



# Canterfield OF OCALA

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## April 2024

### Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!



### A Masters Tradition

The annual Masters golf tournament has many unique traditions, including its signature pimento cheese sandwiches. Since the 1960s, they have been a menu staple at Georgia's Augusta National Golf Club concession stands, which sell them for just \$1.50, wrapped in green plastic to match the famed course.

### 'Ring' Is One

How many words can you come up with using the letters in "robin eggs"?

### Trivia Whiz

#### Doctor Transport

Be sure to stop at the front desk to schedule any doctor or dentist appointments you have made. Do so as soon as possible as we do fill up quickly.

#### OUTINGS

Sign up for outings in the lobby. Next to the front desk is the "Outings Book". You can see planned outings. Be sure you sign up at least 24 hours prior to the outing.

#### Laundry Department

Be sure ALL clothing given to the laundry department is marked with your room number in order to avoid lost clothing.



#### The Rhythm of Spring

"It is spring again. The Earth is like a child that knows poems by heart." — Rainer Maria Rilke



#### The Influence of Earth Day

The modern-day environmental movement kicked off over 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a "national teach-in on the environment" that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country's population at the time, took part in rallies, raising awareness about environmental issues and appealing to protect the health of the planet.

Earth Day's success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues—the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.

#### Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here's how laughter can improve your life:

*Provides a workout.* A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

*Boosts your immune system.* Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

*Lifts your spirits.* Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

*Keeps you connected.* Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life.

*Relieves pain temporarily.* When you laugh, your body releases endorphins, the "feel-good" brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.

# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

7	1	5	3	2	8	4	6	9
9	3	4	1	2	6	7	8	5
6	8	4	5	9	7	2	3	1
4	5	1	6	3	8	9	7	2
2	7	8	3	4	1	5	6	9
8	9	6	7	5	2	1	3	4
4	2	3	6	7	8	5	1	9
8	1	9	6	3	2	7	4	5
7	5	8	9	2	3	4	1	6

Solution

						9		3
8		9				7		
4			5				6	
3					5	6		8
	6				4	3	7	
	7	8		6	9		5	4
		2						
	8	7						
				2	3			1

## Wit & Wisdom

“So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us.”

—Hal Borland

“I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you.”

—Bill Withers

“A smile is the light in your window that tells others that there is a caring, sharing person inside.”

—Denis Waitley

“Falling asleep while the rain is clashing down on the window is nature’s best lullaby.”

—Kim Pape

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”

—Lynda Resnick

## Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here’s how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.



## See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun.



Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.





# April 2024

- Activity Room
- ★ Movie Theater
- ✓ Main Lobby
- Library
- ← Country Kitchen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Exercise with Elke ■ 10:30 Rummikub (Independent) ← 10:30 Walmart Shopping 2:00 BINGO ■ 3:00 Cribbage (Independent) ← 3:00 Movie Matinee ★	2 9:30 Exercise with Elke ■ 10:30 Presentation/Speaker ★ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:15 Paint & Sip ■	3 9:30 Exercise with Elke ■ 9:30 Queen of Peace ● 10:30 Sing A Long ★ 2:00 Trivia/Brain Teasers ■ 3:00 Cribbage (Independent) ←	4 9:30 Exercise with Elke ■ 10:30 Painting ■ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:30 Documentary ★	5 9:30 Exercise with Elke ■ 10:30 Outing to Tusawilla Park 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Cribbage (Independent) ← 3:30 Cardio Drumming ★	6 9:30 Exercise with Joyce ★ 10:30 Yahtzee ■ 2:00 Coloring Creations ■ 2:00 Rummikub (Independent) ← 3:00 Cornhole ★
7 9:30 Exercise with Joyce ★ 10:30 Horse Racing ■ 2:00 Nondenominational Service ★ 3:00 Sunday Movie Matinee ★ 4:30 Rosary ●	8 9:30 Exercise with Elke ■ 10:30 Publix Shopping 10:30 Rummikub (Independent) ← 2:00 BINGO ■ 3:00 Cribbage (Independent) ← 3:00 Movie Matinee ★	9 9:30 Exercise with Elke ■ 10:30 Soothing sounds ★ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:00 Root Beer Floats ■	10 9:30 Exercise with Elke ■ 9:30 Queen of Peace ● 10:30 Sing A Long ★ 2:00 Trivia/Brain Teasers ■ 3:00 Cribbage (Independent) ←	11 9:30 Exercise with Elke ■ 10:30 Painting ■ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:30 Documentary ★	12 9:30 Exercise with Elke ■ 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Card Game I Got It ■ 3:00 Cribbage (Independent) ←	13 9:30 Exercise with Joyce ★ 10:30 Yahtzee ■ 2:00 Coloring Creations ■ 2:00 Rummikub (Independent) ← 3:00 Cornhole ★
14 9:30 Exercise with Joyce ★ 10:30 Horse Racing ■ 2:00 Nondenominational Service ★ 3:00 Sunday Movie Matinee ★ 4:30 Rosary ●	15 9:30 Exercise with Elke ■ 10:30 Rummikub (Independent) ← 10:30 Walmart Shopping 2:00 BINGO ■ 3:00 Cribbage (Independent) ← 3:00 Movie Matinee ★	16 9:30 Exercise with Elke ■ 10:30 Soothing sounds ★ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:30 Tea Gathering ■	17 9:30 Exercise with Elke ■ 9:30 Queen of Peace ● 10:30 Sing A Long ★ 1:00 Spring Fling 2:00 Trivia/Brain Teasers ■ 3:00 Cribbage (Independent) ←	18 9:30 Exercise with Elke ■ 10:30 Painting ■ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:30 Documentary ★	19 9:30 Exercise with Elke ■ 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Card Game I Got It ■ 3:00 Cribbage (Independent) ← 3:30 Cardio Drumming ★	20 9:30 Exercise with Joyce ★ 10:30 Yahtzee ■ 2:00 Coloring Creations ■ 2:00 Rummikub (Independent) ← 3:00 Cornhole ★
21 9:30 Exercise with Joyce ★ 10:30 Horse Racing ■ 2:00 Nondenominational Service ★ 3:00 Sunday Movie Matinee ★ 4:30 Rosary ●	22 9:30 Exercise with Elke ■ 10:30 Publix Shopping 10:30 Rummikub (Independent) ← 2:00 BINGO ■ 3:00 Cribbage (Independent) ← 3:00 Movie Matinee ★	23 9:30 Exercise with Elke ■ 10:30 Soothing sounds ★ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:00 Coke Floats ■	24 9:30 Exercise with Elke ■ 9:30 Queen of Peace ● 2:00 Birthday Bash ✓ 2:00 Live Entertainment ✓ 3:00 Cribbage (Independent) ←	25 9:30 Exercise with Elke ■ 10:30 Painting ■ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:30 Documentary ★	26 9:30 Exercise with Elke ■ 10:30 Rummikub- Independent ← 1:00 Karaoke w/ Cheri ★ 2:00 BINGO ■ 3:00 Card Game I Got It ■ 3:00 Cribbage (Independent) ←	27 9:30 Exercise with Joyce ★ 10:30 Yahtzee ■ 2:00 Coloring Creations ■ 2:00 Rummikub (Independent) ← 3:00 Cornhole ★
28 9:30 Exercise with Joyce ★ 10:30 Horse Racing ■ 2:00 Nondenominational Service ★ 3:00 Sunday Movie Matinee ★ 4:30 Rosary ●	29 9:30 Exercise with Elke ■ 10:30 Rummikub (Independent) ← 10:30 Walmart Shopping 2:00 BINGO ■ 3:00 Cribbage (Independent) ← 3:00 Movie Matinee ★	30 9:30 Exercise with Elke ■ 10:30 Soothing sounds ★ 2:00 BINGO ■ 3:00 Checkers (Independent) ← 3:00 Ice Cream Social ■				

### Talk About It

## Save the Date



**BIRTHDAY BASH**  
**APRIL 24TH**  
**2:00PM**

### Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.



### Lessons in Laughter

*"You grow up the day you have your first real laugh at yourself." — Ethel Barrymore*



FLOWER OF THE MONTH | APRIL

# Daisy

*Loyal love  
and purity*





### Hank Aaron's Historic Hit

"That ball is gonna be ... outta here! It's gone! It's 715! There's a new home run champion of all time, and it's Henry Aaron!"

Atlanta Braves announcer Milo Hamilton spoke those words 50 years ago on April 8, 1974. It was the Braves' first home game of the season, when right fielder Hank Aaron smashed Babe Ruth's 39-year home run record out of the park.

"Hammerin' Hank" had finished the previous MLB season with 713 career homers, just one below Ruth. After a long winter, he tied up Ruth's record at his very first at-bat of the season on Opening Day. The record-breaking hit came just a few days later in front of a sellout crowd of 53,775, who erupted into a standing ovation as Aaron circled the bases. Teammates and news crews gathered around home plate, greeting the new champion amidst cheers and fireworks.

Aaron finished his MLB career with 755 home runs, a record he held until 2007, when it was broken by Barry Bonds. Today, Aaron is still the MLB leader of career runs batted in (2,297), extra base hits (1,477) and total bases (6,856). He was inducted into the National Baseball Hall of Fame in 1982.



Veterans Club



St Paddy's Day Party



Morning Walking Club

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## Laugh Lines

### Earth Day Delights

Q: What does a Jedi say on Earth Day?

A: "May the forest be with you."

Q: Why did the gardener plant lightbulbs?

A: He wanted to grow a power plant!

Q: What did the worm say when her son came home late from school?

A: "Where in earth have you been?"

Q: How do trees promote Earth Day?

A: They hand out leaflets.

Q: What's the difference between weather and climate?

A: You can't weather a tree, but you can climate.

Q: Why are recycling bins so optimistic?

A: Because they're full of cans, not can'ts!

Q: Where do saplings go to learn?

A: Elemen-tree school.

# April 2024



## Home Field Advantage

From historic fields to modern spaces, fans of Major League Baseball can see the action play out in 30 different ballparks. Here's a partial lineup of those venues and when they were unveiled.

Year Built	Stadium	Team
1912	Fenway Park	Boston Red Sox
1914	Wrigley Field	Chicago Cubs
1962	Dodger Stadium	Los Angeles Dodgers
1973	Kauffman Stadium	Kansas City Royals
1992	Camden Yards	Baltimore Orioles
2003	Great American Ball Park	Cincinnati Reds
2012	LoanDepot Park	Miami Marlins
2020	Globe Life Field	Texas Rangers

## "This Month In History"

### APRIL

**1860:** The first Pony Express rider leaves St. Joseph, Mo.

**1908:** Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

**1932:** Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient's properties and benefits in medicine.

**1956:** Daytime soap opera "As the World Turns" premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

**1970:** Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, "Houston, we've had a problem." Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

**1994:** South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country's first Black president.

**2010:** Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

**2021:** A rare copy of "Action Comics #1," featuring the debut of Superman, sells for a record-breaking \$3.25 million.