10:30 **Shopping- Bartells, L***
11:00 **Traveling Library, L**
2:00 **Chef Demo with Jonny**
5:30 Evening Movie, LR
6:00 **Dementia Support Group, L**

Administrative Professionals Day

27
Medical Transportation**
10:00 Catholic Services, AR
1:00 **Novari Primary Care**
1:00 **Foot Care with Dr. Gorey, AR**
2:00 Music Lovers, LR
3:00 Afternoon Exercise, DR

28
10:00 Morning Exercise, DR
1:00 Walking Group, L
2:30 **Happy Hour with Jon Pressman, DR**
5:30 Evening Movie, LR

Arbor Day

29
10:00 Morning Exercise, DR
2:00 Balloon Volleyball, LR
2:30 Word Games, DR
5:30 Evening Movie, LR

30
9:00 Morning Musical Movie, LR
1:00 Bean Bag Toss, LR
2:00 Bingo, DR
5:30 Evening Movie, LR



Assisted Living





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:

Janet P 4/02

April 1st @ 2:00 PM Entertainment with Ron Herring

April 3rd @ 11:00 AM Mask Toss Celebration

April 7th @ 2:30 PM Birthday Celebration with Carol Hendrickson

April 11th @ 12:00 PM Swing Dance- North Bellevue Senior Center

April 14th @ 2:30 PM Happy Hour with Lindi Moo

April 19th @ 2:00 PM Presentation with Kent Morgan

April 21st @ 2:30 PM Happy Hour with Red Shirt Cowboys

April 24th @ 2:00 PM Resident Meeting-Come Share Your Ideas

April 26th @ 2:00 PM Chef Demo with Jonny

April 26th @ 6:00 PM Dementia Support Group, L

April 28th @ 2:30 PM Happy Hour with Jon Pressman

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April 2023

THE MONTHLY GAZETTE

*"April weather, rain and
sunshine both together."*

~ English country saying



Bird of the Month – Canary

Canaries are lovely, bright yellow songbirds from the Canary Islands off the coast of West Africa. These beautiful birds evolved from finches. They have an enchanting song, making them a popular pet. Wild canaries tend to have stripes or spots of black, brown, white, or other colors on their feathers, while domestic canaries are typically all yellow—a trait breeders cultivated. Their stunning yellow hue is so appreciated that this sunny color is known as canary yellow. Canaries are also known for their history of helping to keep coal miners safe. In the early 20th century,



they were taken into coal mines to detect leaks of poisonous gases like carbon monoxide. Canaries show signs of distress when the air becomes unsafe, giving miners a chance to escape. Interestingly, while both male and female canaries sing, the males sing more often and are known as the better singers.

Special Days

April Fools' Day
April 1

Palm Sunday
April 2

Passover Begins
April 5

Good Friday
April 7

Easter
April 9

Earth Day
April 22

Arbor Day
April 28

Flower – Daisy



The traditional April flower is the daisy. The daisy gets its name from the Old English word meaning "day's eye" due to its appearance (round with a pupil-like center) and because daisies open at dawn, as the day is beginning. Per legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted praise and attention. Thus, the flower has come to symbolize modesty, chastity, and innocence. In ancient times, daisies were said to heal wounds, remove warts, and change gray hair to black.

Birthstone – Diamond



Diamonds have been a symbol of wealth and power for centuries, and their sturdiness has represented undying love since Roman times. In fact, Cupid's arrows supposedly are tipped with diamonds. First mined in India over 2,800 years ago, diamonds are also commonly found in Africa, Russia, Canada, and Australia. The most famous (and possibly cursed) diamond in the world is the Hope Diamond, which is blue in color and cut into a heart shape. Millions of people view it each year at the Smithsonian Museum in Washington, D.C.