

April 2024

Currents at The Cove

Sunapee Cove Lakeside Assisted Living & Memory Care Community



April Activities

- 4/2 -Resident Council
- 4/3 -Chat w/ Executive Director
- 4/4 -Music w/Second Wind
- 4/5 -Food Committee Mtg.
- 4/7 -Sermon & Song-Lake Church
- 4/8 -Solar Eclipse Roof Party
- 4/9 -Presbyterian Church Comm.
- 4/10 -Music w/Jackie Lee
- 4/11 Trip to Colonial Pharm.
- 4/11 Piano music w/Elaine
- 4/20 -Music w/ Moe Kennett
- 4/22 -Earth Day Planting Project
- 4/23 Lunch Trip
- 4/24 -Music w/John Lovejoy
- 4/25 -Piano music w/Elaine
- 4/27 -Music w/Sueanne Thayer
- 4/28- St Andrews Episcopal



*WE ARE SO EXCITED
SPRING IS FINALLY HERE!*



Mondays are crafting day.
Some residents made fun 3D shamrocks for their doors,
while others made flower arrangements.



Corn Hole Champions

Residents enjoy playing cornhole twice a week. It is a great form of exercise and they encourage each other with cheers and words of encouragement.

Now, when a resident wins each game, they receive a trophy. They are able to keep the trophy for a week and bring it back for the next week's game. They can proudly display it at their dining room table and it brings on conversations about their win.



On March 12th Val seen on the left won the Corn Hole Trophy because she earned a high score with all four beanbags going in the hole! Earning herself 20 points to help her take the lead score.

On March 19th Nicci, seen on the right took the lead by getting three bags in and one on the board. That score helped her seize the win!

Congratulations ladies!

Local lunch trip to the Flying Goose Pub



Burgers and fries were on the menu for a mystery ride and lunch for residents

The Art of Tatting

While a handkerchief, table runner, doily, or collar made of intricate knotted lace appears nearly impossible to construct, the art of tatting is easy to learn. All you need to start tatting is thread, a shuttle (a small device that helps guide a silk thread through loops into knots), and your two hands. Give it a try on April 1, International Tatting Day.

This decorative art form may have grown from the netting and ropework handmade by sailors and fishermen of olden times. Tatting became fashionable in the 1800s and enjoyed a surge in popularity during the 1950s and 1960s. Technology has usurped the handiwork required to make tatted lace, which means that Handmade tatting is more precious than ever.



Did you guess the resident from last month's newsletter?



ANSWER: Frank Weeks

One of Frank's favorite activities is attending Art Workshop with Art Instructor Diana.

He has been very busy learning how to draw portraits.

Focusing on different faces and features of the face can be a challenge.

Frank likes a good challenge and enjoys learning new techniques.

Below is a collage of some of his artwork.



MIND DIET

Let's talk about SNACKS

Easter Candy, road trips, and gas station refreshments.... Let's try to plan ahead and pack up some healthy options for on the go. Your heart and MIND will thank you for it!

Here are the best high-protein snacks to support your brain health.

- Canned Salmon. With its pink hue and robust flavor, salmon is loaded with protein and nutrients that make it an ideal brain food. ...
- Nuts. ...
- Greek Yogurt with Blueberries. ...
- Edamame. ...
- Quinoa Bites. ...
- Hard-Boiled Eggs. ...
- Pumpkin Seeds.



For the Love of Birds



Many have heard of the Audubon Society and know it as an environmental organization dedicated to studying and preserving birds and their natural habitats. The organization is named after John James Audubon, the French American painter of birds who dedicated his

life to his unique art. His birthday, April 26, is now celebrated as Audubon Day.

Audubon showed an affinity for birds starting in childhood. He spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. Audubon's father was a sailor and hoped his son would join the navy, so John James went to military school. However, he suffered from seasickness and so returned to the woods.

In 1803, the Napoleonic Wars broke out in France. Audubon's father obtained a fake passport and sent John James to America to avoid the war. It was at his family's farm in Pennsylvania that Audubon devoted himself full-time to the outdoors: hunting, fishing, and drawing birds.

Audubon was obsessed with birds. In an effort to study their habits, he tied string around their legs to see if they returned year after year. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of America*. He dedicated his life to drawing every single bird in America. His style was new and different: a highly detailed drawing of each bird, more accurate than ever before. His drawings were life-sized, with some pages over three feet tall and two feet wide. After 14 years of traveling the entire country, Audubon drew over 700 species of birds. *Birds of America* is often considered the greatest picture book ever made, and original copies have sold for over \$10 million. How's that for a nest egg?

*It was an EGG-celent
afternoon of coloring
Easter eggs together!*



Sunapee Cove Debut

Carl Brogan, one of our entertainers here at the Cove invited his former bandmate "Bob" to join him for a couple songs.

Bob is a new resident at The Cove and he was more than happy to sing for us.

It was wonderful to see these two friends make music together again.

