

## Lynsey's Corner

We will be starting to send out current weekly, monthly and special event information to all family members by e-mail. If you would like to be included in the internet mailings, please e-mail me (enrichinghappiness@gmail.com), as we are completing our list by April 15th. If you do not have e-mail but would like us to mail you pertinent happenings, please give me a call with your address.

Our Garden Club residents are anxious to get started outside. Spring is coming and we will be starting our Garden Club meetings and plans for Spring planting. Last year we had one of the prettiest courtyards in recent past years. If you would like to work with us, give me a call. If there is an activity you would like to see on our monthly calendar which is NOT on it, please let me know. We want to offer our residents activities which they are interested in. You can call me any time on my cell phone.

Lynsey Carlson, LEC 319-750-2021



*Activities are subject to change without notice.*

### Chaplain's Chat

### Chaplain con't Teddie con't

Are you waiting? I know I am waiting. Actually, I am anxiously waiting; waiting for Spring. We have had a long hard winter and I would guess that quite a few of us are looking forward to spring. It's the time of year when everything seems to come back to life after a long time of being dead or dormant.

It is also the time of year for Easter. The time of year we remember the life, death and resurrection of our Lord Jesus Christ. Think about it. The people of Israel were waiting for their long expected Saviour and King. His arrival was not what they were anticipating.

His life wasn't quite as elaborate or forceful as they might have hoped. His death was gruesome and shameful. Those three long days in the grave were dark and defeating. The wait was heart-gripping.

And then, there was RESURRECTION! New Life! New Hope! New Joy!

"I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?" ---Jesus (John 11:25-26)

Blessings,  
Chaplain Gwen Fratt

artificial sweeteners, refined grains, excess sugar, chemicals & processed foods. Drink plenty of water: The lymphatic system depends on constant supply of fluid, so it is important to drink 6-8 glasses a day.

Move your body regularly: When your muscles move, they massage the lymphatic system & promote the flow of fluid through your lymph vessels. Regular daily walks, exercises like stretching, & strength training are all great ways to keep the lymph juices flowing.

God bless. See you at exercise time to get your lymphatic system rolling!!

Teddie Rinehart RNC

### Teddie's Treatment April 2014

A healthy lymphatic system is a major player in promoting overall wellness. An unhealthy lymph system can lead to many issues including a suppressed immune system, fibromyalgia, multiple sclerosis, chronic fatigue syndrome, aches, pains, bloating and poor digestion. Here are a few ways to keep the lymph flowing smoothly:  
Dry body brushing: use a dry brush to increase circulation to boost a sluggish lymph system. Start with your arms and legs; use LONG strokes to move the brush towards your heart.

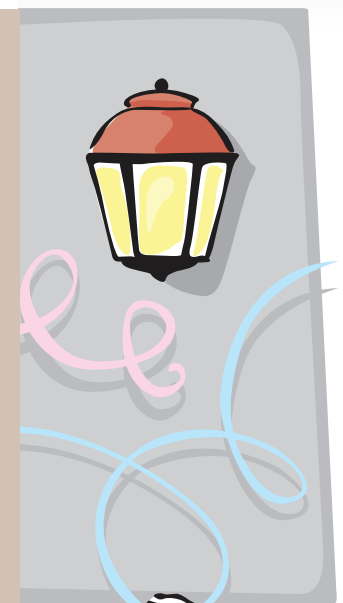
Rebounding: gently moving up & down is the most efficient way to move lymph fluid. This is because bouncing, a vertical motion exercise, smoothly opens & closes

the one way valves that shake up the lymphatic system.

Massage: Massage stimulates the lymph nodes & helps promote fluid movement in lymph nodules.

Deep breathing: If you are a shallow breather like me, you will need to start doing some deep breathing exercises. Deep breathing promotes the movement of fluid through the lymphatic system, while providing fresh oxygen.

Eat a clean diet: foods that promote a great lymph system include organic fruits & veggies, especially the leafy greens for the chlorophyll content. Essential fatty acids in the form of flaxseed oil, walnuts, almonds & avocados are necessary for proper lymph function. Avoid



# APRIL BIRTHDAYS

- April 5th Frank Winter
- April 10th Freida Folkers
- April 17th Ruth Rowley
- April 21st Carrie Reusch - BFM
- April 22nd Kathryn Hansen
- April 24th Alyssa Hull - BFM
- April 25th Marija Krisciunas
- April 26th Glenadine Stone
- April 28th Helen Luttenegger

Friends are the family you choose for yourself.

We don't grow when things are easy. We grow when we face challenges.



S M T W T F S

April

You know you've got the greatest friends when the only time they make you cry is when you're laughing too hard.

Don't look back, as you are not going that way. There are no shortcuts to anywhere worth going.

Opening Week of Baseball  
9a Sit + Get Fit  
**10a Resident Council**  
11a Bowl Team A  
1p Bowl Team B  
3:30p Trivia  
6:30p Bingo

9a Sit + Get Fit  
10a Ladies Tea Time  
10a Mens Club Time  
1p Garden Club  
2p **Praise Singers**  
6:15p Rummy Kube

9a Sit + Get Fit  
10:15a Story Time  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
6:30p Tripoly Club

9a Sit + Get Fit  
10:30a Mary-keybrd  
1:00p Bingo  
2:30p Easter Craft  
6:15p Open Bowl

9a Sit + Get Fit  
10a Open Bowl  
1:30p Travelogue or Bird Aviary Time  
5:30p Gaither's  
7p Lawrence Welk

9a Sit + Get Fit  
10a Travelogue  
2p Chapel AL  
3p Open game time  
3p Chapel MB's  
6:15p Movie or  
6:15p Rummy Kube

9a Sit + Get Fit  
10a Ruth S piano  
12:15p Lunch Bunch  
1p LB Bingo  
3p High Tea Time  
3p Margie-piano  
6:15p Dominoes

9a Sit + Get Fit  
**10 Food Council**  
10a Bowl Team A  
1:30p Bowl Team B  
1:30p Mind Games  
3:30p Trivia  
6:30p Bingo

9a Sit + Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
11a Mass Service  
1:30p Bingo  
3p Garden Club  
6:15p Rummy Kube

9a Sit + Get Fit  
10:15a Story Time  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
5:30p Hymn Fest  
6:30p Tripoly Club

9a Sit + Get Fit  
10:30a Mary-keybrd  
1:00p Bingo  
**2:30p Bird House Craft time**  
6:15p Open Bowl

9a Sit + Get Fit  
10a Open Bowl  
1:30p Travelogue or Bird Aviary time  
5:30p Gaither's  
7p Lawrence Welk

**Psalm Sunday**  
9a Sit + Get Fit  
10a Travelogue  
2p St. Paul's music concert here  
3p Chapel AL  
3:30 p Chapel MB's  
6:15p Rummy Kube

9a Sit + Get Fit  
10:30 Shopping Trip  
10:30a Ruth S piano  
1:15p Game time  
3p High Tea Time  
6:15p Dominoes

9a Sit + Get Fit  
10a Bowl Team A  
1:00p Bowl Team B  
2:30p Sarah Smith-keyboard  
3:30p Trivia  
6:30p Bingo

9a Sit + Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
11a **FIRE DRILL**  
1:30p Bingo  
3p Garden Club  
6:15p Rummy Kube

9a Sit + Get Fit  
10:15a Story Time  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
6:30p Tripoly Club

9a Sit + Get Fit  
10:30a Mary-keybrd  
1:00p Bingo  
**2:00 Birthday Party**  
6:15p Open Bowl

9a Sit + Get Fit  
10a Open Bowl  
1:30p Travelogue or Bird Aviary Time  
5:30p Gaither's  
7p Lawrence Welk

**Easter Sunday**  
9a Sit + Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Movie or  
6:15p Rummy Kube

9a Sit + Get Fit  
10:30 Shopping Trip  
10:30a Ruth S piano  
1:15p Sorry Game & Checkers  
3p High Tea Time

9a Sit + Get Fit  
10a Bowl Team A  
1:30p Bowl Team B  
1:30p Strengthen minds  
3:30p Trivia  
6:30p Bingo

9a Sit + Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
1:30p Bingo  
3p Garden Club  
6:15p Rummy Kube

9a Sit + Get Fit  
10:15a Story Time  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
6:30p Tripoly Club

9a Sit + Get Fit  
10:30a Mary-keybrd  
1:00p Bingo  
**2:30p finish Bird Houses Craft**  
6:15p Open Bowl

9a Sit + Get Fit  
10a Open Bowl  
1:30p Travelogue or Bird Aviary time  
5:30p Gaither's  
7p Lawrence Welk

9a Sit + Get Fit  
10a Travelogue  
2p Chapel AL  
3p Open game time  
3p Chapel MB's  
6:15p Movie or  
6:15p Rummy Kube

9a Sit + Get Fit  
10:30 Shopping Trip  
10:30a Ruth S piano  
1:15p Card games  
3p High Tea Time

9a Sit + Get Fit  
10a Bowl Team A  
1:30p Bowl Team B  
1:30p Strengthen minds  
3:30p Trivia  
6:30p Bingo

9a Sit + Get Fit  
10a Ladies Tea Time  
1:30p Bingo  
3p Garden Club  
**4p FIRE DRILL**  
6:15p Rummy Kube

Take time to be thankful for everything you have. You could always have more, but you could also have less.

Spend your time with those who love you unconditionally, not with those who love you only when the condition is right for them.

Ballgames on Saturday afternoon, when televised, can be watched on living room big screen TV.