

Leadership Contacts

- Mike - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Cheyenne - Arbors Director of Health Services - 651-466-1012
- Mary - Arbors Floor Nurse - 651-466-1013
- Melissa - Arbors Community Life Director - 651-466-1014
- Front Desk/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005
- Laura - Billing - 612-451-4754
- Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain (Contact Melissa to connect with Kathleen)
- Nathan & Christelle - End of Life Doulas - 651-466-1024
- Birchwood Health Care Center - 651-464-5600



Menu on Channel 95



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management. Food comment cards are located in the Dining Room.

- Activities are subject to change. Please check the bulletin board by the 1st floor elevator daily or the Dining Room TV for the most up to date schedule.

- Resident Council is a great time to talk about activity requests and to discuss questions, comments and concerns with your peers.

HEY REHAB!



Ask yourself, have you?

- Fallen
 - Lost Balance
 - Stumbled
 - Had Trouble Chewing
 - Find Yourself More Forgetful
- If any of these things are you, talk to your nurse about Rehab/Therapy Services.*

- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.

- Don't forget the **EXERCISE BIKE is available for daily use in the LOBBY on the first floor!**

- See Melissa if you would like to be part of our **Health Care Center VOLUNTEER TEAM.**

Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.

- There are a lot events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.



*Michael Riddle - Dining Room
Friday, April 10th at 2pm*



*Patrick Allen - Dining Room
Friday, April 24th at 2pm*

Happy Birthday

- Catherine B - 2nd
- Gary - 15th
- Mary B - 20th

Welcome

Becky - 212

April

A Championship Run to Remember!

What an incredible season for our Birchwood FLakers! After being named Thunder Conference Champions in the Spark Performance League, the team pushed all the way to the finals—finishing with an amazing 3rd place by .19 miles in the entire league! Throughout the competition, residents showed determination, teamwork, and plenty of FLaker pride. From exciting matchups to cheering each other on, every moment brought our community closer together. This accomplishment is about more than just winning—it's about staying active, building connections, and having fun along the way. And that's exactly what our community is all about.

We're so proud of this outstanding accomplishment and the spirit behind it. Way to go, Team FLakers—what a run!



National Robot Soccer League
2026
Tuesdays

Coaches and Captains Meeting 4/20/26

Week	Competition	RBS
Scrimmage Week	4/21	4/24
Week 1	4/28	5/1
Week 2	5/5	5/8
Week 3	5/12	5/15
Week 4	5/19	5/22
Week 5	5/26	5/29
Week 6	6/2	6/5
Week 7	6/9	6/12
Final 4	6/16	NO RBS
World Championship	6/18	NO RBS

RBS = Really Big Show

All Spark Performance League Items Begin at 1:00 PM

Virtual Program
HOMEMADE INSTRUMENTS
IN POP CULTURE 1890-1966
PRESENTED BY BASH THE TRASH ENVIRONMENTAL ARTS



APRIL 2ND AT 2:00PM

April Firsts in Sports

Many firsts in sports history happened in the month of April. Here are just a few of the highlights.

1858 First U.S. billiards championship held

1876 First National League baseball game played

1893 Longest boxing match in history: 7 hours, 110 rounds

1927 Stanley Cup played solely by NHL teams

1947 Jackie Robinson broke the color barrier in MLB

1947 First NBA (then BAA) Finals

1950 Globetrotters embarked on their first international tour

1954 Roger Bannister became the first to run a mile in under four minutes

1972 Women were officially allowed to run the Boston Marathon for the first time

1974 Hank Aaron topped Babe Ruth's career home run record

2008 First woman to win an IndyCar race (Danica Patrick)

2016 Franky Zapata set the world record for longest hoverboard flight



The Cat's Meow

April is Jazz Appreciation Month. Jazz has a way of lifting the mood, moving people to tap their toes. Legendary musicians such as Duke Ellington, John Coltrane, Thelonious Monk, and Wynton Marsalis helped shape the sound of jazz and keep its spirit alive.

April Zodiacs

Aries (The Ram)
April 1-19

Taurus (The Bull)
April 20-30

Chaplain Chat



Faith & Hope in Uncertain Times

Kathleen McCauley
April 2026



In our Lenten/Easter readings we hear many references to community and Jesus's disciples coming together at a moment of change, in their lives and in history. Change is never easy and seems scary sometimes. As we are in a time of change, it is best to ask ourselves, 'where do we find community?' Being supported by others in the uncertain times of change is a huge gift and forges serious, long-lasting bonds with those who care for us and united with 'sincerity of heart', * which is then our bond.

You may ask God in prayer, 'what is it that we are to learn in these uncertain/violent times?' Perhaps it is to strengthen your prayer life or your reliance on God and others? Let us keep asking for God's enlightenment in these matters, rather than reach for judgement and condemnation. The latter would only weaken God's kingdom on earth and not bring about growth in faith and community. In the meantime, let us keep inviting others to unite under the umbrella of God's love; for it is there that we generate hope for the journey.

*Acts 2:46

April is the fourth month of the year in the Gregorian calendar and one of only four that are 30 days long. (Do you know the other three?) The name *April* comes from the word *Aprilis*, derived from *aperture*, meaning "to open." Reportedly, the Romans gave the month this name in honor of the time of year when flowers begin to bud, or open. The Anglo-Saxons called the month *Eostre* (their word for Easter), as Easter often happens in April.

April's Annual Run

The world-renowned Boston Marathon is run every April, and this year will be held on April 20. This prestigious 26.2-mile race debuted in 1897 and is the world's oldest annual marathon. Started in response to enthusiasm for the marathon at the 1896 Athens Olympics, the first Boston Marathon drew 15 runners. Today, around 30,000 participate, with 500,000 spectators cheering them on.

What's Lucky in April?

- Lucky Color: Green
- Lucky Animal: Leopard
- Lucky Letters: J and G
- Lucky Day: Friday
- Lucky Plant: Peonies



April Birthdays

- Marvin Gaye (musician) – April 2, 1939
- Eddie Murphy (comedian) – April 3, 1961
- Booker T. Washington (leader) – April 5, 1856
- Virginia Hall (WWII spy) – April 6, 1906
- Jackie Chan (martial artist) – April 7, 1954
- Patricia Arquette (actress) – April 8, 1968
- Beverly Cleary (author) – April 12, 1916
- Samuel Beckett (playwright) – April 13, 1906
- Emma Watson (actress) – April 15, 1990
- Jennifer Garner (actress) – April 17, 1972
- Joan Miró (painter) – April 20, 1893
- Isabella I of Castile (queen) – April 22, 1451
- Willem de Kooning (artist) – April 24, 1904
- Penélope Cruz (actress) – April 28, 1974

THE MONTHLY GAZETTE

April 2026

*"A gush of bird-song, a patter of dew,
A cloud, and a rainbow's warning.
Suddenly sunshine and perfect blue—
An April day in the morning."*

~ Attributed to Harriet Prescott Spofford



Animal of the Month – Peregrine Falcon

The majestic peregrine falcon is known for its spectacularly fast flying and is the fastest animal in the world. It averages between 25 and 34 miles per hour while traveling, but reaches 69 to 200 miles per hour when pursuing food. This powerful bird's meal of choice is small- to medium-sized birds, such as pigeons, sparrows, doves, and ducks. Bird-eating raptors are called *avivores*. They swoop down from high above, snatching prey from the air. If birds are scarce, they will hunt for rodents, bats, small reptiles, and insects. Peregrine falcons have been trained by humans



for hunting for more than a thousand years. They typically live well into their teens, with the oldest on record reaching nearly 20 years old. This falcon enjoys nesting on cliffs and lives in a range of habitats, from urban environments to shorelines. The females are larger than the males. Peregrines are found on all continents except Antarctica.

Special Days

April Fools' Day
April 1

Good Friday
April 3

Easter
April 5

Last Day of Passover
April 9

Orthodox Easter
April 12

Tax Day
April 15

Earth Day
April 22

Flower – Daisy



April's flower is the dainty daisy. It gets its name from the Anglo-Saxon *day's* eye, as it looks like a sun and opens with sunshine, and it represents innocence and purity. Legend tells that the first daisy appeared when a young nymph transformed into one to avoid unwanted attention. In Norse mythology, the daisy is the flower of Freya, goddess of love, motherhood, and beauty. Romantics often pull off daisy petals one by one to tell if "he loves me" or "loves me not."

Birthstone – Diamond



The gorgeous, glittery diamond is the birthstone for April. For centuries, this stone has been synonymous with romance, intrigue, power, greed, and magic. In the Middle Ages, it was believed to cure headaches and to create love potions. Today, diamonds symbolize everlasting love and devotion and are traditionally the stone of choice for engagement rings. The diamond is the hardest material in the world, making it useful for cutting, carving, and polishing.



At-home heart check helps senior avoid the ER

Alone and afraid, Grace* was experiencing symptoms she thought may be the sign of a heart attack. She called Lifespark's triage team. They escalated her concern to a Mobile Urgent Responder who quickly came to her home.

The responder did a full exam including the use of a SmartHeart® electrocardiogram (EKG) which provides hospital-grade 12-lead testing in your home. Five minutes later, a remote cardiologist reviewed the results and put Grace's fears to rest. It wasn't her heart, it was anxiety.

"Our ability to provide rapid EKG results empowers seniors and their loved ones to make quick and informed health decisions," explained Dr. Laine. "These tools can avoid unnecessary trips to the ER and confirm when an underlying issue needs immediate attention."

Urgent Response Services are available to Lifespark Senior Living residents who receive primary care through Lifespark Medical Group.

Interested in getting fast, convenient care to keep you ready for what's next? Request a packet from your site staff to learn more.

*Name changed for privacy.



Health care
that revolves
around you



THE LIFESPARK DIFFERENCE



Proactive, Personalized, Proven

Your attitude is ageless and so is your desire to live independently. We honor that spark at all our Lifespark communities with a whole-person approach that promotes happiness, health, vitality, and independence. We are here to help you enjoy a richer more fulfilling life—your best life possible.

Better Living With Big Results

Every day you will experience small but impactful life-enhancing innovations. We're creating better experiences and greater well-being by getting to know the complete picture of you. Our personalized services produce tangible outcomes like:



Decrease in hospital admissions



Decrease in ER visits



Reduction in overall health care costs

The Spark Performance League

Playing to Win! Spark Performance League is a first-of-its-kind senior sports league that includes head-to-head competitions against other Lifespark Senior Living community teams. Discover world-class, gamified programming that transforms senior lifestyles into community-building experiences. Be an athlete, cheerleader, analyst, scout, scorekeeper or any of the many other roles. There's a place for you and your skills, your spark. Families often join the fun, too.

GAME - 1 -



TRYathlon
— TOURNAMENT —

TRYathlon Tournament

Events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period!

GAME - 2 -



ROBOT SOCCER

Robot Soccer

The League is dedicated to promoting healthy team-based competition centered on the skillful use of radio controlled soccer player! Success in this competition showcases teamwork, strategy, and discipline to practice! Robot Soccer improves hand-eye coordination, mental acuity and mood while reducing social isolation.

GAME - 3 -



GRIP GAMES

The Grip Games

Teams of four work together using a Power House to pump water while competing against another Senior Living community. Teams compete for the highest number of gallons of water they pump each season. The Grip Games brings gamification to combined grip strength!

GAME - 4 -



SPARK challenge

The Spark Challenge

A team-based approach to learning and expanding our knowledge of Lifespark's Pillar Books. Each community will create a team comprising both of seniors and staff. Teams will face off each week where they will be asked 10 questions and will enter their answers into an online platform.

Riddle Me This

After rain, I wait below.
Kids splash in me, then I go.
What am I?

Challenge for the Day
Give 10 minutes of your undivided attention to someone.

Food for Thought

Cherry pits contain amygdalin, a natural compound that can release cyanide when crushed. Accidentally swallowing one or two pits is usually harmless, but more can be potentially dangerous. Thankfully, cherry pits are very hard, which helps prevent accidental poisoning. To stay safe, enjoy the sweet fruit and discard the pits. Cherries may be delicious, but their pits are tiny warning signs best left untested.

What Am I?

I hold life, but I am not alive. I can be round, square, or tall and thin. I sit quietly on windowsills, patios, or in gardens. I love the sun, but I can survive in shade. I drink deeply, but I have no mouth. I wear bright colors or a simple crown, yet I have no head. I can be made of clay, plastic, or ceramic. I may have holes to let extra water drain. Without me, my leafy friends would have nowhere to grow. I come in many shapes and sizes, but I always serve the same purpose. I can be small enough to rest on a desk or large enough to hold a tree. Sometimes I sit lonely, waiting for seeds to arrive. I catch the rain but never drink too much. I brighten spaces without saying a word. I am patient, watching roots grow slowly below. I am where nature and nurture meet.
What am I?

Table Topic

Would you rather always have to sing instead of speaking, or dance everywhere you go?

Name Three

Can you name three shoe brands that start with the letter C?

Fun Fact

One way to tell if a button-down shirt or pajama top is for a girl or a boy is by the button placement. Traditionally, men's clothing has buttons on the right, while women's clothing has them on the left. This dates back hundreds of years to when wealthy women were dressed by maids. Today, the tradition remains mostly for style rather than practicality.

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?

All
naught naught
naught naught

1. _____

POPIGKE

2. _____

Playing

- Keep
- Keep
- Keep
- Keep

3. _____

on the
BURNER

4. _____

KNOCK

5. _____

talk
talk

6. _____

working
12:16

7. _____

LIE

8. _____



Famous April Birthdays

The following people were born in April. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Beverly **CLEARY**
- B. Francis Ford **COPPOLA**
- C. Betty **FORD**
- D. David **LETTERMAN**
- E. Loretta **LYNN**
- F. Arthur **MURRAY**
- G. Eliot **NESS**
- H. Al **PACINO**
- I. Joseph **PULITZER**
- J. Debbie **REYNOLDS**
- K. Muddy **WATERS**
- L. William **WORDSWORTH**

C	W	G	R	D	N	G	T	Q	N	G	Z
L	O	F	X	E	F	C	K	G	N	L	X
E	R	P	S	R	T	L	J	T	Y	R	L
A	D	S	P	R	E	Z	T	I	L	U	P
R	S	V	V	O	F	E	R	U	Q	N	S
Y	W	D	J	I	L	R	Y	K	H	Z	K
L	O	I	L	O	W	A	T	E	R	S	B
V	R	C	I	O	R	Y	F	E	B	A	Z
N	T	L	W	R	N	O	N	I	C	A	P
S	H	B	U	C	R	Y	Z	Y	D	B	Y
Y	O	M	G	D	V	M	E	R	D	Z	E
P	W	C	L	E	T	T	E	R	M	A	N

Bonus: Match the person to the correct clue.

- | | |
|---------------------------|---------------------------------|
| 1. Poet/philosopher ____ | 7. TV personality/comedian ____ |
| 2. Actress ____ | 8. Country singer ____ |
| 3. American lawman ____ | 9. Journalist/publisher ____ |
| 4. U.S. first lady ____ | 10. Filmmaker ____ |
| 5. Children's author ____ | 11. Dancer/businessman ____ |
| 6. Blues singer ____ | 12. Actor ____ |


Checking Out Chile

Match the clues to the words associated with Chile.

- | | |
|--|------------------------|
| 1. Chile's largest city ____ | A. Chiloé |
| 2. Waterfall-jumping fish ____ | B. kodkod cat |
| 3. Smallest wildcat in the Americas ____ | C. astronomy |
| 4. Star study ____ | D. Santiago |
| 5. Lyrical lines ____ | E. Gran Torre Santiago |
| 6. Savory filled pastries ____ | F. Easter Island |
| 7. Sea spouters ____ | G. Atacama Desert |
| 8. Chilean mountain range ____ | H. vineyards |
| 9. Large, powerful bird ____ | I. Andes |
| 10. Tallest building in South America ____ | J. glaciers |
| 11. Endangered South Andean deer ____ | K. Andean condor |
| 12. Site of large stone statues ____ | L. empanadas |
| 13. Witchcraft and sorcery ____ | M. penguins |
| 14. Island located in southern Chile ____ | N. salmon |
| 15. Driest nonpolar place on Earth ____ | O. huemul |
| 16. Rivers of ice ____ | P. whales |
| 17. Winemaking plantations ____ | Q. poetry |
| 18. Flightless birds ____ | R. magic |



April 2026 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Schedule is subject to change.</p>	AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby WR Wellness Room	Happy Birthday to 4/2 Catherine B 4/15 Gary G 4/20 Mary Jo B	10:00 Worship w/ Thomas [CH] 1 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:00 Spark Robot Soccer League - Practice [CH]	10:15 Exercise [AR] 2 2:00 Lifelong Learning: Homemade Instruments in Pop Culture 1890-1966 [CH] 3:30 Maunday Thursday Service [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 3 1:30 Welcome/Birthday Party [DR] 3:00 Good Friday Service [AR]	10:00 Resident Led Walk [AA] 4 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
Easter Sunday 5 10:00 Linwood Covenant Worship [CH] 1:00 Ice Cream Delivery 1:30 Crazy 8's w/Kris & Cribbage [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 6 1:30 Word Game [AR] 3:30 History's Biggest Pranks & Pranksters [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 7 10:15 Coffee Talk [L] 11:00 Spark Feast [CH] 1:00 Spark Robot Soccer League - Practice [CH] 3:30 Hymn Sing [AR] 3:45 Board Games [WR]	10:00 Forest Hills Methodist Worship [CH] 8 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Travelogue - Checking Out Chile [AR]	10:15 Resident Council [AR] 9 1:00 Spark Robot Soccer League - Practice [CH] 3:30 Worship w/Communion [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 10 2:00 Music w/Michael Riddle [DR] 3:30 Cards [WR]	10:00 Resident Led Walk [AA] 11 1:30 Hymn Sing w/Deb & Sue [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Chisago Lakes Baptist Worship [CH] 12 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 13 1:00 WALMART-24 hour advance sign up 3:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Mass [CH] 14 10:15 Coffee Talk [L] 1:00 Spark Robot Soccer League - Practice [CH] 5:30 Games w/Tammy [AR]	Tax Day 15 10:00 Faith Lutheran Worship [CH] 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:00 Tracy's Travels to the North Shore [AR]	10:15 Exercise [AR] 16 1:00 Spark Robot Soccer League - Practice [CH] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 17 1:00 Spark Robot Soccer League - Practice [CH] 3:30 Dice Games [WR]	10:00 Resident Led Walk [AA] 18 1:30 Linwood Ladies Music/Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
1:00 Ice Cream Delivery 19 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 20 10:15 Pet Visits [AA] 1:00 Spark Robot Soccer League Team Meeting [AR] 2:00 Word Game [AR] 3:30 Board Games [WR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 21 10:15 Coffee Talk [L] 1:00 Spark Robot Soccer League - Scrimmage [CH] 3:30 Hymn Sing [AR]	Administrative Professionals Day 22 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Star of the Month - Spencer Tracy [AR]	10:15 Exercise [AR] 23 1:00 Spark Robot Soccer League - Practice [CH] 3:30 Worship w/Communion [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 24 1:00 Spark Really Big Show [CH] 2:00 Music w/Patrick Allen [DR] 3:30 Blackjack [WR]	10:00 Resident Led Walk [AA] 25 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] 26 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 27 10:30 OUT TO LUNCH-24 hour advance sign up 1:30 Word Game [AR] 3:30 Hilarious Headlines of the 60's [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 28 10:15 Coffee Talk [L] 1:00 Spark Robot Soccer League [CH] 3:30 Hymn Sing [AR] 3:45 Board Games [WR] 5:30 Games w/Tammy [AR]	10:15 Exercise [AR] 29 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Trivia [AR]	10:15 Exercise [AR] 30 1:00 Spark Robot Soccer League - Practice [CH] 3:30 Spiritual Group: Cast of Curious Characters [AR] 5:30 Resident Led Chat [L]	Menu on Channel 95	