



14650 Garrett Ave  
Apple Valley  
MN 55124



952-236-2000  
a ministry of Cassia  
CassiaLife.org

The name "Cassia" was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

## Spirit of Care

*Continued from previous page.*

During the month of April, we as families around the world will gather to celebrate the life, death burial and resurrection of Jesus at Easter, we are reminded how this story of Jesus parallels with the idea of sunshine following a season of lent and season of gloom and sadness. Jesus' suffering and death produced new life. Throughout the scriptures and throughout life we are faced with the reality of frailty and brokenness. "The grass withers, the flower fades," But those of us who have trusted in Jesus know we can cling to the hope of eternal life.

May the Lord of Hope continue to carry us through trials and temptations and remind us of the phrase from the book of psalms "Sorrow may endure for a night but joy comes in the morning." Psalm 30:5

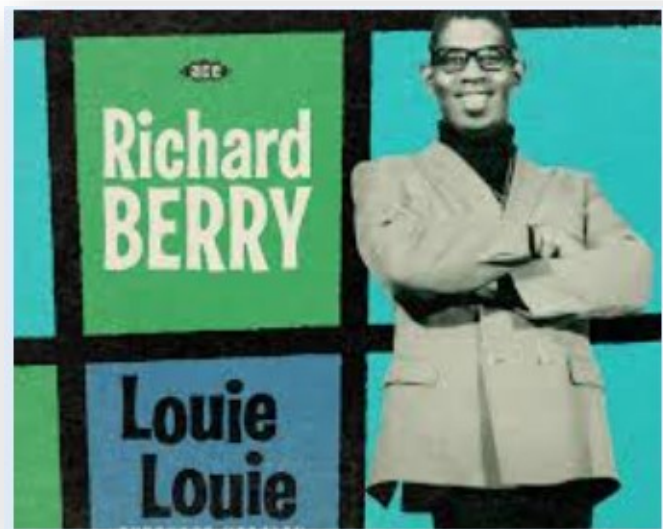
Have a Blessed Easter!

Nirmala Reinschmidt

Chaplain

## "Louie, Louie" Lives On

Some call "Louie Louie" the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made "Louie Louie" a hit in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.

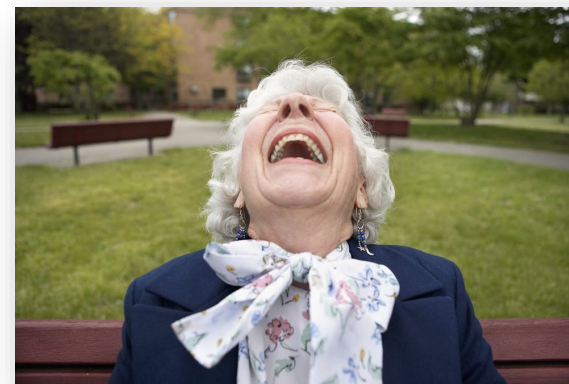


## Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.

Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.



Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins.

One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.



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## Welcome Becky



Becky Peterson has joined us as the newest member of the Activities team. Becky has years of experience in the Assisted Living care setting working in various roles. Prior to that, she ran her own child-care service.

Becky will be offering small group activity programming for our Transitional Care Unit, additional programs on second and third floor, helping with special projects, and engaging residents during 1:1's. Please join us in offering Becky a warm welcome!

## Variety Show In May

Do you know a few magic tricks? Got a special song to sing? A secret talent to show off? We're calling anyone and everyone to start planning our Variety Show. We'll be celebrating National Skilled Nursing Care Week in May with some special events. The Variety show will include short presentations between three to five minutes of entertaining content. The presenters? You and me! Staff members, family members, residents, and any combination thereof. You can do a solo monologue or standup comedy routine, or pair up with a friend or group of employees to perform a favorite song & dance routine.

We're looking for variety, creativity, collaboration, and most of all, fun! So get planning, because May is just around the corner, and the show is happening on May 15th. Check in with your Activities team if you have any questions or you want to float some ideas.



## Spot The Difference

At first glance, these look like identical pictures. But they're not! Can you find five differences?



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## Spirit of Care

### Showers Of Blessings

And I will make them and the places all around my hill a blessing, and I will send down the showers in their season; they shall be showers of blessing".... Ezekiel 34:26

The above scripture passage reminds us of an old saying "April showers bring May flowers". It is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed - even an abundance of flowers in May.

In the short-term, here on this earth, we are all bound to face hardships, trials and suffering, but we can trust that the better days are sure to come. As my friend said recently, "Trials that we face can often bring blessings"

*Continued on back page...*





## Remembering The Departed...

### *Our Deepest Sympathy to the Family & Friends of Those Who Have Departed...*

Colleen Mueller..... March 14  
Richard Lee ..... March 18  
Merle Freedman..... March 26



### Worship Service Schedule

- Worship services from Central Lutheran Church in Minneapolis will be broadcast at 3:00 pm on channel 6 every Sunday.
- Worship & Communion with Chaplain Nirmala Sunday, March 2nd at 3 pm.
- Wednesday services include Service of Praise, Service of Healing, Worship/Communion, and Faith Stories. These services are at 3pm in the second floor dining room. Check the activity calendar on pages 4 & 5 for specific dates.
- Catholic Mass is shown weekly on channel six, Thursdays at 10:30 am. Live Communion services on the first and Third Thursdays of the month at 10:30 in the second floor dining room. This is subject to change, so please check the daily posted schedule on Channel 6.
- Weekly Bible Study group with Chaplain Nirmala Thursdays at 11:00 am in the second floor sun room.

## A Tradition Takes Root

The last Friday in April is celebrated as Arbor Day in the United States, but the tradition of planting trees first evolved in Spain. In the village Villanueva de la Sierra, a priest named Ramón Vacas Roxo was convinced that trees were not only beautiful and important to the environment but also improved health and hygiene. In 1805, he began a tradition of planting trees during a three-day festival. He even wrote a manifesto explaining the importance of trees and delivered it to neighboring villages, encouraging residents to plant their own. It wasn't until April 10, 1872, that J. Sterling Morton—a newspaper editor turned politician—founded Arbor Day as an official holiday in Nebraska. In 1883, educator Birdsey Northrop of Connecticut traveled to Japan, where he spread the idea of an Arbor Day holiday. That message, and the countless millions of trees planted since, lives on this April 25, 2025.



## April Birthdays

### Residents




James L ..... April 4  
Lajean B ..... April 11  
Jeanne A ..... April 13  
Alf B ..... April 16  
Gail D ..... April 17  
Semen T ..... April 20  
Kathryn C ..... April 21  
Lucy E ..... April 21  
Robert H ..... April 23  
Jeanne M ..... April 23  
Shirley G ..... April 26  
Teresa B ..... April 30

### Staff

Doris M ..... April 4  
Melissa H ..... April 4  
Beverlyn M ..... April 8  
Selomie K ..... April 10  
Jennifer P ..... April 12  
Solomon G ..... April 13  
Frances S ..... April 14  
Yunhee G ..... April 14  
Senai A ..... April 14  
Hanna Y ..... April 16  
Amaka E ..... April 16  
Karl J ..... April 16  
Shannon C ..... April 17  
Elizabeth D ..... April 22  
Haolat O ..... April 24  
Grace O ..... April 24  
Katherine H ..... April 27  
April H ..... April 29  
Tia K ..... April 29  
Abla A ..... April 30





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>SR=Sun Room DR=Dining Room LL=Lower Level</div><div>Residents pay for their own meals for restaurant Take Out Night.</div></div>	<div></div>	9:30 Music Pictionary.....3SR <b>1</b> 9:30 Nail Polishing.....2SR 9:45 Groove & News.....2SR 10:30 Music Pictionary.....2SR 11:15 Art Journaling.....2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR <small>All Pools' Day</small>	<b>2</b> 9:45 Wii Bowling.....2SR 9:45 Mind/Body Exercise...3SR 10:30 Choir Rehearsal.....2DR 11:00 Stories & Memories.1DR 11:30 Java Time.....3SR 12:30 Lunch Music.....3DR 1:30 Repotting Plants.....2SR 3:00 Service of Praise.....2DR	<b>3</b> 9:30 Rise & Thrive.....2SR 9:30 Music & Motion.....3SR 10:30 Trivia with Kristine...3SR 10:30 Catholic Live Service2DR 11:00 Bible Study.....2DR 11:30 Active Rounds.....3rd 1:45 Table Games.....3SR 3:00 Music With Chad.....3DR	<b>4</b> 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR 10:00 Trivia.....2SR 11:00 News & Discussion..1DR 1:30 Village Ambassadors...LL 3:00 April Birthday Party...3DR	<b>5</b> 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....1DR 3:00 Bingo With River Valley Church.....2DR
<b>6</b> 10:00 Stories & Memories...3SR 3:00 Worship & Communion- Palm Sunday Theme.....2DR 3:00 Worship Broadcast..TV6	<b>7</b> 9:30 Magic Table.....2SR 9:45 Mind/Body Exercise...3SR 10:00 Music Exploration.....2SR 11:00 Dice Game.....1DR 11:00 Village Ambassadors.2DR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 2:00 Art Journal(sign up)....3DR 3:00 Jug Band.....2DR	<b>8</b> 9:30 Musical Minds.....3SR 9:30 Nail Polishing.....2SR/3SR 9:45 Groove & News.....2SR 10:30 Musical Minds.....2SR 11:30 Songs & Discussion..2SR 12:30 Lunch Music.....2DR 1:45 IN2L Mind Challenge..3SR 3:00 Bingo.....2DR	<b>9</b> 9:45 Dominoes.....2SR 9:45 Mind/Body Exercise.3SR 10:30 Choir Rehearsal.....2DR 11:00 Dice Games.....1DR 11:30 Self Discovery Group3SR 12:30 Lunch Music.....2DR 1:45 Penny Ante.....3SR 2:00 Games In Motion 3:00 Service of Healing....2DR	<b>10</b> 9:30 Rise & Thrive.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2DR 11:30 Active Rounds.....3rd 12:30 Lunch Music.....1DR 1:45 Connect with Crafts...3SR 3:00 Chime Practice.....2DR <b>6:00 Takeout-Popeye's.....LL</b>	<b>11</b> 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR 10:00 Brain Games.....2SR 11:00 Card Game.....1DR 3:00 Baseball Game & Awards.....3DR	<b>12</b> 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....2DR 2:00 Jeopardy.....2SR <small>Passover Begins</small>
<b>13</b> 10:00 Stories & Memories..2SR 3:00 Hymns & Spiritual Songs With Mark.....2DR 3:00 Worship Broadcast....TV6 <small>Palm Sunday</small>	<b>14</b> 9:30 Magic Table.....2SR 9:45 Mind/Body Exercise...3SR 10:00 Music & Memories...2SR 11:00 Coffee & Coloring...1DR 11:00 Village Ambassadors.2DR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Drum Circle.....3DR	<b>15</b> 9:30 Name That Tune....3SR 9:30 Nail Polishing....2SR/3SR 9:45 Groove & News.....2SR 10:30 Name That Tune.....2SR 11:30 Songs & Discussion...2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR	<b>16</b> 9:45 Name That Tune..2SR 9:45 Mind/Body Exercises...3SR 10:30 Choir Rehearsal.....2DR 11:00 Trivia.....1DR 11:30 Java Time.....3SR 12:30 Lunch Music.....2DR 1:45 Shake Loose-a Memory3SR 2:00 Games In Motion.....2SR 3:00 Hymn Sing.....2DR	<b>17</b> 9:30 Rise & Thrive.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Live Service2DR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2DR 11:30 Active Rounds.....3rd Fl 1:45 Easter Egg Creations...3SR 3:00 Holy Week Service...2DR	<b>18</b> <small>GOOD FRIDAY</small> 9:30 Music & Motion.....2SR 9:45 News & Stretch.....3SR <b>10:00 Walmart Shopping (sign-up in advance)</b> 3:00 Sing-Along.....2DR	<b>19</b> 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....3DR 2:00 Jeopardy.....2SR
<b>20</b> 3:00 Worship Broadcast....TV6 <small>Easter Sunday</small>	<b>21</b> 9:45 Mind/Body Exercise...3SR 10:00 Music Games.....2SR 11:00 Word Game.....1DR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Jug Band.....2DR	<b>22</b> 9:30 Finish The Lyrics.....3SR 9:30 Nail Polishing.....3SR 9:45 Groove & News.....2SR 10:30 Finish The Lyrics.....3SR 11:30 Songs & Discussion..2SR 12:30 Lunch Music.....2DR 3:00 Bingo.....2DR <small>Earth Day</small>	<b>23</b> 9:45 Family Feud.....2SR 9:45 Mind/Body Exercises.3SR 10:30 Choir Rehearsal.....2DR 11:00 Balloon Volley.....1DR 11:30 Self Discovery Group3SR 12:30 Lunch Music.....2DR 1:45 Life Stories.....3SR 2:00 Games In Motion.....2SR 3:00 Faith Stories Service..2DR <small>Administrative Professionals Day</small>	<b>24</b> 9:30 Rise & Thrive.....2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 11:00 Bible Study.....2DR 11:30 Active Rounds 12:30 Lunch Music.....1DR 1:45 Table Games.....3SR 3:00 Chime Practice.....2DR	<b>25</b> 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 9:45 News & Stretch.....3SR <b>10:30 Lunch Outing-Perkins</b> 11:00 News & Discussion..1DR 3:00 Hollywood Squares...2DR By your Village Ambassadors <small>Arbor Day</small>	<b>26</b> 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....1DR 2:00 Jeopardy.....2SR
<b>27</b> 3:00 Worship Broadcast...TV6	<b>28</b> 9:30 Magic Table.....2SR 9:45 Mind/Body Exercise...3SR 10:00 Music Exploration....2SR 11:00 TCU Games.....1DR 11:00 Village Ambassadors.2DR 11:45 Spanish Class.....3DR 1:45 Word Games.....2SR 3:00 Music & Mandalas.....3DR	<b>29</b> 9:30 Musical Minds.....3SR 9:30 Nail Polishing....2SR/3SR 9:45 Groove & News.....2SR 10:30 Musical Minds.....3SR 11:30 Songs & Discussion..2SR 12:30 Lunch Music.....2DR 1:45 Total Trivia.....3SR 3:00 Bingo.....3DR	<b>30</b> 9:45 Family Feud.....2SR 9:45 Mind/Body Exercises.3SR 10:30 Choir Rehearsal.....2DR 11:00 News & Discussion..1DR 11:30 Java Time.....3SR 12:30 Lunch Music.....2DR 1:45 Stories & Memories...3SR 2:00 Games In Motion.....2SR 3:00 Memorial Service.....2DR	<div><h1>April 2025</h1><h2>Recreation Programs</h2></div>		

April 2025  
Recreation Programs