



Vista Winds

Retirement Community

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April Is National Poetry Month

Whether you believe that poetry is merely “the best words in the best order” (Samuel Taylor Coleridge) or “language at its most distilled and most powerful” (Rita Dove), April is the month to celebrate this lyrical form of expression. Brush up on these interesting poetry facts to impress your friends with!

- The longest poem in the world—the Indian epic poem “The Mahabharata”—is around 1.8 million words long!
- “The Epic of Gilgamesh,” from ancient Sumer, is one of the oldest surviving epic poems. Gilgamesh’s adventures were written on stone tablets sometime in the second millennium B.C.
- One of the shortest poems ever written is by George MacDonald. At a brief two words, the poem is shorter than its title (“The Shortest and Sweetest of Songs”)! Another contender is “Lines on the Antiquity of Microbes” by Strickland Gillilan, more commonly known as “Fleas.” The Guinness Book of Records, though, recognizes Aram Saroyan as the winner, with his four-legged “m.”

‘Ring’ Is One

How many words can you come up with using the letters in “robin eggs”?

April 2024



Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools’ Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to “The Official Scrabble Players Dictionary,” which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.



April 2024

- M Media Room (3rd Floor)
- F Fitness Room (3rd Floor)
- A3 Activities Room (3rd Floor)
- A4 Activities Room (4th Floor)
- L Lounge (3rd Floor)
- D Dining Room
- C Chapel (4th Floor)
- LB Lobby
- AL Assisted Living Building

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	2 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	3 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	4 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	5 9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot	6 10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
7 10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	8 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot 2:00 LB Bookmobile	9 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	10 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	11 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	12 9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 5:15 D Resident Feb. B-day Celebration (After Dinner) 6:00 LB Hand and Foot	13 10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
14 10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	15 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	16 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Ecumenical Service/Communion 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	17 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	18 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 2:30 D Resident Council Meeting	19 9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot 6:30 A3 Shabbat Service	20 10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
21 10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	22 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	23 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour	24 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 11:00 C Bible Study with John 1:30 LB Hand and Foot 2:30 M Matinee Movie 6:30 M Movie 6:30 A3 Trilogy Troubadours Practice	25 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo	26 9:30 A4 Chair Exercises 9:30 AL Holy Communion 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 4:00 L Happy Hour 6:00 LB Hand and Foot	27 10:00 A3 Poker 10:15 A4 Exercise w/ Don 12:00 A4 Chess - Checkers 1:00 LB Bridge 2:30 M Matinee 6:30 M Movie
28 10:00 Adult Coloring 11:30 F Billiards/Pool 12:00 A4 Chess - Checkers 1:00 A4 Wii Bowling 2:00 A3 Board Games	29 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 LB Bridge 1:30 LB Hand and Foot	30 9:30 A4 Chair Exercises 10:00 L Kings in a Corner 10:15 A4 Exercise w/ Don 1:00 A3 Dime Bingo 1:00 A3 Dime Bingo 4:00 LB Happy Hour				



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	LoanDepot Park	Miami Marlins
2020	Globe Life Field	Texas Rangers

"This Month In History"

APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient's properties and benefits in medicine.

1956: Daytime soap opera "As the World Turns" premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, "Houston, we've had a problem." Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country's first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of "Action Comics #1," featuring the debut of Superman, sells for a record-breaking \$3.25 million.