

APRIL CALENDAR

The calendar events/activities are subject to change.



Wednesday 1

10:00 - 11:00 am Mat Yoga - Ballroom
 10:00 - Noon Ceramics - Ceramic Room
 1:00 - 3:00 pm Ceramics - Ceramic Room

Thursday 2

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 6:00 - 9:00 pm Eating Better Living Better - Poolside

Friday 3

9:30 - 10:00 am Sit & Fit - Ballroom
 10:00 - 10:30 am Water Aerobics - Main Pool
 11:00 - 11:30 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 4

10:00 - Noon Ceramics - Ceramic Room

Sunday 5

No Scheduled Events

Monday 6

9:00 - 4:00 pm On-Spot Dermatology - Main parking lot
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:00 - Noon Agenda Workshop - Conference Room
 10:00 - 11:30 am Computer Club - Small Card Room
 10:15 - 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Creative Mtg - Conf. Room
 11:00 - 11:30 am Water Aerobics - Main Pool
 1:00 - 3:00 pm Book Discussion - Conf. Room
 3:30 pm Bird Watching Club - Main parking lot
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiard Club - Billiard Room

Tuesday 7

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:30 - Noon Entertainment Mtg - MPR B
 11:15 - 12:15 pm Balance Class - Ballroom

Wednesday 8

10:00 - Noon LOD Board Mtg. - Ballroom
 6:00 - 8:00 pm Sing & Scene Club - Ballroom
 7:00 - 9:00 pm Women's Group - Small Card Room

Thursday 9

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:30 - Noon Fall Prevention - Cardroom
 11:00 - 12:30 pm ESA "Paws R Us" Club - MPR B
 4:00 - 5:30 pm Spiritual Insight - Conf. Room

Friday 10

9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 11:00 - 11:30 am Water Aerobics - Main Pool

1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 11

10:00 - Noon Ceramics - Ceramic Room

Sunday 12

10:00 - Noon Service & Social Club - Large Card Room
 8:00 - 9:30 pm Showtime "Memory Lane" - Ballroom

Monday 13

9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 11:00 - 11:30 am Water Aerobics - Main Pool
 3:30 pm Bird Watching Club - Main Parking Lot
 6:00 - 10:30 pm Billiard Club - Billiard Room
 6:00 - 9:00 pm Fun & Games Club - MPR B

Tuesday 14

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramic Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramic Room

Wednesday 15

10:00 - 11:00 pm Chair Yoga - Ballroom
 10:00 - Noon Ceramics - Ceramic Room
 1:00 - 3:00 pm Ceramics - Ceramic Room
 6:00 - 8:00 pm Sing & Scene Club - Ballroom

Thursday 16

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom

Friday 17

9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 11:00 - 11:30 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 18

10:00 - Noon Ceramics - Ceramic Room

Sunday 19

No Scheduled Events

Monday 20

9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 10:00 - 11:30 pm Water Aerobics - Main Pool
 3:30 pm Bird Watching Club - Main Parking Lot
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiard Club - Billiard Room

Tuesday 21

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - 11:30 am COP - Small Card Room

Tuesday 21

10:00 - Noon Ceramics - Ceramic Room
 11:15 - 12:15 pm Balance Class- Ballroom
 1:00 - 3:00 pm Ceramics - Ceramic Room

Wednesday 22

10:00 - Noon Ceramics - Ceramic Room
 1:00 - 3:00 pm Ceramics - Ceramic Room
 7:00 - 9:00 pm Trivia Night - Ballroom

Thursday 23

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 11:00 - 12:30 pm ESA "Paws R Us" Club - MPR B
 4:00 - 5:30 pm Spiritual Insight - Conf. Room

Friday 24

9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 11:00 - 11:30 am Water Aerobics - Main Pool
 10:30 - Noon Current Events - Small Card Room
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie -Ballroom

Saturday 25

10:00 - Noon Ceramics - Ceramic Room

Sunday 26

10:00 - 1:00 pm Service & Social Board Mtg.-Conf. Rm

Monday 27

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 11:00 - 11:30 am Water Aerobics - Main Pool
 3:30 pm Bird Watching Club - Main Parking Lot
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiard Club - Billiard Room

Tuesday 28

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramic Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramic Room

Wednesday 29

10:00 - Noon President Forum - Small Card Room
 10:00 - Noon Ceramics - Ceramic Room
 1:30 - 3:00 pm Ceramics - Ceramic Room

Thursday 30

9:00 - 9:45 am Zumba - Ballroom
 10:00 - 10:45 am Zumba - Ballroom



April Fool's Day



Creative Writing Club Student, Linda Borer- Watersedge C

It's April 1! Time to muse on the many benefits of laughter, and recall humorous occasions or pranks that we have experienced. There is no doubt that laughter has a tangible benefit to well-being. Socially, it can diffuse a tense or awkward social situation, and provide new acquaintances with common cultural or life experiences that promote communion. Physically, the vibrations induced by laughter exercise the belly muscles and expand the lungs for an unexpected workout. Psychologically, a good guffaw wards against depressive thoughts.

My most recent exposure to uncontrollable laughter occurred during a Suzuki violin recital involving my three granddaughters. The Suzuki protocol is for students to position their feet, adjust their instruments, and bow to the audience before playing.

This in itself is hilarious enough to produce a chuckle. When my youngest granddaughter, three-year-old Ellie, came on stage, she very seriously and meticulously placed her little feet in proper position before bowing deeply. The pianist began a simple tune. Gravely, Ellie's fingers mimicked violin playing on her pretend violin, which her mother Sara had carved from a piece of wood to act as a precursor to a real instrument. Ellie's deep concentration with this imaginary task produced in me a snort that, with great effort, I fortunately managed to cover up with a pretend cough.

The damage only escalated. One after the other, from youngest to most senior students, we were presented with a supremely inept cacophony of eardrum-destroying sound. I glanced over at my son Terry, the father of those three precious grandkids, ensconced on the pew beside me. He was snickering, which caused a tsunami of laughter to bubble up in my chest. Seeing my laughter only intensified the hilarity for Terry.

Truly, I'm ashamed of what happened next. Feeding off each other, Terry and I laughed until tears rolled down our faces. Even the evil eye of my daughter-in-law Sara could not quench our outbursts of hilarity. I thought my body would burst. I could not stop laughing. One glance at Terry and off I went again. How could parents pay high fees for such ineptitude? How could a devoted Bubbie be laughing at her grandkids? These considerations were ineffective in squelching our galloping amusement, right up until the concert's merciful end. Mustering great sincerity, I then heartily congratulated my grandkids on their wonderful performances, hoping they were too young to intuit my betrayal. It was only a year later that those Suzuki violin lessons ceased forever.

An April Fool's Day prank in my husband's office provides another example of hilarity in an unexpected situation. Leonard was a tax partner in an accounting firm, a profession not known for reckless tomfoolery or humor. But let's face it- how can a fart machine not induce hilarity, even among suit-and-tie male professionals? As my husband relates it, the scene was set with the placement of a fart machine on the seat of the chair of another partner. Said partner entered his office, and prepared to ease his rear end into his comfortable chair. BLATT! An embarrassing sound emitted from the fart machine in the approximate proximity to the anatomy responsible for that noise. Uncontrollable laughter erupted volcano-like from the mouth of small boys in the bodies of serious men. The firm lost an hour of billable time after that escapade, but a good time was had by colleagues feeling connected by a common experience unrelated to the rigours of dissecting the tax act.

We should look for humor in our lives, and understand the role it plays in easing the burdens of daily existence.