

# THE Courtyards *Lifestyle*

ASSISTED LIVING & MEMORY CARE COMMUNITY  
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

APRIL 2024

## Welcome to April

Welcome, Courtyards Family, to the month of April! As we transition into a new season, it's the perfect time to focus on our health and well-being. Let's embrace the warmer weather and longer days by taking advantage of outdoor activities and soaking up some vitamin D. As we welcome the arrival of spring, let's channel our inner green thumbs and indulge in some gardening activities. Whether you have a green space to tend to or simply enjoy potted plants, gardening can be a therapeutic and rewarding experience.

Let's bring some life and color to our surroundings and create a vibrant, blooming environment for all to enjoy. Wishing you a happy and healthy month of April, filled with growth, wellness, and appreciation for the Earth and each other. Let's make the most of this season and create lasting memories together at Courtyards.



## OUR MANAGEMENT TEAM

Our Management Team  
Executive Dir. KaSandra L.  
Marketing Dir. Atriza K.  
Director Of Dining Tommy C.  
Activity Dir. Joni R.  
Wellness Dir. Kara H.  
Admin Assistant Marisol C.  
Maintenance. Chris R.

## Decorate Your Space

You don't have to hire a professional to celebrate National Decorating Month in April. Update your home with some colorful new throw pillows, a welcoming door wreath or an eye-catching piece of art.



COURTYARDS OF ODESSA

APRIL 2024

APRIL BIRTHDAYS

CHARLIE A.  
PATSY S.  
MARGARET B.  
GLENDA R.

Thank a Tree

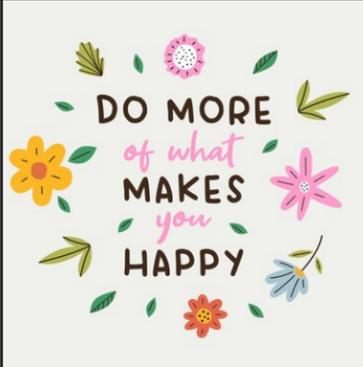
Planting trees on Arbor Day— or any day—is a popular way for people to help the planet. That’s because trees get 90% of their nutrition from the air around them, in the form of carbon dioxide. Using energy from the sun, a tree converts CO2 into food and releases oxygen back into the air. Since excess CO2 is damaging to the environment and we need oxygen to breathe, trees are truly important for the ecosystem. Scientists say trees are the best method of offsetting carbon emissions, largely because they live so long and take a long time to decompose.

The Rhythm of Spring

“It is spring again. The Earth is like a child that knows poems by heart.” —Rainer Maria Rilke

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.” —Lynda Resnick

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April Fools' Day</b> 1 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Memory Game 2:00 Skip-Bo Wlth Friends 3:00 Crafting 5:00 Dinner	<b>World Autism Awareness</b> 2 7:00 Breakfast 9:00 Beauty Day- Amenti Beauty Academy 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Board Games W/ Friends 5:00 Dinner	<b>National Walking Day</b> 3 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Worship With Mark (Gentiva) 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 5:00 Dinner	<b>Burrito Day</b> 4 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Movie and Popcorn 5:00 Dinner	5 7:00 Breakfast 9:00 Early Bird Get Fit 9:30 Council Meeting 10:30 Dollar Tree Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 BINGO STORE \$ 5:00 Dinner	6 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Community Walk 5:00 Dinner
<b>HAPPY BIRTHDAY CHARLIE A.</b> 7 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Online Worship 5:00 Dinner	8 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Crafting 4:00 Beach Volleyball 5:00 Dinner	9 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:00 Karaoke With James 2:00 Skip-Bo Wlth Friends 2:30 \$\$\$BINGO\$\$\$ 5:00 Dinner	10 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Worship With Mark (Gentiva) 12:00 Lunch 12:00 Spring Fling With Gentiva Hospice 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Community Walk 5:00 Dinner	11 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Movie and Popcorn 5:00 Dinner	12 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Walmart Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Music Therapy- Hospice Midland 5:00 Dinner	<b>HAPPY BIRTHDAY PATSY S.</b> 13 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Gardening With Friends 5:00 Dinner
<b>HAPPY BIRTHDAY MARGARET B.</b> 14 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Online Worship 5:00 Dinner	<b>World Art Day</b> 15 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Crafting 5:00 Dinner	16 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Wheelchair Tournament 5:00 Dinner	<b>HAPPY BIRTHDAY GLENDA R.</b> 17 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Worship With Mark (Gentiva) 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Community Walk 5:00 Dinner	18 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Movie and Popcorn 5:00 Dinner	19 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Target Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Baskin Robbins Outing 5:00 Dinner	20 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Gardening With Friends 5:00 Dinner
21 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Online Worship 5:00 Dinner	<b>Earth Day</b> 22 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:00 Skip-Bo Wlth Friends 3:00 Crafting 5:00 Dinner	<b>National Picnic Day</b> 23 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 1:00 Karaoke With James 2:00 Skip-Bo Wlth Friends 2:30 \$\$\$BINGO\$\$\$ 5:00 Dinner	24 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Worship With Mark (Gentiva) 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Community Walk 5:00 Dinner	25 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Movie and Popcorn 5:00 Dinner	26 7:00 Breakfast 9:00 Early Bird Get Fit 11:30 La Bodega OUTING 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Happy Hour- Music/Drinks 5:00 Dinner	27 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Gardening With Friends 5:00 Dinner
28 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Online Worship 5:00 Dinner	<b>International Dance Day</b> 29 7:00 Breakfast 9:00 Early Bird Get Fit 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Crafting 5:00 Dinner	30 7:00 Breakfast 9:00 Early Bird Get Fit 10:30 Book Club Discussion 12:00 Lunch 2:00 Skip-Bo Wlth Friends 3:00 Board Games W/ Friends 5:00 Dinner	<b>PLEASE BE ADVISED SCHEDULE SUBJECTED TO CHANGE</b>			



Our Courtyards Family had a fabulous day of pampering and relaxation, thanks to a special visit from the talented team at Amenti Beauty Academy!

## Earth Day Every Day

Earth Day is observed every year on April 22, motivating people to take part in protecting the planet. There are many ways you can help the environment on Earth Day and every day, and they offer additional benefits for you as well.

Need to stop at the supermarket, pharmacy and ATM? Combine these errands in one trip, and plan your route so you don't have to backtrack. *Perks:* If taking your own vehicle, you'll save money on gas and reduce fuel emissions.

Take reusable bags with you when you go shopping, carry a refillable water bottle instead of buying bottled water, and bring your own travel mug to coffee shops and convenience stores. *Perks:* Many businesses offer discounts to customers who bring their own bags and drink containers. Saving a few cents on every purchase can add up quickly!

Leaving the water running for just a minute can send 3 gallons of water down the drain, so turn the faucet off while brushing your teeth or shaving. Try to trim a few minutes off your shower time. *Perks:* In addition to saving hot water for the rest of the people in your household, you will be contributing to water conservation in your community.

When you can, reduce your carbon footprint by walking or cycling to your destination. *Perks:* You'll get exercise and fresh air, which benefits both your physical and mental health.

## Parkinson's Awareness

A neurodegenerative disorder, Parkinson's disease affects 10 million people worldwide and about 1 million in the U.S. Every April, Parkinson's Disease Awareness Month offers opportunities to learn more about this condition and discover ways to provide support.

## Wit & Wisdom

"The best thing one can do when it's raining is to let it rain."  
—Henry Wadsworth Longfellow

"Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby."  
—Langston Hughes

"The sound of the rain needs no translation."  
—Alan Watts

"There are many things I do for amusement, but for happiness I like to gather up my memories and go for a walk in the rain."  
—Robert Brault

"The shortest period of time lies between the minute you put some money away for a rainy day and the unexpected arrival of rain."  
—Jane Bryant Quinn

"I like it when it rains hard. It sounds like white noise everywhere, which is like silence but not empty."  
—Mark Haddon

"I have always considered the rain to be healing—a blanket—the comfort of a friend."  
—Douglas Coupland

"A rainy day is the perfect time for a walk in the woods."  
—Rachel Carson

"Tears of joy are like the summer raindrops pierced by sunbeams."  
—Hosea Ballou

"After the rain cometh the fair weather."  
—Aesop