



Westminster Village Kentuckiana

Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.

Remember When: Adding Machines

Before computers were standard office equipment, many bookkeepers and bank clerks used adding machines to quickly add large sets of numbers and complete simple calculations. While versions of these devices were used by mathematicians as far back as the 17th century, the invention of 10-key models that printed out results made the portable machine an office fixture by the 1950s.

Protect the Planet

It takes an average of 450 years for a plastic water bottle to break down in a landfill. When it's possible, use a reusable bottle or cup. A small change like this can have a big impact on the environment.

Happiness Helper: Phone a Friend

Call a friend to catch up, and your brain and body will benefit from the conversation. Talking with a good friend can boost your body's levels of serotonin and oxytocin, brain chemicals that stir feelings of happiness, and lower cortisol, the stress hormone that can weaken your immune system. Can't connect with a pal? Spending time with a furry friend can give you a similar lift.

Cracking a Joke

Q: What do you call a mischievous egg?

A: A practical yolker.

April 2019



Feathering Their Nests

Constructing a cozy nest for their eggs is a springtime rite that many birds are now undertaking. The most common type is the classic cup-shaped nest. Experts say birds take several days to gather and skillfully weave together twigs, grass, cobwebs, mud and other materials they find to build these intricate structures.

Winter Wardrobe Storage Tip

When hanging up your winter coat for the season, protect it with a garment bag fashioned from a pillowcase. Cut a small slit in the center of the sewn end of a clean pillowcase. Slip the hanger through the hole and pull the case down over your coat.

Rabbits for Luck

Rabbits have long been considered good luck in many cultures. Some believe that simply speaking the words "rabbit, rabbit" upon waking on the first day of the month will breed good fortune for the days to come. Historians say it's a tradition that can be traced back to 1900s England, and President Franklin D. Roosevelt is said to have started each month with the phrase.

April Birthdays

4/1 Thomas Schuster
 4/2 Marvin Johnson
 4/3 Barbara Hester
 4/4 Helen Yourdesky
 4/7 Marie Bennett
 4/9 Myrtle Grant
 4/9 John Platt
 4/10 Marshall Romine
 4/11 Kathleen Butts
 4/14 JoAnn Ebling
 4/15 Doris Rost
 4/15 Thelma Guersney
 4/19 Betty Hubbuch
 4/24 William Taylor
 4/27 Grace Cunningham
 4/28 Richard Baker
 4/29 Aletha Carter
 4/30 Debra Herrington

Honoring Gold Star Spouses

Gold Star Spouses Day on April 5 honors the wives and husbands of fallen U.S. armed forces members.

Going 'Four' It

This year, the season's top teams in college hoops will face off in Minneapolis. The Final Four NCAA Division I men's basketball semifinals will be played April 6, and the championship game on April 8.

Brainteaser

Question: How can you throw a ball so that it comes back to you, even though the ball isn't attached to anything, doesn't bounce off anything, and no one catches it and throws it back to you?

Answer: Throw it straight up in the air.

Sunday	Monday	Tuesday
	1 9:45a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 11a April Fools' Reminiscing SC 2p Harmonics SC 3p Exercise SC 6:30p Forest Ridge Band SC	2 9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
7 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	8 9:45a Coffee Social AL 10a Wellness Exercise AL 10:45a Cheddar's Outing 1p Hospitality Mtg RR 3p Exercise SC 6:30p Music W/Al Hilbert SC	9 9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p New Res. Visitation 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
14 Palm Sunday 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC	15 9:45a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 11a Mathies BP SC 1p Lisa King Info on the Brain SC 2p Dietary Mtg AL 3p Exercise SC 6:30p Music W/Tara Martin SC 7p Crit Club "Art" MRLL	16 9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
21 Easter Sunday 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC	22 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Jelly Bean Fun SC 1p Resident Assoc SC 3p Exercise SC 6:30p Music W/Bill Riley SC	23 9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
28 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	29 9:45a Coffee Social AL 10a Wellness Exercise AL 10:30A Coffee & Donuts SC 1p \$1 Bingo SC 2:30p Resident Council AL 6:30p Music W/Sue Loy SC	30 9:45a Coffee Social AL 10a Exercise AL 12p Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL

Wednesday	Thursday	Friday	Saturday
3 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30 Non Denom. Comm. SC 2p Bunco SC 3p Rosary RR 3p Wine and Cheese SC 6:30p Music W/Lonnie Bryant SC	4 9:45a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p West Wing Mtg 2nd Fl TL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	5 9:30a Adaptive HH Coffee & Donuts SC 9:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 1p Mex Train Dominoes W2TL 1p Game Day W/cookies & Punch SC 6:30p Music W/Rick McDonald SC	6 2p Bingo W/Sharon AL 6:30 Music W/John King SC 6:30 Cards North 1st Fl TL
10 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Wellness Exercise SC 6:30p Music W/Bart Fisher SC	11 9:45a Coffee Social AL 10a Exercise AL 11a Crafts SC 1P Bldg & Grds Mtg SC 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	12 9:45a Coffee Social AL 10a Exercise AL 10:30a New Res Coffee SC 1p Mex Train Dominoes W2TL 2p Birthday Party for Our April Birthdays SC 6:30p Music W/Country Sounds SC	13 2:30p Easter Cantata South Dixie Community Choir SC 6:30 Night at the Movies MRLL 6:30 Cards North 1st Fl TL
17 9:45a Coffee Social AL 10a Wellness Exercise AL 10:30a Discovery Time Children's Visit SC 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Wellness Exercise SC 6:30p Music /Ron McCubbins SC	18 9:45a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p Dietary Mtg 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	19 9:45a Coffee Social AL 10a Exercise AL 1p Mex Train Dominoes W2TL 1p Good Friday Service SC 2p Spring Party SC 6:30p Music W/Charlie Hornung SC	20 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st Fl TL
24 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3P Wellness Exercise SC 6:30p Music W/Mellow Sounds SC	25 9:45a Coffee Social AL 10a Exercise AL 11a Tea Party 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo AL	26 9:45a Coffee Social AL 10a Exercise AL 1p Game Day SC 1p Mex. Train Dominoes W2TL 2P Ice Cream Social SC 6:30p Music W/River City Band SC	27 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st Fl TL
All Events Are Subject to Change		ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room	APRIL



Dental Developments

Since ancient times, people have developed a range of products and procedures to improve their smiles. Brush up on some dental innovations through the decades.

Year	Dental Innovation
1882	Dental floss is sold commercially for the first time.
1896	The first dental X-ray is taken.
1903	Porcelain crowns are developed.
1905	The anesthetic Novocain is invented.
1938	Toothbrushes with nylon bristles debut.
1950	The first fluoride toothpastes hit the market.
1960	Electric toothbrushes are sold in the U.S.
1989	At-home teeth-bleaching products become available.
1999	Clear dental braces, or aligners, are offered.

"This Month In History"

APRIL

1912: Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

1924: The first book of crossword puzzles is published.

1935: Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

1947: A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

1956: World heavyweight champion Rocky Marciano retires from boxing undefeated.

1969: At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

1976: Barbara Walters is named the first female co-anchor of a network evening news program. She teamed with Harry Reasoner on ABC.

1983: Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

1993: The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

2008: Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

2011: In the largest outbreak ever recorded, more than 300 tornadoes hit 15 states in the southern and eastern U.S.

2018: Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.