

BODEN SENIOR LIVING NEWSLETTER

April 2026



AGE MAGNIFICENTLY
A Lifespark Community

***“IT DOES NOT MATTER HOW SLOWLY YOU
GO AS LONG AS YOU DO NOT STOP.”***

—CONFUCIUS

HAPPY BIRTHDAY

**Please join us in wishing a very happy birthday to our
residents celebrating this month!**

**GLORIA
JOANN**

Welcome Home!

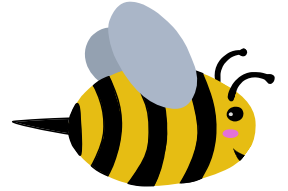


Meet your new neighbors

LYNETTE

MEET LYNETTE, A MASTER CRAFTER WHO ENJOYS NEEDLEPOINT, CROCHET, AND MAKING DREAMCATCHERS WHEN SHE ISN'T BUSY PLAYING A GAME OF CRIBBAGE. A TRUE FAN OF COUNTRY MUSIC AND THE VIKINGS, SHE BRINGS A CREATIVE AND SPIRITED ENERGY TO OUR COMMUNITY!

DATES TO REMEMBER



Upcoming events:

4/2 - Easter Egg Hunt

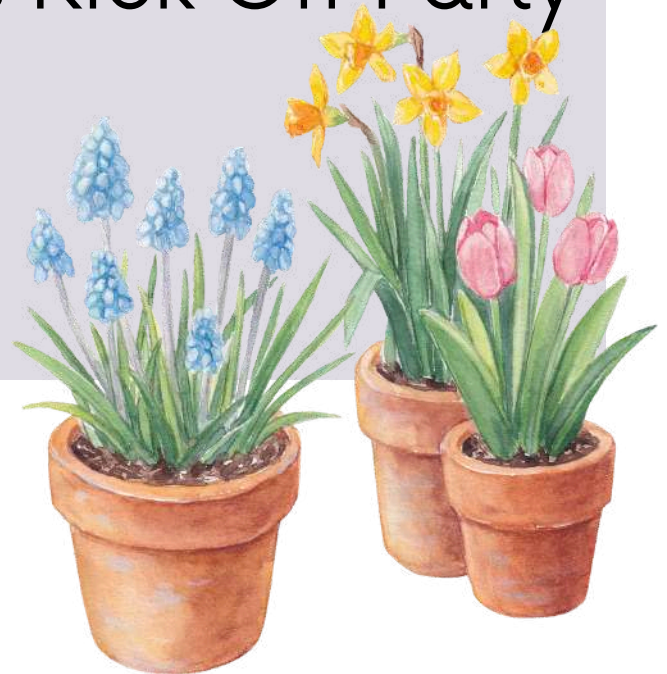
4/3 - Spring Clean Up

4/15 - Bob Ross Painting

4/20 - Dessert Making

4/27 - Spark Games Kick Off Party

4/29 - Flying Kites





Lifespark™

SPARK GAMES

GAME

- 2 -



THE LEAGUE IS DEDICATED TO PROMOTING HEALTHY TEAM-BASED COMPETITION CENTERED ON THE SKILLFUL USE OF RADIO CONTROLLED SOCCER PLAYER! SUCCESS IN THIS COMPETITION SHOWCASES TEAMWORK, STRATEGY, AND DISCIPLINE TO PRACTICE! ROBOT SOCCER IMPROVES HAND-EYE COORDINATION, MENTAL ACUITY AND MOOD WHILE REDUCING SOCIAL ISOLATION.

THE ARMCHAIR EXPLORER: MONTHLY TRAVELS FROM HOME



EVERY MONTH, WE'RE TAKING A TRIP WITHOUT EVER LEAVING OUR FAVORITE CHAIRS. FROM THE HISTORIC STREETS OF EUROPE TO THE HIDDEN GEMS OF OUR OWN BACKYARD, JOIN US AS WE EXPLORE THE SIGHTS, SOUNDS, AND STORIES OF A NEW DESTINATION.

THE ARMCHAIR EXPLORER: MONTHLY TRAVELS FROM HOME



Holland

SIGHTS: April is the peak of tulip season in Holland. The famous Keukenhof Gardens plants over 7 million flower bulbs every year. Imagine a sea of red, yellow, and purple stretching as far as the eye can see.



TASTES: Holland is famous for Gouda and Edam cheese. These cheeses were originally made in the towns they are named after.

Discussion Starter: Ask your neighbor at dinner: "What's your favorite kind of cheese? Do you prefer it sharp or mild?"

CULTURE: There are more bicycles in Holland than there are people! Because the country is very flat, it's the easiest way to get around. You'll see people of all ages from toddlers to 90-year-olds zipping around on two wheels.



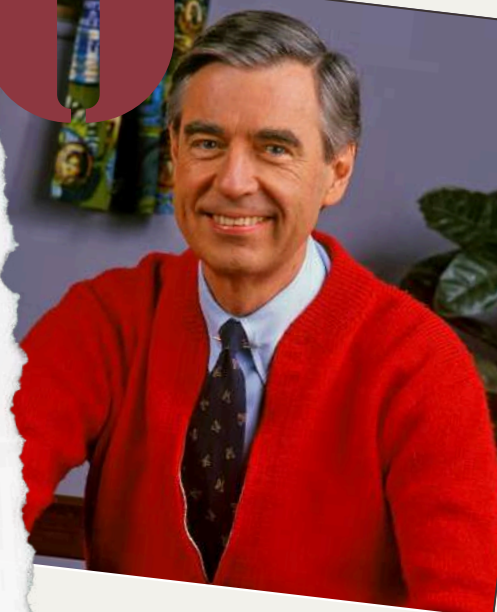
HISTORY: Before electricity, the Dutch used massive windmills to pump water out of the lowlands to keep the ground dry for farming. Today, over 1,000 of these historic giants still stand.

Blast From The Past

1968

TV MILESTONES:

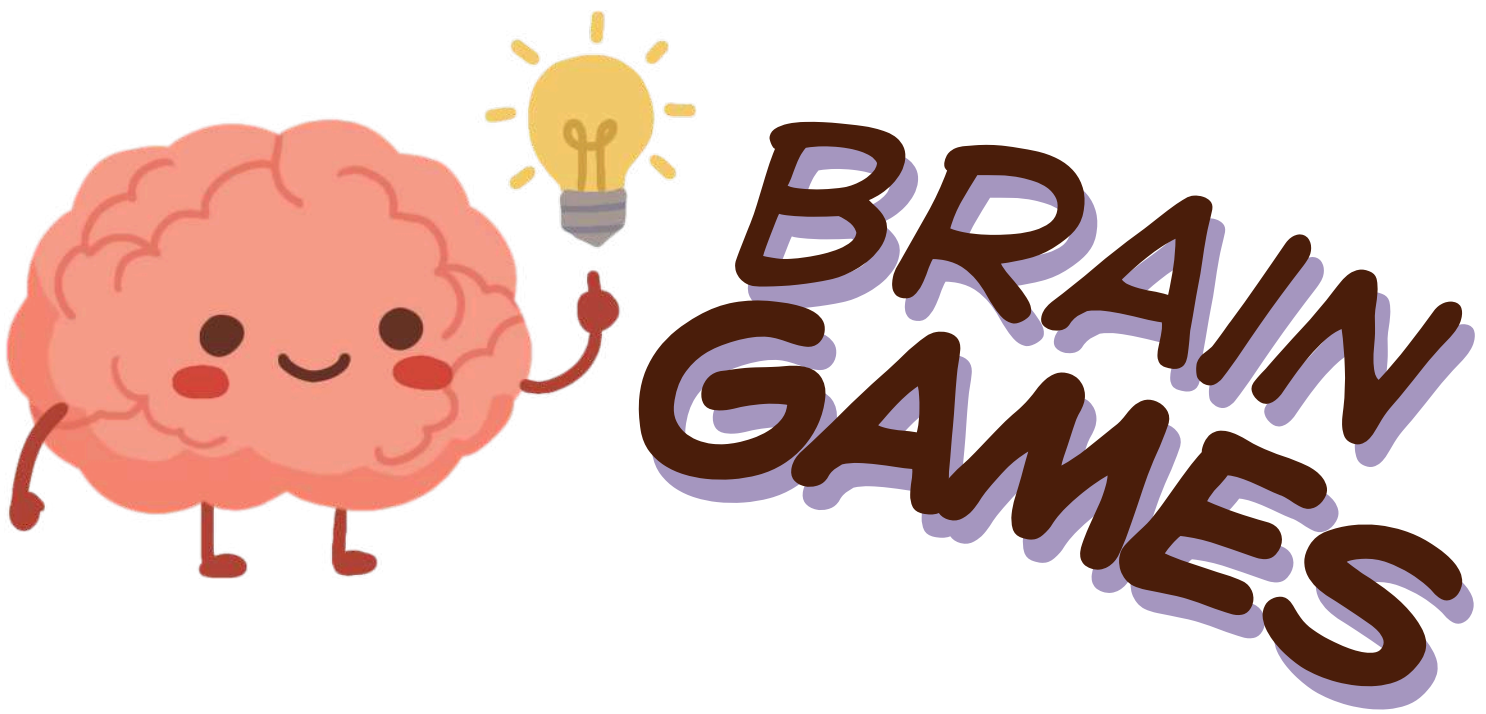
The legendary news magazine 60 Minutes debuted on CBS, while Mister Rogers' Neighborhood began its national broadcast, changing public television forever.



COST OF LIVING:

A new car cost roughly \$3,400, a gallon of gas was only 34 cents, and a first-class postage stamp would set you back just 6 cents.





APRIL'S RIDDLE:

**WHAT GETS BIGGER
THE MORE YOU TAKE
AWAY FROM IT?**

ANSWER: A HOLE



Chaplin's Corner

REFLECTION: RENEWAL, GROWTH, AND SHARED MOMENTS

AS THE APRIL SUN BEGINS TO WARM THE EARTH, WE ARE REMINDED THAT NO WINTER LASTS FOREVER; NO SPRING SKIPS ITS TURN. APRIL ARRIVES NOT JUST WITH SHOWERS, BUT WITH A PROMISE—A PROMISE OF RENEWAL, OF COLOR RETURNING TO OUR WORLD, AND OF THE GENTLE UNFOLDING OF NEW LIFE. IN OUR COMMUNITY, APRIL IS A BEAUTIFUL REMINDER THAT WE, TOO, ARE PART OF THIS LIVING, BREATHING CYCLE.

TO OUR RESIDENTS: YOU ARE THE DEEP, STRONG ROOTS OF OUR GARDEN. YOU HOLD THE STORIES, THE WISDOM, AND THE HISTORY THAT GIVE OUR HOME ITS CHARACTER. JUST AS THE SPRING SUN COAXES THE FIRST GREEN SHOOTS FROM THE GROUND, WE HOPE YOU FEEL INSPIRED TO STEP INTO THIS NEW SEASON—TO FEEL THE WARMTH, TO SHARE YOUR LAUGHTER, AND TO KNOW THAT YOU ARE LOVED.



Chaplin's Corner

APRIL SCRIPTURE

"Create in me a pure heart, O God, and renew a steadfast spirit within me"

(Psalm 51:10)

"For everything there is a season, and a time for every matter under heaven... He has made everything beautiful in its time"

(Ecclesiastes 3:1 & 3:11)

Reminders from **nursing**

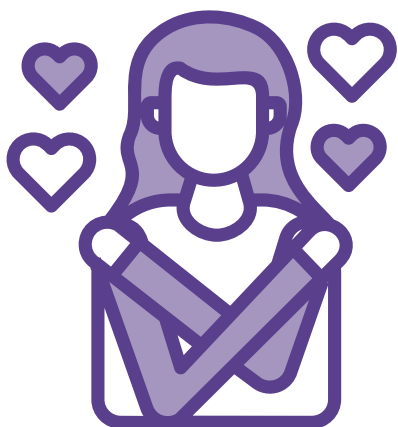
April: Stress Awareness Month

Mental health can positively or negatively impact your physical health and risk factors for heart disease and stroke, according to “Psychological Health, Well-Being, and the Mind-Heart-Body Connection,” a scientific statement in the American Heart Association journal.

*Reminder to reach out if you are feeling stressed or depressed. Lifeguards are always available to lend an ear.
Heike, Maria, Leatrice, and Dale.*

Stress Management Tips:

- Move to Mood-Boost: Even 5 minutes of walking or chair stretching lowers stress hormones and lifts your spirits.
- Stay Connected: Loneliness is a form of stress. If you're feeling overwhelmed, stop by the nursing station for a quick chat.
- Sip to Stay Calm: Dehydration can feel like anxiety. Keep your water pitcher handy—small sips go a long way.



JILL'S AFFIRMATION

I am enough exactly as I am

I deserve happiness and
peace

WE RISE BY
LIFTING
OTHERS

you're
WORTHY

22 APRIL, 2026

HAPPY EARTH DAY



THE POWER OF GREENERY

**DID YOU KNOW THAT SPENDING JUST 20 MINUTES
NEAR TREES OR IN A GARDEN CAN SIGNIFICANTLY
LOWER STRESS LEVELS AND IMPROVE YOUR MOOD?**



