



**Redwood
Terrace**
Assisted Living

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Redwood Terrace News



April 2019



"Garden Club" to begin in April

It's chore time! Stepping back into the courtyard after a long, harsh winter can be overwhelming, but it is also a time of relief. Even with a winter chill still in the air, there are plenty of tasks to start handling now if we want to get our courtyard back in shape by the time the temperatures rise. Big believers that gardening should add joy—not stress—to your life, we've come up with some tasks to get you reacquainted with your outdoor space. It can be tackled bit-by-bit as time allows. We will be starting indoors with planting flower seeds and work from there as we learn together the ins and outs of making our courtyard beautiful again. Some of our residents have already begun to care for the birds which are a big part of our courtyard. Just remember when you're out enjoying the courtyard always be careful and enjoy the sunshine.



Let's stay Active

The participation for Good Start has been well taken advantage of. Thank you to all that attend on a regular basis. Sometimes things get in the way of our routines and we have a hard time getting motivated to move forward. It only takes a step at a time. Here are tips for finding more activity in your routine

- **Find exercise you enjoy.**
- **Go slow.** If you're inactive, start with small changes to your routine. As you build stamina and improve your fitness, you can increase the duration and intensity of your activities.
- **Schedule it.** Make exercise a priority by setting a 15-or 30-minute appointment with Gina or Cheryl on the Nu-Step . And treat it like a can't-miss meeting.
- **Find a fitness buddy.** Exercising with a partner makes it more enjoyable and also increase your accountability.



Our First Skiing Trip!

Here is your opportunity to go skiing with Redwood Terrace. We have worked out a deal at Mt. Ashland to provide each resident with a pair of skis, including skis to attach to your walkers for stability. It should be lots of fun, so sign up now to be included!



The mystery resident for March was Carol Dubbs



Happy Easter

Wii Standings

Our Wii games are getting pretty popular! The most popular ones are bowling and golf. The amazing Wii keeps track of all games played and creates a numerical score which represents each players' skill level. Everyone starts at 0 points and earns more with experience and improved skill. One thousand points represents the "pro" level. Here are some of the recent Champions:

Wii Golf and Wii Bowling

Mary Denton "Pro"

Jean Martin

Myrtle Kuitert

David McAuley

Audrey Barr



Mystery Resident

Our April Mystery Resident loves painting and drawing. She plays the Organ for it is a special treasure of hers. She was born in North Bend, Oregon. Her father was a jeweler who lost everything in the Great Depression. They ended up in Southern California where this mystery resident graduated in 1944 from Monrovia-Arcadia-Duarte (M.A.D.) High School whose mascot was the Monrovia Mad Cat!

She was a talented coloratura opera singer, who starred in the High School production of Naughty Marietta, and went on to Julliard in New York City and premiered at Carnegie Hall, singing in Handel's Messiah! Critics called her the Second Lilly Pons! She

worked for the pentagon for about 4 years in the Army Library, in the wing that was later destroyed by the terrorists attack on 9/11. She was married 57 years to her husband Cal who graduated from the US Naval Academy, but went into the Air Force. The two of them had 3 boys and traveled from coast to coast during his Air Force career. They lived in Dayton, Ohio; Torrance, CA; Tustin CA; Eglin Air Force Base, Florida; Cullman, Alabama; Alexandria Virginia; Renton, WA; and finally Florence, Oregon where Cal passed away in 2008. These two had wonderful life together.



Can you guess who our wonderful April mystery resident is?