

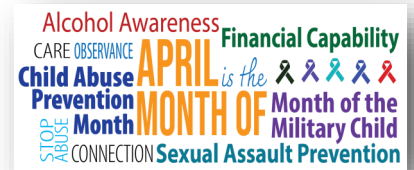
Pioneer Towers April Newsletter

SUN	MON	TUE	WED	THU	FRI	SAT
<p>*Updates will be posted on the message boards in the Lobby*</p> <p>(DR): Dining room (GR): Garden Room (L): Library (MR): Meeting Room</p>			1	2	3	4
			<p>2PM—BOARD MEETING (LIBRARY)</p>	<p>9:30AM—SHOPPING 10:30AM—SHOPPING 10:30AM—YOGA (MR) 2PM—MANICURE & TECHNOLOGY ASSISTANCE (MR)</p>		<p>9AM—GARDENING 3PM—BINGO (MR)</p>
5	6	7	8	9	10	11
<p>ALL DAY—EASTER EVENT (LOBBY)</p>	<p>9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING</p>		<p>2PM—COUNCIL MEETING (MR)</p>	<p>9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:30AM—LUNCH AT BUCKHORN BBQ + GRILL 11:15AM-12:15PM—BOOK-MOBILE (LOBBY)</p>		<p>9AM—GARDENING 3PM—BINGO (MR)</p>
12	13	14	15	16	17	18
	<p>9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING</p>	<p>7PM—BOOK CLUB (L)</p>		<p>9:00AM—SHOPPING 10:30AM—YOGA (MR) 11:00AM—RED HAWK CASINO</p>	<p>12PM TO 3PM—TEA PARTY (GR)</p>	<p>9AM—GARDENING 3PM—BINGO (MR)</p>
19	20	21	22	23	24	25
	<p>9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING</p>			<p>9:30AM—SHOPPING 10:30AM—YOGA (MR) 12:00PM—FOOD BANK</p>		<p>9AM—GARDENING 3PM—BINGO (MR)</p>
26	27	28	29	30		
	<p>9:30AM—SHOPPING 10:30AM—SHOPPING 1PM—PROJECT HANDS 1:30PM—SHOPPING</p>	<p>1:30PM—FALLS PREVENTION CLASS (MR)</p>		<p>9:30AM—SHOPPING 10:30AM—YOGA (MR) 11:30AM—LUNCH AT SHANGHAI GARDEN RESTAURANT</p>		



Holidays

April is dedicated to different awareness campaigns such as Autism Awareness, Acceptance Month, Sexual Assault Awareness Month, Stress Awareness Month and more. This month also includes different religious and cultural celebrations. For example, Celebrate Diversity Month recognizes the diversity of the world. Finally, National Poetry Month is celebrated to promote the appreciation of poetry.



April 1 – April Fools’ Day: A day filled with practical jokes and hoaxes.



April 1 to 9 – Passover: A Jewish festival that celebrates the freeing of the Israeli slaves.



April 2 – World Autism Awareness Day: Promotes understanding and acceptance of people with autism.



April 2 – The Memorial of Jesus’ Death: Observed by Jehovah’s Witnesses to commemorate the death of Jesus Christ.



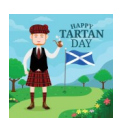
April 5 – Qingming Festival: A festival observed to commemorate and honor family heritage. People visit cemeteries to sweep and clean the graves of loved ones on this day.



April 5 – Easter: Celebrates the resurrection of Jesus Christ.



April 6 – Tartan Day: Celebration of Scottish heritage and cultural contributions to the nation.



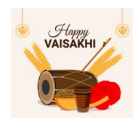
April 7 – World Health Day: This day draws attention to a specific health topic of concern to people all over the world.



April 13 to 16 – Thingyan, Cambodian, Lao, and Sinhalese New Year: Festivals that mark the start of a new year and involve water, games, and community gatherings.



April 14 – Vaisakhi: Marks the Sikh New Year and celebrates the spring harvest.



April 22 – Earth Day: This day raises awareness and advocates for environmental protection.



Mental health in older adults

14%

OF ADULTS OVER THE AGE OF 60 AND OVER LIVE WITH A MENTAL DISORDER.



Common illnesses

Tips to improve



Depression is common in older adults, with signs like sadness, fatigue, and social withdrawal.



Stay socially connected through interacting with family, friends, or community.



Anxiety disorders like GAD, panic attacks, or phobias, often triggered by health, financial, or social concerns.



Engage in physical activity and mind activity like walking or yoga, reading, solving puzzles and acquiring new skills



Dementia, including Alzheimer's disease, impairs memory, judgment, and daily functioning.



Maintain a balanced diet abundant in fruits, vegetables, and omega-3 fatty acids is important.



Other conditions like schizophrenia, bipolar disorder, and PTSD may also manifest in older adults



Practice mindfulness like meditation, deep breathing, or journaling can help manage anxiety

Pioneer Towers appreciates the support and information provided from outside vendors and agencies. However, Pioneer Towers and your Service Coordinator do not endorse these services or products. It is the resident's responsibility to evaluate products and services for themselves.

Bulletins and Updates

Check the bulletin boards in the Lobby for information and updates.

New Resident Portal

LOFT

We've upgraded the Resident portal to the "LOFT" portal (previously known as Active Building), where you can make one-time or automatic monthly rental payments and submit maintenance service requests electronically. Please check your email to register or the lobby for instructions.

HVAC

We have successfully removed the wintertime settings that keep the cooling system from coming on. This system has automatic settings that will call for heating if the outside temperature drops below 65 degrees and cooling if it rises above 65 degrees. However, the transition from heating to cooling and back takes several hours to complete so heating/cooling is never immediate. When Spring is over and the outside temperature remain consistently high, there will be no transition from cold nights to warm days and the need for cooling will be more predictable. While we wait for high temperatures, residents can open/close windows or wearing appropriate clothing. The apartment thermostats must be set on heat when the temperature outside is below 65 degrees and cooling if it is above 65 degrees. If you require assistance, please reach out to Maintenance.

Book Club

April

Poetry Month

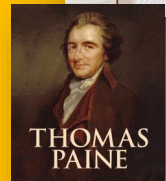
Bring a spring related poem to share



May

Common Sense

By Thomas Paine



New large print books have been added to the library

Yoga

Interested in improving strength, balance, flexibility, and reducing pain? Join our yoga class every Thursday at 10:30 am.

Incident Reporting

If you experience an incident at Pioneer Towers, please submit an incident report to Management. You can scan this QR code with your phone camera to submit one:



Technology Assistance: April 2nd

Interested in learning more about how to use your phone or laptop? High school volunteers will be here on Thursday, April 2nd at 2 pm for one-on-one assistance.



Easter Celebration: April 5th

“Easter Sunday, April 5th, we will provide something special in the Living Room for all to enjoy as you go about on this special day. Information will be on the Resident Council’s bulletin board” says Lanford, Council President 2026.



Falls Prevention Class: April 28th

Sacramento Ballet will be here on April 28th at 1:30 pm to host a falls prevention class. Join us to improve balance, strength, mobility, cognition, and independence through simple movement to feel-good music!



Resident Council Column

“Thanks to the many residents that helped on the election. We thank you and the many residents that voted to elect our 2026 Resident Council Board. Together we have moved from our decades long group being disbanded to re-established, from closed to open.

Congratulations to the new council board members:

Lanford: President

Becky: Vice President

Cynthia: Treasurer

Amy: Secretary

Toni: Activities

Jillian: Education

Alfred: Technology

Now the fun begins.

The 2026 Board will make it a terrific year with events that you enjoy and participate in.

Be sure to enjoy our Spring event celebrating Easter on April 5th, Thursday's shuttle bus lunch with neighbors at Buckhorn Grill on April 9th and Shanghai Garden on April 30th.”



























Lanford Tobe

2026 President

Find the 7 Differences



Brain Games

PUZZLE #1		+		=		-	
		=		+			
		+		=		+	6
PUZZLE #2		-	3	=		+	2
		+		=			
		=		+	1		
PUZZLE #3		+		=		-	1
		+		=		-	
		=		+	2		

Recipe of the Month: Sweet Potato Hash

Ingredients:

- 4 slices of bacon, chopped
- 6 scallions, sliced
- 2 lbs sweet potatoes, peeled and cut into small cubes
- 1 red bell pepper, chopped
- 1 1/2 tsp kosher salt
- 1 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/2 cup of water
- 1 tsp cumin



Steps:

1. Cook the bacon in a pan over medium heat for about 8-10 minutes.
2. Slice the scallions, keeping the white and light green parts separate from the dark green parts. Set aside.
3. Transfer the bacon to a paper towel lined plate. Add the sweet potatoes, bell pepper, and scallion whites and light green to the pan. Cook for about 10 minutes.
4. Stir in 1/2 cup of water, along with salt, paprika, cumin, and garlic powder. Cover and cook until potatoes are tender for about 8-12 minutes.
5. Uncover and increase heat to medium-high. Cook for another 5-7 minutes until all liquid has evaporated. Stir in the bacon and reserved scallion greens. Enjoy!

Reminders

Gifts: Pioneer Towers isn't allowed to accept cash and gifts from residents.

Emergency: If you need emergency help, first dial 911. If you are unable to call 911, pull the emergency cord. This system is for emergency use only.

Trespassers: If you encounter a trespasser, call 911. Remember to just observe and report, do not confront.

Guests: Each guest is given up to 14 days each year. The guest registration form must be filled out per visit and residents must accompany their guests.

Fire Prevention: Do not leave cooking unattended or store flammables in the oven. Keep the unit free of grease. Close the unit door at all times. Use windows to let smoke out. Do not obstruct fire sprinklers – they must have a 18" clearance. Smoking is prohibited except in designated areas.

Flood Prevention: Do not leave faucets/showers unattended. Report leaks immediately to Maintenance.

Hallways: Nothing hanging from or fastened to your door, except when authorized by management for special occasions. No items outside unit (mats, walkers, plants).

Balconies: Do not block doors and windows. Maximum of 3 planters, no larger than 5 gallons, with vase plates to prevent leaking. Management approved mesh for pets. Be cautious of surroundings and floors below when cleaning balconies.

HVAC: When the outside temperature gets below 65 degrees the building will provide heat. When the outside temperature increases above 65 degrees, the building will provide air conditioning. Do not select Cool when it is cold outside – this will overheat your apartment. If you are too warm, push the arrow down button, open a window or turn the thermostat off.

Pets: All pets must be on leashes in common areas.

Household Goods: Do not leave unwanted household goods in the hallways or common areas.

Numbers to Call:

Maintenance: 916-201-4827

Resident On Call: 279-220-6541