



## *Carma's Commentary*

As a father sat reading the newspaper one evening, his son came into the room and asked his dad if he would go outside to play with him. Hoping to buy himself a few more minutes of reading time, the father cut a picture of the earth from the newspaper. He then tore it into pieces and gave it to the boy with instructions to fit all the pieces back together. Once that was done, he would join his son outside. Within minutes the boy was back with the picture of the earth all pieced together. When asked how he put it together so quickly, the son replied that there was a picture of a man's face on the other side of the newspaper. Once he got the man together, the earth also came together. Isn't that true in real life? Once you get yourself "put together", the world comes together for you.

According to Robin S. Sharma's book, *The Monk Who Sold His Ferrari*, we could use a little wake-up call every once in a while on getting ourselves together. We get stuck in a rut thinking we have to continue doing things the same way as in the past. That is simply not true. If we exert just a little will power and change our inner world, the outer world will also change.

However, making any kind of a permanent change to better our lives requires willpower and often becomes a losing battle. Most of us believe that we don't have any willpower. We blame everyone and everything except ourselves for this apparent weakness. Those with a vicious temper will say, "I can't help it, my father was the same way." Those who worry too much will say, "It's not my fault, my job is too stressful." This type of

thinking won't allow us to tap into the potential which lies deep within every one of us, waiting to be inspired into action.

I believe the author when he says that we have the power to be more than our environment. We also have the capacity to be more than a prisoner of our past. Someone recently commented to me that he was a victim of his life experience. As a result, he knew how he would react to certain situations. Exerting a little willpower could make us all rise above what we consider to be pre-programmed behavior.

To develop willpower and inner strength you must use it. If we focus on the changes that need to occur in our lives and start exercising our willpower as though it were a muscle, we are well on our way. Even little changes like getting up earlier in the morning and walking outside are enough to heighten our senses and give new perspective to the day.

Getting positive feedback from little changes that occur as a result of exercising our willpower can spur us on to greater changes. Repetition of our actions, as well as the words that we think and say, are critical in making this concept work. Words are great influencers and the verbal embodiment of power. By filling our mind with thoughts of courage, we become courageous.

The Monk suggested the following words be used to fill our minds as we communicate with ourselves. This "mantra" should be repeated at least thirty times a day. It is: ***I am more than I appear to be, all the world's strength and power rests inside me.***

What a nice thought to have as we put the puzzle pieces of life together in our world!

-- Carma Wall, CEO [cwall@thecedars.org](mailto:cwall@thecedars.org)

**THIS 'n THAT**  
from around *The Village*

**APRIL LUNCHEON**

When: Tuesday the 19<sup>th</sup>, 12:00 noon  
Where: Wellness Center Banquet Room  
Menu: Baked ham, sweet potatoes,  
green beans w/bacon and onion,  
red and green salad, vegetable  
bread w/butter, key lime pie, regu-  
lar and diabetic, beverages  
Cost: \$9.50  
Hosts: Florence Crago  
Howard and Joyce Hill

***Please Note:*** *A new method of contacting you for the luncheon is going into effect this month. See Bob Baldwin's page 8 for details.*

**Thanks!**

The McPherson County Food Bank appreciates the generous gifts of food and cash provided by Villagers at their March lunch-eon. In 2010 the Food Bank served the largest number of families (1969) and individuals (6,774) in its 25-year history. The Food Bank continues to operate with volunteer help only. – John Ward

**And Thanks Again!**

Thanks to all of you Villagers who donated old towels and washcloths to be used in the fitness center!! And a GIGANTIC THANK YOU to Joyce Hall for using her machine to stitch the edges!!! It is great to have a way to help keep the equipment clean. It seems to be working very well. – Jan Parker

**From the Cedars Guild**

The Guild is planning to have a table of items to sell from the Gift Shop at the April Village Luncheon. Come prepared to buy!

**April 1<sup>st</sup> Village Potluck**

Join us on April 1 for a Village potluck at noon at the Wellness Center. We are having a chili and soup contest by Eric Litwiller, Rob Kidd and Bob Baldwin. Bring a side and your table service; soup bowls will be furnished. Come and have some fun with us. – submitted by Bob Baldwin

**Storm Preparedness**

Come learn more about being prepared for a storm and what to do in case there is one. Chris Whitacre and Jerry Bruce will lead us in a discussion on storm preparedness. Change the three double A batteries in your weather radio and bring it along. They will check them out and advise how they work. As this storm season approaches, be safe and prepared. **The meeting will be on the 13<sup>th</sup> of April in one of the W/CC rooms at 3:00 pm.** Hope to see you there.

– submitted by Bob Baldwin

**Two Directors of Nursing on staff**

The Cedars is proud to announce that they now have two Directors of Nursing. **Nick Hansarik is the new Director of Nursing for The Cedars Houses.** He has a long history with The Cedars and most recently worked as an ER Nurse at McPherson Memorial Hospital. **Dana Riling was promoted from a Care Coordinator to the Director of Nursing for The Neighborhoods.** Prior to coming to The Cedars, Dana was the MDS Coordinator for another facility.

**Remember the Guild Meeting**

**April 28, 2011**

**Wellness Center, 3:00 pm**

(This 'n That, continued on p. 3)

(This 'n That, continued from p. 2)

## Announcing our Heritage Society Charter Members!

In late December, all of our Village residents received a letter regarding the Heritage Society, and it warms my heart to acknowledge a number of individuals who will be part of our Charter Membership Group. Membership in the Heritage Society is accomplished in one of two ways. Some are individuals who have included The Cedars in their estate planning through gifting of real estate, life insurance policies, investments, or other assets. Alternately, any individuals whom have purchased gift annuities through our Development Office have essentially established this method of deferred gifting to our community as well, and are therefore a part of the Heritage Society.

We will continue to welcome Charter Members through June 30 of this year. After that date for Charter membership has passed, we will continue to appreciate new membership in the Heritage Society through various events on campus. This is important in order to demonstrate our thankfulness of the generous giving performed by not only residents, but also by their families, employees of The Cedars, and supportive business owners and residents of McPherson. So many of our donors choose to give anonymously and we respect their wishes. At the same time, it is these humble benefactors who care so much about our community that they are willing to donate their gifts in order to help ensure our future. With that in mind, please join me in silently thanking just a few of the individuals and households who have made the effort to contribute to our on-going success. They include:

Dave and Bonnie Fruth  
 Monroe and Corinne Hughbanks  
 Arlene Kough

Eugene and Eloise Lichty  
 Dean and Madonna Reynolds  
 Harold Schlender  
 Mary Workman

For those of you who have appreciated the care given to you, your friends, or perhaps other loved ones who live or have lived here at The Cedars, please know that your generosity is not taken for granted. It is through your thoughtful gifts that we are able to provide the quality of care to those who depend upon our superior staff, and who share in our broader mission. Sustaining and expanding the quality of life here at The Cedars is the top priority of our officers and Directors, and it is through your altruism and foresight that we will succeed.

-- Eric Litwiller, Director of Development

## Collecting e-mail addresses

Over the last few weeks The Cedars has begun a concerted effort to collect e-mail addresses for our resident and their families. In addition to allowing a more ecologically-conscious method of delivering the *Village Voice*, it provides a much easier, cheaper, and more efficient way to communicate directly with family members. Already, nearly a quarter of the Village has requested their monthly newsletter be provided in electronic format only, and that number continues to grow. In addition family members of residents have expressed the desire to start receiving the *Village Voice* through e-mail in order to stay updated on activities happening on our campus. If you have family in the area, or would like to have children and grandchildren anywhere, be apprised of what's happening at The Cedars, feel free to have them contact our Development Office at: [elitwiller@thecedars.org](mailto:elitwiller@thecedars.org) to be added to our mailing list. Thanks.

-- Eric Litwiller, Director of Development  
 (This 'n That, continued on p. 4)

(This 'n That, continued from p. 3)

### **From our library**

I discovered this week that not all heroines have to be glamorous and good-looking. Lorena McCartney has chosen 60ish Andi McConnell as her central character and written a little mystery that convinces me that she will follow this first novel with many others. *Your Chariot Awaits* is a mystery about an old limousine that Andi inherits from an eccentric uncle in Texas. She has just lost her job and has just turned sixty. Things get complicated when the boyfriend that has just broken up with her is found dead in the trunk of the car.

Joella, her teenage friend, is expecting a baby momentarily and is estranged both from the baby's father and from her own parents. You can see that's lots of fodder for a really good story. The book is in the McPherson Library and is in the Young Adults section. Some of you will be glad to know that it is a large print edition. It's worth a read.

If any of you have audio books and would like to pass them on, The Cedars Library would be glad to have them. We have several people who can no longer read because of eye problems but would like to have audio books. We have a shelf for them already, so feel free to donate any that you can spare.

We have received many lovely jigsaw puzzles. As a matter of fact, until we get more shelves we don't have any more room for puzzles. I know they are stored rather high, but ask for help and someone will reach them for you. Perhaps we will have more room soon and can take more donations.

Nicholas Sparks's fans will find his newest book *Safe Haven* on the shelves in Cedars Library. As a matter of fact, I think there are two copies there. Sparks tells a

suspenseful story about a woman who must learn to trust again in order to learn to love again.

If you have a few moments, browse our library. There are good titles there and many hours of happy reading. --Betty Stanley

### **Bench Gardens up for Adoption**

**Attention:** Are you wishing you could put your creative talents to work and claim a bench garden as your own? We have at least two bench gardens maintained by the same family. Those folks are willing to let someone else step in and tend those little beauty spots on campus. Both are near a water source. Both have been tended to last year and wouldn't need a lot of new plantings. They just need some tender loving care and you just might be the person for that job. Call Switzer's (504-6141) or Fruth's (245-0674) if you are interested.

### **Donations for Refreshments**

We're going to be putting a "donations container" out when food is shared at programs in the future. Everyone can help with the expenses of providing refreshments that way. Extra money will be held and used for activities or for a cause yet to be determined. If you forget sometimes, that's no problem. If you are willing to help provide refreshments for a program or activity, contact Jody Miller, June Switzer or Bonnie Fruth. We don't always have to eat when we meet, but we figure that's part of the fellowship. Thanks you in advance.

### **April Breakfast menus**

Apr. 7 – Biscuits/Gravy w/assorted sides  
 Apr. 14 - Omelet Day!  
 Apr. 21 – Scrambled Eggs w/ham & cheese  
 Apr. 28-- Omelet Day!

## APRIL EVENTS

**Bob Baldwin, contact person,  
unless otherwise indicated**

### Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

### Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

### Pool

If you want to play pool (that is the game with balls and sticks instead of the swimming kind), contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

### See you at Village Breakfast (Menus on p. 4)

Join your friends in the large dining room at the Health Care Center and have breakfast together. **We meet on Thursdays at 8:15 am**; the charge is \$4. The dates are **April 7, 14, 21, and 28**. Try eating at noon in the HCC or Courts. Menus for the month of April are on p. 4.

### Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Monday (4, 11, 18, and 25) and Thursday (7, 14, 21, and 28) in April at 11:15 am in the W/CC**. Tai Chi promotes internal strength physically, mentally, emotionally.

### Using the Wii

**Every Friday afternoon from 1:00 to 3:00 pm**, Bob will have the Wii game ready to go, in the W/CC fitness room.

### Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am—April 1, 8, 15, 22, and 29**. Enjoy the fellowship with our friends there.

### Music...Music...Music

(Ed and June Switzer)

We have an opportunity to begin the morning listening to some great musical talent provided by McPherson High School students **Monday, April 4** and **Thursday, April 7**. We've heard excellent comments from those of you who heard the MHS orchestra last month. This time the band students will bring solos and ensembles to share with us! Mark your calendars! Be at the Wellness Center at **9:30 am!** Let's enjoy the music while we let these young people know that we are interested in what they are doing and that we care about them!!

### John Ward to Present "Barn" Program

Everyone is invited to an **April 5** program on the "Barns of Kansas and Nebraska." John Ward has spent many hours tromping around taking pictures of interesting barns. Come to the **W/CC at 7:00 pm** to hear about the history of barns and to see pictures of unusual and historical barns.

Barns are particularly interesting to folks our age - and especially if you grew up on a farm. Come for an interesting evening.

Invite your friends and neighbors. If someone is new to The Village, make a call and see if they are getting out to meet people; then stop and pick them up or walk together to the program. We'll have refreshments. (Donations to offset expenses.)

(April Activities, continued on p. 6)

(April Activities, continued from p. 5)

## **2<sup>nd</sup> Tuesday Coffees – April 12**

### **Men's and Women's groups – 10:00 am**

**Men:** at the **Health Care Chapel** for visiting, coffee, and an occasional speaker.

### **Women: at W/CC Coffee Shop,**

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the coffee shop for our monthly coffee. This month –an extra treat: Sue Zerger's program on "Gardens."

## **Red Hatters to meet for breakfast**

(Corky Flood)

The Red Hat group will enjoy breakfast together at 9:30 am on Wednesday, April 13 at The Swedish Crown in Lindsborg. Please let Corky know if you plan to attend so that transportation can be arranged. (Phone 241-4005).

## **Movie Night - Friday, April 15**

(Dave and Bonnie Fruth)

We had to postpone "The Ron Clark Story" movie due to icy weather in February. So we're rescheduling it for **April 15 at 7:00** in the **Wellness Center**. If you recall, it is about a teacher who takes on a tough inner city school working with the most disadvantaged class. Invite your neighbors to this powerful movie. We'll make popcorn. You can make a donation!

## **Sig Britt Hodson: "Care of the Feet"**

(June Switzer)

**Come to the Wellness Center on Tuesday, April 19<sup>th</sup> @ 3:00 pm. to learn new things and review other things we all need to know about how to take care of our feet.** Sig Britt Hodson, Diabetes Education Nurse, will be sharing this information with us. We think you will appreciate the help she has to offer to us even if you might be a lucky one who does not have diabetic concerns. Remember *Healthy Feet* help

make *Happy People* or *Happy People* have *Healthy Feet*, whichever it is!! We will have refreshments to enjoy while we listen.

## **Book Club - Monday, April 25, 3:00pm**

(Bonnie Fruth)

If you've read a good book lately, we want to hear about it. Everyone is invited to the monthly book club on the 4th Monday of the month, which will be **April 25**. We meet in the **Board Room at the Wellness Center**. We just listen to each other share about what they've been reading since the last session. You'd be surprised at the variety of books read. This is very informal. If you're listening to books on tape, we want to hear about those books as well. Grab a cup of coffee/tea from the coffee shop, and come on down the hall across from the Cedars Library. It's fun. We welcome you. Bring a neighbor along.

## **Spring Work Day, Tuesday, April 26**

After being cooped up inside this winter, we're anxious to get outside and get our hands in the dirt! We've scheduled a work day on **Tuesday, April 26 at 10:00** to clean bench gardens, walk the grounds picking up trash, trimming, raking and sprucing up the campus a little. Everyone is invited to help as you are able. Someone will be stationed at the gazebo to help give out assignments and suggestions for work to be done. You might bring your rake or hoe or pruning shears/clippers. Please put your name on tools as they all start looking alike and we want to make sure you get yours returned.

At 12:00 we'll picnic at the gazebo. Lois and Gerald Neher will be firing up the grill and cooking hot dogs for us. If you can't do the physical work in the yard/gardens, maybe you can help by providing some food for lunch, then join us in eating and fellowship. Call Fruths (245-6074).

(April Activities, continued on p. 7)

(April Activities, continued from p. 6)

**Documents to be shredded**

If you have documents that need to be shredded, you can bring those to the main Cedars office or Assisted Living on the fourth Wednesday of the month. This would be **Wednesday, April 27<sup>th</sup>**. They will have a secure box for your documents.

**Recycling**

**Wednesday, April 27<sup>th</sup>, will be Recycling Day** at the Village. Bring your recyclables to the trailer, parked in the W/CC parking lot from **8:00 am to noon**.

**Farm Field Trip**

**(John Ward, Bonnie Fruth)**

**A farm field trip has been planned for Saturday, April 30. We will leave from the Wellness Center at 10:00 am** and drive to the Mike Patrick farm northeast of Marquette. He is an innovator with a windmill for making electricity and a large solar unit which allows them to have surplus electricity which they sell back into the grid.

At about 11:30 we will have lunch at the Marquette café (Dutch). At 12:30 we will visit the McPherson County feedlot south-east of Marquette where they finish about 20,000 cattle annually. Allan Sents is the manager. Temple Grandin designed the working facilities at the feedlot.

At 1:30 we will stop at the James farm east of the feedlot to see the 4-H goat projects of the James girls. We return to the W/CC around 2:30 pm. Let Bonnie Fruth (245-0674) know if you plan to attend so that transportation can be arranged.

\* \* \* \* \*

The Village Council did not meet in March.

**I Love to Live**

(Author Unknown)

Today, dear Lord, I'm 80 and there's much I haven't done. I hope, dear Lord, You'll let me live until I'm 81.

But then, if I haven't finished all I want to do, would you please let me stay awhile, until I'm 82?

So many places I want to go, so very much to see, do You think that You could manage to make it 83?

The world is changing very fast, there's so much in store. I'd like it very much to live until I'm 84.

And if by then I'm still alive, I'd like to stay 'til 85!

More places will be up in the air, so I'd really like to stick and see that happens to the world when I turn 86.

I know, dear Lord, it's much to ask (and it must be nice in heaven), but I'd really like to stay, until I'm 87.

I know by then I won't be fast, and sometimes will be late, but it would be so pleasant to be around at 88.

I will have seen so many things and had a wonderful time, so I'm sure that I'll be willing to leave at the age of 89 -- maybe.

Just one more thing I'd like to say, dear Lord: I thank You kindly, but if it's okay with You, I'd love to live past 90!

(Shared by Dortha Hinman)

**April 2011**

**Director of Independent Living & Wellness/Conference Center**

**Bob Baldwin**

### **Auto Dialer for Activities and More**

We are playing with a new device to get information out to the village residents. We will be using an auto-dialer that will give you a pre-recorded message about activities or other events that are happening in the village. It will not work as an emergency caller or warning device as it can take a long time to call all 109 apartments. We hope it is a better way to communicate what is going on. Our weekly e-mails will continue but not all residents have that option. Once we get it running, you can opt out by calling Diane and leaving a message. Another option may be a weekly menu for the noon meals at the Café. I would like your feedback on this and hope it works out and helps more people become aware of all the things going on.

### **Village Luncheon Call In's**

For the April village luncheon, we **will not** have the callers call for reservations. We will have our new auto dialer place the call to remind you and have you call into Diane. Please watch and listen for this and let me know how it works for you. We hope to offer more reminders this way in the future.

### **Village Yard Waste**

Maintenance will again start picking up yard waste on Thursday afternoons in April. If your container is broken or you need a larger one, contact Kurt and he can fix you up.

	<b>April Menus</b>			<b>April 1</b>
				3 Bean Salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ Gravy Zucchini Corn Bread pudding	Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake	Cole Slaw Pasta and Meatballs Sweet and sour Chicken Garlic bread Italian Blend vegetables Rice Cookie	Cottage Cheese jello Salad King Ranch Chicken Pineapple Glazed ham Green beans Baked amaretto apples	Applesauce jello Chicken Fried Steak Stuffed Shells w/ Marinara Mashed potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
3 Bean Salad Egg Rolls Stuffed Ravioli Steamed rice Vegetable Blend yellow Squash Brownie	Lemon Lime Jello Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sauteed Cabbage Broccoli Cookie	Cole Slaw Pepper Steak Pork & Kraut Buttered penne pasta Broccoli Corn Dinner Roll Cookies and Cream pie	Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie	BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans vegetable medley Bread Stick Root Beer Cake
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake	Cottage Cheese & Peaches Huntington Chicken Chefs Choice entrée peas Yellow Squash Cookie	Tomato and Mozz Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie	Cucumber Salad lasagna Rolls w/ Meat sauce Chicken Tetrazzini Creamed Corn Zucchini Lime layer Dessert	Heavenly Mold Meat Loaf Red Beans and Rice Baked Potato Scandinavian Veg Turnips Mango Cheesecake
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Coleslaw Fried Catfish Meatball Sub Au gratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb pie	Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy spinach Corn Baked Cod Pecan pie bars	Caesar Salad Lasagna Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake	Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes green beans Chef's Choice Veg 7 layer dessert	3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie
<b>30</b>	<b>May 1</b>	<b>May 2</b>	<b>May 3</b>	<b>May 4</b>
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ Gravy Zucchini Corn Bread pudding	Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake	Cole Slaw Pasta and Meatballs Sweet and sour Chicken Garlic bread Italian Blend vegetables Rice Cookie	Cottage Cheese jello Salad King Ranch Chicken Pineapple Glazed ham Green beans Baked amaretto apples	Applesauce jello Chicken Fried Steak Stuffed Shells w/ Marinara Mashed potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding

# APRIL

# CALENDAR

## DATE

## EVENT

### April 1

Fri. 1 9:00am Exercise group, fitness ctr  
 9:30am Coffee at The Courts  
 10:30am Just for Laughs, Coffee Shop  
 noon Potluck, W/CC; details p. 2  
 1-3:00pm Wii Games, Exercise Rm W/CC

### April 4--8

Mon. 4 9:30am MHS band, W/CC, details p. 5  
 10:15am Ready Writers, Med. Chp  
 11:15am Tai Chi, W/CC  
 Tues. 5 6-9:00pm China painting class, S-DUR  
 7:00pm "Barns," John Ward; see p. 5  
 Wed. 6 9:00am Exercise group, fitness ctr  
 10-11:30; 2-4 pm Sew&tie quilts. S-DUR  
 10:15am Study Group, Med. Chp;  
 Thu. 7 8:15am Village breakfast, HCC; menu-p.4  
 9:00am China painting, S-DUR  
 9:30am MHS band, W/CC, details p. 5  
 11:15am Tai Chi, W/CC  
 2:00pm Cedars van to Wal-Mart  
 Fri. 8 9:00am Exercise group, fitness ctr  
 9:30am Coffee at The Courts  
 10:30am Just for Laughs, Coffee Shop  
 1-3:00pm Wii Games, Exercise Rm., W/CC

### April 11-15

Mon.11 9:00am Exercise group, fitness ctr  
 10:15am Ready Writers, Med. Chp  
 11:15am Tai Chi, W/CC  
 Tue.12 10:00am Hearing Aids, W/CC  
 10:00am Men's Coffee, HCC  
 10:00am Women's Coffee, Coffee Shop; p6  
 6-9:00pm China painting class, S-DUR  
 Wed.13 9:00am Exercise group, fitness ctr  
 10-11:30am; 2-4pm Sew&tie quilts, S-DUR  
 10:15am Study Group, Med. Chp  
 9:30am Red Hat breakfast; details p. 6  
 Thu.14 8:15am Village Breakfast, HCC; menu-p4  
 9:00am China painting, S-DUR  
 11:15am Tai Chi, W/CC  
 2:00pm Cedars van to Wal-Mart  
 Fri. 15 9:00am Exercise group, fitness ctr  
 9:30am Coffee at The Courts  
 10:30am Just for Laughs, Coffee Shop  
 1-3:00pm Wii Games, Exercise Rm., W/CC  
 7:00pm Movie, "The Ron Clark Story," p.6

## DATE

## EVENT

### April 18-22

Mon. 18 9:00am Exercise group, fitness ctr  
 10:15am Ready Writers, Med. Chp.  
 11:15am Tai Chi  
 1:30pm Village Council, W/CC Bd Rm  
 Tue. 19 noon Village Luncheon, W/CC, p. 2  
 3:00pm "Care of Feet," details, p. 6  
 6:-9:00pm China Painting Class, S-DUR  
 Wed.20 9:00am Exercise group, fitness ctr  
 10-11:30am;2-4pm Sew&tie quilts, S-DUR  
 10:15am Study Group; Med. Chp  
 Thu. 21 8:15am Village Breakfast, HCC, menu 4  
 9:00am China painting, S-DUR  
 11:15am Tai Chi, W/CC  
 2:00pm Cedars van to Wal-Mart  
 Fri.22 9:00am Exercise group, fitness ctr  
 9:30am Coffee at The Courts  
 10:30am Just for Laughs, Coffee Shop  
 11:15 am Advocated/Friends, Med. Chp.  
 1-3:00pm Wii Games, Exercise Rm., W/CC

### April 25-30

Mon.25 9:00am Exercise group, fitness ctr  
 10:15am Ready Writers, Med. Chp  
 11:15am Tai Chi, W/CC  
 3:00pm Book Club, W/CC Bd. Rm.  
 Tue.26 10:00am Work Day, gazebo; noon picnic  
 6-9:00pm China painting class, S-DUR  
 Wed.27 Document shred., Courts & office, all day  
 8am-noon Recycling, W/CC parking lot  
 9:00am Exercise group, fitness ctr  
 10-11:30am; 2-4pm Sew&tie quilts, S-DUR  
 10:15am Study Group, Med. Chp;  
 Thu.28 8:15am Village Breakfast, HCC, menu-p4  
 9:00am China Painting, S-DUR  
 11:15am Tai Chi, W/CC  
 2:00pm Cedars van to Wal-Mart  
 Fri.29 9:00am Exercise group, fitness ctr  
 9:30am Coffee at The Courts  
 10:30am Just for Laughs, Coffee Shop  
 1-3:00pm Wii Games, Exercise Rm, W/CC  
 Sat. 30 10:00 am Meet at W/CC for Farm Trip; p.7

