

# Garnett Gazette

Volume 2, Issue 4

April, 2011

**Special points of interest:**

- Mayor Corbett to Visit.
- Open House on May 1
- Easter Egg Hunt
- Easter Bonnets Return
- We Volunteer

**Inside this issue:**

Open House Lee's Advice	2
Easter Egg Hunt Freedom Festival	3
Birthdays Spa Day	4
Special Activities	5
Calendar	—
Monthly Menus	—
Easter Events Puzzle	6

## Why Do We Call April 1 "April Fool's Day"?

The history of April Fool's Day began in the mid-1500's with the reform of the calendar in France.. New Year's Day was moved from April 1 to January 1.

Communication traveled slowly in those days and it took years for some people to learn of the change. Others were rebellious and continued to celebrate New Year's Day on April 1.

These people were labeled "fools" and subject to ridicule. They were sent on "fool" errands, sent invitations to non-existent parties and had other practical jokes

played upon them.

The "fools" were known as "April fish" because young fish in the spring are easily caught. One common prank was to hook a paper fish on the back of someone.

This prank behavior continued and spread to Britain, Scotland, and the American colonies. It has taken on an international flavor with each country celebrating in its own way.

In Scotland people liked to kick the "fools". The origins of the sign "Kick Me" can be traced back to the Scottish observance.

No matter where you

happen to be on April 1, don't be surprised if you are "fooled".



## Cedar Rapids Mayor Coming on May 7 @ 2 pm

Join us as Mayor Ron Corbett visits Garnett Place to update us on the status of our community.

The forum is sponsored by Lodge Jr. American Czech #388-CSA and

Garnett Place.

He will share with us about:

- The closing of 2nd Avenue
- New Convention Center

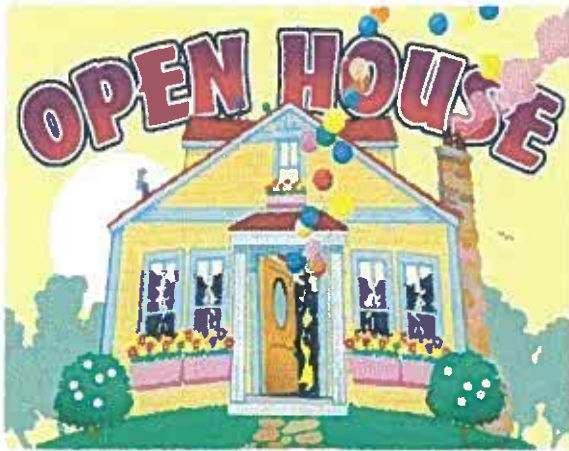
- Sales Tax

- New Court House

There will be a question and answer period .

The Cedar Rapids community is invited to join us for the event.

### Garnett Place to Host Open House



Sunday, May 1, from 1-4 pm our community will be abuzz with people joining us to get "A Taste of Garnett Place."

All of us made a decision to move to Garnett Place for many different reasons.

Maybe you wanted to be closer to family. Perhaps you knew your medical needs would be met.

Having laundry, house-keeping and meals prepared was just what you were looking for.

Feel free to welcome people and even share what you like about living here. You may be meeting your next new neighbor.

For more information, Contact Cathy Hulbert, Marketing Coordinator.

**See Waldo on the right? Can you find a smaller Waldo in the newsletter?**

**Call Diane 362-3630 x 32.**

**Leave your name and the page number where you find the small Waldo. Win a prize!**

### Can Sitting Too Long Make You Fat?

The answer is YES! When we sit too long our metabolism is reduced and our good cholesterol (HDL) is lowered.

Some ways to help you are simple to do.

- Move your legs while sitting. It also boosts

circulation which helps the whole body.

- Walk outside or in the hallways before your meal.
- Take three 10 minute walks a week.

These activities are good for both Health and Fitness.

The bottom line is—**KEEP MOVING!**



### J.P.'s NCAA March Madness Basketball Tournament



Congratulations to all of you for a fun tournament experience.

At press time we don't know the final winners because the final game is not scheduled until Monday evening, April 4.

We do know the Final Four bracket winners.

Saturday, April 2nd Games

5:00 pm

**Butler Bulldogs vs. VCU Rams**

R (Ray Davis) (Esther Oldaker)

7:45 pm

**U Kentucky vs. U Connecticut**

S (Scottie Scott) (Ken McDonald)

Good luck to the Final Four Winners!

A big thank you to everyone for your support and enthusiasm.

### J.P.'s Morsels

So long to the month of March. Hello April Showers! Welcome Easter.

May you and your family enjoy the celebration of Easter and all the newness of life that comes with it.

April has several interesting food facts:

- Celery Month

- Pecan Month
- 4-2 National Peanut Butter and Jelly Day
- Egg Salad Week
- 4-6 "Twinkies" Birthday
- 4-15 marks the 56th anniversary of McDonalds restaurants

What's your favorite?



### Easter Egg Hunt Coming on Saturday, April 23, from 2-3 pm.

Saturday April 23, Garnett Place will be busy with little people hunting for Easter eggs.

Special guests, Rebel Extreme Cheerleaders (ages 3-5) will kick off the festivities.

Only our grandchildren and great-grandchildren are invited to this fun

activity.

For those of you who want to participate we will have plastic eggs with candy for you to hide in your apartment. If the weather is nice there will be some hidden outside.

Postcards will be mailed out. Let us know whom you want to invite!



### Freedom Festival Community Project

Sometime in mid-April we will be helping The Freedom Festival by assembling 3500 badge packets.

This has been done previously at Garnett Place but we missed last year.

Supplies will be deliv-

ered and placed in the Activity Lobby for us to complete.

There are only 3 steps:

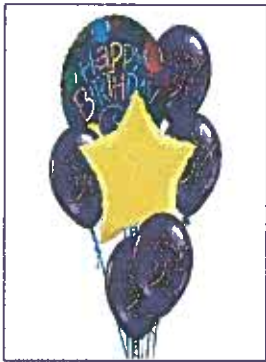
- Card
- Button
- Bag & Seal

Check with Diane if you are if you are in-

terested in helping. Snacks—for sure.

For those of us who want to give to our community, this is a worthwhile project we can do here at Garnett Place. Feel free to invite friends who live in the area to join us.





### April Birthdays

Harold Gray will sing "Happy Birthday" to all of our April honorees on Monday, April 18, @ 2 pm in the Lobby.

Happy Birthday to:

- 4-2 Sharon Walker
- 4-3 Irene Mathis
- 4-11 Ellen Ellis
- 4-23 Evelyn Schminkey
- 4-24 Wilma DeLancey
- 4-30 Gene Minder

*If you were  
born in 1930:  
30 year  
+ 81 age*

---

*+ 111*

*Everyone gets  
the number 111*

### 2011 Funny Math

The year 2011 has some interesting math facts.

Four unusual dates occur this year:

- 1-1-11
- 1-11-11
- 11-1-11
- 11-11-11

October, 2011, has:

- 5 Saturdays
- 5 Sundays
- 5 Mondays

This occurs once every 823 years.

Another unique fun math project to do is:

1. Take the last 2 years of the year you were born. (If you were born in 1930 use only the 30)
2. Add your age in the year 2011.
3. Everyone will have the result 111. Interesting stuff.

### Spa for Hands and Feet



It's almost time for our tootsies to come out of hibernation and be seen bare! Oh my!

You will want to join us on April 20 @ 2 pm for a spa treatment for both hands and feet.

We will be using natural products containing fig and blackberries for soaking and softening our feet. Moisturizing them with sweet almond cream will top the experience.

Our hands will love the cranberry orange hand treatment complete with a shea butter cream. Your hands and feet will thank you for the attention.

## Monthly Highlights

Monday	April 4	2 pm	Piano by Diane
Tuesday	April 5	2 pm	FOOD MEETING
Wednesday	April 6	2 pm	Puppy Love—Dog Visit
Thursday	April 7	2 pm	Mayor Ron Corbett
Friday	April 8	2 pm	<u>Trip to Dollar Tree</u>
Saturday	April 9	2 pm	Make Easter Cards w/ Mary

This week the Freedom Festival Supplies Arrive. Watch for announcements.

Monday	April 11	2 pm	The Comforters
Tuesday	April 12	9 am	<u>Riverside Casino</u>
		2 pm	Bible Study w/ Pat
Wednesday	April 13	11:30	Men's Luncheon
		2 pm	"Life Is a Balancing Act" Presentation
Thursday	April 14	2 pm	Videotape Hand Bells for youtube
Friday	April 15	2 pm	<u>Trip to Wal Mart</u>

Monday	April 18	2 pm	Birthday Party w/ Harold Gray
Tuesday	April 19	1:30	Funny Videos
		2 pm	ACTIVITY MEETING
Wednesday	April 20	2 pm	Spa for Hands & Feet
		6:30	The Odeens
Thursday	April 21	10 am	Make Easter Bonnets
Friday	April 22	2 pm	Religious Movie
		6 pm	Good Friday Gathering w/ Diane
Saturday	April 23	2 pm	Easter Egg Hunt

Sunday	April 24	9:15	Easter Service w/ St. Matthew's
		3:15	Easter Service w/ New Covenant
Monday	April 25	2 pm	Czech Accordion Trio
Tuesday	April 26	1:30	RESIDENT COUNCIL
Wednesday	April 27	12 noon	<b>Dine @ Olive Garden</b>
		2 pm	RESIDENT MEETING
Thursday	April 28	10 am	Dollar Bill Origami
Friday	April 29	2 pm	<u>Trip to Walgreen's</u>

Volunteer Week is April 10th-16th. We will be sending cards to our super volunteers. Anyone who wants to help, please let Diane or Summer know. Thank you for your help.



## Lunch Menu for April 1 - 16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Apr Veal Parmesan, Breaded Fish, Joanne's Veggies, Roasted Red Potatoes, Carrot Cake	2-Apr Gumbo Pork Chop, Meatloaf, Mixed Veggies, Scalloped Potatoes, Resident Dessert
3-Apr Roast Turkey, Carrots, Mashed Potatoes, Breadsticks, Resident Dessert	4-Apr Bacon Wrapped Pork Filet, Lasagne, Harvard Beets, Baked Potato, Cheesecake	5-Apr Turkey Pot Pie, Stuffed Peppers, Cole Slaw, Cheesy Potatoes, German Chocolate Upside Down Cake	6-Apr Roast Beef, Meatballs with Marinara, Mushrooms, Mashed Potatoes, Sugar Free Raisin Cream Pie	7-Apr Liver & Onions, Pork Shank, Squash, O'brien Potatoes, Jell-o Cake	8-Apr Shrimp, Chicken Cordon Bleu, Tossed Salad, Fried Rice, Key Lime Pie	9-Apr Polish Sausage, Steak Diane, Sauerkraut, Baked Beans, Sue's Apple Cake
10-Apr Rice Krispie Chicken, Stewed Tomatoes, Potato Salad, Dinner Roll, Apple Pie	11-Apr BBQ Ribs, Veal Parmesan, Cozumel Blend Veggies, Sweet Potato Fries, Resident Dessert	12-Apr Fish Filet, Casserole Italiano, Broccoli, Baked Beans, Strawberry Shortcake	13-Apr Baked Ham, Pepper Steak, 7 Layer Salad, Baked Potato, Coffee Cake	14-Apr Meatloaf, Pork Loin, Zucchini, Mashed Potato, Chess Pie	15-Apr Salmon Patty, Smothered Chicken, Cauliflower Salad, Creamed Peas & Potatoes, Pineapple Upside Down Cake	16-Apr Chicken Fried Steak, Smothered Pork Chop, Cole Slaw, French Fries, Black Forrest Cake

**Sandwich of Choice offered as alternative: Please see table tents for options**

\*\*\*Menu's subject to change.

## Supper Menu for April 1 - 16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Apr	2-Apr
					Soft Shell Tacos, Soup, Sandwich of Choice, Ambrosia	Southwest Turkey Wraps, Soup, Sandwich of Choice, Gingerbread
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr
Chicken Noodle Soup, Sandwich of Choice, Root Beer Floats	Almond Chicken Casserole, Soup, Sandwich of Choice, Blueberry Dump Cake	Sliders, Soup, Sandwich of Choice, Baked Custard Pie	Pork Tenderloin Sandwich, Soup, Sandwich of Choice, Sue's Apple Slices	Deli Meat Rollups, Soup, Sandwich of Choice, Pumpkin Bars	Tuna Noodle Casserole, Soup, Sandwich of Choice, Cinnamon Sticks	Beef & Noodles, Soup, Sandwich of Choice, Pound Cake
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr
Oyster Soup, Sandwich of Choice, Brownie Sundaes	Meatball Sub, Soup, Sandwich of Choice, Baked Apples	Chipped Beef on Toast, Soup, Sandwich of Choice, Rhubarb Bounce	Pizza Burger, Soup, Sandwich of Choice, Fruit Pizza	Ham & Cheese Stratta, Soup, Sandwich of Choice, Strawberry Cake	Veggie Lasagna, Soup, Sandwich of Choice, Boston Cream Pie	Shepard's Pie, Soup, Sandwich of Choice, Cookies

**Sandwich of Choice offered as alternative: Please see table tents for options**  
**Soups offered as alternative.**

\*\*\*Menu's subject to change.

## Lunch Menu for April 17 - 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr
Roast Beef, Asparagus, Mashed Potatoes, Corn Bread, Peach Pie	Corned Beef, Manicotti, Red Cabbage, Potato Medley, Bread Pudding	Beef Stroganoff, German Meatballs, Green Beans, Baked Potato, Pumpkin Pie	Chicken Stir Fry, Salisbury Steak, Asparagus, Baked Beans, Jimmy Carter Dessert	Chicken Cordon Bleu, Beef Pot Pie, Harvard Beets, Stuffing, Sugar Free Chocolate Cream Pie	Baked Cod, Meatloaf, Tossed Salad, Corn Casserole, Ice Cream Cake	Steak Diane, Pork Loin, Carrots, Mashed Potatoes, Banana Nut Cake
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr
<b>Happy Easter</b> Baked Ham, Green Bean Casserole, Sweet Potatoes, Breadsticks, Pecan Pie	BBQ Ribs, Lasagne, Joanne's Veggies, German Potato Salad, Red Velvet Cake	Shrimp, Swedish Meatballs, Stewed Tomatoes, Herbed Rice, Strawberry Cream Pie	Roast Chicken, Hamloaf, 7 Layer Salad, Baked Beans, Angel Food Cake	Chicken Fried Steak, Smoked Sausage, Sauerkraut Salad, Stuffing, Sugar Free Banana Cream Pie	<b>"Grilling Day"</b>	Roast Turkey, Swiss Steak, Mantucket Blend Veggies, Mashed Potatoes, Banana Split Dessert

**Sandwich of Choice offered as alternative: Please see table tents for options**

**\*\*\*Menu's subject to change.**

## Supper Menu for April 17 - 30

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr
Scalloped Potatoes & Ham, Soup, Sandwich of Choice, Rice Krispie Treats	Philly Steak Sandwich, Soup, Sandwich of Choice, Cherry Cobbler	Spaghetti & Garlic Bread, Soup, Sandwich of Choice, Tiramisu	Reuben Casserole, Soup, Sandwich of Choice, Bleuberry Brown Betty	Patty Melt, Soup, Sandwich of Choice, Banana Pudding	Tortellini Alfredo, Soup, Sandwich of Choice, Custard	Layered Supper, Soup, Sandwich of Choice, Resident Dessert
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr
Beef Stew, Soup, Sandwich of Choice, Resident Dessert	Cobb Salad, Soup, Sandwich of Choice, Homemade Ice Cream Sandwich	America's Best Buffet Casserole, Soup, Sandwich of Choice, Strawberry Pretzel Dessert	Rib-B-Que Sandwich, Soup, Sandwich of Choice, Root Beer Floats	Sloppy Joes, Soup, Sandwich of Choice, Chocolate Banana Dessert	Taco Salad, Soup, Sandwich of Choice, Tapioca Pudding	Amish Casserole, Soup, Sandwich of Choice, Coffee Cake

**Sandwich of Choice offered as alternative: Please see table tents for options**  
**Soups offered as alternative.**

**\*\*\*Menu's subject to change.**

**GARNETT PLACE**

208 35th St. Dr. SE  
Cedar Rapids,  
Iowa 52403

Phone: 319-362-3630  
Fax: 319-247-5791

E-mail:  
enrichlife@garnettplace.com

[www.garnettplace.net](http://www.garnettplace.net)

*Holy Week Events At Garnett Place*

- April 17 PALM SUNDAY**  
9:15 St. Matthew's  
3:15 New Covenant
- April 21 MAUNDY THURSDAY**  
8:45 Morning Prayer
- April 22 GOOD FRIDAY**  
2 pm Religious Movie  
6 pm Good Friday Gathering
- April 24 9:15 St. Matthew's**  
3:15 New Covenant



**We wish you, your families and friends a blessed Easter Season.**

# Easter Word Search

B M A L M H B B K I N G R N R  
N O I T C E R R U S E R E O O  
A P O S T L E S E Y S C D I O  
S E C I F I R C A S H J E T S  
N S N A M O R O O R R E M A T  
R C D S G T T R I I K S P V E  
O Y R A M B C S S V Z U T L R  
H L O V E L T E M M A S I A Y  
T C R O W N N Y L O H S O S Z  
X C R U C I F I X I O N N K Q

APOSTLES  
CHRIST  
CROSS  
CROWN  
CRUCIFIXION  
HOLY  
JESUS  
KING  
LAMB  
LOVE



MARY  
REDEMPTION  
RESURRECTION  
RISEN  
ROMANS  
ROOSTER  
SACRIFICE  
SALVATION  
SAVIOR  
THORNS