I recently read a poster at a doctor’s office that really stuck with me and I would like to share it with you. It read:

The 7 steps of Happiness:
Think Less, Feel More
Frown Less, Smile More
Talk Less, Listen More
Judge Less, Accept More
Watch Less, Do More
Complaint Less, Appreciate More
Fear Less, Love More

Have a Safe and Happy April everyone!

13. Life Enrichment Activities:

13.1 The Resident acknowledges and agrees that risks associated with the participation in any and all activities planned either inside or outside of the Premises shall be assumed by the Resident.

13.2 For the convenience of the Resident, guest meals, catering for private events, hairdresser and/or barber shop services, and tuck shop items are available and charged on a fee-for-service basis.
Thank You!!!

We want to say a big thank you to our residents who spent many hours colouring the beautiful new table numbers for the dining rooms. They look amazing and we appreciate the time and hard work that went into making them.

Bus Trips

♦ On April 4 at 1:00 p.m. we will be going on a country drive and for ice cream. This will be a great chance to get out and enjoy the sights of spring. The cost for the outing is $3.00 for the bus and ice cream is your expense.
♦ On April 18 at 1:00 p.m. we will be going to Walmart. This is your opportunity to stock up on any items you need or to just get out and enjoy a change of scenery. The cost of this outing is $3.00 for the bus and shopping is your expense. If you would like to join us for this outing, please sign up.
♦ We will be going to the Popovich show at Pemmican Lodge on April 24 at 1:30 p.m. The cost of this outing will be $3.00 for the bus. We are sharing the bus with Alberta Rose that day so seating is limited. If you would like to join us, please sign up early.

MOVIES

Nature Documentary
On April 28 at 1:30 p.m., we will be having a Nature Documentary at Golden.
We hope to see you out for the movie.

Interesting & Fun Facts About Easter

- Easter has been named after Eastre, an Anglo-Saxon goddess. The symbols of the goddess were the hare and the egg.
- Right from ancient times, egg has been regarded as a symbol of rebirth in most of the cultures.
- Just like Passover which is dependent on the phases of the moon and has different dates each year, Easter is also a movable feast.
- Easter always falls between March 22nd and April 25th.
- Chocolate eggs were made for the first time in Europe, in the 19th century. To date, they remain one of the favorite Easter treats.
- Easter is the top-selling confectionery holiday in the west, second only to Halloween.
- On Easter, 76% people bite off the chocolate bunny ears first, while 5% bite the feet first and 4% eat the tail first.
- The custom of giving eggs at Easter dates back to the time of the Egyptians, Persians, Gauls, Greeks and Romans.
- As per the Guinness Book of World Records, the largest Easter egg made to date, was just over 25 feet high and was made of chocolate and marshmallow. Weighing at 8,968 lbs., the egg was supported by an internal steel frame.
- Red jellybeans qualify as the most favorite food stuff for kids on Easter.
- Egyptians were initially the ones who exchanged eggs to symbolize the resurrection of Christ. It was later that the tradition was passed down to early Christians.
- For Americans, Easter is the second most important candy-eating occasion of the year, after Halloween.
- Hot cross buns, made by European monks, are counted amongst the earliest Easter treats. They were given to the poor people, during the month of Lent.
Green Thumb Gardening
We will be starting our gardening program this month. If you have a green thumb or would like to learn about planting and gardening, please join us. We will start to plant some peppers and tomatoes as well as a herb garden.

Congratulations to Marlene V. on winning our Minute to Win It competition. We really enjoyed watching everyone compete in the individual challenges. It was great to see everyone having fun and trying their best.

We will be having another Minute to Win It competition on April 25 at 1:30 p.m. It was lots of fun last time and we will be creating some new challenges for you to compete in. We hope to see lots of you out to compete or watch.

Bingo
We will be having Bingo on Friday afternoons at 2:00 p.m. Come out and join us. Cards are $0.25 each and everyone is welcome.

Chef’s Comments
The cooks are looking forward to the coming of spring! Soon enough we will be enjoying warmer weather. A new growing season with fresh local vegetables available is just around the corner.

April is a great month to see new buds on trees and shrubs and crocuses blooming in the coulees. It is a wonderful month to celebrate the renewal of life.

Have a great month everyone!
David

Maintenance Corner
For any that are wondering, the new signs that say "MUSTER POINT" are where we gather for fire drills and evacuations. Golden’s can be found right beside the garbage dumpster. Blue Sky’s is across the parking lot from the front entrance beside the trees.

Everyone should check it out so you know where to go for our next fire drill.

Doug
Reminders

**Notice of Assessment**
We would like to remind everyone to please hand in a copy of your notice of assessment when you receive it from Canada Revenue Agency.

**Tax Preparation**
We have a tax preparation clinic being held at Blue Sky on April 5 from 6:00 until 9:00 p.m. KPMG volunteers will complete your 2017 tax returns. There are 20 spots available for residents, so please sign up as soon as possible. The sign up sheet can be found in the reception office or you can ask Troy, Kathy, or Laura to help you.

**Eye Care**
Walmart Vision will be here on April 11 at 9:15 a.m. for an eye glass clinic. If your glasses require any adjusting please come out for this.

**Foot Doctor**
The foot doctor will be here on April 27 at 8:30 a.m. for your foot care needs. If you would like to make an appointment please let us know.

**Resident surveys** will be available in early April. Please provide us with your thoughts and opinions on the services we provide you. The survey can be anonymous or feel free to include your name if you want us to get back to you.

Please see your manager if you have any questions or concerns.

**Emergency Procedures - Loss of Heat**
In the event of mechanical breakdown resulting in loss of heat in the building particularly in cooler weather, procedures are in place to minimize the impact on residents. Residents can assist to keep the building as warm as possible by keeping windows securely closed. Window coverings may be open during warm sunny periods to let the sun heat the suite but must be closed to retain heat particularly in extremely cold temperatures or overnight periods.

Fire places will be utilized to heat common areas for residents to congregate. Warm liquids will be provided to residents throughout the day. Bedding may also be used to keep residents warm.

Should the situation continue for a longer period of time, the Foundation may request that the resident contact a family member to stay with until the situation is resolved.

Please see your manager if you have any questions or concerns.