

Community Service Projects

Tuesday-10am

Community Room

Make 'Plarn' from plastic bags to make

Sleeping Mats for Humanity

Some Mondays-
10:30am

LTA Craft Room

Knit or crochet

Fiddle Mats, Muffs & cuffs

April Happy Hour Music by.

4/2 Norma Jeseritz

4/9 Carol

4/16 Bill Peebles

4/23 Tamara

4/30 Sandi Webb

Special April Activities

- * 4/1 One More Time Swing Band
- * 4/2 Dollar Tree, Walgreens or Aldi
- * 4/3 Plarn Weaving
- * 4/5 Craft and Bake Sale
- * 4/8 Library here
- * 4/9 Walmart Shopping
- * 4/11 Bingo and Tower Birthday Party
- * 4/12 Easter Sun Catchers
- * 4/15 Music by Tom Stanfield
- * 4/17 Afternoon at the movies at The Strand Theater
- * 4/18 Resident Council Meeting
- * 4/18 Maundy Thursday Service
- * 4/19 Decorate Easter Eggs
- * 4/19 Good Friday Service
- * 4/24 Plarn Weaving
- * 4/25 Afternoon with Games
- * 4/26 Kim's Amazing Animals
- * 4/30 Happy Hour with Sandi Webb

Sunday Night Movies

4/7 MAMMA MIA!

4/14 RV

4/21 Mona Lisa Smile

4/28 Julie and Julia

Just A Note

- Scientists have discovered that mental puzzles and exercises can stimulate the dendrites (memory storage compartments) of your brain cells.
- Severe mental decline is usually caused by disease, whereas most age-related losses in memory simply result from inactivity and a lack of mental exercise and stimulation. Just like physical exercise, when it comes to your brain, "use it or lose it."
- Put away your calculator and balance your checkbook the old-fashioned way—with pencil and paper. It's mind healthy!
- Research shows that being around other people is good for your memory. Close ties with others seem to improve mental performance. Maintain social connections for your mind's sake.
- Make music for your mind's sake! Researchers who study aging and the brain say that playing a musical instrument or learning how to play a new instrument keeps dendrites growing.



Save the Date



- 5/16 Shorehaven Fashion Show
- 6/17 A Cup of Jo and Wheel Show

Sign up for these April Activities

- Tues 4/2 LTA Shopping -Dollar Tree, Walgreens or Aldi
- Tues 4/9 LTA Shopping -Walmart
- Thurs 4/11, Thurs 4/25, Manicures
- Wed 4/17, Afternoon at the Movies at The Strand Theater
- Wed 4/3, Wed 4/10, Wed 4/17, Wed 4/24 Shopping at Pick n Save