



# MORNINGSIDE OF AUBURN

A FIVE STAR SENIOR LIVING COMMUNITY

871 Twinforks Ave • Auburn, AL 36830 • (334) 887-1061

## Put On Some Good Vibes

Wearing a bright color is one way to get energized and put yourself in a positive mood.

## Remember When: Rain Bonnets

Pretty protection for hairdos, plastic rain bonnets were once a must-have accessory, stashed in a lady's purse in the event of wet weather. With printed designs on clear plastic, the bonnet was folded up and stored in a compact carrying case, which was often designed to look like a miniature suitcase. Many businesses used them as promotional giveaways.

## Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower temperature, which allows you to fall asleep faster and enjoy a deeper doze.

## Protecting the Planet

"We only have one Earth, so we need to take care of her." Those words from U.S. Sen. Gaylord Nelson expressed his goal for creating the first Earth Day in 1970. Today, more than 1 billion people in nearly 200 countries take part in various events each April 22 to help protect the planet.

## Sow Good Thoughts

"Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance."  
—Steve Maraboli

April 2021



## A Colorful Sight

Catching sight of a rainbow spanning the sky is a natural wonder that can often stop you in your tracks. These colorful "rainy arches," the Latin meaning of their name, appear when light reflects and refracts through water droplets. Because a rainbow is an optical phenomenon, it's unique to each person seeing it, since the angles of reflected light will be slightly different from their viewpoint.

## Activity Book Tip

It's easier to work in a puzzle book or coloring book when it's lying flat. Clipping a pants hanger to the top of the book can help the pages stay down and fuss-free.

## Licorice Bliss

Twists, laces, wheels and drops ... whatever form is your favorite, celebrate a classic confection on April 12, National Licorice Day.

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## April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 Fabulous Wednesday (Beauty Shop Opens with Mrs. Jane) 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability Limited) 3:00 HM Treat Thursday-Enjoy a special treat served to your room. 5:30 Reading	2 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability is Limited) 3:00 HM Canvas & Cocktails (Let's Paint while sipping Cocktails)	3 10:00 Word Scramble 10:30 Crossword 2:00 HM Bird Watching in the Courtyard 5:30 Reading
4 9:00 Morning Worship (Via TV, Skype, and Zoom) 10:00 Crossword 10:30 HM Coloring 2:00 HM A Day In History 5:30 Reading	5 10:00 Actively Aging Sittercise/Chair Exercise 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Work Search Monday 3:00 LR Mix and Mingle Monday 5:30 Meditation	6 10:00 Actively Aging Sittercise /Chair Exercise 10:00 Actively Aging Sittercises/Chair Exercise 11:00 LR Crossword 2:00 Bingo (Seating Availability Limited) 5:30 Reading	7 8:00 Fabulous Wednesday (Beauty Shop Opens with Mrs. Jane) 10:00 Actively Aging Sittercises/Chair Exercise 11:00 Word Search Puzzle 2:00 Bingo (Seating Availability is Limited)	8 8:00 Fabulous Wednesday (Beauty Shop Opens with Mrs. Jane) 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability Limited) 3:00 HM Treat Thursday-Enjoy a special treat served to your room. 5:30 Reading	9 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability is Limited) 3:00 HM Canvas & Cocktails (Let's Paint while sipping Cocktails)	10 10:00 Word Scramble 10:30 Crossword 2:00 HM Bird Watching in the Courtyard 5:30 Reading
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25 9:00 Morning Worship (Via TV, Skype, and Zoom) 10:00 Crossword 10:30 HM Coloring 2:00 HM A Day In History 3:00 LR Worship with Living Way 5:30 Reading	26 10:00 Actively Aging Sittercise/Chair Exercise 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Work Search Monday 3:00 LR Monday Mimosas 5:30 Meditation	27 10:00 Actively Aging Sittercise /Chair Exercise 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability Limited) 3:00 Thirsty Tuesday on the Porch 5:30 Reading	28 8:00 Fabulous Wednesday (Beauty Shop Opens with Mrs. Jane) 10:00 Actively Aging Sittercises/Chair Exercise 11:00 Word Search Puzzle 2:00 Bingo (Seating Availability is Limited)	29 8:00 Fabulous Wednesday (Beauty Shop Opens with Mrs. Jane) 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability Limited) 3:00 HM Treat Thursday-Enjoy a special treat served to your room. 5:30 Reading	30 10:00 Actively Aging Sittercises/Chair Exercise 2:00 Bingo (Seating Availability is Limited) 3:00 HM Canvas & Cocktails (Let's Paint while sipping Cocktails) 4:00 BR BOOK CLUB	



"Then & Now"

## Home Field Advantage

From historic fields to modern spaces, fans of Major League Baseball can see the action play out in 30 different ballparks. Here's a partial lineup of those venues and when they were unveiled.

Year Built	Stadium	Team
1912	Fenway Park	Boston Red Sox
1914	Wrigley Field	Chicago Cubs
1962	Dodger Stadium	Los Angeles Dodgers
1973	Kauffman Stadium	Kansas City Royals
1992	Camden Yards	Baltimore Orioles
2003	Great American Ball Park	Cincinnati Reds
2012	Marlins Park	Miami Marlins
2020	Globe Life Field	Texas Rangers

## "This Month In History"

### APRIL

**1934:** At 231 mph, the strongest wind ever recorded in the U.S. blows over Mount Washington, N.H. The record is commemorated every April 12, Big Wind Day.

**1952:** Mr. Potato Head becomes the first toy advertised on television. Its commercials were specifically aimed at children, rather than adults.

**1968:** Martin Luther King Jr. delivers his "I've Been to the Mountaintop" speech in Memphis, Tenn.

**1970:** Earth Day is celebrated for the first time. Today, more than 1 billion people in nearly 200 countries take part in the observance.

**1991:** Billed as "The Battle of the Ages," 28-year-old Evander Holyfield beats 42-year-old George Foreman in a boxing match in Atlantic City, N.J., defending his heavyweight champion title.

**2001:** As the first paying space tourist, American businessman Dennis Tito reportedly spends \$20 million to ride along on a Russian mission to the International Space Station.

**2018:** Online streaming music services overtake the sales of CDs and vinyl albums for the first time.