

The Fair Oaks News

Where your family becomes part of our family.

APRIL
2025

Skilled Nursing • Respite Care • Rehabilitation Services



Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents

4/07	Carla M.
4/08	Marion O.
4/16	Robert G.

Employees

4/01	Bautista A.
4/02	Thomas T.
4/04	Pazdzioch M.
4/05	Wyngaardt S.
4/10	Gehlaar L.
4/20	Lundquist J.

Upcoming Events

04/01	2:00pm – April Fools Crossword Puzzle	04/11	2:00pm – Missing Numbers
04/02	2:00pm – That Spells Catastrophe	04/14	10:30am – Mixed Automobile Parts
04/03	10:30am – Guess My Job Game	04/14	2:00pm – Easter Crafts
04/03	2:30pm – Crocheting Club	04/15	9-4pm – Western Day
04/04	10:30am – April Paint by Numbers	04/15	10:30am – Abednego Visit
04/04	2:00pm – Wacky Wordies	04/16	10:30am – Mass
04/04	4:00pm – Poker Night	04/17	10:00am – Lutheran Church Service
04/04	6:00pm – Manicure	04/18	2:00pm – Easter Bunny Lollipops
04/05	10:30am – Horseshoe	04/20	2:00pm – Easter Egg Scavenger
04/05	2:00pm – Bingo	04/21	2:00pm – Doggone Funny
04/06	9:30am – Virtual Church	04/22	10:30am – Coffee/Donut Gathering
04/06	10:30am – Communion	04/23	10:30am – Farmyard Fun
04/06	2:00pm – Pokeno	04/24	10:30am – Baltimore Orioles Mixed Words
04/07	2:00pm – Paint & Sip	04/25	10:30am – Horseshoe
04/08	2:00pm – Music W/Tony	04/25	2:00pm – Adult Coloring
04/09	2:00pm – Ice Cream Social (Banana Split)	04/28	2:30pm – Jewelry Craft
04/09	4:00pm – Spa Day	04/29	10:30am – Tea/Cookies Gathering
04/10	10:30am – What's Your Verdict	04/30	10:30am – Bible Hymns

Fair Oaks

Health Care Center

471 W. Terra Cotta Avenue
Crystal Lake, IL 60014
815.455.0550

Norreen Zaio, Administrator
Lori Tapanien, Business Office Mgr.
Norma Miranda, Activities

 Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

FairOaksHealthCare.org

WE ACCEPT CREDIT CARDS

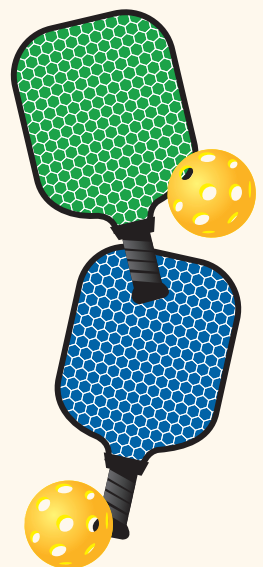
Learning About Pickleball

Have you heard of pickleball? The sport's name is said to have come from a dog named Pickles, who would chase after the ball. Over time, pickleball has evolved into one of the fastest-growing sports, but the name stuck.

Pickleball combines elements of tennis, badminton, and table tennis, played on a smaller court with a plastic ball and solid paddles. It's easy to learn, low-impact, and can be played indoors or outdoors.

Its popularity is soaring, especially among seniors, due to its social nature, health benefits, and accessibility. The game fosters connection, provides a joint-friendly workout, and requires minimal equipment and space, making it ideal for all ages.

With April being National Pickleball Month, there's no better time to try something new and get involved in this exciting and fast-growing sport!



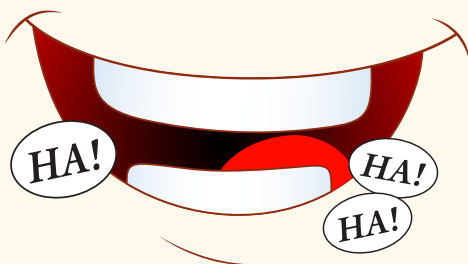
Laughter: A Simple Remedy for Stress

Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

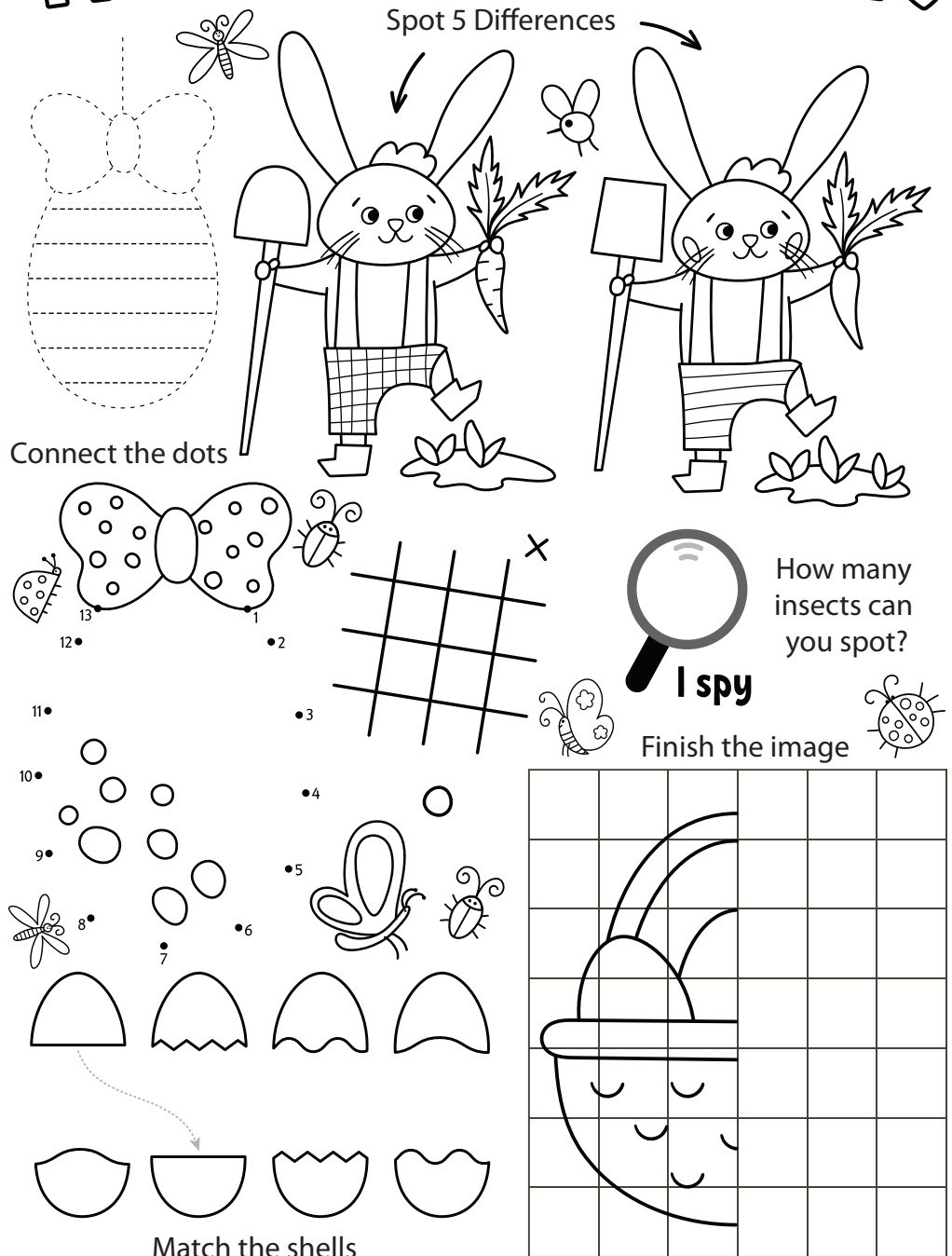
Make it a habit to laugh often—whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a “humor file” filled with comics, memes, and jokes for an instant mood boost—one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. But if stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.



HAPPY EASTER



FIND PURPOSE, SHARE JOY!

Volunteer with us and make a difference in the lives of our residents. Whether a few hours a week or more, your time brings friendship, fun, and plenty of smiles.

Contact us today!