



# April 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1 April Fools' Day</b> 9:30 - Puzzles & Soothing Tunes 10:30- Sunshine Club 11:30- Devotional & Chronicle 1:00 Life Church Worship 3:00 B I N G O	<b>2 PB&amp;J Day</b> 9:30 Games W/ Brad 10:30 Sunshine Club 11:30 Devotional & Chronicle 1:30 Trivia 3:00: Family Feud	<b>3</b> 9:30 Coloring & Games 10:30 Courtyard Conversations 11:30 Devotional & Chronicle 1:30 Mid Day Movie 3:00 B I N G O W/ Josie!	<b>4</b> 9:30 Game Time! 10:30 Sunshine Club 11:30 Devotional & Chronicle 2:00 Sundaes W/ Kristy 3:00 Gospel Strings	<b>5</b> 9:30 Color Me Calm 10:30 Sunshine Club 11:30 Devotional & Chronicle 1:30 Life Church Worship 3:00 B I N G O	<b>6</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Coloring Pages 6:00 Games in the Living Room	
<b>7</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 Movie in the Living Room 3:30 Games 6:00 Coloring Pages	<b>8</b> 9:30 Word Searches 10:30 Sunshine Club 11:30 Devotional & Chronicle 1:30 Life Church Worship 3:00 B I N G O	<b>9</b> 9:30 Coloring & Games 10:30 Courtyard Conversations 11:30 Devotional & Chronicle 1:30 TRIVIA 3:00 Matinee Movie	<b>10 National Sibling Day</b> 9:30 Morning Movie : The Parent Trap 10:30 Who, What, Where? 11:30 Devotional & Chronicle 1:30 Craft W/ Angie! 3:00 B I N G O	<b>11 Civil Rights Anniversary</b> 9:30 Game Time! 10:30 Balloon Games 11:30 Devotional & Chronicle 1:30 Current Events 3:00 Movie Time : SELMA	<b>12</b> 9:30 Coloring & Soothing Tunes 10:30 Sunshine Club 11:30 Devotional & Chronicle 1:30 Space Wreaths 3:00 B I N G O	<b>13</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Coloring Pages 6:00 Games in the Living Room	
<b>14</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Word Searches 6:00 Games	<b>15 Titanic Anniversary</b> 9:30 Coloring & Games 10:30 Courtyard Conversations & Titanic Fun Facts 11:30 Devotional & Chronicle 1:30 Life Church Worship 3:00 B I N G O	<b>16</b> 9:30 Game Time! 10:30 Chair Exercise 11:30 Devotional & Chronicle 1:30 Cupcake Decorating W/ Kym 3:00 Matinee Movie	<b>17</b> 9:30 Games W/ Brad 10:30 Balloon Kickball 11:30 Devotional & Current Events 2:00 BDay Party W/ Donna 3:00 B I N G O	<b>18</b> 9:30 Puzzles 10:30 Sunshine Club 11:30 Devotional & Chronicle 1:00 SingALong W/ Bonnie 3:00 Matinee Movie	<b>19</b> 9:30 Games & Tunes 10:00 Penny Auction W/ Danyell 11:30 Devotional & Chronicle 1:30 Sunshine Club 3:00 B I N G O	<b>20</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Coloring Pages 6:00 Games in the Living Room	
<b>21</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Word Searches 6:00 Games	<b>22 Earth Day</b> 9:30 Earth Day Coloring Sheets 10:30 TRIVIA 11:30 Devotional & Chronicle 1:30 Earth Day Experiment 3:00 B I N G O	<b>23 Shakespeare Day</b> 9:30 Coloring & Soft Tunes 10:30 Pool Noodle Exercise 11:30 Devotional & Chronicle 1:30 Shakespeare Trivia 3:00 Shakespeare Documentary	<b>24</b> 9:30 Game Time! 10:30 Sunshine Club 11:30 Devotional & Chronicle 1:30 General Store 3:00 B I N G O	<b>25</b> 9:30 Games W/ Brad 10:30 Courtyard Conversations 11:30 Devotional & Chronicle 1:00 Mid Day Movie 3:00 Spring Craft	<b>26</b> 9:30 Games & Tunes 10:30 Lets Get Fit! 11:30 Devotional & Chronicle 2:00 Life Church Worship 3:00 B I N G O	<b>27</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Coloring Pages 6:00 Games in the Living Room	
<b>28</b> 10:30 Daily Chronicle 11:00 Devotional 1:30 TV in the Living Room 3:30 Word Searches 6:00 Games	<b>29</b> 9:30 Word Searches 10:00 Choir Performance 11:30 Devotional & Chronicle 1:30 Sunshine Club 3:00 BINGO	<b>30</b> 9:30 Game Time! 10:30 Sunshine 11:30 Devotional & Chronicle 1:30 Craft W/ Angie! 3:00 Matinee Movie & Snack	 Memory Care on Halcyon A proud member of the  BEMME family				



# The Madison Village Post



www.CommunitySeniorLife.org



## My Fat Cat—by James McDonald

I have a cat named Vesters,  
And he eats all day.  
He always lays around,  
And never wants to play.  
Not even with a squeaky toy,  
Nor anything that moves.  
When I have him exercise,  
He always disapproves.  
So we've put him on a diet,  
But now he yells all day.  
And even though he's thinner,  
He still won't come and play.



## CATS—Author Unknown

Gentle eyes that see so much,  
paws that have the quiet touch.  
Purrs to signal "all is well"  
and show more love than words can tell.  
Graceful movements touched with pride,  
a calming presence by our side.  
A friendship that takes time to grow.

## April is...

- Alcohol Awareness Month
- Cancer Control Month
- Defeat Diabetes Month
- Dog Appreciation Month
- Holy Humor Month
- International Guitar Month
- Jazz Appreciation Month
- Keep America Beautiful Month
- Knuckles Down Month
- Learn Thai Month
- Listening Awareness Month
- National Anxiety Month
- National Car Care Month
- National Decorating Month
- National Donate Life Month
- National Foot Health Awareness Month
- National Fresh Celery Month
- National Garden Month
- National Humor Month
- National Landscape Architecture Month
- National Occupational Therapy Month
- National Parkinson's Awareness Month
- National Keep America Beautiful
- National Poetry Month
- National Recycling Month
- National Wellness Month
- National Southern Belles Month
- National Straw Hat Month

BIRTHSTONE - Diamond (Innocence)

FLOWERS - Sweet Pea (Alt.-Daisy)

COLORS - Yellow and Red

## TO YOUR HEALTH—

By: *Dr. Daniel Scarbrough, Corporate Medical Director*

This month let's talk about dizziness. This is a term used to describe a range of sensations, such as feeling faint, woozy, weak, or unsteady. When it creates the false sense that you or your surroundings are spinning or moving, it is called vertigo. It is a common reason for doctor visits and can significantly affect your life, but it is rarely a life-threatening condition. Treatment depends on the cause. It is often described as any number of sensations; such as a false sense of motion or spinning, feeling faint, loss of balance, a feeling of floating, wooziness, or heavy-headedness, and can be triggered by walking, standing, or moving your head. The dizziness may cause nausea and cause you to need to sit or lie down, and it may reoccur.

Dizziness has many causes, including inner ear disturbances, motion sickness, and medication effects. Also, underlying health problems such as poor circulation, infection, or injury can cause it. The way dizziness makes you feel, and your triggers provide clues for possible causes. Balance depends on the combined input from the various parts of your sensory system, which include your eyes, sensory nerves, and inner ear. Vertigo is the false sense that your surroundings are spinning or moving. Vertigo is what you feel when your brain receives signals from the inner ear that do not match what your eye and sensory nerves are receiving. This vertigo results as your brain tries to work out the confusion. Benign paroxysmal positional vertigo (BPPV) is an intense but brief false sense of spinning caused by a rapid change in head movement and is the most common cause of vertigo. Other causes include infections, Meniere's disease (inner ear fluid), and migraines. Circulation problems when your heart is not pumping enough blood to your brain can cause vertigo from a drop in blood pressure or poor blood circulation. There are also many other causes, including neurological conditions, medications, anemia, low blood sugar, carbon monoxide poisoning, overheating, and dehydration. Risk factors include age and past history of dizziness.

You should see your doctor with recurrent, sudden, severe unexplained vertigo and get emergency care with new dizziness along with any of the following: sudden, severe headaches, chest pain, difficulty breathing, numbness or paralysis of arms or legs, double vision, fainting, rapid heartbeat, confusion, slurred speech, facial numbness, difficulty walking or seizures.

Dizziness or vertigo is very common and, most times, benign but should be evaluated by a doctor if it is recurring or has any of the rare severe symptoms. - Dr. Dan