

KEY Associate of the Month

Esther was nominated by Marie N because-



"She is a loving, caring person who is happy with hugs and smiles. She made me feel at home here."

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.

Word scramble Key

Daffodil, tulip, carnation, hydrangea, begonia, daisy, dahlia, azalea, zinnia, snapdragon, rose, marigold

Wacky Wordies key

Lucky break, Just between you and me, cry over spilt milk, Head over heels in love, Shrinking violets
Pineapple upside down cake

Welcome to our newest friends and neighbors who joined us in March.

- 104- Russ & Phyllis E
- 112- Joanne B
- 215- Gary G
- 303- Diana L
- 16- Betty P



Welcome home!!

DID YOU KNOW??

Researchers believe that Easter is actually named after the Anglo-Saxon goddess Eostre. She is depicted as a goddess of fertility, dawn and light, and was celebrated at pagan festivals to mark the coming of spring. Also, the Easter Bunny originated in Germany, where the rabbit was a symbol of fertility and the spring goddess.

Happy Birthday to...

Residents

- Anne C - 4th
- JoAnn J - 8th
- Ken E - 9th
- Betty E - 11th
- Mary K - 21st
- Wayne S - 23rd
- George M - 28th

Staff

- Stephanie F- 3rd
- Raylin A- 9th
- Liam S- 10th
- Terese- 17th
- Becka N- 17th
- Zack L- 17th
- Don M- 21st
- Tabatha K- 30th

April 2025

Keystone Chronicle

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



ACTIVITIES

- April 1st- New Resident Luncheon
- April 4th- Cowboy dress up day!
- April 4th- lunch outing to Orchid
- April 7th- Pop up boutique
- April 8th- Celebration of life
- April 11th- Lunch outing to Culvers
- April 11th- Spring Fling Happy Hour
- April 11th- Floral pattern dress up day
- April 15th- Easter Egg Dying
- April 15th- Wine Tasting with Terese
- April 17th- All resident Meeting
- April 18th- Trip to Kohls and lunch at Don Julios
- April 22nd- Earth Day seed starters
- April 22nd- Green and blue dress up day
- April 24th- Alan Anderson Presentation
- April 25th- Outing to Bell Museum of Natural History and lunch at Stouts Pub and Grill
- April 29th- Wine and color on the patio

Let's celebrate Becky!

Now that our community is feeling better, join us to give our thanks and congratulations to Becky on her retirement from Keystone.

Wednesday, April 9th during Happy Hour

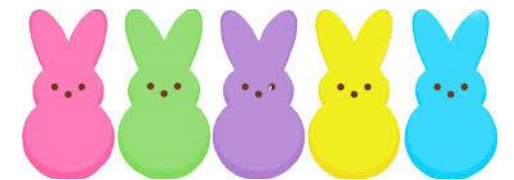
Peeps, love 'em or hate 'em, they've been an Easter staple for years

The history of Peeps can be traced back to the early 1900s, when Russian immigrant Sam Born opened a chocolate shop in New York City. In the 1950s, Born's company, Just Born, acquired the Rodda Candy Company, which made marshmallow chicks.

In 1953, it took perhaps as many as 80 people to make a limited amount only during the Easter season. Each worker spooned small batches of freshly-made marshmallow—made from the flower of the marshmallow plant, whipped egg whites and lots of sugar—into a fluted steel tip, which squirted out the mixture in the shape of baby chicks. Then, they were left to air-dry. Records say that it took upwards of 27 hours to make one tray of these first "Peeps." Now it takes six minutes, thanks to owner Sam Born's son, Bob, who mechanized the process in 1954 with a special machine still used today.

There are enough Peeps produced each year to encircle the earth twice.

Peeps are still the number one non-chocolate Easter treat.



April Showers Bring May Flowers Word Scramble

- laifdfdo _____
- lupit _____
- rnitcanoa _____
- gyhaaredn _____
- iganobe _____
- syadi _____
- haalid _____
- elaaaz _____
- nizain _____
- aaorsnngdp _____
- seor _____
- rmiaogdl _____



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

	MN City	MN Lake	MN River
A			
P			
R			
I			
L			

A little chuckle

Did you hear about the guy who lost the left side of his body? He's alright now.
 Humpty Dumpty had a great fall. Spring apparently wasn't bad either.
 What type of bow can't be tied or untied? A rainbow
 What did the dirt say to the rain? If you keep this up, my name will be mud.

Welcome Springtime!

S	U	S	U	M	B	R	E	L	L	A	Y	R	R
R	D	R	S	O	Y	N	S	I	U	L	E	G	M
I	D	T	S	O	G	D	A	U	N	R	N	R	O
E	G	R	E	E	N	R	N	U	Y	S	B	A	S
E	W	U	O	T	U	T	A	I	G	O	N	I	S
G	S	R	S	I	A	R	I	S	W	U	N	N	O
A	E	A	S	T	E	R	D	E	S	T	B	B	L
R	N	E	S	H	O	W	E	R	S	S	U	O	B
D	I	I	E	R	L	S	T	I	U	I	D	W	L
E	H	E	E	O	T	I	M	B	U	D	S	T	A
N	S	W	S	B	E	M	R	D	O	E	I	M	B
S	N	S	U	I	E	E	D	P	R	A	P	W	A
L	U	G	E	N	A	W	U	L	A	W	R	O	R
E	S	B	R	S	P	R	O	U	T	I	N	G	U

- GREEN
- APRIL
- WINDY
- SHOWERS
- ROBINS
- OUTSIDE
- BUDS
- RAINBOW
- SPROUTING
- EASTER
- GARDEN
- GRASS
- BLOSSOM
- UMBRELLA
- SUNSHINE



WACKY WORDIES

lu cky
 you just me
 cry
 milk
 lo head ve
 heels
 VIOLETS
 əp'deɪd keɪk

Good Nutrition for Healthy Aging

Get your nutrients: Older adults should eat a variety of foods to get all the nutrients they need, including lean protein, fruits and vegetables, whole grains and low-fat dairy. Choose foods with little to no added sugar, saturated fats and sodium.

Stay hydrated: Drink water often to aid digestion. Limit beverages with lots of added sugars or salt.

Visit the dentist: If you are having trouble chewing, visit your dentist. Additionally, choose softer foods such as canned fruit, soup or tuna.

Follow food safety guidelines: Food not prepared safely can make you sick. If you have any doubts about a food's safety, throw it out.

Limit salt: Too much sodium can increase the risk of high blood pressure, heart attack and stroke. Avoid processed foods. Flavor dishes with herbs and spices instead of salt.

Artist Corner

