

# APRIL 2026

#EarthDay

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

HE IS NOT HERE;  
FOR HE HAS  
**Risen**  
JUST AS HE SAID



**April Birthdays**  
Ethleen -13  
Bonnie- 18  
Agnes -3  
Florence -1  
Delores -21

**1 APRIL FOOL'S DAY**  
9:00 MORNING NAP  
10:00 SNACK & DEYDRATION CART  
11:00 SEATED-NON/RANGE-OF-MOTION  
2:00 NO WINNERS B I N G O  
3:00 HIPPO LIFTING CONTEST  
6:00 STAY UP ALL NIGHT PARTY  
**APRIL FOOLS !!!!!**

**2**  
9:00 MORNING MINGLE  
10:00 CATHOLIC COMMUNION  
11:00 PAINT & SIP  
2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS  
3:00 YARD GAMES  
6:00 EVENING MATINEE

**3 GOOD FRIDAY**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING -LETS HAVE A BALL EXERCISE  
11:00 WHO'S MOST LIKLEY TO GAME  
2:00 EASTER EGG HUNT  
3:00 TRIVIA (YOUTUBE)  
6:00 EVENING MATINEE

**4**  
9:00 COFFEE AND CONVERSA-TIONS  
10:00 MOVIE & POPCORN  
11:00 B I N G O  
2:00 DANCING ON THE PORCH  
3:00 DISCUSS CURRENT EVENTS & NEWS  
6:00 TALK SHOW

**5 EASTER SUNDAY**  
9:00 COFFEE & CONVERSA-TION  
10:00 SNACK & GAME SHOW  
11:00 GOSPEL MUSIC (YOUTUBE)  
2:00 EASTER BUNNY & TREATS  
**happy EASTER**

**6**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING POWER HOUR WITH RESISTANCE BANDS  
11:00 CANDY BAR B I N G O  
2:00 ICE CREAM CART  
3:00 CREATIVE COLORING CLUB  
6:00 EVENING MATINEE

**7**  
9:00 MORNING MINGLE  
10:00 HAIR & HAVEN SALON  
11:00 FANCY NAILS & FUNNY MOVIE  
2:00 MUSIC & CHURCH WITH BILL (FBC) OF GULF SHORES  
3:00 SING-LONG (YOUTUBE)  
6:00 GROUP CROSSWORD

**8**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING  
SEATED-RANGE-OF-MOTION  
11:00 CANDY BAR B I N G O  
1:30 (GSWC) LIVE MUSIC  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**9**  
9:00 MORNING MINGLE  
10:00 CATHOLIC COMMUNION  
11:00 AIR BALLOON TOSS  
2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS  
3:00 YARD GAMES  
6:00 EVENING MATINEE

**10**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING -LETS HAVE A BALL EXERCISE  
11:00 WHO'S MOST LIKLEY TO GAME  
2:00 LIVE MUSIC (HOOTS)  
3:00 TRIVIA (YOUTUBE)  
6:00 EVENING MATINEE

**11**  
9:00 COFFEE AND CONVERSA-TIONS  
10:00 MOVIE & POPCORN  
11:00 B I N G O  
2:00 DANCING ON THE PORCH  
3:00 DISCUSS CURRENT EVENTS & NEWS  
6:00 TALK SHOW

**12**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING  
SEATED-RANGE-OF-MOTION  
11:00 CANDY BAR B I N G O  
2:00 MUSIC ON THE PORCH  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**13**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING POWER HOUR WITH RESISTANCE BANDS  
11:00 CANDY BAR B I N G O  
2:00 ICE CREAM CART  
3:00 CREATIVE COLORING CLUB  
6:00 EVENING MATINEE

**14**  
9:00 MORNING MINGLE  
10:00 HAIR & HAVEN SALON  
11:00 FANCY NAILS & FUNNY MOVIE  
2:00 MUSIC & CHURCH WITH BILL (FBC) OF GULF SHORES  
3:00 SING-LONG (YOUTUBE)  
6:00 GROUP CROSSWORD

**15**  
9:00 MORNING MINGLE  
10:00 HUNGRY HIPPO GAME WITH GINA  
SEATED-RANGE-OF-MOTION  
11:00 CANDY BAR B I N G O  
2:00 BUS RIDE  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**16**  
9:00 MORNING MINGLE  
10:00 CATHOLIC COMMUNION  
11:00 PAINT & SIP  
2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS  
3:00 YARD GAMES  
6:00 EVENING MATINEE

**17**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING -LETS HAVE A BALL EXERCISE  
11:00 WHO'S MOST LIKLEY TO GAME  
2:00 GAMES ON THE PORCH  
3:00 TRIVIA (YOUTUBE)  
6:00 EVENING MATINEE

**18**  
9:00 COFFEE AND CONVERSA-TIONS  
10:00 MOVIE & POPCORN  
11:00 B I N G O  
2:00 DANCING ON THE PORCH  
3:00 DISCUSS CURRENT EVENTS & NEWS  
6:00 TALK SHOW

**19**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING  
SEATED-RANGE-OF-MOTION  
11:00 CANDY BAR B I N G O  
2:00 MUSIC ON THE PORCH  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**20**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING POWER HOUR WITH RESISTANCE BANDS  
11:00 CANDY BAR B I N G O  
2:00 ICE CREAM CART  
3:00 CREATIVE COLORING CLUB  
6:00 EVENING MATINEE

**21**  
9:00 MORNING MINGLE  
10:00 HAIR & HAVEN SALON  
11:00 FANCY NAILS & FUNNY MOVIE  
2:00 MUSIC & CHURCH WITH BILL (FBC) OF GULF SHORES  
3:00 SING-LONG (YOUTUBE)  
6:00 GROUP CROSSWORD

**22**  
9:00 MORNING MINGLE  
10:00 EARTH DAY CRAFT  
11:00 CANDY BAR B I N G O  
2:00 LIVE MUSIC & BIRTHDAY PARTY  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**23**  
9:00 MORNING MINGLE  
10:00 CATHOLIC COMMUNION  
11:00 AIR BALLOON TOSS  
2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS  
3:00 YARD GAMES  
6:00 EVENING MATINEE

**24**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING -LETS HAVE A BALL EXERCISE  
11:00 WHO'S MOST LIKLEY TO GAME  
2:00 LIVE MUSIC (HOOTS)  
3:00 TRIVIA (YOUTUBE)  
6:00 EVENING MATINEE

**25**  
9:00 COFFEE AND CONVERSA-TIONS  
10:00 MOVIE & POPCORN  
11:00 B I N G O  
2:00 DANCING ON THE PORCH  
3:00 DISCUSS CURRENT EVENTS & NEWS  
6:00 TALK SHOW

**26**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING  
SEATED-RANGE-OF-MOTION  
11:00 CANDY BAR B I N G O  
2:00 MUSIC ON THE PORCH  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**27**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING POWER HOUR WITH RESISTANCE BANDS  
11:00 CANDY BAR B I N G O  
2:00 ICE CREAM CART  
3:00 CREATIVE COLORING CLUB  
6:00 EVENING MATINEE

**28**  
9:00 MORNING MINGLE  
10:00 HAIR & HAVEN SALON  
11:00 FANCY NAILS & FUNNY MOVIE  
2:00 MUSIC & CHURCH WITH BILL (FBC) OF GULF SHORES  
3:00 SING-LONG (YOUTUBE)  
6:00 GROUP CROSSWORD

**29**  
9:00 MORNING MINGLE  
10:00 SNACK & HYDRATION WITH ACTIVE LEARNING  
SEATED-RANGE-OF-MOTION  
11:00 CANDY BAR B I N G O  
2:00 BUS RIDE  
3:00 GAME SHOW  
6:00 EVENING MATINEE

**30**  
9:00 MORNING MINGLE  
10:00 CATHOLIC COMMUNION  
11:00 PAINT & SIP  
2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS  
3:00 YARD GAMES  
6:00 EVENING MATINEE





## 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