

Gladding Ridge

Gladding Ridge Assisted Living & Memory Care | 1660 Third Street Lincoln, CA 95648 | (916) 645-0106 | RCFE# 317000780



Linda Kammerer

April 5th



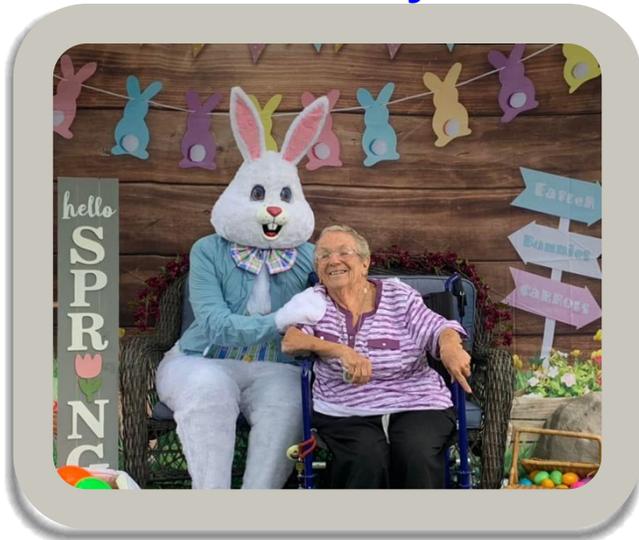
Evolution of Dance

April 29 is International Dancing Day, a day that will be greeted with enthusiasm by those who love to dance and perhaps with dread by those with two left feet. The date commemorates the birthday of Jean-Georges Noverre, the French dancer who is credited with creating ballet during the 18th century. While ballet might be considered the ultimate expression of modern dance, dancing has been a part of humanity since the prehistoric era.

Dancing is a pastime of every human society on Earth. Its ubiquity has led scientists to ask whether dancing is more than just an entertaining diversion. Does dancing play a role in our survival as a species? Neuroscientists have mapped the regions of the brain that are activated when we dance. Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics.

In the 1800s, sociologist Émile Durkheim coined the term "collective effervescence," the feeling that an individual is a part of something larger than themselves. Amongst our prehistoric ancestors, dancing may very well have been a source of collective effervescence. Anthropologists assert that groups that danced well together formed lasting bonds and alliances. Dancing could even have been a show of power or influence. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger sense of social bonding. A society that dances together is quite likely to be considered stronger than one that does not dance. In this way, dancing could have been advantageous to a society's survival. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humans since the dawn of civilization.

The Easter Bunny Returns



Friday April 7th @ 3:00pm

Come get your picture taken with the Easter Bunny!

HAPPY ANNIVERSARY



Clara Chapman

2 Years

This month marks your anniversary of how long you have lived here at Gladding Ridge. Thank you for choosing us as your home.

Poetic License

Haiku is a form of traditional Japanese poetry that consists of three unrhyming lines of five, seven, and five syllables. The short poems are often void of any figurative language, instead imparting feeling and thoughtfulness with plain concrete language and imagery. Try your hand at penning one of these poems on April 17, International Haiku Day.

Haiku began in 13th-century Japan, not as their own poems, but as *hokku*, which are the opening lines of *renga*, expansive oral poems spoken by multiple poets. It wasn't until the 16th century that hokku became a form all its own, and not until 100 years later the poet Matsuo Basho elevated it as an art form. It was Masaoka Shiki, poet of the late 19th century, who first called the poems *haiku*. Perhaps the most famous haiku was written by Basho:

old pond
frog leaps in
water's sound

COUNCIL MEETING



Want to have your voice heard and know what's going on in your community?

Come to the Resident Council Meeting

- Chat about issues you may have.
- Discuss community events/activities, menu and quality of care.
- Make suggestions.
- Ask questions.
- Create change within the community.



Wednesday April 19th, 2023 @ 3:30pm



Live Entertainment

- Collin Hobbs- 4/7/23 @ 2:00pm
 - Billy Benson 4/12/23 @ 2:00pm
 - Alvin- 04/19/23 @10:30am
 - Cowboy Curt – 04/21/23 @ 2:00pm
 - Tom Boyd – 04/26/23 @ 2:00pm
 - Pocket Changed – 03/24/23 @ 2:00pm
 - Pianist Aurora
- Every Thursday: MC @1:15pm and AL @ 2:15pm

Special Visits

- Art Discussion w/Lizzy- 04/18/23 @ MC-10:00AM and AL @ 1:15PM

Shopping Trips & Outings

- Dollar Tree Store 04/12/23 @10:00am

Special Events

- Hoppin Boppin Easter Bash 4/7/23 @ 2:00pm
- Spring Bunnies who Brunch 4/8/23 @ 12:00pm
- An Easter Tea Party 4/9/23 @ 10:00am
- Happy Hour Presents: Welcome to the Cinema
- April Birthday Party 4/21/23 @ 2:00pm

Religious Services

- Bible Refresher-Sundays @ 2:00pm
- Catholic Services- Fridays @ 10:00am

The More you know....

- **Nail Care (Sign up Now)**
 - Tuesday & Thursdays
 - 3:30pm-4:30pm
- **Monday Matinee**
 - Every Monday @ 2:00pm
- **Theater Room**
 - Classic Television shows or Classic Movies playing Monday – Friday from 9:00am-5:00pm

Gladding Ridge
Cordially invites you to

“Spring Bunnies Who Brunch”
An Easter/Spring Celebration Lunch

Saturday, April 8th, 2023
12:00pm-2:00pm

Guest tickets are \$17.00
Two guests per resident

Please call (916) 645-0106 to sign up!
RSVP by Wednesday, April 5th, 2023

All payments must be paid by Wednesday, April 5th by 5pm
We will not be accepting any payments the day of the event.

Keeping Busy



April 7 brings International Beaver Day, a day to appreciate this industrious aquatic mammal. Millions of beavers once resided in every stream in North America. After

American colonization, the demand for their pelts resulted in hunting and trapping that pushed the beaver to the brink of extinction. Today, the animals are making a comeback, and scientists are learning that their value to ecosystems is unequalled in nature. Beavers, by nature, cut trees, build dams, carve canals, and flood rivers. This process creates invaluable wetland habitat that boosts biodiversity. The land stores more water, which decreases flooding, restores habitats, and filters and cleans water. Beavers are truly nature’s best environmental engineers.

MEET OUR TEAM



Executive Director: Kristine Reymont



Marketing Director
Deb Dougherty



Activities Director
David Collison



Assisted Living Director
Brianna Gallier



Memory Care Director
Amy Roth



Dietary Director
Phillip Reilly



Business Office Director
Rae Harmon



Housekeeping Director
Tere Gonzalez



Maintenance Director
Inaamul Hasan

April Birthdays

In astrology, those born from April 1–19 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

- Marvin Gaye (singer) – April 2, 1939
- Eddie Murphy (comedian) – April 3, 1961
- Maya Angelou (poet) – April 4, 1928
- Billie Holiday (singer) – April 7, 1915
- Omar Sharif (actor) – April 10, 1932
- Al Green (singer) – April 13, 1946
- Kareem Abdul-Jabbar (athlete) – April 16, 1947
- Rick Moranis (actor) – April 18, 1953
- Jack Nicholson (actor) – April 22, 1937
- Ella Fitzgerald (singer) – April 25, 1917
- Carol Burnett (comedienne) – April 26, 1933
- Duke Ellington (composer) – April 29, 1899

A Beautiful Find



On April 8, 1820, a Greek farmer named Yorgos Kentrotas was searching for stones to rebuild a wall in a field on the island of Milos. The field was the scene of a ruined and ancient theater, and rubble littered the ground.

A French naval officer named Olivier Voutier watched Kentrotas as he heaved up a stone and curiously peered into a hole beneath. Voutier approached and saw that Kentrotas had unearthed a ruined statue—armless, cracked, and dirty, but remarkable. The farmer had discovered the *Venus de Milo*. While many historians believe the statue depicts Aphrodite, the Greek goddess of love and beauty (known as Venus to the Romans), her true identity is unknown. Another guess is that she is actually Amphitrite, goddess of the sea and wife of Poseidon. Her beauty, though, is undisputed, and she is considered one of the Louvre museum’s most precious treasures.