



Tentana Hinds Retirement Community

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ASSISTED LIVING NEWSLETTER

Staff Directory

Heather McBride	Executive Director
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Tristan Cannon	RCC
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Charlotte Saben	Activities Director
Sergio Monzalvo	Dining Services Director
Sherry Walker	Housekeeping Supervisor
Misty Davis	Resident Liaison
	Maintenance Director
Denise B.	Receptionist
Eric Arevalo	Transportation

See a Solar Eclipse

On April 8, millions of people in the U.S. will have the chance to witness the spectacle of a total solar eclipse, when the moon will pass in front of the sun and darken the sky. This astronomical event will span across the continent from Mexico to northeastern Canada. In the path of totality, the darkness will last up to 4 1/2 minutes, nearly twice as long as the total solar eclipse in 2017. Even those outside the main path can experience a partial eclipse, where the moon will partially block the sun.

Remember, you should never look directly at the sun during an eclipse event. Be sure to wear solar viewing glasses, use approved solar filters on cameras and binoculars, or view the eclipse indirectly with a pinhole camera.

April 2024



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!

Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to "The Official Scrabble Players Dictionary," which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.



April 2024

Outing

Exercise

Coffee

Games

Music and Coloring
Self-Led

Manicures

Manicures

Manicures

Manicures

Manicures

Manicures

Manicures

Retirement Community	Y				Self-Led	🐿 Arts & Crafts
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOOLS'	9:00 Trip to Walmart: Sign Up with Denise 10:00 Games of Choice (AR) 1:00 Crafts- Make a Hat (AR) 2:30 Pamper Me! (Nails & Lotions) (AR) 6:00 Games Available (AR/L)	9:00 News Briefs, Coffee, and Goodies (AR) 10:00 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir Practice (AR) 6:00 Poker (L)	9:00 Fry's Senior Discount Day: Sign Up with Denise 10:00 Games Available (AR) 1:00 Double Bingo (AR) 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)	9:00 Coffee & Chronicles (AR) 10:00 Games- Farkle (AR) 1:00 Seated Tai Chi w/Jack (AR) 2:30 Horse Races (DR) 6:00 Games Available (AR/L)	9:00 Dollar Tree Trip: Sign Up with Denise 10:00 Exercise (YouTube) H 1:00 Bingo (AR) 2:30 BIRTHDAY PARTY with Tom (DR) 3:30 Yappy Hour (Courtyard) 6:00 Resident Choice	10:00 Games of Choice: Self Directed 1:00 Movie (AR) 6:00 Poker Night (L)
3:45 Shepherd of the Desert Church Bus Pickup at Front Office† 0:00 Virtual Service † 1:00 ART CLASS (AR) 2:30 ART CLASS (AR) 6:00 Resident Choice	9:00 Trip to Fry's: Sign Up with Denise 10:00 Games of Choice (AR) 1:00 Crafts- Fairy Globes (AR) 2:30 Pamper Me! (Nails & Lotions) (AR) & 6:00 Games Available (AR/L)	9:00 News Briefs, Coffee, and Goodies (AR) 10:00 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Choir Practice (AR) 6:00 Poker (L)	9:00 Walking Group (Meet in Courtyard) 10:00 Games- Uno (AR) 1:00 Double Bingo 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)	9:00 Coffee & Chronicles (AR) 10:00 Blank Slate Game (AR) 1:00 Seated Tai Chi w/Jack (AR) 3:00 Resident Council Meeting (AR) 6:00 Games Available (AR/L)	9:00 Shopping at 99 Cent Store: Sign Up with Denise 10:00 Exercise (YouTube) 1:00 Bingo (AR) 3:30 Yappy Hour (Courtyard) 6:00 Resident Choice	10:00 Games of Choice: Self Directed 1:00 Who I Am (L) 6:00 Poker Night (L)
3:45 Shepherd of the Desert Church Bus Pickup at Front Office† 0:00 Virtual Service † 1:00 ART CLASS (AR) 2:30 Abiding Peace Church Service (DR) 6:00 Resident Choice	9:00 Shopping at Walmart 10:00 Games of Choice (AR) 1:00 Crafts- Spring Décor (AR) 2:30 Pamper Me! (Nails & Lotions) (AR) & Games Available (AR/L)	9:00 News Briefs, Coffee, and Goodies (AR) 10:00 Wii Bowling (AR) H 1:00 Bingo (AR) 2:30 Choir Program (DR) 6:00 Poker (L)	9:00 Walking Group (Meet in Courtyard) 10:00 Cultural Program (AR)★ 1:00 Double Bingo 2:30 Bean Bag Baseball or Corn Hole (DR) 6:00 Bible Study (AR)	9:00 Coffee & Chronicles (AR) 10:00 Games- Farkle or Uno (AR) 1:00 Seated Tai Chi w/Jack (AR) 6:00 Games Available (AR/L)	9:00 Out to Brunch: Sign Up with Denise 10:00 Exercise (YouTube) H 1:00 Bingo (AR) 3:30 Yappy Hour (Courtyard) 6:00 Resident Choice	10:00 Scrabble: Self Directed 1:00 ART CLASS (AR) 6:00 Poker Night (L)
21 3:45 Shepherd of the Desert Church Bus Pickup at Front Office† 0:00 Virtual Service † 1:00 ART CLASS (AR) 2:30 ART CLASS (AR) 5:00 Resident Choice	9:00 FRY'S Shopping: Sign Up with Denise 10:00 Games of Choice (AR) 1:00 Crafts- Earth Day Craft (AR) 2:30 Pamper Me! (Nails & Lotions) (AR) 6:00 Games Available (AR/L)	9:00 News Briefs, Coffee, and Goodies (AR) 10:00 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Science Class (AR) 6:00 Poker (L)	9:00 News & Coffee (AR) 9:00 Walking Group (Meet in Courtyard) 10:00 Blank Slate Game (AR) 1:00 Double Bingo 2:30 Music with Julius (DR) 6:00 Bible Study (AR)	9:00 Coffee & Chronicles (AR) 10:00 Games- Farkle or Uno (AR) 1:00 Seated Tai Chi w/Jack (AR) 2:30 Town Hall Meeting- Staff Invited (AR) 6:00 Games Available (AR/L)	9:00 Goodwill Shopping: Sign Up with Denise 10:00 Exercise (YouTube) H 1:00 Bingo (AR) 3:30 Yappy Hour (Courtyard) 6:00 Resident Choice	
28 3:45 Shepherd of the Desert Church Bus Pickup at Front Office† 0:00 Virtual Service † 1:00 ART CLASS (AR) 2:30 Abiding Peace Church Service (DR) 6:00 Resident Choice	9:00 Shopping at Trader Joe's: Sign Up with Denise 10:00 Games of Choice (AR) 1:00 Crafts- Floating Tea Cups 2:30 Pamper Me! (Nails & Lotions) (AR) 6:00 Games Available (AR/L)	9:00 News Briefs, Coffee, and Goodies (AR) 10:00 Wii Bowling (AR) 1:00 Bingo (AR) 2:30 Word Games (AR) 6:00 Poker (L)	8 arth Day		national ite	All Events Are Subject to Change



Home Field Advantage

From historic fields to modern spaces, fans of Major League Baseball can see the action play out in 30 different ballparks. Here's a partial lineup of those venues and when they were unveiled.

Year Built	Stadium	Team
1912	Fenway Park	Boston Red Sox
1914	Wrigley Field	Chicago Cubs
1962	Dodger Stadium	Los Angeles Dodgers
1973	Kauffman Stadium	Kansas City Royals
1992	Camden Yards	Baltimore Orioles
2003	Great American Ball Park	Cincinnati Reds
2012	LoanDepot Park	Miami Marlins
2020	Globe Life Field	Texas Rangers

"This Month In History"

APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient's properties and benefits in medicine.

1956: Daytime soap opera "As the World Turns" premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, "Houston, we've had a problem." Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country's first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of "Action Comics #1," featuring the debut of Superman, sells for a record-breaking \$3.25 million.

