

- 1, 1778- Oliver Pollack invents the dollar sign \$\$\$\$.
- 2, 1877- The first Easter Egg Roll is held on the White House lawn.
- 3, 1968- The movie *Planet of the Apes* premieres at theaters across America.
- 4, 1973- In NYC, the World Trade Tower opens. At 110 stories, it is the tallest building in the world at the time.
- 6, 1930- Twinkies hit the market. The first Twinkies were banana-filled.
- 8, 1879- Milk is sold in glass bottles for the first time.
- 9, 1950- Bob Hope's first appearance on television.
- 10, 1912- The "unsinkable" RMS Titanic departs on its maiden (and final) voyage from Southampton, England. It sinks 5 days later.
- 14, 1828- Noah Webster produced the first American Dictionary.
- 22, 1969- The first human eye transplant is performed.
- 23, 1954- Hammerin' Hank Aaron hits the first of his 755 home runs.
- 25, 1901- New York becomes the first state to require automobile license plates. The fee is \$1.00.
- 29, 1851- Elias Howe applies for a patent for the "Continuous Clothing Closure", later called the zipper.
- 30, 1904- The ice cream cone makes its debut at the St. Louis World's Fair.

Happy Birthday to...

Residents

Anne C.- 4<sup>th</sup> Joyce R.- 4<sup>th</sup> Ken E.- 9<sup>th</sup>  
Bernice C.- 10<sup>th</sup> Betty E.- 11<sup>th</sup>

Staff

Raylin A.- 9<sup>th</sup> Becca N.- 17<sup>th</sup>  
Terese B.- 17<sup>th</sup> Don M.- 21<sup>st</sup>  
Jillian S.- 28<sup>th</sup>

NOW SHOWING

6<sup>th</sup>- *City Slickers II- The Legend of Curly's Gold*  
13<sup>th</sup>- *Seven Pounds*  
20<sup>th</sup>- *Jeremiah Johnson*  
27<sup>th</sup>- *The Pursuit of Happiness*

Word Scramble Key

- umbrella
- flowers
- sunshine
- rainbow
- spring
- showers
- windy
- rabbit
- blossom
- garden
- sprouting
- robins
- butterfly

APRIL TO-DO LIST

- Wake up with gratitude & Joy
- Tell a Joke that makes people laugh
- Take time to wind down before bed
- Spend time on a hobby
- Do a brain dump for mind clarity

OurMindfulLife.com

Sharon, one of the ladies from St. Gene's will be showing the second season of The Chosen. Tuesdays at 12:45 starting April 9<sup>th</sup> and running through May 28<sup>th</sup> in the theater.

Keystone Chronicle

Keystone Place at LaValle Fields | 14602 Finale Ave N, Hugo MN 55038 | 651-888-6557



ACTIVITIES

- Friday 1<sup>st</sup>, 10:30- Hungry for some Italian? Sign up with the concierge to go to Olive Garden.
- Wednesday 10<sup>th</sup>, 3:30- "Spring Fling"- guest happy hour. Invite someone special to help celebrate springtime.
- Thursday 11<sup>th</sup>, 10:00-2:00- WBL Senior Center is bringing their "Pop-Up Boutique" again. Come check it out and do a little shopping.
- Thursday 18<sup>th</sup>, 2:00- "All Residence Meeting"- come and learn about what is happening here at Keystone and let your voice be heard.
- Friday 26<sup>th</sup>, 3:30- April Birthdays Happy Hour- Come sing "Happy Birthday" to all the April babies.
- Tuesday 30<sup>th</sup>, 4:00- Caregiver Support Group with Isabelle

SUNNY COVE CORNER



Arlette and Jayce put on their dancing shoes to the wonderful music provided by Steve.

April Fools' Day

Some companies have gone to great lengths to create elaborate April Fools' Day hoaxes. Here's a sampling-

In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees.

In 1985, Sports Illustrated writer George Plimpton tricked readers when he ran an article about a rookie pitcher named Slidd Finch who could throw a fastball over 168 miles per hour.

In 1992, NPR ran a spot that former President Richard Nixon was putting his hat in for president once again.

In 1996, Taco Bell duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell.

In 1998, after Burger King advertised a "Left-Handed Whopper", scores of clueless customers requested the fake sandwich.

# ALL FUN & GAMES

## April Word Scramble

aullmrbe

wolfre

nnsuiehs

onibrwa

rgpnis

ssrweho

dyniw

brbati

ooslbm

draeng

unptogisr

noibrs

ftbrbtuley

**APRIL Scattergories-** Write down a word under each category that starts with each letter in the word APRIL.

	Food Item	TV Show	MN City
A			
P			
R			
I			
L			

## April Showers Bring May Flowers

Z	A	C	Y	A	R	I	O	I	I	F	I	P	N
I	M	A	R	I	G	O	L	D	E	S	G	R	E
N	L	L	G	S	N	A	P	D	R	A	G	O	N
N	A	A	D	A	I	S	P	D	D	A	I	A	N
I	Z	I	L	N	R	A	I	L	D	R	A	R	I
A	A	N	A	A	I	O	L	I	A	A	A	Y	D
L	L	O	A	H	S	L	U	D	S	E	E	D	A
I	E	G	D	Z	N	A	T	O	S	G	D	A	H
N	A	E	A	A	I	V	L	F	A	N	A	E	L
R	E	B	E	A	G	E	I	F	S	A	I	C	I
A	I	F	G	I	F	N	C	A	T	R	S	E	A
I	I	D	H	V	M	D	I	D	E	D	Y	H	H
S	D	I	I	N	R	E	D	U	R	Y	Y	C	I
O	R	C	H	I	D	R	I	H	N	H	G	E	A

LAVENDER  
ASTER  
DAFFODIL  
MARIGOLD  
IRIS  
BEGONIA  
HYDRANGEA  
TULIP  
DAHLIA  
ORCHID  
AZALEA  
SNAPDRAGON  
DAISY  
ZINNIA



### A little chuckle

- What do you call a group of bunnies hopping away from you?  
A receding hairline
- Why do bumblebees hum? Because, they don't know the words
- Which superhero likes April the most? Robin
- Did you hear about the submarine that sunk on April Fools' Day?  
Someone left the window open

# THE NURSES' OFFICE

## Downsizing After Downsizing

Many older people downsize into apartments or assisted living as they age. This results in getting rid of a lot of items. It can be hard to determine what to get rid of how much to get rid of. Once you arrive in your new residence you might feel like you are still crowded out with a lot of remaining items. Here are some simple steps you can take to re-evaluate what to keep:

- Go room by room. Look around that one room and double-check that you have gotten rid of everything you can.
- Make easy decisions first. Start with closets or kitchen drawers; they are less emotionally charged than a box of photos.
- Skip the "maybe" pile. Sort items into these groups: keep, discard, sell/donate.

Get you kids/grandkids involved. Children and grandchildren often want things you don't expect such as a favorite holiday ornament or a certain

## Key Employee of the Month

Andrea P., RA and Jill of all trades, was nominated by Kathy G. because-

"She is so friendly and helpful. She participates in activities in addition to doing her job. I love to see her at Happy Hour. She encourages the singing and movements that go along with the music. She makes my Happy Hour happy!"

Congratulations Andrea!  
If you would like to nominate a deserving associate, please contact Life Enrichment for a nomination form.



## Keystone Place, A Great Place to Call Home

Do you know someone who is looking for their next home? If you send them in Monica's direction and they sign on to become a resident here with us, you will receive a \$1000 rent credit as a thank you. Have them contact Monica Nelson at 651-888-6557 or SLC-LF@keystonesenior.com.

Welcome to our newest friends and residents who joined us in March

Bob H.- 306  
Doug S.- 15  
Sherry P.- 17  
Joyce R.- 315

