

livfun

Heritage Estates

APRIL 2012 • BRANCHING OUT

Do What You've Always Wanted to Do



Now is the time! National Volunteer Week is April 15-21, and what better time than retirement to save the whales, feed the homeless and brighten up the neighborhood? In other words, now's the time to do what you've always wanted to do and didn't have time for before!

Eager to be around children again? Help kids in need by becoming a Big Brother or a Big Sister. Many of the kids in the Big Brothers Big Sisters program don't have a lot of contact with their extended family members, so they might not have a relationship with their grandparents. You can help! The program requires just a few hours of your time, but as any "Big" will tell you, it's an endlessly rewarding experience. This month, make a positive impact on a child by empowering him or her to succeed. In fact, 81% of former "Littles" surveyed agree their Big gave them hope and changed their perspective of what they thought possible. Visit www.bbs.org for more information, or contact the Activity Team (Laurie, Cathy or Sue) and we can help!

Miss the skills you used during your work life? Take those abilities and share them with others now that you are retired. If you're good at building things, consider volunteering with Habitat for Humanity. Did you enjoy building props for school plays or prepping art projects? Volunteer with local theater and music groups. Are you a seamstress? Hospitals can use premie clothes. Cancer clinics need knitted caps. Quilts and blankets are often warmly welcomed at any place where people struggle with illness. This is certainly where our Knit Wits and Sew & Sew groups can create a new project!

Above all, do what you love – but don't overcommit. Make sure the volunteer work fits into your life so you don't tire yourself. Start slowly, and volunteer for just a few hours until you get the feel of things.



All That Jazz

Each April, Jazz Appreciation Month highlights the extraordinary history of jazz and its importance to American culture. Why April? April is the birth month of a number of leading figures in jazz: Duke Ellington, Ella Fitzgerald, Billie Holiday, Lionel Hampton, Gerry Mulligan, Shorty Rogers and Herbie Hancock.

Women of Jazz

Jazz women and their advocates helped to transform race, gender and social relations in the United States. They confronted both gender and race issues by performing during a period in American history when women were considered second-class citizens. In a world dominated by men, jazz women were soloists, composers and band leaders. They toured overseas for the USO during World War II, when integrated performances were taboo.

(Continued on back)

WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Church Services, OP Crossword Puzzles, ML 1:00 Afternoon Bridge, HWML 2:00 Bingo, WCR 2:00 Holy Communion and St. Michael's Rosary Group, HWAR	9:00 Prime Time, A 10:00 FUNctional Fitness, HWAR 10:30 Western Dancing With Bobbi, LR 2:00 Bingo, LTR 6:30 Sew and Sew Group, A	10:00 BYOB (Build Your Own Bones), A 10:30 Bible Study, HWAR 7:00 Poker Night, G	9:00 KISS (Keeping It Strong and Stable), A 10:00 Chairobics, HWAR 1:00 Open Bridge, HWML	10:00 Gentle Yoga, HWAR 10:00 Knit Wits, ML 10:00 Morning Bible Study, A 10:30 Western Dancing With Bobbi, HWML 2:00 Bingo, LTR 2:30 Painting Class, HWAR 7:00 Poker Night, G	9:15 Pilates Power, A 10:00 Forever Young, HWAR 10:30 Heritage Estates Choral Group, LR 1:00 Bridge, G 2:00 Afternoon Bible Study, HWAR 4:00 Cocktail Hour, ML	Crossword Puzzles, ML 1:30 Bunco, A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL FOOLS' DAY; PALM SUNDAY 1 1:30 Afternoon Movie: "Fool's Gold," TR	2 1:30 Planet Earth: From Pole to Pole, TR 1:30 Ice Cream Social, HWLR	3 8:00 Day Trip: Black Oak Casino, OP 2:00 Beanbag Baseball, LR	4 10:00 Resident Council Meeting, PDR 2:00 Mega Bingo, WCR 3:00 Bean Bag Baseball, HWLR 4:30 Out to Dinner: Outback Steakhouse, OP 7:00 Movie Night: "Tin Cup," TR	5 1:00 Holy Communion, A 3:00 Vineyard Reception, ML 3:30 Exodus Presentation, LR	6 GOOD FRIDAY AL Excursion to Heritage Park in Dublin, OP 2:00 Easter Egg Stuffers, A	7 PASSOVER BEGINS 10:00 Easter Brunch (10 a.m.-1 p.m.), LTR 1:00 Children's Easter Egg Hunt, P 1:15 Medication Disposal, LTR 1:30 Blood Pressure Clinic, HWSR 1:30 Afternoon Movie: "The Grass is Greener" (Carey Grant), TR
8 EASTER SUNDAY 1:00 Shopping Trip to Costco, OP 1:30 Afternoon Movie: "The Grass is Greener" (Carey Grant), HWTR	9 10:00 Diabetes Support Group, A 10:30 Silk Floral Arranging, WCR 1:30 Planet Earth: Caves, Deserts and Ice Worlds, TR 3:30 Better Bones With Dr. Howayeck, A 6:45 Art Lecture With Elaine Reisert, TR	10 10:30 Scenic Drive: Mt. Diablo With Lunch at Father Nature's Shed, OP 1:30 Hearing Aid Tune-Ups With Dr. Billheimer (By Appointment), PDR 2:00 Heritage Estates Farmers' Market, ML 6:30 Retirement Financial Planning Seminar, LR	11 1:00 Podiatrist Clinic, HWSR 2:00 Mystery Bingo, WCR 3:15 Assisted Living Resident Meeting, WCR 7:00 Movie Night: "Seven Days in Utopia," TR	12 3:00 Wii Bowling Orientation, ML 7:00 Myron Edwins & Friends (R&B and Jazz), LR	13 1:00 Terrarium Creations With Cathy, A 7:00 Meaningful Movies With Kyle & Heather: "The Greatest Game Ever Played," TR	14 1:30 Afternoon Movie: "The Legend of Bagger Vance," TR 2:30 Vineyard Reception, HWL 2:45 Musical Guest: Angel on the Harp, HWML
15 1:30 Afternoon Movie: "The Legend of Bagger Vance," HWTR 6:00 Musical Guest: Alligator, HWLR	16 10:30 Disc Golf With Bryan, P 1:30 Planet Earth: Great Plains, Jungles & Shallow Seas, TR 3:30 Better Bones With Dr. Howayeck, A 10:30 Game Time: Popcorn Toss!, HWML	17 11:00 "April in the Garden" Brown Bag Lunch at Alden Lane Nursery, OP 2:00 Beanbag Baseball, LR 6:30 Assisted Living Family Focus, WCR	18 2:00 High Stakes Bingo!, LTR 3:15 Monthly Resident Meeting, LTR 7:00 Movie Night: "Hugo," TR	19 3:00 April Birthday Celebration, ML 7:00 Musical Guest: Bill Kenville (Classical Piano), LR	20 10:00 Springtime Shopping at Stoneridge Mall, OP 2:00 Bocce Ball, HWLR	21 1:15 Popcorn Social, BC 1:30 Afternoon Movie: "Cocoon," TR
22 EARTH DAY 1:30 Afternoon Movie: "Cocoon," HWTR 3:30 Musical Guest: Tom Stroud (Guitar), HWML	23 1:30 Planet Earth: Seasonal Forests & Ocean Deep, TR 1:30 Ice Cream Social, ML 10:30 Game Time: Pennies In, HWLR	24 9:15 Day Trip to Filoli Mansion & Gardens, OP 10:00 Peripheral Neuropathy Support Group, A 1:00 Wii Bowling Tournament, LR	25 10:45 PrimeFit Gym Open House, PFG 12:30 Hallway Golfing With Terry, HWLR 2:00 Bingo, WCR 3:15 Activity Meeting, WCR 7:00 Movie Night: "Dolphin Tale," TR	26 11:30 Spring Cleaning & Clothing Swap, A 7:00 Musical Guest: Eddie Williams, LR	27 1:00 Terra Cotta Pots - Craft With Cathy, ML 3:00 Page Turners Book Club, LTR	28 1:30 Afternoon Movie: "Fried Green Tomatoes," TR 2:30 Vineyard Reception, HWML 4:00 Family Dinner - Oodles of Noodles!, LTR
29 1:30 Afternoon Movie: "Fried Green Tomatoes," HWAR 3:30 Musical Guest: Ed Davin, HWML	30 1:30 Planet Earth: The Future, TR 3:30 Better Bones With Dr. Howayeck, A 7:00 Musical Guest: Paulette Renee, LR 10:30 Game Time: Bean Bag Baseball, HWLR	Locations Activity Room, A • Brain Gym, BG Brickyard Cafe, BC • Game Room, G Health and Wellness Activity Room, HWAR Health and Wellness Library, HWL Health and Wellness Living Room, HWLR Health and Wellness Main Lobby, HWML Health and Wellness Spa Room, HWSR Health and Wellness Theatre Room, HWTR La Toscana Restaurant, LTR Living Room, LR Lobby, L Main Library, ML Off Property, OP Patio, P PrimeFit Gym, PFG Private Dining Room, PDR Theatre Room, TR Wine Cellar Restaurant, WCR		Birthdays Margie Perry, 1st Don Toeppen, 2nd Pete Younie, 2nd Larry Lewenthal, 2nd Arlene Krantz, 4th Lynette Rae, 4th Doris Cootes, 7th Nyla Bennett, 7th Marty Copenhaver, 8th Jean Nicholson, 8th Dorothy Abert, 10th Ruth Struebing, 10th Margaret Fabreth, 12th Mary Beth Acuff, 14th Letha Kehl, 14th Maria Vajay, 18th Catherine Cate, 20th Val Stuckey, 21st Elaine Valdix, 25th Alice Mitchell, 26th Earl Martin, 28th Frances Spears, 30th		Transportation Monday 9-11:00 a.m. & 1-3 p.m. Doctor Appointments Tuesday Excursion Day OP Wednesday 9-11 a.m. Grocery Shopping Wednesday 1-3 p.m. Department Stores Wednesday 2-3 p.m. Library Thursday 9-11:00 a.m. & 1-3 p.m. Doctor Appointments Friday 9-11 a.m. Doctor Appointments Friday Afternoon Excursion OP

All That Jazz (Continued)

Ella Fitzgerald, the “First Lady of Song,” was a significant artist in the emergence of jazz. Born in Newport News, Virginia, on April 25, 1917, she moved with her mother to New York after the death of her father. Very little is known about her early childhood, but the most romantic rumor is that she ran away from an abusive stepfather after her mother died, and made money by singing and dancing on the sidewalks of Harlem. One fateful night at the Apollo Theater in 1934, 16-year-old Ella Fitzgerald stepped on stage but was too intimidated to dance as she had originally planned. Instead, she sang “Judy,” silenced the crowd, and won first prize. It was the beginning of one of the most celebrated careers in music history. During the month of April at Heritage Estates, we will be welcoming a few of our “jazzy” entertainers. Check the calendar for names like Myron Edwins and Eddie Williams!

Celebrate Earth Day Your Own Way

April 22 will mark the 42nd annual Earth Day. This environmental awareness day was co-founded by former U.S. Senator Gaylord Nelson, who was inspired by the concept of “teach-ins.” Teach-ins were Vietnam War demonstrations that taught students about the war. Nelson thought this would be a good way to educate people about the environment. The first Earth Day was held on April 22, 1970, and 20 million people, 2,000 colleges and universities, 10,000 schools and 1,000 communities participated in activities that focused on important environmental issues. Even Congress was adjourned for the day so the representatives could participate in their communities’ activities. There are easy ways to get involved in this year’s Earth Day. Volunteering in your community on an environmental project allows you to spend time outside on a beautiful spring day. The Environmental Protection Agency’s website has compiled a database of events so you can see what is happening in your area. Planting trees has also become associated with Earth

Day, since Arbor Day is celebrated in April, too. Trees absorb carbon dioxide, which removes greenhouse gases from the atmosphere. Trees also prevent erosion and create habitats for wildlife. If playing in the dirt doesn’t sound like fun to you, there are other ways to commemorate Earth Day. Finding new uses for items you might otherwise discard gives you a chance to be creative, and it ultimately saves space in landfills. You can re-use plastic grocery bags as trash bags. Plastic food containers can often be washed and re-used as storage containers. Glass jars make lovely mini-vases for a sprig of spring flowers. Many artists even use recycled materials to create sculptures and mosaics. Give it a try – the Earth will thank you!

The Legacy of William Shakespeare

April is National Poetry Month. It also happens to be the month William Shakespeare was born. One of the world’s most influential poets and playwrights, Shakespeare was baptized on April 26, 1564, but his exact birthday is unknown. Shakespeare’s father was a merchant, and he grew up as one of eight children in Stratford-Upon-Avon, a village near Birmingham, England. Very little is known about his childhood, but he probably attended the local grammar school where he would have learned the classics, which are referenced often in his plays. At 18, he married Anne Hathaway, who was 26 and pregnant. They had a daughter named Susanna and later twins named Hamnet and Judith. Shakespeare went to London around 1588 to act and write plays. His earliest shows were comedies and histories. He was so successful that he became a partner in Lord Chamberlain’s Men. In 1592, the plague shut down the theater for two years, so Shakespeare started writing sonnets and narrative poems like “Venus and Adonis.” After Queen Elizabeth died in 1603, King James of Scotland took the throne and renamed Lord Chamberlain’s Men to The King’s Men. Around this time, Shakespeare wrote most of his tragedies, including “Hamlet,” “King Lear,” “Othello” and “Macbeth,” which are some of his best-known works. In 1609, his sonnets were published. These were a collection of 154 poems written throughout his career, and historians have long been puzzled about the possible biographical references in them. Shakespeare’s final play, written two years before his death, was “Henry VIII.” Shakespeare passed away on April 23, 1616. Still, his legacy endures through his plays, poems and the 1,700 words he added to the English language.

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