



# Casa Connection

## April 2007



*Happy Easter*

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**Casa**  
**SANDOVAL**

# New Activities this Month

## **Ballroom Dance Class**

Come join the fun and learn how to Ballroom Dance with other seniors your age. This is a fun and exciting way to exercise, and it gives you a chance to meet new people in the area. The class is at Hayward Senior Center right behind us. There is a small fee of \$4.20 per session, however it is well worth the money. The best way to keep your mind sharp is to learn something new. This way you can keep your body in shape, and keep your mind sharp. If you would like to join this class please sign up on the sheets located in the main hallway. We will send a bus there, and we'll pick you up after the class for the first two weeks. If more people are interested in coming we can arrange transportation to other classes.

## **Easter Party**

Our Easter Party is one event you don't want to miss. At 2:00 pm we invite you to invite your grandchildren or friends who have small children to come and enjoy an Easter Egg Hunt. We will be giving away three Easter Baskets to the top three winners. Following the hunt, we will have entertainment for the adults in the Main Lounge, and we will have a special magician in the auditorium for the children. During these events we will have plenty of refreshments and drinks for you to enjoy. We also have a raffle drawing for the residents which will be announced

after the party. So invite your friends and family, especially if they have small children, to come and enjoy the afternoon. The party begins at 2 pm on April 7th.

## **Dunsmuir Mansion Tour**

For those of you who have never been, this historic mansion is a must see. The grounds surrounding the mansion are spectacular. And the mansion itself is something you don't see every day. The tour around the mansion will begin at 11 am. Please do not wear high heeled shoes. It does involve going up stairs if you desire, however you can just stay on the main floor. After the tour you are free to roam around the beautiful gardens and enjoy the summer afternoon. We are asking you to bring a bag lunch with you so that we can have a picnic there in the park. Please make sure you sign up if you would enjoy going on this tour.

## **Special Bingo**

This special bingo is a fun way to learn about the signs and symptoms of depression. Theresa will come over and play bingo with all of you who are interested in learn how to spot these important signs. She will have some fun and interesting prizes, and as a bonus she will teach you how some interesting facts about depression. So come and join her for an afternoon of fun and learning, on Friday April 27th at 1pm.

## **Trip to Lindsay Wildlife Museum**

This month we're going to take the residents to Lindsay Wildlife Museum. This is a nice place for you if you love seeing different kinds of animals. Lindsay Wildlife Museum is a unique natural history and environmental education center where live, wild animals are just inches away. Visitors can listen to the cry of a red tailed hawk, go eye-to-eye with a gray fox and watch a bald eagle eat lunch. More than 50 species of live, non-releasable, native California animals are on exhibit. There's a charge of \$6 for seniors. Please sign up for this trip and the bus will leave at 1:00pm on April 25th.

## **Guide Dog**

Come join us for this exciting, trip to learn about the challenges that go into training dogs for the blind. The tour will be about an hour, and involves a lot of standing and walking. If you have a walker that has a seat this would be the ideal thing to bring so that you can sit down and rest if you need to. Please wear comfortable shoes as you will be on your feet for a while. We encourage you to come and learn about these wonderful dogs and the people who train them. The bus will leave on at 1 pm or earlier so that we can arrive on time for our tour by 1:30. Please don't forget to sign up for this trip.

# Ongoing Activities

## Medical Transportation

We provide medical transportation to your medical appointments. These are the hours and the days when we provide medical transportation.

Monday 9am – 11:30am

1 pm - 3:30 pm

Tuesday 9 am - 10:30am

Thursday 9am - 11:30am

Monday is the only day that we go to San Leandro but we also go to Castro Valley, Hayward, Union City. Please make sure to write down the hospitals name and time of your appointment on the sign up sheet. Please note that the pick-up time is 11:30 am for the mornings and 3:30 pm for the afternoon. If your appointment is not finished by these times you will need to call a taxi. If you have any questions regarding the transportation please contact the Activities Department.

## Resident Council Meeting

Please mark your calendar for April 9 at 1:30 for our Resident Council Meeting. This is a very important meeting when we provide information about upcoming events and address issues or concerns that you might have. Please join us in the Auditorium this month for the meeting.

## Food Committee Meeting

Each month we have a food committee meeting in which we discuss the food, and you get to share your opinion about our food. We are interested in finding

out how we are doing in the preparation and serving of food to our residents. Your opinion is of great value to us. This month's meeting will be on April 2nd at 3pm in the Private Dining Room. Please mark your calendar and join us for this meeting. Please note that we have changed the time.

## Movie Review

Come join Al Murdock and watch the movie "Road to Zanzibar" (1941). It stars Bob Hope & Bing Crosby. Share your ideas and listen to other ideas about the movie. Even if you do not wish to share your opinion come join everyone in the Auditorium on Sunday, April 29th. Watching a movie is much more enjoyable when you have people to watch with, so come down and join the fun with your friends and neighbors.

## Exercise / Penny

Aside from Sit & Stretch and Tai-Chi, we have another teacher from Hayward Adult School who comes here and teach residents to exercise and keep their body moving. This is a good way to start your day. So we encourage the residents to come and join the exercise every Thursday at 9am in the Auditorium.

## Culture, Memory and Travel Class

Alice, another teacher from Hayward Adult School, comes here each Monday to show a video on different places around

the world. This class is very insightful and interesting as Alice leads you through the culture and times of the specific videos each week. This class is at 1:30 each week, in the Card Room.

## Happy Hour

Every Wednesday and Friday we have happy hour in the auditorium. On Wednesdays the entertainers vary, so please check the calendar for who is playing each week. On Fridays, we have a teacher from Hayward Adult School come and play for us. This is a fun time to come enjoy wine, and non-alcoholic beverages, and socialize with your friends.

## Poker Night

Come enjoy a fun game of poker with your friends every Saturday night at 7 pm in the Billiard Room. Everyone comes together for a great time of socializing and keeping your mind sharp. The game is typically played with nickels and dimes, nothing too big, but enough to make the game exciting when you win. We would like to encourage you to come and bring your friends and neighbors to enjoy the night playing poker.

# April Birthdays

# Happy Easter

Elvera R 4/1

Harlan S. 4/4

Anna K. 4/8

Helen D. 4/12

Abvira H 4/14

Marjorie D 4/14

William A 4/16

Norma H 4/17

Effie S 4/18

Theresa B 4/19

Grace L 4/29

Ivy R 4/30



Of all the symbols associated with Easter the egg, the symbol of fertility and new life, is the most identifiable. The customs and traditions of using eggs have been associated with Easter for centuries.

\*Originally Easter eggs were painted with bright colors to represent the sunlight of spring and were used in Easter-egg rolling contests or given as gifts. After they were colored and etched with various designs the eggs were exchanged by lovers and romantic admirers, much the same as valentines. In medieval time eggs were traditionally given at Easter to the servants. In Germany eggs were given to children along with other Easter gifts.

\*Different cultures have developed their own ways of decorating Easter eggs. Crimson eggs, to honor the blood of Christ, are exchanged in Greece. In parts of Germany and Austria green eggs are used on Maundy Thursday (Holy Thursday). Slavic peoples decorate their eggs in special patterns of gold and silver.

\*Pysanki eggs are a masterpiece of skill and workmanship. Melted beeswax is applied to the fresh white egg. It is then dipped in successive baths of dye. After each dip wax is painted over the area where the preceding color is to remain. Eventually a complex pattern of lines and colors emerges into a work of art.

\*In Germany and other countries eggs used for cooking where not broken, but the contents were removed by piercing the end of each egg with a needle and blowing the contents into a bowl. The hollow eggs were dried and

hung from shrubs and trees during the Easter Week. The Armenians would decorate hollow eggs with pictures of Christ, the Virgin Mary, and other religious designs.

\*For thousands of years, people thought of eggs as the symbols of new life. People also thought that the Earth itself hatched from a huge egg. So that is why the egg was chosen as the symbol of resurrection.

\*Long before Jesus, people used to give each other eggs as presents. These eggs were dyed or painted in fancy colors and designs. Some of the most elaborate and beautifully designed eggs came from countries such as the Ukraine. The tool used by the Ukrainians was called a *Kistka*. It's a brass cone mounted on a stick. The artist filled this with wax and heats it so that the wax melts, the artist then draws patterns on the melted wax. All the designs used have a religious meaning.

\*Every country has its own customs. In the Northern countries of England the children go around begging for eggs and other presents and acting out the Pace egg Play, this was known as "Pace egging".

"Pace eggs" comes from the Hebrew word *Pesach* (Passover). In Scotland the word also appears as Peace of Paiss.

\*In Poland girls used to send eggs to their favorite boyfriends. Finnish children would beat the grown-ups with birch twigs until they were given eggs for ransom.



# Easter Extrava- ganza Referral Program

This month we are having an extra special referral program.

Here is what you have to do:

1. Refer a friend
2. Invite them to visit Casa Sandoval
3. Fill out a referral form before they come in for a visit
4. If they move in by the end of April, you receive the following  
October rent free  
\$250 upfront for the referral  
A raffle draw for each referral worth \$1000.00

It's that simple. Refer a friend, they move in, you get one month free rent, \$250 dollars, and a chance to win \$1000.

If you have any questions please call Ann in Marketing ext. 202

## Take Note



### Newspaper

Please take note that in the next resident council meeting we will be discussing a change in the set-up for the newspapers. If you pay for a subscription to a newspaper please make sure that you are at the resident council meeting on Monday, April 9th at 1:30 pm. We have some very important information to that we will be sharing with everyone so make sure you are present to learn what we will be starting. The changes will take place the following day, April 10th.

### Meal Tray Delivery

If you want a meal tray sent up to your apartment you can call the front desk earlier for your order so that dining wait staff can deliver it right away. If you place your order for lunch at 12:00pm please be advised that dining room is busy at that time serving other residents and they can deliver your tray in 15-20 minutes. Same goes with breakfast and dinner.

### Scenic Drive

We're going to start a new way of taking residents to a scenic drive. Activities Department is going to put up one sign-up sheet for the scenic drive for the whole month of April then we're going to draw 9 resident's names and 3 alternates each week, alternates for each week are automatically included on the next scenic drive if they don't get to go on the first one. In this way, it will be fair for everybody who wants to go, and every one will get a chance to go to scenic drives.

### Out of the building

Please take note that whenever you go out of the building and you're going to be out for couple of hours, please let the front desk know. The front desk staff needs to keep track of the residents who goes out of the building and residents who doesn't come back. Sometimes things can happen outside the facility and we don't have any control of, if the front desk know that you're out and where you went it will be easier for them or your family member to track you down.