


April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Welcome SPRING</div>		10:00 Catholic Communion 1 10:30 Hymns & Devotions 1:30 Bingo 3:00 What Did It Cost? Trivia 5:30 Resident Choice Sing A Long <u>April Fools Day</u>	10:00 Morning Stretch 2 10:30 How Many Words? 1:30 I Got It! 2:45 Craft Corner: Stone Sun Catchers 5:30 Hang-Man	10:00 Morning Stretch 3 10:30 Picture Trivia 1:30 Bingo 2:45 Balloon Bop	10:00 Morning Stretch 4 10:30 Words With Friends 1:30 Friday Flicks: Hop (2011) Starring: James Marsden Russell Brand	10:00 Morning Stretch 5 10:30 Saturday Sing Along 1:30 Saturday Matinee: I Can Only Imagine (2018) Starring: Dennis Quaid Amy Grant
10:00 Morning Stretch 6 10:30 Passover Trivia 2:00 Worship Service	10:00 Morning Stretch 7 10:30 Hit Me With Your Best Guess 1:30 I Got It! 2:45 Manicures	10:00 Morning Stretch 8 10:30 Hymns & Devotions 1:30 Bingo 3:15 Beach Ball 5:30 Jeopardy	10:00 Morning Stretch 9 10:30 How Many Words? 1:30 I Got It! 2:45 Craft Corner: Coloring Eggs 5:30 Family Feud	10:00 Morning Stretch 10 10:30 Letter Scramble 1:30 Bingo 2:45 Cute Animals 5:30 Country Sing A Long	10:00 Morning Stretch 11 10:30 Words With Friends 1:30 Friday Flicks: Hotel For Dogs (2009) Emma Roberts & Lisa Kudrow 5:30 House Pet Trivia <u>National Pet Day</u>	10:00 Easter Egg Hunt! 12 10:30 Saturday Sing Along 1:30 Saturday Matinee: Peter Rabbit (2018) Starring: James Corden Domhnall Gleeson
10:00 Morning Stretch 13 10:30 Letter Scramble 2:00 Palm Sunday Service 3:00 Jeopardy  <u>Palm Sunday</u>	10:00 Morning Stretch 14 10:30 Picture Trivia 1:30 I Got It! 2:45 Craft Corner Flower Arranging 5:30 Garden Trivia <u>National Garden Day</u>	10:00 Morning Stretch 15 10:30 Hymns & Devotions 1:30 Bingo 3:00 Special Guest: Musical Memories 5:30 Family Feud	10:00 Morning Stretch 16 10:30 How Many Words? 1:30 I Got It! 2:45 Kitchen Korner: Garden Bunnies 5:30 Pictionary	10:00 Morning Stretch 17 10:30 Balloon Bop 1:30 Bingo 2:45 The Sprengle Band 5:30 Oldies Sing A Long	10:00 Morning Stretch 18 10:30 Words With Friends 2:00 Good Friday Service 3:00 Religious Trivia  <u>Good Friday</u>	10:00 Morning Stretch 19 10:30 Easter Sing Along 1:30 Saturday Matinee: Harvey(1950) Starring: James Stewart Peggy Dow
10:00 Morning Stretch 20 10:30 Easter Trivia 2:00 Easter Service  <u>Easter</u> HAPPY EASTER	10:00 Catholic Mass 21 10:30 Letter Scramble 1:30 I Got It! 2:45 Manicures	10:00 Morning Stretch 22 10:30 Hymns & Devotions 1:30 Bingo 3:15 Beach Ball 5:30 Baseball Trivia <u>National Baseball Day</u>	10:00 Morning Stretch 23 10:30 How Many Words? 1:30 I Got It! 2:45 Craft Corner: Paper Plate Butterfly's 5:30 Jeopardy	10:00 Morning Stretch 24 10:30 Picture Trivia 1:30 Resident Council 2:00 Bingo 3:15 Deep Sea Diving 5:30 Resident Choice Sing A Long	10:00 Morning Stretch 25 10:30 Words With Friends 1:30 Friday Flicks: God's Not Dead (2014) Starring: David A.R. White Kevin Sorbo 5:30 How Many Words?	10:00 Morning Stretch 26 10:30 Saturday Sing A Long 1:30 Saturday Matinee: Angels In The Outfield (1994) Starring: Danny Glover Matthew McConaughey
10:00 Morning Stretch 27 10:30 Who Said That? Trivia 2:00 Worship Service 3:00 Jeopardy	10:00 Morning Stretch 28 10:30 Hit Me With Your Best Guess 1:30 Birthday Party! 2:45 What Did It Cost? Trivia 5:30 How Many Words?	10:00 Morning Stretch 29 10:30 Hymns & Devotions 1:30 Bingo 2:45 The Sprengle Band 5:30 Family Feud	10:00 Morning Stretch 30 10:30 How Many Words? 1:30 I Got It! 2:45 Kitchen Korner; Easter Peeps Mobile 5:30 Hang-Man	<div>SPIRIT360 Empowering lives through purposeful living.</div>		<div>Key</div> <div>CR—Community Room SR—Sun Room CL—Center Lounge OOB—Out of Building ST—Studio</div> <div>Programs are subject to change</div>



Spring is in the air! After months of winter chill and icy-cold mornings, nature is starting to thaw. Flowers are blooming, bees are buzzing, birds are singing and warm winds are wafting. The sky is bluer and the grass is greener.

It's certainly easy to behold the beauty of God's creation when it erupts in colour, birdsong and new life in Spring.

It's not only a delight for our senses, but uplifting for our souls.

In fact, recent studies suggest that living close to nature, or "greenspace" has significant and wide-ranging health benefits, such as lower rates of cardiovascular disease, type-2 diabetes, and stress.

Observe the beauty of the trees, which were made pleasing to the eye and good for food (Gen. 2:9).

Take time to smell the roses, and be amazed by the myriads of flowers with different colours and scents. There are more than 400,000 different types of flowering plants. Jesus told us to consider the lilies of the field. Not even Solomon in all his splendour was dressed like one of them (Matt 6:28-29).

No matter how hard humans try, we can't replicate the science of making a plant from seed and causing it to grow, with the resulting blossom of colour, texture, scent and symmetry, as well as nectar and pollen, food for the birds and bees.

Consider the blue sky. Peaceful, soft blue colours cause the body to produce calming chemicals. In fact, blue is the most calming colour in the world. Strong blues stimulate clear thought, and softer blues calm the mind and aid concentration. If the sky was red we would all have higher blood pressure.

In Psalm 23 we read God makes us lie down in green pastures. Green is perhaps the most perfect contrast colour. It reflects nature and vitality. According to scientists, there are at least a million hues of green that the human eye can perceive. (Being able to distinguish between them is another story.)

As well as the physical beauty of God's creation, we also have the ability to appreciate the musical beauty. There are about 830 species of birds in Australia and almost 200 in New Zealand, including a variety of songbirds. Their songs are highly complex and can contain dozens of notes per second, and they never sing out of key!

So next time you find yourself outdoors, take time to enjoy the beauty of God's creation this Spring, and meditate on His wisdom and creativity. And why



# SpiriTrust Lutheran®

The Village at Sprenkle Drive

## Skilled Care Newsletter

### After The Winter

By: Claude Mckay

Some day, when trees have shed their leaves

And against the morning's white

The shivering birds beneath the eaves

Have sheltered for the night,

We'll turn our faces southward, love,

Toward the summer isle

Where bamboos spire the shafted grove

And wide-mouthed orchids smile.

And we will seek the quiet hill

Where towers the cotton tree,

And leaps the laughing crystal rill,

And works the droning bee.

And we will build a cottage there

Beside an open glade,

With black-ribbed blue-bells blowing near,

And ferns that never fade.

