

900 Centre Avenue Fort Collins, CO

970-495-1000

ADMINISTRATOR Gina DiGiallonardo Ext. 2201

> **NURSE** Ext. 2202

SOCIAL SERVICES/ **ADMISSIONS**

Jessica Maxfield Ext. 2217 Makayla Kremer Ext. 2236

ACTIVITIES

Nichole Chase Ext. 2230

DIETARY

Cindy Miszczuk Ext. 2205

HOUSEKEEPING/ **LAUNDRY**

Michele Hanna Ext. 2226

MAINTENANCE

Gary Halsey Ext. 2228

FRONT DESKS

Commons/ Memory Ext. 2200 Pines Ext. 2234





UPCOMING EVENTS!...

MUSICAL PERFORMANCES

The weather is warming, and we're gearing up to gather 'round and hear some tunes together! We have several musical performances offered throughout the month for our residents to sing along and listen to including 3 Sound Affects performances, Music with Scott, Hymns with Lynn, Senior Serenaders & more!

RESIDENT EVENTS & BIRTHDAY BASH!

On April 18th we will be hosting our monthly resident birthday party for those who celebrate a birthday in April! What party isn't complete without music, games, and joyous laughter? Stop by and celebrate!

MUSCLE MOVEMENT

Put some spring into your step! As we get older, it is so important to move our muscles slowly and intentionally. Join us throughout the month for some Slow Flow Yoga, Pilates with Pals, Hula Hoop Chair-obics & Qi Gong to stretch those achy joints! We are offering group sessions once a week so pop in and pose with us!

BAKING CLUB & CULINARY CRAFTS

There's nothing better than the smell of fresh baked goods to lift your spirits. We are now inviting residents to join our monthly Baking Club & culinary crafts to whip up some smiles! This month we are baking floral sugar cookies & pineapple upside down cupcakes so don't miss out!



Staff **Anniversaries**

1 year Grace Tufts 1 year Elizabeth Carroll 1 year Teresa Martin 2 years Angelina Pacheco-Guitron 3 years Esha Kapoor 4 years Andrew "AJ" Bowman 4 years Jennifer Stonecipher 8 years Dawn Taulman 5 years Mike Conlon 10 years Jessika Thornes

Staff **Birthdays**

05 - Debra Goldberg 10 - Jessika Thornes 14 - Ella Bjorkland 18 - Betsy Peterson 20 - Angela Gallegos 25 - Esmeralda "Izzy" Gamino

Resident Birthdays!!

08 - Elizabeth Grajewski 14 - Shirley Swanson 16 - Joan Severin

PAINTING.. WITH A TWIST!

Do you have an eye for color & canvas? Join us for one of our fun & funky painting events! Residents can get together over a glass of wine & let their artistic abilities shine. We will be hosting numerous painting events so come let your inner artist play!

THERAPY DOG VISITS!

Furry friends make our days brighter, no doubt. We're offering our residents group therapy dog sessions with some amazing pups! Join us for a doggone good time!

THE FIRST FLOWER OF **SPRING** BY JOSEPH J. MAZZELLA

I smiled when I saw the first flower of Spring the other day. A lone Blue Bonnet had popped its head through the ground and was looking around on a cool, April morning. I wasn't sure what had made it finally decide to end its long, Winter's sleep. Perhaps it had noticed that the ground around it was no longer frozen. Perhaps it had felt the warmth of the sunshine finally pushing the temperatures into the seventies. Perhaps it had heard the songs of the birds singing that Spring had arrived and it was time for the world to awaken again. Perhaps the roots of the trees had whispered to it that it was now safe to come out and that their own limbs were already budding.

Whatever the reason it was a joy to see the little guy soaking up the light and calling out to its fellow flowers to join in the celebration of life once again. I know that soon it will be joined by other Blue Bonnets, Buttercups, Tulips, Daffodils, and Dandelions. I know that soon the air will be full of Butterflies dancing above them all. I know that soon the

meadows will be full of growing grass and the forested hills will be awash in bright, green leaves. I know that soon the mountains of my home will once again be alive with the glory of God's creation.

We too are a part of that creation, but unlike the flowers in the field we have the ability to bloom even when the world around us is cold & dark. We have the ability to share our beauty in the face of ugliness, our joy in the face of fear, and our love in the face of hate. We have the ability to make every day feel like the first day of Spring. May you bloom well then, today, and always.



Spring Watercolors at Art Hour.



Pet Therapy!



Djembe Jive!



Don F. enjoying our chocolate clover pretzel craft!



Marjorie K. at our March Resident Birthday Bash!



All smiles with Sound Affects

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MR - Media Room PDR - Pines Dining Room TR - Therapy room RM - In Room/ apartment CDR - Commons Dining Room PDR - Pines Dining Room LIB - Library CK - Cedar Kitchenette DL - Dogwood Lounge	9:45 a.m. Exercise 10:30 a.m. Word within a Word - LIB 2:00 p.m. Movie Matinee - CK 3:30 p.m. Manicures -CK	9:45 a.m. Exercise 10:30 a.m. Farkle - CK 1:30 p.m. Rosary - Ponderosa 2:00 p.m. Dry Bar Comedy Show: "Brad Upton - I'm Not Done Yet" - CK 3:30 p.m. Wii - Bowling - LIB	3 9:45 a.m. Exercise 10:30 a.m. Yahtzee! - CK 2:00 p.m. Bingo! - PDR 3:30 p.m. Books a la Carte!	9:30 a.m. Mass - MR 10:15 a.m. Exercise 10:45 a.m. Art Hour: Podcasts & Painting - PDR 2:00 p.m. Pet Therapy - MR 3:00 p.m. Benson Sculpture Garden Outing!	9:45 a.m. Exercise 10:30 a.m. Dry Bar Comedy Show: "Greg Warren - The Salesman" 2:00 p.m. Sound Affects - Musical Performance -PDR 3:30 p.m. Wii - Bowling - LIB	9:45 a.m. Exercise 10:30 a.m. Balloon Ball! 2:00 p.m. Giant Crossword - LIB 3:30 p.m. Walking Club: Outdoor Walks & Talks
7 9:45 a.m. Exercise 10:30 a.m. Today in History! - Coffee & Conversation - LIB 2:00 p.m. Bingo! - PDR 3:30 p.m. Educational Series: "History 101 - The Space Race" - CK	8 Happy Birthday Elizabeth G.! 9:45 a.m. Exercise 10:30 a.m. "You Be the Judge" - LIB 11:15 p.m. Communion - Ponderosa 2:00 p.m. Movie Matinee - CK 3:30 p.m. Manicures - CK	9:45 a.m. Exercise 10:30 a.m. Farkle - CK 1:30 p.m. Rosary - Ponderosa 2:00 p.m. Culinary Craft - Spring Flower Sugar Cookies! - PDR 3:30 p.m. Wii - Bowling - LIB	9:45 a.m. Exercise 10:30 a.m. Brain Teasers! - LIB 2:00 p.m. Bingo! - PDR 3:30 p.m. Art & Appetizers: "Wassily Kandinsky - The Master of Abstract Art" - CK	9:45 a.m. Exercise 10:30 a.m. Group Games: Pictionary! - CK 2:00 p.m. Music with Scott - PDR 3:30 p.m. Music Trivia: Songs of Spring - LIB	9:45 a.m. Exercise 10:30 a.m. Group Games: "Year of Invention" - LIB 2:00 p.m. Resident Council Meeting - CK 3:30 p.m. Wii – Bowling – LIB	9:45 a.m. Exercise 10:30 a.m. Balloon Ball! 2:00 p.m. Giant Crossword - LIB 3:30 p.m. Travel Documentary: "Dominica - The Nature Island"- CK
14 Happy Birthday Shirley S.! 9:45 a.m. Exercise 10:30 a.m. Card Making Club! - LIB 2:00 p.m. Bingo! - PDR 3:30 p.m. Educational Series: "Explained - Music" - CK	9:45 a.m. Exercise 10:30 a.m. "You Be the Judge" - LIB 2:00 p.m. Movie Matinee - CK 3:30 p.m. Manicures - CK	9:45 a.m. Exercise 10:30 a.m. Farkle - CK 1:30 p.m. Rosary - Ponderosa 2:00 p.m. Giant Crossword! 3:30 p.m. Wii – Bowling - LIB	9:45 a.m. Exercise 10:30 a.m. Yahtzee! - CK 2:00 p.m. Bingo! - PDR 3:30 p.m. Travel Documentary: "Madagascar - A Country Full of Breathtaking Nature."- CK	9:45 a.m. Exercise 10:30 a.m. Art Hour: Podcasts & Painting - PDR 2:00 p.m. Resident Birthday Party- PDR 3:30 p.m. Pet Therapy - MR	9:45 a.m. Exercise 10:30 a.m. Wisdom Study with Peter - Lib 2:00 p.m. Sound Affects - Musical Performance - CDR 3:30 p.m. Wii - Bowling - LIB	20 9:45 a.m. Exercise 10:30 a.m. Balloon Ball! 2:00 p.m. Giant Crossword - LIB 3:30 p.m. Walking Club: Outdoor Walks & Talks
21 9:45 a.m. Exercise 10:30 a.m. Today in History! - Coffee & Conversation - LIB 2:00 p.m. Bingo! - PDR 3:30 p.m. Educational Series: "History 101 - Fast Food"- CK	22 Passover Begins Earth Day 9:45 a.m. Exercise 10:30 a.m. Manicures - CK 11:15 a.m. Communion - Ponderosa 2:00 p.m. Paint a Planter: Succulent Craft! - PDR 3:30 p.m. Educational Series: "Wildlife 24- The Wildest Day on Earth" - CK	9:45 a.m. Exercise 10:30 a.m. Farkle - CK 1:30 p.m. Rosary - Ponderosa 2:00 p.m. Craft Club: Clay Bee Ornaments! - PDR 3:30 p.m. Wii - Bowling - LIB	9:30 a.m. Exercise 10:15 a.m. Music with Kendra - CDR 2:00 p.m. Bingo! - PDR 3:30 p.m. Art & Appetizers: "Vincent Van Gogh - Tormented Genius" - CK	25 9:45 a.m. Exercise 10:30 a.m. Hymns with Lynn - CDR 2:00 p.m. Tea Party & Trivia - PDR 3:30 p.m. Watercolor Painting - PDR	26 9:45 a.m. Exercise 10:30 a.m. Worship Service with Peter - CDR 2:00 p.m. Baking Bunch -Pineapple Upside Down Cupcakes! - PDR 3:30 p.m. Wii - Bowling - LIB	9:45 a.m. Exercise 10:30 a.m. Balloon Ball! 2:00 p.m. Giant Crossword - LIB 3:30 p.m. Travel Documentary: "Inca Island in the Sky" - CK
9:45 a.m. Exercise 10:30 a.m. Card Making Club! - CK 2:00 p.m. Bingo! - PDR 3:30 p.m. Educational Series: "Explained - Diamonds" - CK	9:45 a.m. Exercise 10:30 a.m. Word Within a Word - LIB 2:00 p.m. Movie Matinee - CK 3:30 p.m. Manicures - CK	30 Passover Ends 9:45 a.m. Exercise 10:30 a.m. Farkle – CK 1:30 p.m. Rosary - Ponderosa 2:00 p.m. Giant Crossword! - LIB 3:30 p.m. Wii – Bowling - LIB	Assist All ac	er Commor ed Living tivities are t to change.		

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MR- Media Room PDR- Pines Dining Room TR- Therapy room RM- In Room/ apartment CDR- Commons Dining Room PDR- Pines Dining Room LIB- Library CK- Cedar Kitchenette DL- Dogwood Lounge	1 April Fool's Day! 9:45 a.m. Exercise - MR 10:30 a.m. The History of April Fools! - PDR 2:00 p.m. Balloon Ball - PDR 3:30 p.m. Dry Bar Comedy Show: Chad Thornsberry: Junk Cars & Valet Parking- MR	9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 1:30 p.m Rosary - CK 2:00 p.m. Walking Club: Outdoor Walks & Talks 3:30 p.m. Stretch & Unwind - MR	3 9:45 a.m. Exercise - MR 10:30 a.m. Books a La Carte 2:00 p.m. Bingo! - PDR 3:30 p.m. Art & Appetizers: Wassily Kandinsky - The Master of Abstract Art - MR	9:30 a.m. Mass - MR 10:15 a.m. Exercise - MR 10:45 a.m. Art Hour: Podcasts & Painting - PDR 2:00 p.m. Pet Therapy - MR 3:00 p.m. Benson Sculpture Garden Outing!	9:45 a.m. Exercise - MR 10:30 a.m. Yahtzee! - PDR 2:00 p.m. Sound Affects - Musical Performance - PDR 3:30 p.m. Farkle! - PDR	9:45 a.m. Exercise - MR 10:30 a.m. Group Games: "The Price is Right" - PDR 2:00 p.m. Movie Matinee & Popcorn Pass - MR 3:30 p.m. Manicures - MR
9:45 a.m. Exercise - MR 10:30 a.m. Wordsearch & Coffee - PDR 2:00 p.m. Bingo! – PDR 3:30 p.m. Qi Gong for Seniors! - MR	9:45 a.m. Exercise - MR 10:30 a.m. Group Games: Pictionary - (Songs of Spring) - PDR 11:15 a.m. Communion - Ponderosa 2:00 p.m. Balloon Ball - PDR 3:30 p.m. Pilates with Pals! - MR	9:30 a.m. Exercise - MR 10:30 a.m. Walking Club - Outdoor Walks & Talks 1:30 p.m Rosary - CK 2:00 p.m. Culinary Craft - Spring Flower Sugar Cookies! - PDR	9:30 a.m. Hula Hoop Chairobics- MR 10:30 a.m. Art Hour: Podcasts & Painting - PDR 2:00 p.m. Bingo! - PDR 3:30 p.m. Educational Series: History 101 - The Space Race - MR	10:30 a.m. Resident Council Meeting – PDR 2:00 p.m. Music with Scott - PDR	9:45 a.m. Exercise - MR 10:30 a.m. Wisdom Study with Peter - MR 2:00 p.m. Group Games: Blurt! -Team Trivia - PDR 3:30 p.m. Poetry Club - MR	9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 2:00 p.m. Movie Matinee & Popcorn Pass - MR 3:30 p.m. Manicures - MR
9:45 a.m. Exercise - MR 10:30 a.m. Group Games: Word Within a Word - PDR 2:00 p.m. Bingo! - PDR 3:30 p.m. Walking Club - Outdoor Walks & Talks	9:45 a.m. Exercise - MR 10:30 a.m. "What in the World?" - Coffee & Conversation - PDR 2:00 p.m. Balloon Ball - PDR 3:30 p.m. Dry Bar Comedy Show: I'm Not Done Yet - Brad Upton - MR	16 Happy Birthday Joan S.! 9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 1:30 p.m Rosary - CK 2:00 p.m. Group Games: Brain Teasers! - PDR 3:30 p.m. Stretch & Unwind - MR	9:45 a.m. Exercise - MR 10:30 a.m. Books a La Carte 2:00 p.m. Bingo! -PDR 3:30 p.m. Art & Appetizers: Vincent Van Gogh - Tormented Genius - MR	9:45 a.m. Exercise - MR 10:30 a.m. Art Hour: Podcasts & Painting - PDR 2:00 p.m. Resident Birthday Party-PDR 3:30 p.m. Pet Therapy - MR	9:45 a.m. Exercise - MR 10:30 a.m. Group Games: "Family Feud" - PDR 2:00 p.m. Sound Affects - Musical Performance - CDR 3:30 p.m. Book Club Meeting - MR	9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 2:00 p.m. Movie Matinee & Popcorn Pass - MR 3:30 p.m. Manicures - MR
9:45 a.m. Exercise - MR 10:30 a.m. Wordsearch & Coffee - PDR 2:00 p.m. Bingo! - PDR 3:30 p.m. Tai Chi for Seniors! - MR	22 Passover Begins Earth Day! 10:30 a.m. Educational Series: "Wildlife 24- The Wildest Day on Earth" - MR 11:15 a.m. Communion - Ponderosa 12:00 p.m. Resident Luncheon - Balcony 2:00 p.m. Paint a Planter: Succulent Craft! - PDR	9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 1:30 p.m Rosary - CK 2:00 p.m. Craft Club: Clay Butterfly Ornaments!	9:30 a.m. Hula Hoop Chairobics- MR 10:15 a.m. Music with Kendra - CDR 2:00 p.m. Bingo! - PDR 3:30 p.m. Educational Series: History 101 - Fast Food- MR	10:30 a.m. Hymns with Lynn - CDR 2:00 p.m. Tea Party & Trivia - PDR	9:45 a.m. Exercise - MR 10:30 a.m. Worship Service with Peter - CDR 2:00 p.m. Baking Bunch - Pineapple Upside Down Cupcakes! - PDR 3:30 p.m. Poetry Club - MR	9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 2:00 p.m. Movie Matinee & Popcorn Pass - MR 3:30 p.m. Manicures - MR
9:45 a.m. Exercise - MR 10:30 a.m. Group Games: Word Within a Word - PDR 2:00 p.m. Bingo! - PDR 3:30 p.m. Walking Club - Outdoor Walks & Talks	9:45 a.m. Exercise - MR 10:30 a.m. "What in the World?" - Coffee & Conversation - PDR 2:00 p.m. Balloon Ball - PDR 3:30 p.m. Pilates with Pals! - MR	30 Passover Ends 9:45 a.m. Exercise - MR 10:30 a.m. Giant Crossword - PDR 1:30 p.m Rosary - CK 2:00 p.m. Group Games: Brain Teasers! 3:30 p.m. Stretch & Unwind - MR	Allac	er Commor Pines tivities are to change.		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
O - Oak (Morning Activities) P - Pine N - Native Fir (Afternoon Activities) M - Maple	9:45 a.m. Exercise 10:30 a.m. Wisdom Study with Peter 2:00 p.m. Pilates with Pals! 3:30 p.m. Pet Therapy!	9:45 a.m. Exercise 10:30 a.m. Balloon Ball 1:30 p.m Rosary - Ponderosa 2:00 p.m. Group Games: Brain Teasers 3:30 p.m. Educational Series: "History 101 - The Space Race"	3 9:45 a.m. Exercise 10:30 a.m. Group Games: Blurt! 2:00 p.m. Hula Hoop Chairobics! 3:30 p.m. Music Trivia!	9:30 a.m Mass - MR 10:15 a.m. Exercise 10:45 a.m. Group Games: "The Price is Right" 2:00 p.m. Bingo! 3:30 p.m. Dry Bar Comedy Show: Dennis Reagan - Clean Comedy	9:45 a.m. Exercise 10:30 a.m. Art Hour: Podcasts & Painting - PDR 2:00 p.m. Books a La Carte - Book Pass 3:30 p.m. Walking Club: Outdoor Walks & Talks	9:45 a.m. Exercise 10:30 a.m. Memory Club Meeting - Coffee and Conversation 2:00 p.m. Manicures 3:30 p.m. Couch Concert Series: "Frank Sinatra Spectacular - The Rat Pack Live"
7 9:45 a.m. Exercise 10:30 a.m. Brain Teasers! 2:00 p.m. Movie Matinee & Popcorn! 3:30 p.m. Group Crossword Puzzle	9:45 a.m. Exercise 10:30 a.m. Group Games: "Farkle" 11:15 a.m. Communion - Ponderosa 2:00 p.m. Art Hour: Coloring & Classical Music 3:30 p.m. Short Stories & Snacks	9:45 a.m. Exercise 10:30 a.m. Pictionary! 1:30 p.m. – Rosary - Ponderosa 2:00 p.m. Balloon Soccer 3:30 p.m. Culinary Craft: Spring Flower Sugar Cookies!	9:45 a.m. Exercise 10:30 a.m. Group Games: Year of Invention 2:00 p.m. Walking Club: Outdoor Walks & Talks 3:30 p.m. Lemonade & Learning: Italian	9:45 a.m Exercise 10:30 a.m. Trivia Time 2:00 p.m. Bingo! 3:30 p.m. Travel Documentary: "Saguaro - The Unexpected Beauty of Americas Forgotten National Park"	9:45 a.m. Exercise 10:30 a.m. Group Ball Games 2:00 p.m. Paint by Numbers! 3:30 p.m. Spa Hour– Face Masks & Hand Massages	9:45 a.m. Exercise 10:30 a.m. Group Games: Blurt! 2:00 p.m. Manicures 3:30 p.m. Snack Pass & 1:1's
9:45 a.m. Exercise 10:30 a.m. Craft Club! 2:00 p.m. Movie Matinee & Snacks! 3:30 p.m. Walks & Talks	9:45 a.m. Exercise 10:30 a.m. Wisdom Study with Peter 2:00 p.m. Sound Affects: Music with Mo! 3:30 p.m. Group Games: "Farkle	16 9:45 a.m. Exercise 10:30 a.m. Balloon Ball 1:30 p.m Rosary - Ponderosa 2:00 p.m. Group Games: Brain Teasers 3:30 p.m. Educational Series: "Explained - Music"	9:45 a.m. Exercise 10:30 a.m. Group Games: Trivial Pursuit 2:00 p.m. Hula Hoop Chairobics! 3:30 p.m. Music Trivia!	18 9:45 a.m. Exercise 10:30 a.m. Bingo! 2:00 p.m. Resident Birthday Party! - CDR 3:30 p.m. Dry Bar Comedy Show: I'm Not Done Yet - Brad Upton	19 9:45 a.m. Exercise 10:30 a.m. "You Be the Judge" 2:00 p.m. Sound Affects - Musical Performance - CDR 3:30 p.m. Walking Club: Outdoor Walks & Talks	9:45 a.m. Exercise 10:30 a.m. Trivia Time 2:00 p.m. Manicures 3:30 pm. Couch Concert Series: "Tex Ritter's Ranch Party (1957)"
9:45 a.m. Exercise 10:30 a.m. Group Crossword Puzzle 2:00 p.m. Culinary Craft: BYO-Banana Splits! 3:30 p.m. Movie Matinee!	22 Passover Begins Earth Day! 9:45 a.m. Exercise 10:30 a.m. Group Games: "Farkle" 11:15 a.m. Communion - Ponderosa 2:00 p.m. Paint a Planter: Succulent Craft! 3:30 p.m. Pet Therapy!	23 9:45 a.m. Exercise 10:30 a.m. Pictionary! 1:30 p.m Rosary - Ponderosa 2:00 p.m. Balloon Soccer 3:30 p.m. Educational Series: "History 101 - Fast Food"	9:30 a.m. Exercise 10:15 a.m. Music with Kendra - CDR 2:00 p.m. Music Trivia: Songs of Spring! 3:30 p.m. Yahtzee!	25 9:45 a.m. Exercise 10:30 a.m. Hymns with Lynn - CDR 2:00 p.m. Bingo! 3:30 p.m. Travel Documentary: "Madagascar - A Country Full of Breathtaking Nature."-	26 9:45 a.m. Exercise 10:30 a.m. Group Ball Games 2:00 p.m. Books a La Carte- Book Pass 3:30 p.m. Spa Hour – Face Masks & Hand Massages	
9:45 a.m. Exercise 10:30 a.m. Craft Club! 2:00 p.m. Movie Matinee & Snacks! 3:30 p.m. Walks & Talks	29 9:45 a.m. Exercise 10:30 a.m. Lemonade & Learning: French 2:00 p.m. Pilates with Pals! 3:30 p.m. Group Games: "Farkle"	30 Passover Ends 9:45 a.m. Exercise 10:30 a.m. Balloon Ball 1:30 p.m Rosary - Ponderosa 2:00 p.m. Group Games: Brain Teasers 3:30 p.m. Educational Series: "Explained - Diamonds"	Mem All activit	cer Commor Ory Care ties are subject change.		



Senior Serenaders St. Patricks Day Special!



Singing along with Stardust Melodies



Spring Watercolors at Art Hour