



## 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 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



## 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. Sitting outside on the patio to not only soak up some of the sunshine, but also to enjoy all the beautiful flowers sure makes us feel better. We are also starting up our Walking Group again to get our steps in and explore our area.

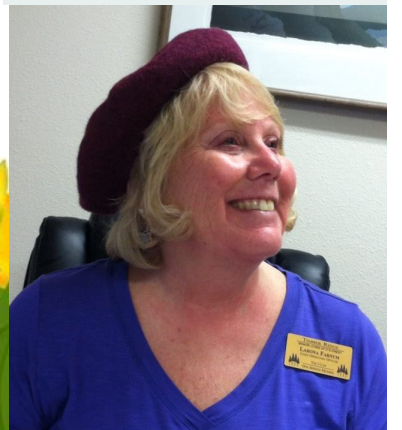
Watch out for April Fool's Day. You know what they say! "Don't trust anyone or anything on April Fool's Day... pretty much like any other day of the year!"

Larona

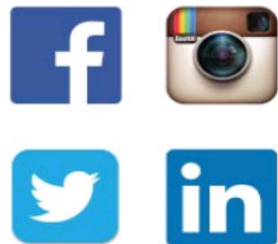
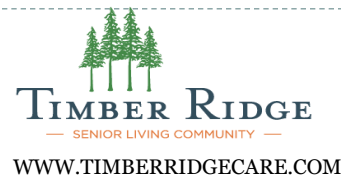


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# SMILE, YOU'RE ON CANDID CAMERA!



## 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



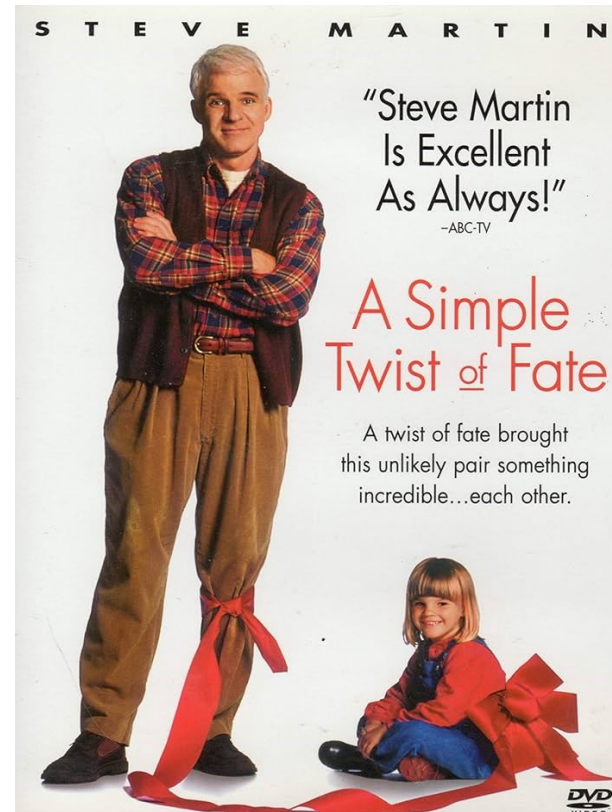
# APRIL BIG SCREEN MOV-



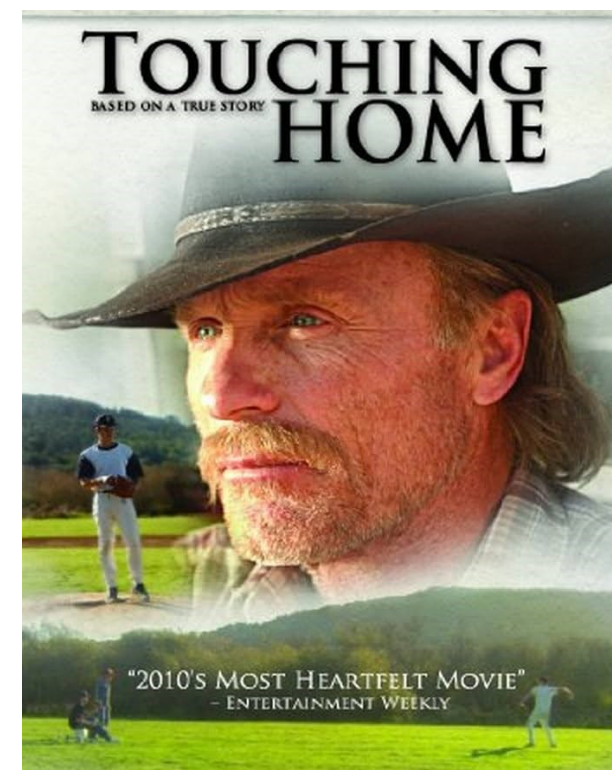
**Monday April 1st  
at 1:00 p.m.**



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



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



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

## Activity Highlight- Poker Group



Every week we play poker, and have two games going on; Texas Hold 'Em and Queen's Poker. Texas Hold 'Em is one of the most popular card games in the world. Unlike professional games, playing poker with us won't cost you a dime since you don't have to buy your chips. Each player is given 50 to start, and getting more is up to you. We usually have our 2 veteran players

there, Donna and Matt, plus whoever is brave enough to challenge them. We follow the rules and take turns, but the competition can get brutal! If you're looking to be the best by beating the best, join us for Texas Hold 'Em in the Fireside Room.

Queen's Poker is easier to play and remember, which makes it more popular. We usually have about 9 players, although the more the merrier! Each player is given 7 cards. The dealer holds another deck, which they shuffle and read off one at a time. If a player holds the same card as the dealer, they get to throw it away. Whoever is first to get rid of all 7 cards is the winner, and they get to choose a prize from our candy basket. Sometimes, we switch it up and give each player 10 cards or give the winner 2 prizes. It all comes down to luck, listening closely, and keeping your eyes peeled. If you're looking for a new game to learn, or you just want to win a candy bar, be sure to check out Queen's Poker in the Activity Room!





# Staff Highlight- Misty

Misty has worked as a caregiver in Renaissance for a year and a half. She was born in Fresno and raised in Sacramento. Now Humboldt county is her home, where she lives with her partner and 11-year-old son. They also have two pets; an Albino Leopard gecko and a Ball Python snake. Her favorite holiday is the Fourth of July because she gathers together with family, has delicious food, and watches fireworks. Also there's no pressure to buy presents, so everyone is focused on enjoying their time together. Some of her favorite hobbies are cooking, hiking,



and reading. If Misty could do anything for a day, she would spend time with her favorite author John Steinbeck. Her favorite movie is The Princess Bride and as for TV shows, she likes Grey's Anatomy the best. Misty describes herself as trustworthy, reliable, and funny. People that know her would agree, as she enjoys silly jokes and loves to make other people laugh. Her favorite part of working at Timber Ridge is helping people enjoy life! She loves the motto "Be the change you want to see in the world," and does her best to live life to the fullest. She appreciates every moment that she's blessed to be on this Earth, and helps others enjoy it too. Thank you for sharing, Misty, and keep up the great work!



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).



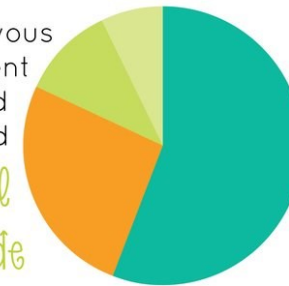
89,000,000 people play an April Fool's joke each year!



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

**Saturday, April 6th at 2:00 p.m.** is our monthly Resident Council Meeting.

**Tuesday, April 2nd at 3:00 p.m.**— The Timber Ridge Boys will be here playing all sorts of Americana - style music.

**Thursday, April 11th and 25th at 2:00 p.m.** - The Accordionaires will be here to play (and joke around with us!)

**Tuesday, April 23rd at 9:30 a.m.** -Amanda will be “back” at Timber Ridge to give us back massages!

**Saturday, April 27th at 10:00 a.m.**- The Humboldt Ukulele Group will be strumming out more great music on their ukuleles, and teaching us a traditional seated hula dance.

**Thursdays at 10:00 a.m.**— Join us in the Activity Room for reading and discussion with our Book Buddies.

**Wednesdays and Fridays at 9:15 a.m.**— Come in and build those muscles! We will be doing seated exercises with weights and full body stretches too.

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



### April Birthdays

Carolyn L.	04/03
Easter P.	04/05
Aida M.	04/09
Maureen S.	04/13
Matt H.	04/19
Sam the Dog	04/20
Mary W.	04/21

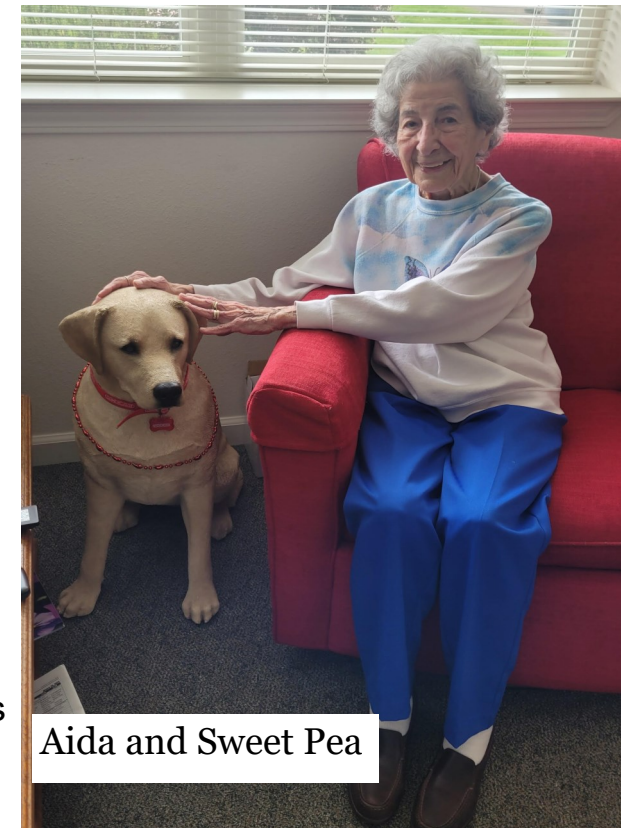


If you know any family or friends who would like to receive our newsletter monthly, call Timber Ridge McKinleyville at 707-839-9100 and talk to Kim in Activities. We will make sure they get on our mailing list.

## Resident Highlight—Aida

Aida (eye-EE-duh) was born on April 9th in New Mexico. She soon moved to Inglewood, California and then El Segundo. She first started working at a malt shop during high school. Next, she attended college during the day while she worked nights as an LA County Clerk. She earned her degree to become an accountant and worked her way up to being head of LA County's business office. She got married at 20 years old and lost her husband, Al, 3 years later when she was 6-months pregnant with their daughter. She raised her daughter with a lot of help from family while she was working, and is happy to be retired now and spending as much time with her as possible. In the business office, Aida worked at the Los Angeles County Museum of Art (LACMA). She has many happy memories there including being able to witness the separation of the Art department from Science and History, which were together. She got to help move the art pieces to the new building. But the cherry on top of that job, even though it took a lot of work, was the exhibition of King Tut. Visitors traveled far to see this exhibition, and it was a big deal for the museum staff. They were open from 8AM to midnight for 4 months, and Aida got to witness the beauty of the exhibit, as well as the frantic activity around the city and the museum itself.

Outside of work, Aida loved singing and had a beautiful high soprano voice. She sang in a community chorus with El Camino college as well as the choir at her church. She met her second husband through singing, and he had a great voice too. She told him she would never live in the desert, but he was convincing enough and they moved to Green Valley, Arizona. Green Valley is 20 miles south of Tucson and only 40 miles north of the Mexican border. After her second husband passed, Aida continued singing with the Tumacácori Mission Choir and at Our Savior's Church. Their pastor asked her to create a program for the men and women in their area who have lost a spouse. After a lot of hard work, she began presenting it at their church, where members of the community came to hear her. She called it “Walking Through the Valley,” and continued to share it with others for the next decade. She sang Christmas carols with a local group as well, riding around in a horse-drawn carriage. Their choir toured all over the place from Arizona, to Mexico, Norway and back. It was in Norway that Aida lost her voice, but she still has a passion for music. When asked who her favorite singer is, she quickly replied “Elvis!” Aida had a friend with a time share who was great with technology and planning, and Aida loved to drive. Naturally, they went on plenty of road trips together. Aida said if she could, she would drive to the mountains for the day. She gave up driving only 4 months ago and misses being able to go anywhere, anytime. Nowadays, she enjoys reading the Bible and other biblical books, as well as murder mysteries. She loves watching the TV show Columbo, playing Bingo, and being outdoors.



Aida and Sweet Pea



## 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.

