

APRIL 2022

Shalem Showcase



Life at Shalem



LOOKING FORWARD TO APRIL



INSIDE THIS ISSUE:

Musings from the Executive Director
Shalem Prayer & Praise
April Celebrations
Resident Notices
Monthly Events at Shalem

SHALEM MISSION STATEMENT

MISSION:

Shalem, meaning wholeness, was formed with the mission and communal desire to provide a Christian setting that enhances the well-being of seniors.

VISION:

A caring community to call home.

VALUES:

At the heart of Shalem is a Christian community where God is at work and we care, share and celebrate.

We value:

- Respect and acceptance
- Stewardship of resources
- Justice
- Community
- Compassion

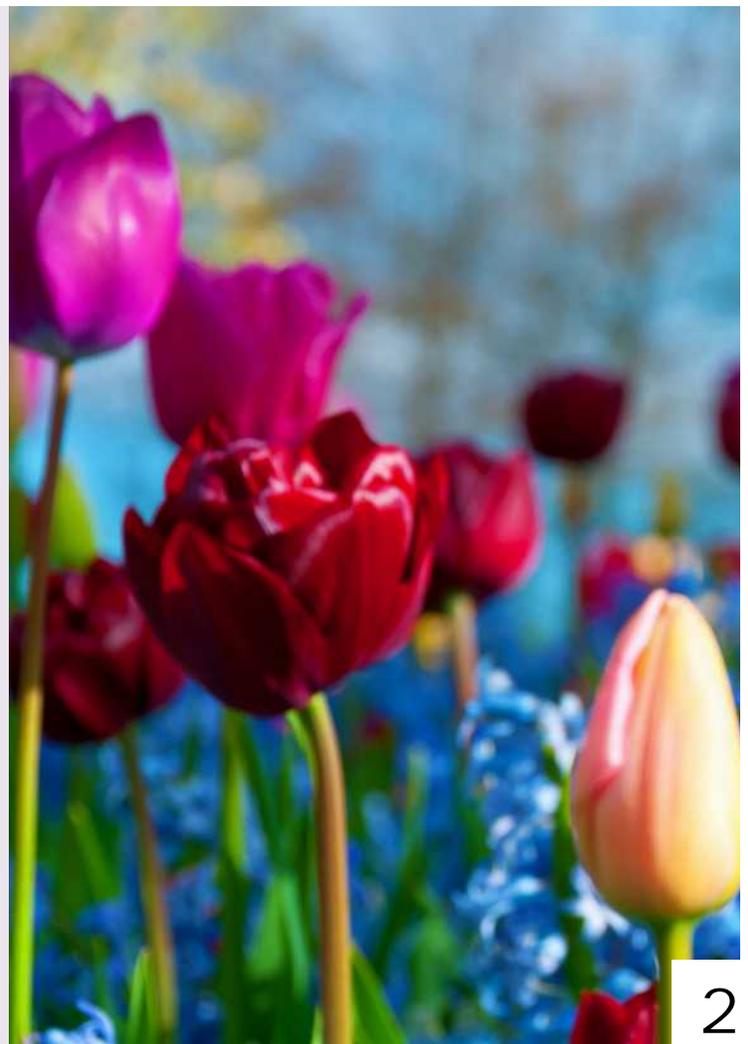


"To act justly and to love mercy and to walk humbly with your God."
(Micah 6:8 NIV)

"March winds and April showers bring May flowers." (Old English Proverb)

Father, I thank you for the "March winds and April showers that bring May flowers." Father, You know what is necessary to prepare me for what You have in store for my life. Help me to receive what You have for me. Prepare me as You prepare the seeds. Grow me strong, nourish and protect me with Your truth so that I can break through the dirt, sprouting into a healthy "flower" that radiates Your glory in the earth.

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LIVING WELL TOGETHER

APRIL 2022

Musings from the Executive Director
Breaking the Chaos

"This, then, is how you should pray..." *Matthew 6:9*

The other day, someone I was trying to help, blindsided me with a reaction that I felt was underserved. I admit I was hurt. All I wanted to do was pull back from trying to help and give way to my anger. I could feel the bitterness rising up. But I could also feel this heavy feeling inside of me - this feeling of chaos.

We live in a day and time where being offended almost seems to go hand in hand with being alive. It's easy to be offended by something. We all carry burdens which make us more susceptible to hurtful reactions.

If I am honest with myself, I know that I can be too easily offended. I can be too easily defensive. I am not always honest with my own mistakes. I am rarely confessing.

When Jesus taught the disciples the Lord's Prayer, much of the prayer was focused on confession and forgiveness. Jesus knew how much we would need a prayer to help us get through the day and help us get ahead of any offenses that may come our way.

The Lord's Prayer reminds us of what the human heart needs every day. We need God. We need to be forgiven. We need to forgive.



"This, then, is how you should pray:
 Our Father in heaven,
 hallowed be your name,
 your kingdom come,
 your will be done,
 on earth as it is in heaven.
 Give us today our daily bread.
 And forgive us our debts,
 as we also have forgiven our debtors.
 And lead us not into temptation,
 but deliver us from the evil one."



That day, I could feel the chaos and resentment building up inside me. But instead of letting my anger cause me more hurt and pain, I was able to open my mind and my heart to their perspective and let the resentment subside. Our time ended with both of us apologizing for our part in the misunderstanding. It didn't necessarily stop the hurt, but it did help prevent further chaos inside of me.

The Lord's Prayer teaches us that confession and forgiveness are good for our hearts, our relationship with God and our relationship with each other.

Confession breaks the cycle of chaos inside of us. Forgiveness breaks the cycle of chaos between us.

As we celebrate Easter in a few weeks, we are reminded of how Jesus was misunderstood and how He was accused of things He did not do. But instead of being resentful, He continued to show love, to show grace and ultimately give up His earthly life.

May each of us model that unconditional love and forgiveness in our relationships and community.
 Have a blessed and joyful Easter!

Dorothy de Vuyst
 Executive Director



SHALEM PRAYER AND PRAISE PAGE

WE PRAY FOR...

Lord Jesus, we place our sick under your care and humbly ask that you restore them to health.

We pray for Norah Graham and Sabine Boychuck as they recover in hospital, and will be transitioning to other care.

We pray for Lois Niven, who is recovering in hospital. May she may regain her strength and return home to Shalem soon.

WELCOME...

This month we welcome Cora Lee Jones in the Manor, Imgard Stoffels in the Haven, and Leroy and Elaine Emerson in the Court.



Easter Joy

By Joanna Fuchs

Jesus came to earth,
To show us how to live,
How to put others first,
How to love and how to give.

Then He set about His work,
That God sent Him to do;
He took our punishment on Himself;
He made us clean and new

He could have saved Himself,
Calling angels from above,
But He chose to pay our price for sin;
He paid it out of love

Our Lord died on Good Friday,
But the cross did not destroy
His resurrection on Easter morn
That fills our heart with joy

Now we know our earthly death,
Like His is just a rest
We'll be forever with Him,
In heaven, where life is best

So, we live our lives for Jesus,
Think of HIm in all we do
Thank you Savior; Thank you Lord
Help us love like You.



Worship Service
emmanuel church

Worship Services
Every Sunday at 10:00am

www.emmanuelcrc.org

Tune into Channel 398 on your TV for Emmanuel Church Service

WHAT HAPPENED LAST MONTH? *Life at Shalem*

Celebrating a life well lived...

Pastor Layne leads a grief and sharing time to remember Haven Resident Helene Friesen



Birthday Bash! Celebrating March Birthdays with musician Dean Jarvey



WHAT HAPPENED LAST MONTH?

CHEERS! Enjoying March drink specials and the company of friends



WHAT HAPPENED LAST MONTH?

Dancing for Fun & Fitness

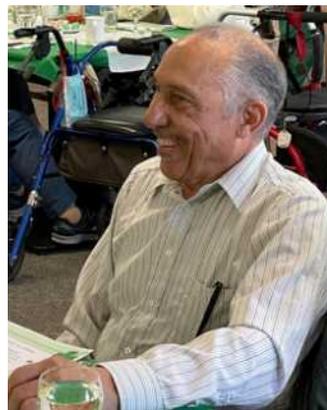


Learning How to Cope with Grief & Be a Hope Hero



WHAT HAPPENED LAST MONTH?

Sporting Green for St. Paddy's Dinner & Dance



WHAT HAPPENED LAST MONTH?

More Irish Fun



WHAT HAPPENED LAST MONTH?

All Aboard! Residents Take Virtual Trips to Ireland



WHAT HAPPENED LAST MONTH?

Computer Literacy



Aid IT
Services



Men's Social



WHAT HAPPENED LAST MONTH?

Espresso Café



Shopping at Shalem

Check out the Calendar for Tuck Shop Hours



RESIDENT NOTICES



Building & Grounds - Safety

There have been reports of a prowler on the Shalem property over the past month. For everyone's safety, please ensure all exterior doors are closed and latch behind you. Please do not let strangers in any of the building entrances and continue to direct all visitors, including deliveries, to the Haven entrance.

Garbage/ Recycling/ Compost

In compliance with Calgary Waste Disposal we ask that you follow proper protocols for disposing of your waste. All kitchen/organic waste should be composted and disposed of in the Green Bins, located outside at the Court main entrance. Organic material must not be left in any garbage areas. Please use proper recycling and garbage disposals provided.



Coffee Connection

with Dorothy de Vuyst

Coffee: Monday, April 4th at 1:30PM

Join Dorothy in the Dining Room for coffee and treats. It's a time to connect, share and ask questions you may have. Everyone is welcome.

Easter Dinner

Wednesday, April 13th

DINING ROOM

SEATING 1 - 4:30PM

SEATING 2 - 6:30PM

Complimentary for residents, \$25.00 for Guests
Please return RSVP to the Dining Room by April 11th



Did you know Shalem has a Blood Pressure Machine at the Front Desk?

You are welcome to use the machine at anytime. We also have our Pharmacists from Richmond Square Pharmacy offering Blood Pressure Clinics once a month. April 20th at 11:30am in the Meeting Space on the Haven 1st Floor.



SHALEM TUCK SHOP!

Wednesdays: April 6th & 27th

10:00-10:30am - Haven Snack Room (H2)

10:30am - Main hallway near the information TV.

Purchase items at discounted prices! Payment through CAFT.



COVID-19 UPDATE - APRIL 2022

We are required to follow AHS requirements at Shalem. Until further notice we will continue with:

- Health screening after absences greater than 24 hours. Shalem Residents must let the front desk know if you plan to be, or have been, away for more than 24 hours.
- All visitors and guests must continue to wear masks until further notice.
- Showing proof of vaccine is no longer required for guests or visitors. Unvaccinated guests may now visit Shalem.

HEALTH INFORMATION

Parkinson's Awareness Month

About Parkinson's disease

- Parkinson's is a chronic degenerative neurological disease caused by a loss of dopamine producing cells in the brain.
- Most common symptoms are: tremor (shaking); slowness in movements; muscle stiffness; and problems with balance.
- Other symptoms may also occur such as fatigue, difficulties with speech, writing, sleep disorders, loss of sense of smell, depression and cognitive changes.
- People manage symptoms through medication and lifestyle changes.
- Interventions such as exercise and speech therapy can also help.
- A cause for Parkinson's has not been identified. Researchers are studying theories, such as the role of genetics and environment.

"A study of over 2,000 people living with Parkinson's showed that those who were exercising for 150 minutes or more per week had better mobility, physical function, and cognitive performance compared to those who were not exercising. The people who were exercising regularly also experienced less disease progression over the course of a year. The evidence is undeniable - exercise helps!"

- Gammon M. Earhart, PT, PhD

DID YOU KNOW...



Each day in Canada, more than 25 people are diagnosed with Parkinson's disease.

More than 100,000 Canadians are diagnosed with Parkinson's disease.



Parkinson's direct healthcare costs are up to 40 times greater compared to those for Canadians with no neurological conditions.

People with Parkinson's disease have the highest rate of prescription drug use compared to other neurological conditions.



People living with Parkinson's have high annual out-of-pocket expenses, second only to those with spinal cord injuries.

Cognitive symptoms are common in Parkinson's; more than 60% experience memory limitations, anxiety and depression.



85% of people diagnosed with Parkinson's are over the age of 65. Young-onset Parkinson's disease is a diagnosis before the age of 50.

Caregiver stress doubles when caring for an individual living with a neurological condition such as Parkinson's and multiplies if accompanied by cognitive impairment.



National Immunization Awareness Week - April 23-30

This week highlights the importance of immunization in Canada. Many diseases are effectively and safely controlled by immunization, thereby reducing the burden of illness in our communities. Immunization is considered to be the most cost-beneficial health intervention, and one of the few that systematically demonstrates far more benefits than costs.

Vaccines for adults 60 years of age and older

Some vaccine preventable disease are more common with age, as our immune system may not respond as well. This puts us at a greater risk for certain diseases, including:

- flu (more likely to cause severe illness and even death in older adults)
- shingles
- pneumococcal disease

It's also important to make sure routine vaccines are up to date for diseases such as:

- diphtheria
- tetanus
- whooping cough (pertussis)

**Learning Session:
Immunizations
& Older Adults**



richmond square pharmacy

Wednesday, April 20th

10:30am in the Shalem Atrium

LIVING BY FAITH

**BY REV. KEVIN G. POWELL, PASTOR
FIRST LUTHERAN CHURCH
VOLUNTEER PASTOR & CONTRIBUTING WRITER**



Bible Reading: Luke 24: 1-12

“The glory of God is a human being fully alive,” is a popular mistranslation of a quote by the early church father St. Irenaeus. While it may be a mistranslation, it doesn’t make it any less true. Irenaeus was on to something. A more accurate translation is: “For the glory of God is the living human, and the life of humanity is the vision of God,” but I don’t see it makes much difference, except that one is personal and the other is universal.

But resurrection life isn’t always apparent. As Luke 24 shows, the disciples didn’t believe the women when they were told the tomb was empty.

“But these words seemed to them an idle tale, and they did not believe them.”

Then again, I don’t blame them. Dead people don’t come back to life, right? Graves don’t magically open. Breath doesn’t return to lungs. Hearts don’t start beating - especially after they stopped three days earlier.

The Easter story DOES seem like an idle tale.

Violence, hunger, war. Not to mention greed, selfishness, illness, and accidents.

There’s a lot of Good Friday in this world to make the Easter story seem an idle tale. Jesus’ tomb seems very well sealed.

Until you see the Easter story with your own eyes.

I’m not talking about seeing a corpse come back to life. Easter is more than that. I’m talking about life returning to that which is dead.

The REAL resurrection that day wasn’t just Jesus rising from the dead. The REAL resurrection happened in the disciples, they were changed forever. Life had returned to them. They saw the world with new eyes and clarity.

They had a purpose they didn’t have prior to them encountering the Risen Jesus. They had courage that surprised them. They had strength of spirit previously hidden, but now a boldness that drove them to live a resurrection life.

They were now human beings fully alive. The power of the Risen Jesus changed them. What makes you fully alive? Where is Easter in your life? What needs to die so that something new can rise?

GET TO KNOW OUR RESIDENTS



Meet Rhoda...

Rhoda is a new resident to the Haven, but she's not new to the area. She lived nearby until just recently, when after 10 years of living alone, it became too much work.

Of Norwegian decent, Rhoda speaks, reads and writes Norwegian. She's traveled to Norway twice to visit relatives and tour the many towns. She also appreciates the Norwegian art of Rosemaling or "rose painting".

Rhoda spent her early years on a farm near Coronation Alberta. She attended school and studied piano in nearby Throne. She successfully finished Grade 8 piano, with high technical skills. She's hoping to put those skills to use by playing at a few Shalem Chapels.

At 17, Rhoda moved to Calgary where she studied Business Administration. She graduated and worked in the field. Rhoda married her husband, Laurence, when she was 21. They were blessed with two sons, Raymond -- born without the ability to hear -- and a younger son, Kevin. After having kids, Rhoda returned to school to pursue a degree in education. This gave her new skills and tools to better support her oldest son. Fast forward to today, and Rhoda is blessed with three grandsons.

In the early 1980s, Rhoda experienced some significant loses. Her youngest son passed away from cancer and shortly after she lost her husband. Rhonda says, "It was from a broken heart rather than a diseased one that he passed away, as my husband and youngest son were very close."

Rhoda is active with the *Good Companions 50 Plus Club*. For many years she played the piano for birthday parties, and she continues to serve on the Board of Directors.

Having lived in this area for so long, Rhoda has good community support outside of these walls, but she looks forward to building new friendships at Shalem.

In fact, she's looking for some Scrabble partners!

If you see Rhoda, take a moment to welcome her to Shalem.



"May this home be a place of happiness, health, creativity, kindness and love. May those who visit and those who live here know only blessing and peace."

- Unknown

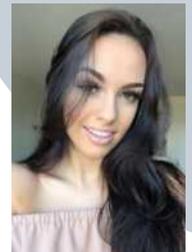
MEET OUR TEAM

STAFF FEATURE Q&A

1. What's your role at Shalem and in what circumstances can Residents come to you for something?
Although my role at Shalem is, primarily, looking after the sales and rentals of the suites, I'm always happy to help the Residents any way I can or point them in the best direction for finding what they need.
2. What do you enjoy about working at Shalem?
Everything!
3. Tell us a little bit about your family?
I have three kids.
My oldest son, Tyler, is 42 years old. My younger son, Justin, is 38 and married to Brooke. They've given me two amazing grandsons. Carson is six and Parker is four. I had a daughter later in life, Robbi, who is now 23 years old. She currently lives with me, as she's in her fifth year of University.
4. Where did you grow up? I am a born and raised Calgarian.
5. What three words would your friends use to describe you? Loyal, Ambitious, Quirky
6. What's your most hated household chore? Cleaning the cat litter.
7. If you had to pick one age to be permanently, which age would you chose?
I would like to stay 35, but only if I could have the same spirit and wisdom I do now,
8. What's your favorite Bible verse and why?
Psalm 27:13-14 What would have become of me had I not believed the goodness of God in my life? I travelled on a hard road for a very long time and felt very real hopelessness on many occasions, but God changed me from the inside out. I am ever thankful for His grace and faithfulness as I tried to push Him away. He has changed my life and blessed me beyond measure!
9. If you could snap your fingers and become an expert at something, what would it be?
I would be an expert at building animal rescue ranches all over the world.
10. What do you like to do when you are not working? Spend time with my kids and grand babes. I always wanted to be a famous country singer so I use my karaoke a lot. My daughter-in-law plays guitar, so we team up when we can.
11. What's a fun fact about you people may not know?
I would be an excellent race car driver.



Susan
Resident Life
Administrator



Newspaper clipping submitted by Margaret Vander Wekken

What is a grandmother?



A third-grader wrote the following about grandmothers:

A grandmother is a lady who has no children of her own. She likes little girls...Grandmothers never say hurry up. They don't have to be smart, only answer questions like: "why do dogs hate cats?" and "How come God isn't married?" They wear glasses and can take off their teeth and gums. They don't talk baby talk like visitors do because it is hard to understand. When they read to us they don't skip or mind if it's the same story over and over again.

Everybody should have one, especially if you don't have a television, because Grandmas are the only grownups who have any time for children.

RESIDENT CONTRIBUTIONS

A VISIT TO THE UKRAINE
 MENNONITE HERITAGE CRUISE 2010
 WRITTEN BY CONNIE PLENERT



Buses were waiting for us at the Odessa airport, ready to take us to the wharf, in anticipation to start our heritage cruise. We were greeted by a group of musicians and a beautiful young couple in traditional dress offering us bread and salt - "bread so we will never experience hunger and salt so our life will be full of flavour."



The first person who welcomed me on board recognized my name and asked if I knew those involved in building the first airplane in Russia. I knew of this project and several of my father's relatives were on the design team but he wasn't among them. A picture of this event is prominently displayed in the Winnipeg museum.

(As an aside, the day after I met our dear Helen Friesen, in the basket of her walker was a book, open at the page showing the plane picture! After that, she welcomed every opportunity speak low German to me. I could understand everything she said, but I had to answer in English. I'm sure many of you wondered about our strange conversations.)



The ship was our floating home for the next 10 days. The cabins were small, but comfortable. The tiny bathroom miraculously transformed into a full shower by pulling a curtain around the whole room. Every morning we were awakened by a wonderful deep voice over the PA "Good Morning, Pilgrims". We would then hear the plans for the day.

To make sure we all got to visit with each other, every day the meal seating plan was posted outside the two dining rooms. Food and service was friendly and excellent.



When planning our trip, we had several options of day trips. Some options included Chernobyl, or a War Museum. My friend and I did well, choosing all the locations that were important to us.

After two days touring Odessa, visiting museums and admiring the beautiful architecture, we set sail on the Black Sea for Crimea. Rough waters!!! We were so grateful that my travelling companion always carries packing tape - which we used to secure the window against sea water blowing into the room.



I'm not sure what I expected of Crimea, but it certainly wasn't the beautiful green hills, huge mansions, and gorgeous beaches. We docked at Artillery Bay and visited Yalta, the Russian Riviera, Levadia Palace (which housed one of the most expensive pianos in the world), and Chekhov House. We enjoyed our packed lunch on the Yalta esplanade - one of my favourite places of the tour. I wonder how much has changed since it's been annexed by Russia.

We docked In Kherson and visited Fisherman's Island and a craft sale - beautiful hand-crafted souvenirs were irresistible. Local residents served us a delicious lunch, complete with homemade vodka, which could cure almost anything!



That evening we enjoyed a command performance of the Black Sea Fleet Ensemble. The next day we visited several experimental farms of livestock, crops and vegetables. We were totally amazed at what these farms could accomplish with limited, rather old machinery and equipment.

A 95 year old resident was most anxious for us to visit her. There was no language barrier, the tears of joy and welcome spoke volumes. There wasn't a dry eye among us.

Time to set sail back to the mainland, the Black Sea was calm and beautiful, and yes, very black.

I was particularly looking forward to docking in Zaporitzhia and Khortitsa - my mother's birthplace. The town had been deliberately flooded to save valuable farm land near by. The ship spent the night in a lock, above the place where my mother was born. A fitting way to celebrate my birthday with like-minded 'pilgrims', lots of fun with cake, presents, songs, etc. Later we enjoyed a command performance of the Cossack Equestrian Show.

RESIDENT CONTRIBUTIONS

A VISIT TO THE UKRAINE
MENNONITE HERITAGE CRUISE 2010
WRITTEN BY CONNIE PLENERT

The town of Khortitsa was of particular interest to me, my family spoke often of it. My grandfather had owned a machinery business there (pre-John Deere) and one of my aunts worked in the office and actually typed invoices (pre Remington)!! The building still stands.

One of my highlights of the tour was a visit to the 'Girls School' - my mother was too young for school but my aunts talked fondly of it. I was in constant awe as I walked the halls of that school - and yes - a visit to the bathroom!

The girls proudly presented a concert to us. They were lovely and talented, but had to sing, accompanied by a dreadfully out-of-tune piano. Painful for someone with perfect pitch! As soon as we got back to the ship, with a fistful of cash, I went to the purser and asked if she could arrange for a piano tuner. It took a minute for her to absorb what I was asking. Months later I got an email from her, confirming that the piano had been tuned.

The residents of the small towns were often widows with meagre pensions - if any. Their tiny homes usually had no heat, no indoor plumbing, so they were bundled up in layers of woollen socks, sweaters and scarves. They were often seen herding geese across the road. Twice a week these women walked several miles to an activity centre, supported by the MCC, to have a hot meal. There, but for the grace of God.... This activity centre is or was, a vital support to the community; doctors, dentists, optometrists made regular visits. Donated eyeglasses were/are of particular need. (Several MCC volunteers elected to stay during this war.)

In the cities there were beautiful young women, well-dressed, nice makeup, always together in coffee shops, restaurants, shopping, etc. My question - where were the men? Answer - in the army or drunk. How sad.

Bus tours at times were on rather primitive roads. No gas stations or McDonalds anywhere. Our first rest stop was a complete surprise to this city girl - we stopped near a forestmen were directed to the right, the women to the left.....

One of the tours included a visit to a Mennonite church where both our families had attended. My grandmother is buried in the adjacent cemetery. The women's choir presented a wonderful concert, using a special technique of everyone taking a breath at different times so there was no break in the music. Being a former chorister, I recognized how difficult this must be. The church was known for its finest 'comfort station'.

Both my friend and I were looking forward to the next stop. Her family's home was there as was her aunt's grave stone; my brother-in-law's family grocery store was still in operation; my uncle had been the school principal.

With help from a fellow pilgrim, my friend found the grave stone and I heard her call out "I found it"! The "pilgrims" cheered while I was on my way to the store to buy some special treats for them.

My father grew up quite a distance from my mother's home town, and was not part of the tour. He kept impeccable records - we found maps to his home town, to-scale drawings of his family home among other treasures. I hired a car and driver, and one of our tour guides, fluent in Ukrainian, Russian, German and English, to find his home. The oldest woman in the town was usually the 'go to' person. Our tour guide found her, but it took some convincing to have her come with us, but she knew exactly where my Dad's farm had been. The house was gone, but by pictures I recognized the house across the small stream, where my Dad spent hours playing with the boys who lived there. This family eventually came to Winnipeg and moved directly across the street from us. The 'boys' continued their friendship.

Time to set sail for Kiev. During the times we were on the river, we attended seminars, watched Mennonite films, previewed the cruise video, and attended choir practices in anticipation of closing ceremonies.

In Kiev, we toured Old Kiev Hill, St. Sophia, but I remained on the bus while others visited the Babi Yar holocaust site. Back on the boat, we enjoyed the Horlytsa Folk Ensemble followed by the Captain's Gala Dinner and Closing Exercises of the Floating Mennonite University. We all received diplomas. There was one more city tour the next day, followed by a command performance by Boyan Male Voice Chamber Choir.

The next day breakfast and off to the airport.

It was a great, informative trip. We saw and learned much, the varied entertainment was awesome. We were welcomed everywhere we went. We met wonderful pilgrims, had fun, sometimes sad, times.

To see what's happening now is almost too painful to watch.



MARCH CELEBRATIONS AT SHALEM

Happy Birthday!

- April 2 Randall Clark
- April 4 Monique Carnegie
- April 6 Beatrix Dalstra
- April 8 Elsie Van Dyk
- April 10 Anne de Vuyst
- April 18 Ann DeKlerk
- April 20 Hes Roorda
- April 29 John Stronks
- April 30 Roger Haynes



To all Residents celebrating Birthdays this month, we wish them many blessings and congratulations!



Congratulations to Peter and Ann Cupido on their 69th Wedding Anniversary, April 1st. May God continue to bless you and remind you of all all the happy memories you've shared together.

Did you know we have a Facebook page? We would love for you to like our page!

f Follow us on Facebook
Shalem Senior Living



April Birthday Party

Join us in celebrating Shalem Residents that have their Birthdays this month!
Tuesday, April 12th at 2:00PM
Cake & Entertainment

Answer to Crossword on Page: 22



He is Risen!

VOLUNTEERING

Contact Michelle
403-240-2800 ext 4
Email: Recreation@shalem.ca

We are blessed to have many volunteers lead or lend a helping hand at a variety of Shalem activities. Thank you! We could not do it without you.

We raised \$160 from our Espresso Café Bake Sale, getting us one step closer to a new cappuccino machine.



THANK
YOU
♡

Looking for Shalem Volunteers...

Do you like to cook or bake?
Do you have a favorite family recipe?
If the answer is yes, we'd like to hear from you!

Shalem is creating a *Cooklet* (a small cookbook) and we need your recipes and stories!

To learn more, connect with Michelle.



Calling ALL artists...

Do you draw, paint, write, sculpt, carve ?
We want to chat with you.
Shalem is planning an **Art Walk & Wine** evening to showcase the tremendous talent we have within our walls.

Please contact Michelle for more information.



GAMES & FUN



Spring

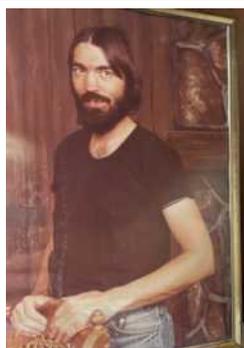


ACROSS

- 1 Fifth month of the year
- 3 Produce flowers
- 5 Bright light of the sun
- 7 Water vapor that condenses and falls from the sky
- 9 Color lying between yellow and blue on the spectrum
- 11 Earth that has turned soft by wetting
- 12 Change from a solid to liquid state
- 13 Neither warm nor very cold
- 14 Movement of air over the surface of the earth
- 17 Game played with a bat and ball
- 18 Water droplets that collect at night on cool surfaces
- 20 Green plant with narrow flat leaves

DOWN

- 2 Fourth month of the Gregorian calendar year
- 3 Light or gentle wind
- 4 Month spring often begins
- 5 Start to grow as a shoot or bud
- 6 Arc in the sky containing the colors of the visible spectrum
- 8 Toy consisting of light frame covered in paper to be flown in the air
- 9 Become larger by the process of natural development
- 10 Part of plant capable of growing into a new plant
- 15 Water in a frozen state
- 16 Visible body of water droplets high in the earth's atmosphere
- 17 Process or fact of being born
- 19 Thin-shelled ovum of a bird or reptile



TRIVIA

This man lives in Shalem, turned 73 last month, and used to have a dog named Buster...

Who is he?

GAMES & FUN

Complete the quiz below and leave it in the basket by Susan's office.
One winner from each building will be selected.
Deadline to enter is April 29

Easter Quiz

NAME: _____

1. Which celebration immediately precedes Easter? : _____
2. What is the traditional Easter flower? : _____
3. What is the Friday before Easter usually called? : _____
4. What does the tradition of Easter Eggs symbolize? : _____
5. What are the Easter colours? : _____
6. On which day is it traditional to make pancakes? : _____
7. Easter celebrates the resurrection of Jesus Christ . Jesus rose from the dead how many days following his crucifixion? 7, 5, 3 or 2? : _____
8. The Easter Season starts on Easter Day and lasts for how many days ? 14, 21, 32 or 50? : _____
9. In Western Churches what is the first day of Lent - Ash Wednesday or Shrove Tuesday? :

10. Which bread product is associated with Easter? : _____
11. The Sunday a week before Easter is called what? : _____
12. Name the hill where Jesus was crucified? : _____
13. Hot Cross Buns are marked with what symbol on the top? : _____
14. What might people traditionally wear in the Easter Parade? : _____
15. What kind of cloth was used to wrap the body of Jesus ? : _____
16. Which actor and actress starred in the fantastic 1948 movie Easter Parade? : _____
17. Who wrote Easter Parade? : _____
18. Lent is the fasting period leading up to Easter, how long does it go : _____
19. Who betrayed Jesus? : _____
20. At the Last Supper, what food did Jesus liken to his body?: _____



SPECIAL EVENTS

Please see Bulletin Boards and the Information TV for the most up-to-date information.

MEMORY CONNECT

Thursday, April 7th - 10:30 AM- Shalem Atrium
Monday, April 18th - 10:30 AM- Haven 3rd Floor

LINE DANCE CLASSES



Wednesday, April 6th & 20th
3:30PM, Haven 3rd Floor



Mobile Manicures & Facial Waxing with Glow Face to Toe

\$35.00 Manicures/ \$15-\$55 Facial Waxing
Cash Only Payment (sign-up required)
April 11, starting at 11:00am
Spa Room on the Haven 2nd Floor



Bus Trip - ROARR
Robinson Outreach at RiverCross Ranch
Thursday, April 14th 11:30-1:30pm (Lunch Included)
Sign-up Required, limited seats available



Shalem Café Espresso Cafe

Friday, April 22
10:00am
Cappuccino Drinks & Shalem Pastries for Purchase



Spring Sunhat n' Sip

Decorate a sunhat on April 25th then join us for High Tea & Hats on April 28th. Afterward, hang your hat on your door for Spring décor.

2:00 PM
April 25th and 28th
Haven 3rd Floor
Sign-up Required

MOVIE & POPCORN



Friday Matinee & Popcorn
2:00PM- Shalem Atrium
Movie: War with Grandpa