

Villas Monthly Activity Calendar - April 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday								
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Fire Extinguisher training/inspections, details to follow. Nutrition Seminar Jeril Goss - Clarion Hospital, details to follow. </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> *Calendar subject to change* </div>								1	April Fools Day	2	Good Friday	3								
								10:15AM	Sit & Be fit with Bailey Zoom											
4	Easter	5			6	Deep Dish Pizza Day	7			8	9	10								
				3PM	Pizza - MPR						10:15AM	Sit & Be fit with Bailey Zoom								
Happy Birthday Charles!																				
11			12			13	Grilled Cheese Day	14	Garden Day	15			16							
						3PM	Grilled Cheese Sandwich - MPR		2PM	Villas Craft Seminar MPR				10:15AM	Sit & Be fit with Bailey Zoom					
																				
								Happy Birthday Bobbi!												
18			19			20	Pineapple upside-down Cake Day	21			22	Earth Day	23							
						1PM	Pineapple upside-down Cake-MPR						10:15AM	Sit & Be fit with Bailey Zoom						
														Happy Birthday Diana!						
25			26			27			28			29								
										12PM	Monthly Brunch Social MPR		10:15AM	Sit & Be fit with Bailey Zoom						
												4PM	Happy Hour MPR							

Health & Wellness



SPRING HAS SPRUNG! SPRING CLEANING TIPS

Spring is known as the season of fresh starts. It's no wonder that for many, spring cleaning is a yearly tradition. While doing chores may not sound very exciting, spring cleaning actually has many benefits. In fact, a clean home can help reduce allergies, increase happiness, and improve concentration.

As the weather turns warmer, take the time to get your home organized and tidy. Here are five simple spring cleaning tips for seniors:

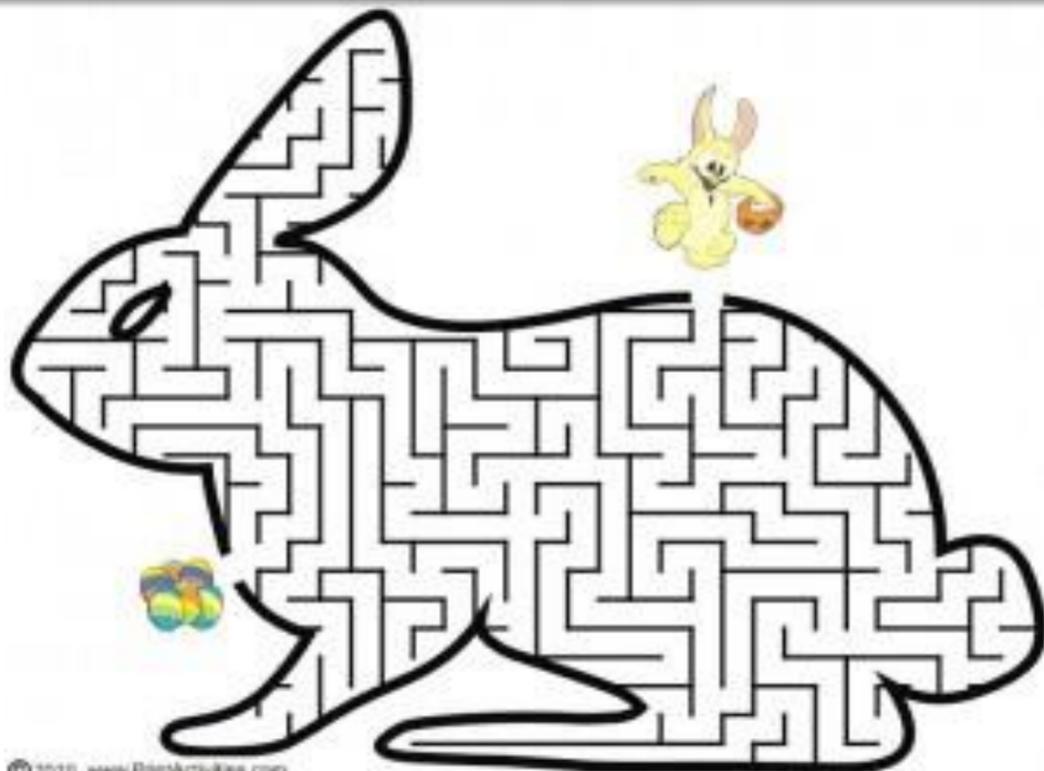
1 - Do a little bit each day. Spring cleaning doesn't have to be done all in one day. Take your time and tackle one task each day. Spreading it out will make spring cleaning feel less overwhelming. Plus, seeing your results from even small projects, like cleaning out a spare bedroom closet, can help motivate you to do more.

2 - Don't forget your medicine cabinets. Unused or expired medications can clutter your cabinets. Plus, they increase the risk that you or a loved one could mistakenly take the wrong medication. Gather up any medications that are no longer necessary or expired—this includes both prescription and over-the-counter drugs. But don't just throw them away! Instead, look for local take-back programs or simply take your unneeded medications to any local pharmacy who will dispose of them safely.

3 - Check your smoke detectors, carbon dioxide detectors & fire extinguishers. Make sure you have fresh batteries in your smoke and carbon dioxide detectors and that they are properly functioning. Also take the time to check the expiration on your fire extinguishers. If it has expired, replace it promptly. Look for smaller models that fit nicely in a cabinet or closet and are easier for seniors to manage.

4 - Prioritize getting rid of clutter. You've likely accumulated a lot over the years. Decluttering not only helps free up space, but studies show it can also ease feelings of stress, decrease anxiety and relieve insomnia. Spring cleaning is the perfect time to get rid of items you no longer need or want. Sort your belongings into three piles—keep, donate or trash.

Enlist the help of family and friends. Don't feel like you have to take on your spring cleaning projects alone. Instead, reach out to family and friends for help. Not only will it get the job done faster, but it may actually make completing these chores more fun for everyone.



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WE REJOICE & CELEBRATE LIFE!

April is a great month, lots to celebrate and lots of reasons to laugh. From April's fool's day to Easter Sunday, to seeing flowers bloom. There is always something to look forward to. April's fool's day is a time for jokes and laughs, a time to rejoice in life and enjoy the spring.

Many Christians celebrate Easter Sunday as the day of Jesus Christ's resurrection. The name Easter is believed to come from Ostara, the goddess of rebirth and in early times the Feast of Ostara celebrated earth's resurrection and rebirth. April shows us that after the snow, comes the sunshine.

The month of April has many different forms of significance for all walks of life, but we can all agree that April brings joyous thoughts of hope for the future.



Just as she was celebrating her 80th birthday, our friend received a jury-duty notice. She called the clerk's office to remind them that she was exempt because of her age.

"You need to come in and fill out the exemption forms," the clerk said.

"But I filled them out last year," she replied.

"You have to fill them out every year."