



Spring Word Search



N Q F I P F S D R I B L S B F Z R
 J V P X X O X S B G P I S R E P S
 T D X M R A W S N P T R R F S Q E
 N M Z B G T E A E O Z P E N J M O
 Y D B M P G A R N I X A W A J E U
 G S Y C T X S G I U R V O T N V V
 G I S N Q E T X H V U L H Q X Q C
 E V P F J V E K S Y U S S Z B Y L
 V D T L C P R E N A P R E E Q M I
 K D W O R Y D R U M B R E L L A W
 M R G W D Z B A S E B A L L R Q
 R R T E Q W Q Y V T J D L A H C E
 M B H R M W D Q T W W Q R Q X H U
 M F M S E R J F N O T T A G S H E
 N G N I R P S X X B G A I S I V W
 E R H I I I L M G R E E N Y L T R
 Y R W D M L G Q T T I A O A F F B

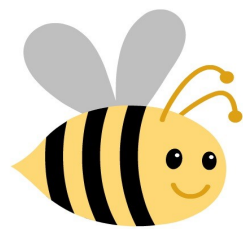
SPRING
 MAY
 GREEN
 WARM
 UMBRELLA



MARCH
 FLOWERS
 GRASS
 SHOWERS
 EASTER

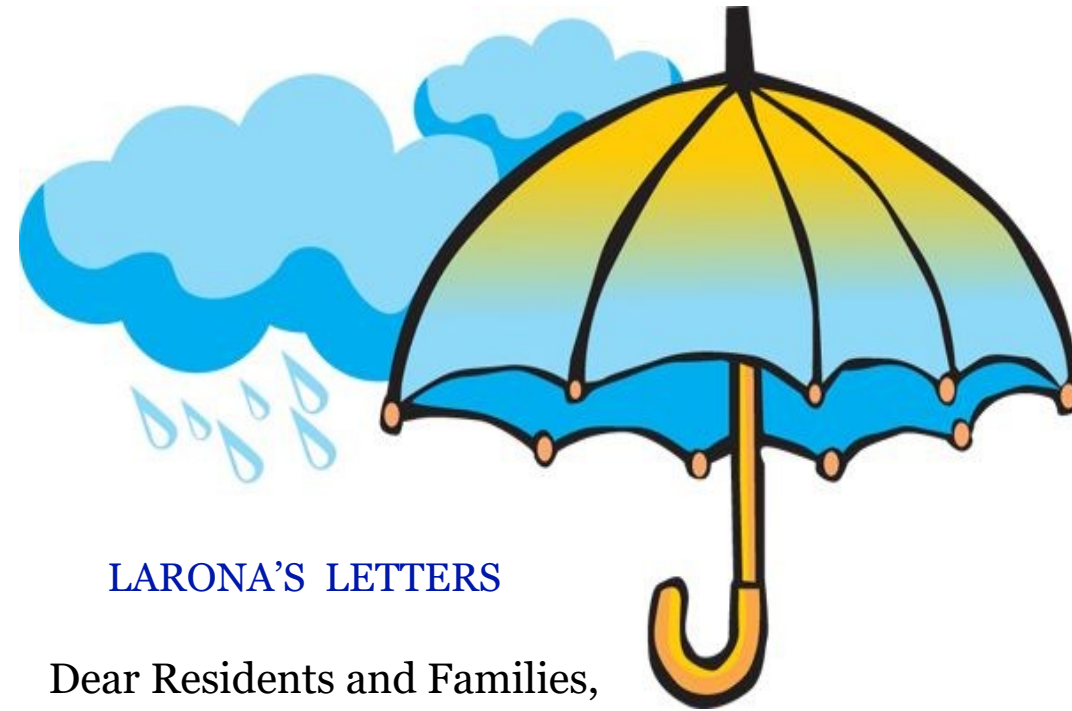


APRIL
 BASEBALL
 SUNSHINE
 RAIN
 BIRDS



Eureka Timber Ridge Times

News in April 2024



LARONA'S LETTERS

Dear Residents and Families,

Happy Spring! We have Daylight Savings Time behind us, which truthfully takes me at least a week to adjust to.

I know Kim, Mayra, and Maddie had a lot of fun with St Patrick's Day, and Ena made sure we had the traditional corned beef and cabbage. As the weather starts to warm up we are looking forward to putting some of those outside activities back on our schedule; The walking group and sitting outside on the patio, to not only soak up some of the sunshine, but to also enjoy all the beautiful bulbs flowering, sure make us feel better.

Watch out for April Fool's Day. You know what they say... "Don't trust anyone or anything on April Fool's Day...pretty much like any other day of the year."

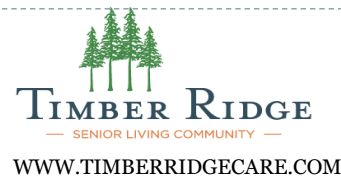
Larona



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Join us on Facebook at: www.facebook.com/timberidgecare



SMILE, YOU'RE ON CANDID CAMERA!

Fun in March



CHECK OUT MORE PHOTOS ON OUR TIMBER RIDGE FACEBOOK PAGE!

Foxy Facts: Vikings

Many hundreds of years ago, warlords and warriors from pagan Scandinavia set out as raiders, conquerors, explorers, settlers, and traders. Their efforts made such a mark on the surrounding lands and societies that that period in time has been named the Viking Age. Historians have considered the Viking Age to have begun in the year 793, the year of the first recorded Viking raid. This is a convenient date to use since Viking raids surely occurred earlier in the 8th century. English kings who ruled coastal areas had already begun organizing defenses against attacks, as one medieval English document puts years before 793. The conventional date for the end of the Viking Age is 1066, the year of the last Viking battle, also in England. Between those two dates, the Vikings instilled dread and wonder in all the hearts of the people they came in contact with. The Vikings invaded along the coasts and rivers of the British Isles, continental Europe, and North Africa. They conquered and ruled much of England, Scotland, and Eastern Europe. They journeyed across the North Atlantic ocean to the eastern coast of Canada, discovering North America five hundred years before Christopher Columbus, who never even got to America. They founded societies in Iceland and in Greenland, and maintained trade partnerships with the Arab world, which took them as far east and south as Baghdad. Their lives were not all glory and riches. They spent most of their time as farmers. Men and women both had roles they were expected to live by. They spoke the Old Norse language which was of the Germanic family of languages. Vikings were called "Northmen" (Danes) although they were not from Denmark. As with the word "Viking," it would refer to any and all Scandinavians of that period.



Babies born on March 31 are the easiest to prank on April Fools' Day.

They were literally born yesterday!



RD



Why do eggs like April Fools' Day?

They love practical yolks.



RD

APRIL BIG SCREEN MOV-



**Monday April 1st
at 1:00 p.m.**



**Monday, April 8th
at 1:00 p.m.**



**Monday, April 15th
at 1:00 p.m.**



**Monday, April 22nd
at 1:00 p.m.**

Activity Highlight– Reading with Peter

Every Tuesday and Thursday, Peter comes at 1:00 p.m. and reads an award winning book to us. Peter has a way of bringing each story he reads to life and has a humorous and witty personality. We really enjoy his stories and look forward to what he brings each time he comes. Our activity room also has a library that covers all different types of books from fiction to biographies, mysteries to romance or maybe you love westerns, fantasies, or science fiction...we got it! Reading can be a perfect hobby for a senior to pursue. Reading not only provides entertainment and knowledge, but it also offers substantial benefits for your brain. According to research conducted in 2009 by the University of Sussex, reading a



book is the most effective way to relieve stress, more so than listening to music, taking a walk or enjoying a warm beverage. Stress has an array of hazardous effects on the body, and particularly for seniors, stress can exacerbate other chronic health conditions and make it more difficult to recover from injuries and illness. By reducing stress through reading, seniors can improve their physical and mental health, making it easier for them to age in place and maintain independence. Other benefits may include:



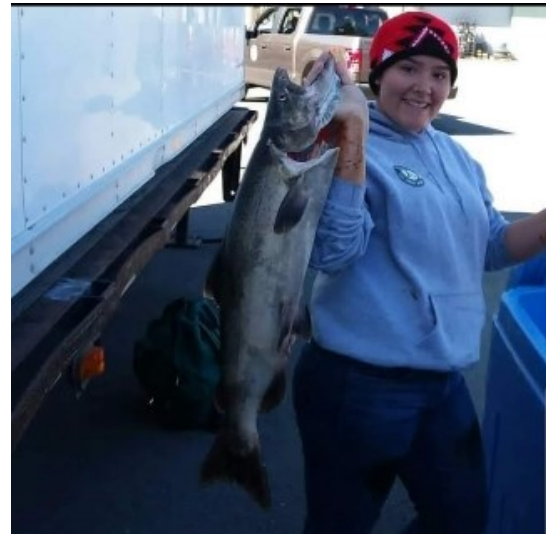
- **Memory Improvement**
- **Brain Stimulation**
- **Memory Retention**
- **Better Sleep**

Make sure to come and enjoy reading with Peter and check out the library at the same time.



Staff Highlight- Kaylena

Kaylena was recently hired as our new part-time assistant in the activity department. She works with Kim and Mayra bringing fun wherever she goes. Before working in Eureka she also worked in McKinleyville as caregiver in the Renaissance Unit for three years. She calls Crescent City and Humboldt County home. She enjoys working for Timber Ridge because she likes making people smile. She states that she has a lot of family and when not working helps raise her nephew. She doesn't have any pets and seldom watches



television. She prefers to spend her time hiking, painting, singing or working out in the gym. She likes being out in nature, especially the beach or Redwoods.



She has lots of nieces and nephews as well and they are a constant source of amusement to her. Her favorite holiday is Thanksgiving mostly because there is so much good food! Kaylena describes herself as outgoing, independent, and kind. She also makes an effort to be calm and treat others with kindness. Her personal motto is "Life is what you make of it." Thanks Kaylena for being a part of the Timber Ridge Team.



April is the 4th month of the year and has 30 days. Season (Northern Hemisphere): Spring

April Holidays:

- April Fools Day
- National Fun Day
- National Grilled Cheese Month
- National Poetry Month
- Earth Month
- Dog Appreciation Month
- Mathematics and Statistics Month

Symbols of April:

- Birthstone: Diamond
- Flower: Daisies and Sweet Peas
- Zodiac signs: Aries and Taurus

History:

April is named after the Greek goddess of love, Aphrodite. The Romans called this month Aprilis, which may derive from the verb aperire meaning "to open," referring to flowers and fruits opening.

Fun Facts about April:

*April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.

*In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.

*In some parts of the world, it is planting time, while in other parts, it is the harvest season.

*Lots of historical firsts happened in April, including America's first astronauts being announced (1959), the first dictionary copyrighted (1828), and the first U.S. president's inauguration (1789).



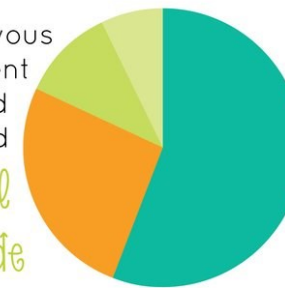
89,000,000 people play an April Fool's joke each year!



172 injuries caused yearly by April Fool's jokes ;(

56% Mischievous
26% Indifferent
11% Annoyed
7% Paranoid

General Attitude



Who would you most likely prank?
Parents, Siblings, Teacher, Significant Other, Friends, Co-Workers, Boss, Random

67% People think that no one is too old to celebrate April Fool's Day



April Activity Calendar Highlights

Thursday, April 18th at 10:00 a.m.-

Amanda is back in our building for back massages. Make sure to sign up at the front desk as these slots go quickly.

Thursday April 24th, at 1:00 p.m.— Come and make a beautiful spring bouquet to brighten up your room. Activities supplies everything you need.

Thursday, April 25th at 3:00 p.m. is our monthly Resident Council Meeting.

Saturday, April 27th at 1:00 p.m.- Join us as we celebrate the birthdays of residents born in April.

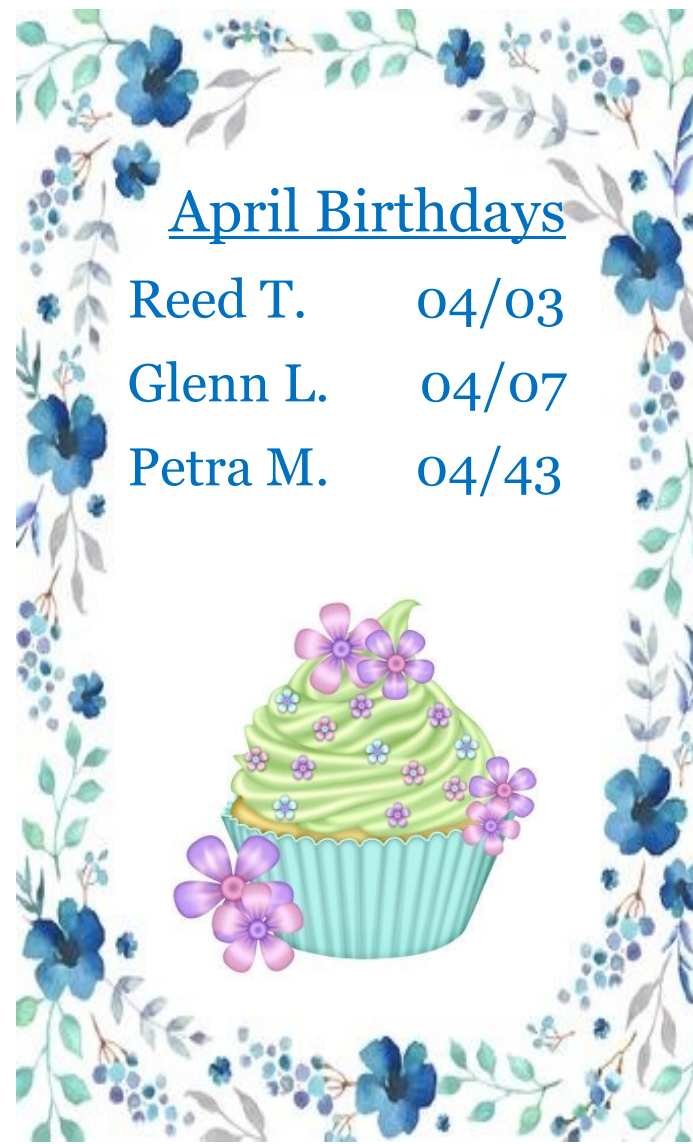
The Timber Ridge Boys are back at Timber Ridge on Tuesday, April 16th, 23rd and 30th at 3:00 p.m.

Sign Language with Tammy is on the calendar Friday, April 12th and 26th at 3:00 p.m.

Don't Forget to check out our new Tai Chi class with Jeffery every Wednesday at 9:30 a.m.

Reading with Peter is every Tuesday and Thursday at 1:00 p.m.

**CHECK YOUR CALENDARS
FOR OTHER ACTIVITIES
HAPPENING THIS MONTH!**



April Birthdays

Reed T. 04/03

Glenn L. 04/07

Petra M. 04/43



If you know any family or friends who would like to receive our newsletter monthly, call Timber Ridge Eureka at 707-443-3000 and talk to Kim in Activities. We will make sure they get on our mailing list.

Resident Highlight– Glenn & Mary

Mary was born on November 25th in Eureka, California. She has four older siblings and was ten years younger than her fourth sibling. She grew up in Eureka and graduated from Eureka high school. After graduation, she had a few jobs and then ended up working for Pacific Bell telephone company. She started as a file clerk and worked her way up to assistant manager. Mary worked for Pacific Bell for 20 plus years. She had three children with her first husband, her twin daughters, Lois and Louise who live locally, and Robert the youngest who also lives in Eureka.



Glenn was born on April 7th in Eureka as well and has lived here most of his life. He was an only child and his mother stated that perfection could not be repeated so he had no siblings. He also went to school here locally but graduated from Fortuna High School. After graduating, Glenn drove truck for Redwood Construction Company and stayed with them until he retired. He had two children with his first wife, his son Rob who lives in Eureka, and a daughter Karen who resides in Alaska.

Mary and Glenn first met in high school at a party with friends at the Van Duzen River at Grizzly Creek State Park. They went different directions after high school but reconnected in 1968. Mary was shopping at a grocery store and Glenn stopped her in the aisle and said, "Hi Mary Lee" Mary, not remembering Glenn at the moment said, "Where do I know you from?" with which Glenn replied, "Your mother chased me off the porch of your house with a broom, remember!" Apparently, Glenn had invited Mary to take a drive with him one evening while they were in high school and he was to have her home by 10:00 p.m. but didn't drop her off until after 11:00 p.m. Mary's very strict Italian mother was NOT happy and proceeded to chase Glenn off their porch with a very handy broom nearby.

Needless to say it all worked out in the end and Glenn and Mary married in 1969 and have been together ever since. One of the things they remember doing together was spending six months out of the year in Arizona. They enjoyed the weather, Glenn got to golf a lot and Mary spent time with friends. They also had a group of friends that liked to go on cruises and so they would travel together with them to Mexico, Hong Kong, and China. They have six grandchildren and multiple great grandchildren.

They owned a home near Sequoia Park for many years but sold it before they moved to Timber Ridge. Mary states that she really enjoys it here as she no longer has to COOK! And Glenn, well Glenn just likes to keep Mary happy.. and they get to come and go as they please, enjoying family and doing things in the community when they want. One thing you might not know about them is that Glenn and Mary were voted our 2024 King and Queen this year.

Welcome Mary and Glenn!

Savoring Art

April 13 is Slow Art Day. No, this doesn't mean you should draw pictures of turtles or molasses! It's just a day to spend some quality time with art, pondering the composition and closely contemplating the work. For some, staring at a piece of art for 10 minutes or more may present a challenge. But Phil Terry, the founder of the slow art concept, discovered something highly rewarding when he spent hours studying two paintings in a New York City art museum one afternoon. He realized he did not have to be a professional art critic to understand and appreciate art. How does looking slowly at a piece of art heighten the experience? Well, in the good old days, the expert craftsmanship of products was appreciated. Modern culture places an emphasis on mass production, often at the hands of unskilled craftspeople or in mechanized factories. One of the major benefits of slow art is appreciating the amazing expert craftsmanship it takes to make a work of art. Taking the time to really look at art allows us to appreciate each brushstroke, the choice of materials, and the step-by-step process of creating a work of art. With this heightened awareness of craftsmanship comes a deeper emotional connection to the artwork.



April Dates

Mobile Milestone

On April 3, 1973, Motorola employee Martin Cooper stood on a New York City street corner and made the first cellular phone call to a colleague at Bell Labs in New Jersey. Unlike the first telegraph message ("What hath God wrought?") or the first telephone conversation ("Watson, come here. I want to see you."), Cooper's words have been forgotten. His device, however, is now everywhere, thanks to a purchase price far below the original price tag of \$3,995.

Let the Good Times Roll

All April long, opponents will be throwing their knuckles down. Don't worry, this isn't anything sinister. "Knuckles down" is the position you assume before shooting in a classic game of marbles. So, this April, Knuckles Down Month, you too can play for keeps. The classic game of marbles is called ringer. Two parallel lines, lag lines, are drawn 10 feet away from each other. A large 10-foot circle is drawn between the lag lines. In the middle of the circle is a cross made of 13 target marbles, or mibs. Play starts by knuckling down along the edge of the ring and using your thumb to cast your shooter at the mibs inside.



Major League Debut

On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but was awarded the first ever Rookie of the Year title that year. In 1949, he was named the National League's Most Valuable Player. In 1955, he led the Dodgers to a World Series victory over the Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.

