



APRIL 2025



Employee of the Month Laurie Ray

Congratulations to Laurie Ray for being recognized as our Employee of the Month!

Laurie, our dedicated Assistant Activity Coordinator, is a true asset to our community. She primarily serves in our Assisted Living community, but her warmth and dedication are felt throughout both the Assisted Living and the Independent living community.

During the transition period, while the independent living community searched for a new Activities Director, Laurie stepped up—offering support, enthusiasm, and continuity for residents in both communities. Her teamwork, positivity, and commitment made a lasting impact. Join us in celebrating Laurie for her outstanding contributions

Parkinson's Awareness

A neurodegenerative disorder, Parkinson's disease affects 10 million people worldwide and about 1 million in the U.S. Every April, Parkinson's Disease Awareness Month offers opportunities to learn more about this condition and discover ways to provide support.



Strengthening Our Muscles

Staying active is key to maintaining strength and vitality, especially as we age. In Assisted Living, we offer exercise classes designed to keep our muscles strong and our bodies healthy.

Stay strong, stay active, and let's keep moving together!



Assisted Living Locations..

- Activity Room AR
- AL Courtyard ALC
- AL Parking Lot ALPL
- Bistro B
- Independent Living IL
- Library LL
- Lobby L
- Outing O
- Spa Spa
- Garden G

Transportation Schedule..

- Monday, 10am
- Grocery Stores 9:45
- Tuesday, 10am
- Walmart 10am
- Wednesday, 10am
- Post Office/Bank 10am
- Thursday, 10am
- Walmart 10am
- Friday, TBA
- Field Trips/Outings

Happy Birthday

- 2- Paul LeGalley
- 10- Trudy Dillion
- 11- Joan Hiegel
- 22- Binnie Jones
- 25- Bette Farrer

**"April is a promise that May is bound to keep."
—Hal Borland**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Automobile puzzle 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:00 Painting class (Number) 4:00 Yahtzee	1 National Peanut Butter and Jelly Day 10:00 Coffee and Chronicle 10:30 Exercise 11:00 April IQ Puzzle 1:00 Bean Bag Toss 1:30 Bible study 2:00 Making and eating PB&J sandwiches 3:00 Crochet with Laurie 3:30 UNO	2 National Burrito Day 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Fact Files TV Guide 1:00 Volleyball 2:00 Make your own Burrito 3:00 Pretty Nails	3 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Common Threads 1:30 Kickball 2:00 Crafty Corner 2:30 Friday Matinee	4 National Peeps Day 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Peep and Seek Day Search 1:00 Parachute 2:00 Bingo With Laurie 4:00 kickball
6 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Word Search 1:30 Scrabble 2:00 Puzzles	7 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Word Search 1:30 Scrabble 2:30 Monday Movie	8 9:00 Denton Hair Academy free Hair styles 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Zoo Clues Search 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:00 Painting class (Tree) 4:00 Yahtzee	9 10:00 Coffee and Chronicle 10:30 Exercise 11:00 John Muir word find 1:00 Bean Bag Toss 1:30 Bible study 2:00 Resident Council 3:00 Crochet with Laurie 3:30 UNO	10 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Down on the Farm Search 1:00 Ring Toss 2:00 Baking cookies 3:00 Pretty Nails	11 10:00 Coffee and Chronicle 10:30 Exercise 11:30 Braum's 1:30 Kickball 2:00 Crafty Corner 2:30 Friday Matinee	12 Passover Begins 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Passover Search 1:00 Balloon Tennis 2:00 Bingo With Laurie 4:00 kickball
13 Palm Sunday 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Word Search 1:30 Scrabble 2:00 Puzzles	14 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Word Search 1:30 Scrabble 2:30 Monday Movie	15 Titanic Remembrance Day 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Titanic Trivia 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:00 Painting class (Designer Dogs) 4:00 Yahtzee	16 National Banana Day 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Peel the Love Search 1:00 Bean Bag Toss 1:30 Bible study 2:00 Banana Split Social 3:00 Crochet with Laurie 3:30 UNO	17 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Crawfish Search 1:00 Volleyball 2:00 Jokes and Cokes 3:00 Pretty Nails	18 Good Friday 10:00 Coffee and Chronicle 10:30 Exercise 1:30 Kickball 2:00 Crafty Corner 2:30 Friday Matinee	19 National Poker Day 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Fact files National Poker Day 1:00 Balloon Tennis 2:00 Bingo With Laurie 4:00 kickball
20 Easter 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Word Search 1:30 Scrabble 2:00 Puzzles	21 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Word Search 1:30 Scrabble 2:30 Monday Movie	22 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Clean and Green Search 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:00 Painting class (Canaries) 4:00 Yahtzee	23 Shirley Temple's Birthday 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Shirley Temple Scramble 1:00 Bean Bag Toss 1:30 Bible study 2:00 Ice Cream Sunday bar 3:00 Crochet with Laurie 3:30 UNO	24 NATIONAL PIGS IN A BLANKET DAY 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Pigs in a Blanket Search 1:00 Volleyball 2:00 Making Pigs in a Blanket 3:00 Pretty Nails	25 10:00 Coffee and Chronicle 10:30 Exercise 1:30 Kickball 2:00 Crafty Corner 2:30 Friday Matinee	26 National Pretzel Day 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Pretzel Brands Search 1:00 Balloon Tennis 2:00 Bingo With Laurie 4:00 kickball
27 10:00 Prestonwood Baptist Church Stream 10:30 Hymn Singing Prestonwood Church Choir Stream 11:00 Word Search 1:30 Scrabble 2:00 Puzzles	28 10:00 Coffee and Chronicle 10:30 Exercise 10:30 Rosary w/ Renna 11:00 Word Search 1:30 Scrabble 2:30 Monday Movie	29 10:00 Coffee and Chronicle 10:00 Walmart Shopping (O) 10:30 Exercise 11:00 Name Ten 1:00 Noodle Ball 2:00 Bingo W/Southlake Hospice 3:00 Painting class (Spring Abstract) 4:00 Yahtzee	30 10:00 Coffee and Chronicle 10:30 Exercise 11:00 Playing Cards Search 1:00 Bean Bag Toss 1:30 Bible study 2:00 Cones and Tales 3:00 Crochet with Laurie 3:30 UNO			



Residents Enjoy Sunshine, Singing, and Fellowship Outdoors!

Residents took their activity outside for fresh air, sunshine, and a boost of Vitamin D. The change of scenery brought smiles and energy to all.

Staff members led a sing-along, filling the air with music and laughter. Residents joined in, creating a joyful and heartwarming experience. "We love these moments—they lift our spirits," said one participant.

These outdoor gatherings promote wellness, social engagement, and a sense of community. Whether in the courtyard or garden, residents cherish these special times together. Stay tuned for more uplifting adventures!

Tree Trivia

Trees are among the planet's most fascinating organisms, and their importance is celebrated each April on Earth Day and Arbor Day. Branch out with these unbe-leaf-able tree facts:

- The Earth is home to about 3 trillion trees.
- Scientists have determined there are more than 60,000 tree species.
- Trees are the longest living organisms. The world's oldest known individual tree is a bristlecone pine in California that is 5,062 years old.
- It's estimated that a fully grown, leafy tree can produce a year's supply of oxygen for as many as 10 people.
- Various parts of a tree grow during different times of the year: foliage in the spring, the trunk in the summer, and roots in the fall and winter.
- The world's largest living tree is General Sherman, a giant sequoia in California's Sequoia National Park. The volume of its trunk is 52,513 cubic feet.
- In 1971, the Apollo 14 astronauts took hundreds of tree seeds on their mission to the moon so scientists could study the effects of gravity on germination. These "moon trees" were later planted all over the U.S.
- Some tree species communicate and cooperate with each other. Willows affected by parasites can emit warning chemicals to neighboring trees, which then produce stronger leaves to resist pests. Many mature trees share excess nutrients with seedlings.
- A grove of quaking aspens in Utah is formed of multiple clones of a single tree with a massive underground root system. Named Pando and called the Trembling Giant, the grove is approximately 80,000 years old.
- Being around trees has been shown to make people feel calmer and happier.

Wit & Wisdom

"A heart of gold is where the rainbow begins."

—Tammy L. Kubasko

"The sighting of a rainbow never fails to bring a smile to people's faces. They signify optimism and positivity: with them comes the sunshine after the rain."

—Matthew Williamson

"Life without dreams is like a rainbow without colors."

—Greyson Chance

"Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty."

—Katrina Mayer

"All the best things in life are free: love, smiles, friends, family, pets and companions, thoughts, sunsets and sunrises and especially rainbows."

—Anthony T. Hincks

"Why would I spend my life chasing rainbows, when I can be still and see them in their full beauty?"

—Rasheed Ogunlaru

"Weekends are a bit like rainbows; they look good from a distance but disappear when you get up close to them."

—John Shirley

"The way I see it, if you want the rainbow, you gotta put up with the rain."

—Dolly Parton

"Look at the rainbow. It is made up of different colors, yet they do not split, because they know how beautiful they are when they stick together."

—Michael Bassey Johnson

