

THE Cambridge Crossing Lifestyle



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ASSISTED LIVING COMMUNITY

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APRIL 2024

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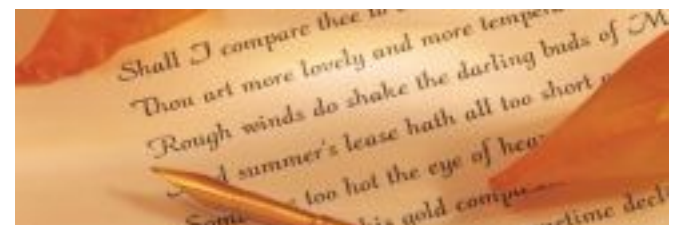
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AL# 1105121

April Is National Poetry Month

Whether you believe that poetry is merely “the best words in the best order” (Samuel Taylor Coleridge) or “language at its most distilled and most powerful” (Rita Dove), April is the month to celebrate this lyrical form of expression. Brush up on these interesting poetry facts to impress your friends with!

- The longest poem in the world—the Indian epic poem “The Mahabharata”—is around 1.8 million words long!
- “The Epic of Gilgamesh,” from ancient Sumer, is one of the oldest surviving epic poems. Gilgamesh’s adventures were written on stone tablets sometime in the second millennium B.C.
- One of the shortest poems ever written is by George MacDonald. At a brief two words, the poem is shorter than its title (“The Shortest and Sweetest of Songs”)! Another contender is “Lines on the Antiquity of Microbes” by Strickland Gillilan, more commonly known as “Fleas.” The Guinness Book of Records, though, recognizes Aram Saroyan as the winner, with his four-legged “m.”



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!

APRIL 2024






Famous Faces Born in April

April 2, 1975: Pedro Pascal
 April 5, 1982: Hayley Atwell
 April 9, 1966: Cynthia Nixon
 April 16, 1996: Anya Taylor-Joy
 April 18, 1984: America Ferrera
 April 23, 1939: Lee Majors
 April 24, 1994: Jordan Fisher
 April 26, 1992: Aaron Judge
 April 29, 1954: Jerry Seinfeld

Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before "throwing" the snacks to the birds.

*"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 2:00 Resident Council 3:00 Card Games 6:00 Fidget Jigsaw Puzzle</p>	<p>2 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Bingo! 3:00 Devotion 6:00 Train of thought</p>	<p>3 10:00 Walk day 10:30 Pick a year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the shape!</p>	<p>4 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Pinwheel Centerpieces 6:00 4 in a row</p>	<p>5 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Ice Cream 6:00 Wooden Puzzle</p>	<p>6 10:00 Morning Coffee 11:00 Saturday Bowling 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>	
<p>7 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Trivia 3:00 Sunday movie night 6:00 Puzzles</p>	<p>8 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 2:00 Spring Kit Wreath! 3:00 Card Games 6:00 Fidget Jigsaw Puzzle</p>	<p>9 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Bingo! 3:00 Devotion 6:00 Train of thought</p>	<p>10 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the shape!</p>	<p>11 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Bingo! 6:00 4 in a row</p>	<p>12 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Ice Cream 6:00 Wooden Puzzle</p>	<p>13 10:00 Morning Coffee 11:00 Saturday Bowling 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>
<p>14 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Trivia 3:00 Sunday movie night 6:00 Puzzles</p>	<p>15 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 3:00 Card Games 6:00 Fidget Jigsaw Puzzle</p>	<p>16 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Bingo! 3:00 Devotion 6:00 Train of thought</p>	<p>17 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 2:00 Roll a garden 3:00 Hymn Singing 6:00 Match the shape!</p>	<p>18 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Bingo! 5:00 Family night</p>	<p>19 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Ice Cream 2:00 Spring Felt flower! 6:00 Wooden Puzzle</p>	<p>20 10:00 Morning Coffee 11:00 Saturday Bowling 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>
<p>21 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Trivia 3:00 Sunday movie night 6:00 Puzzles</p>	<p>22 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 3:00 Card Games 6:00 Fidget Jigsaw Puzzle</p>	<p>23 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Bingo! 3:00 Devotion 6:00 Train of thought</p>	<p>24 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 2:00 Flower Filters 3:00 Hymn Singing 6:00 Match the shape!</p>	<p>25 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Bingo! 6:00 4 in a row</p>	<p>26 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Pretzel! 3:00 Mr. Teller Piano Program 6:00 Wooden Puzzle</p>	<p>27 10:00 Morning Coffee 11:00 Saturday Bowling 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>
<p>28 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Trivia 3:30 Liberty Live Church! 6:00 Puzzles</p>	<p>29 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 3:00 Card Games 6:00 Fidget Jigsaw Puzzle</p>	<p>30 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Bingo! 3:00 Devotion 6:00 Train of thought</p>				

Tree Trivia

Trees are among the planet's most fascinating organisms, and their importance is celebrated each April on Earth Day and Arbor Day. Branch out with these unbe-leaf-able tree facts:

- The Earth is home to about 3 trillion trees.
- Scientists have determined there are more than 60,000 tree species.
- Trees are the longest living organisms. The world's oldest known individual tree is a bristlecone pine in California that is 5,062 years old.
- It's estimated that a fully grown, leafy tree can produce a year's supply of oxygen for as many as 10 people.
- Various parts of a tree grow during different times of the year: foliage in the spring, the trunk in the summer, and roots in the fall and winter.
- The world's largest living tree is General Sherman, a giant sequoia in California's Sequoia National Park. The volume of its trunk is 52,513 cubic feet.
- In 1971, the Apollo 14 astronauts took hundreds of tree seeds on their mission to the moon so scientists could study the effects of gravity on germination. These "moon trees" were later planted all over the U.S.
- Some tree species communicate and cooperate with each other. Willows affected by parasites can emit warning chemicals to neighboring trees, which then produce stronger leaves to resist pests. Many mature trees share excess nutrients with seedlings.
- A grove of quaking aspens in Utah is formed of multiple clones of a single tree with a massive underground root system. Named Pando and called the Trembling Giant, the grove is approximately 80,000 years old.
- Being around trees has been shown to make people feel calmer and happier.

Animal Cracker Fun

Crispy, sweet and fun to eat, animal crackers have been a classic snack since England introduced them to the U.S. in the 19th century. In honor of National Animal Cracker Day on April 18, hike through this jungle of fun facts:

- Animal crackers were originally only sold in bulk containers called "cracker barrels."
- Snack brand Nabisco introduced the now-familiar box-shaped carton of animal crackers in 1902, selling them for a whopping 5 cents. Due to the popularity of the circus, they named the product "Barnum's Animals."
- Among the various brands that make animal crackers, more than 50 different animals have been featured over the years. The only critters that have stayed steadily in production are bears, elephants, lions and tigers.
- The koala is the most recent animal shape added to Barnum's Animals. In a contest celebrating the brand's 100th anniversary, the marsupial took the prize over a penguin, walrus or cobra.
- Performed by Shirley Temple in the 1935 movie "Curly Top," the song "Animal Crackers in My Soup" has been used in many advertisements.
- A single bushel of wheat can make about 245 boxes of Barnum's Animals.
- Can you guess which cracker is the only animal with clothing? It's the monkey, who wears a pair of pants.
- Nabisco changed the design on their famous box in 2018. After nearly 116 years of riding on a circus train, Barnum's Animals are now shown roaming in nature.

Right as Rain

Don't let April showers dampen your enthusiasm to learn all about rain!

- Each minute, 1 billion tons of rain falls on the Earth.
- Nimbostratus and cumulonimbus are the two most common types of rain clouds. The nimbostratus is a flat, gray cloud that hangs low in the sky. The cumulonimbus is a tall, puffy cloud that looks flat at the top and has a dark gray base.
- Falling at an average speed of 14 mph and from an average cloud height of 2,500 feet, a raindrop takes about two minutes to hit the ground.
- Grass looks greener after a shower because rain contains nitrogen, which is a natural fertilizer.
- Scientists say rain is not actually shaped like a teardrop. Raindrops start out in a spherical shape, and as they fall, they encounter air pressure that flattens the bottom of the drops, so they actually look like the top half of a hamburger bun.
- Petrichor is the word that describes the scent of rain. When raindrops fall on clay or dusty soils, they trap small air bubbles on the surface, which then rise and burst out of the droplets, producing the fresh, familiar fragrance.
- Scientists have studied fossilized raindrop imprints in 2.7 billion-year-old rock formed from volcanic ash.
- In hot, dry regions, rain sometimes evaporates before it hits the ground. The scientific term for this is virga, but it is also commonly called "phantom rain."