

The Fifth Avenews

Monthly Newsletter

April 2021

COMING BACK SOON

Chair Exercise

Monday-Saturday
at 9:15 am

BINGO

Mondays and Fridays
at 1 pm

Mexican Train

Mondays & Saturdays
at 1:00 pm

Wii Bowling

Monday at 3 pm

Farkle

Tuesdays, Saturdays
and Sundays at 1:00 pm

Trivia

Wednesday at 1:00 pm

Happy Hour

Wednesdays and
Saturdays at 3 pm

Let's Play Pool

Tuesdays and Thursday
at 2 pm

Cribbage & Bridge

Fridays at 1:00 pm

Church Worship

Sunday at 11 am

Sunday Matinee

Sunday at 1:00 pm

What is the meaning of the word Easter?

- The term Easter is derived from "Eastre" an old Anglo-Saxon word dating prior to 899 A.D.
- The word Eastre relates to Estre, the goddess of the rising light of day and spring, an important deity in Germanic paganism and folklore.
- Easter is the English equivalent for the official Latin term for the resurrection which is "Pascha resurrectionis".



The Arrival of the Easter Bunny

The direct link between Easter and rabbits was forged sometime in sixteenth- or seventeenth-century Europe. Some trace the word "Easter" to the German fertility goddess Eostra, who in some traditions was even associated with hares.⁸ However, more and more scholars think it may have come from a Norse word for "spring," which in the Germanized form is *ostern*. In all likelihood, the name of the goddess was also derived from the local word for spring, but it is impossible to say which came first. What is clear is that various symbols for fertility—eggs, rabbits, and lilies—that were already fixed in culture all became firmly attached to the Christian holiday known in Western Europe and North America as Easter. By David Capes, PhD



Resident Update

Donna Administrator: *Happy Spring! We have a lot to look forward to in the upcoming month as things begin to open up even more in the community and surrounding area. We have learned a lot in the last year about how easily germs are spread from one person to another. I hope we all continue to be cautious, protecting ourselves by handwashing and continuing to wear our mask while gathering with others. I want to give a shout out to all the wonderful staff that work for you here at The Fifth. I feel so thankful to work along side a group of people that truly care for the people they serve and give their all everyday to make The Fifth Avenue one of the most welcoming, fun, safe and happy places to live. Their commitment to excellence shows everyday they come to work and I for one am so grateful for each and every one of them.*

Leslie Administrator Assistant: *Happy Earth Day April 22nd!*

Stan Maintenance: *Stan will be gone for a week in the middle of April and Maritsa will be out on vacation all of April, Jana will be covering so please be patient with her in case she doesn't have the routine down. She will be doing the best she can. Due to vacations all deck cleaning will start in May.*

Woodland Dietary Manager: *Happy Easter. With Spring just beginning, we will start to have a nice variety of vegetables available. In the kitchen we are excited to work with these ingredients and continue to prepare delicious food. Please return your menus to the drop box by Thursdays at 5:00 pm. Thank you. My staff and I hope you all have a great Easter Sunday and Spring*

Denise Activities Director: *We have more games, a daily walking outing and much more. Don't forget to turn in your word searches for a chance to win lunch on us, good luck! Spring is in the air and I can't wait to start our walking trips. Hoping everyone can get out and smell the flowers.*

Resident Corner

Spring and Old Fox

I bought fox at auction:
Range-bred, he ran wild
Until he was three, then trapped,
Choked-down to a post,
Rough-covered, gelded, and shipped north.
He was snorty and man-shy,
But I saw the rock-gut in his eye,
And the blood of Peter McCue and traveler
Ran rich in him.
Break was a trial of red truth;
We must have bled a pailful,
I paid dear for him-
I've got the scars for receipts.
But the price was just right;
His trophy shelf sags
Like a winter-belly
Many have tried to buy him with money.
But no man has the pocketbook. He will die in my barn.
These are nice words but nice words won't ride
The hardnosed brute in the Spring.
He is a coming nineteen now,
And I wish he knew it.
By the time I worked the wire-edge off
The stiff-legged, skyrocketing, old fool,
"I will be young again and proud."

—Clifton Schelhaus

(Old fox became the state champion reining horse)

Loretta K. knew Mr. Clifton Schelhaus, and bought 3 horses from him.

If you would like to share something in the Resident Corner, drop by the Activities Office or place your items in the box outside of my door.

Thank you!

Denise

Easter Menu

Main Course

Maple Glazed Ham with a Dijon Cream Sauce

Or

Crab Stuffed Salmon with a Lemon Caper Butter Sauce

Sides

Au Gratin Potatoes

Or

Parmesan and Herb Risotto

Vegetable

Asparagus

Salad

Mixed Greens with strawberries, radish, roasted golden beets, pistachios and feta with lemon honey vinaigrette dressing.

Soup

Carrot with Orange and Tarragon

Veggie cup, fruit, roll

Dessert

Strawberry Cream Puffs

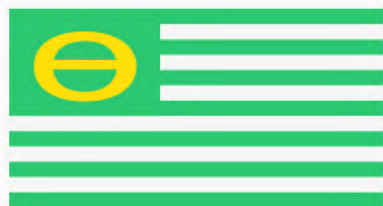
April Fools' tradition popularized

On April 1, 1700, English pranksters begin popularizing the annual tradition of [April Fools' Day](#) by playing practical jokes on each other. Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery. Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes. These pranks included having paper fish placed on their backs and being referred to as *poisson d'avril* (April fish), said to symbolize a young, "easily hooked" fish and a gullible person. April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them. [History.com Editors](#)



Earth Day

Does anyone know who started the first Earth Day and why it came about? Senator Gaylord Nelson of Wisconsin was disturbed that an issue as important as our environment was not addressed in politics or by the media, so he created the first Earth Day on April 22nd, 1970. An estimated 20 million people nationwide attended festivities that day. The version of the Earth Day or ECOLOGY flag was created by artist and cartoonist Ron Cobb in 1969 as a result of the environmental movement of the sixties.



EASTER

word search

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

Can you find these words?

EASTER	EGG HUNT	JELLYBEANS	RESURRECTION
BUNNY	BASKET	SPRING	SUNDAY
FUN	CANDY	GRASS	MARCH
HE IS RISEN	CHOCOLATE	GAMES	



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AIR
APRIL
CLEAN
CLIMATE
COMPOST
CONSERVATION
ENERGY

ENVIRONMENT
EXTINCTION
FOREST
GLOBAL
LAND
LITTER
NATURE

OCEAN
OZONE
PEOPLE
PLANET
POLLUTION
RECYCLE
REDUCE

RESOURCES
REUSE
SMOG
TRASH
TREES
WASTE
WATER
WILDLIFE

Who's new at the Fifth



Betsy Richards C-101 Betsy joins us from a world wind of travels, education, family and being in the work force. Graduating from Bellevue WA then Stanford University to University of Washington then working at Boeing until she retired. Betsy has lots of grandkids, one son in California and a daughter in Sequim WA. Please help us welcome Betsy to the family here at the Fifth Avenue.



Tom & Gerd B-117 Tom and Gerd moved to town 5 years ago. They are looking forward to exploring the Pacific Northwest with all of us. You can usually find them both at Happy Hour, bingo and poker, just to name a few. Let's welcome them both to our community here at the Fifth Avenue.



Jeanette Cannon A-103 Jeanette moved from Marysville, WA 2 years ago to be with her daughter Ruby and her family in Forks, WA. She decided to move to Sequim when her daughter decided they were moving to Port Angeles. Jeanette came to us with a healing broken hip. She enjoys toll painting and golfing. Please help welcome Jeanette to our Fifth Avenue community.

Sequim High School Pen Pal Club

Hello from the Sequim High School Pen Pal Club! We are a group of students with a mission to reach out to our elderly community in light of the isolation caused by the Covid-19 pandemic. Our goal is to let you know that you are not forgotten! Each month we will share something different with you. Whether it is simply something about us, a story we want to tell, or even a funny joke to bring you some laughs, we hope to show you that we are thinking of you!

Sincerely, Sequim High School Pen Pal Club.

I will be handing out a notice for those of you who would like to correspond with one pen pal. Bring your letters to the activities office. Let's help these young writers by participating in the Pen Pal Club.



Drum roll Please!!!

CONGRATULATIONS

Mary Cochran

Your name was chosen for a FREE lunch from our Dining Room.

Thanks to all who participated in the word search handouts from March's newsletter.

Names will be drawn the third Monday of each month!



Reminders of This and That

- For ANY EMERGENCY help, PLEASE use the PULL CORD in your apartments.
- We are asking all residents to **not** let people in the front door. We are checking for vaccination cards before letting anyone into our building for safety measures.
- New residents are moving in please welcome them and look forward to seeing them in next months newsletter.
- You may be receiving another stimulus debit card in the mail-be on the lookout.
- The shredding truck will be here soon, please call the front desk and let us know how many boxes of shredding you have and we will let you know when to bring it down.

Are we having fun yet?

We've started Spring off with a bang with nice weather and we lucked out with very little snow here in Sequim. Although our mountains are still full of snow, I know we will have a great summer hopefully with lots of Sunshine. We are in phase three now and that means opening up a little more here at the Fifth. April brings us rain but that won't stop us from having fun. Plenty of games to join in and new ones starting, like Texas Hold'Em and cribbage. With our spring clothing swap behind us we can look forward to an Easter silent auction in the Gallery with proceeds going to Children's Hospital. Something wonderful to look forward to. Wishing all a Happy Easter and Earth Day.



Helen E. 1st

Josephine C. 8th

Ann T. 15th

Evelyn S. 18th

Kathy F. 19th

Bob P. 21st

Anita A. 24th

Galye L. 25th

Celebrating an Anniversary

On the 10th

Joe & Jackie Freet



DO WE HAVE ACTIVITIES FOR YOU ... April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room Key A - Activities Room BR - Billiards Room CR - Card Room GR - Game Room L - Lobby MPR - Multi Purpose Room PD - Private Dining Room				1 APRIL FOOL'S DAY Happy Birthday Helen E. 9-4 Jeep transportation 9:15 Chair Exercise (BR) 1:00 Rummikub (GR) 1:00 Afternoon walk w/ Denise (L) 2:00 Let's Play Pool	2 9:15 Chair Exercise (BR) 10:00-11:00 Sunny Farms Shopping 1:00 BINGO w/Denise (A) 1:00 Bridge (CR) 1:00 Cribbage (GR)	3 9:15 Chair Exercise (BR) 1:00 Farkle (A) 1:00 Mexican Train (CR) 3:00 Happy Hour (BR)
4 Easter 11:00 Church Worship (BR) 1:00 Farkle (A) 1:00 Sunday Matinee (BR)	5 Celebrating Birthdays 9:15 Chair Exercise (BR) 1:00 BINGO w/Denise (A) 1:00 Mexican Train (CR) 3:00 Wii Bowling (BR) 6:00 Texas Hold'Em (GR)	6 Foot Care w/Glory (at Sherwood) 9-4 Jeep transportation 9:15 Chair Exercise (BR) 12:30 Goodies in Lobby w/Paul 1:00 Afternoon Walk w/ Denise (Meet in Lobby) 1:00 Farkle (A) 2:00 Let's Play Pool (BR)	7 9:15 Chair Exercise (BR) 1:00-2:30 Trivia (A) 3:00 Happy Hour (BR) 6:00 Poker (GR)	8 Happy Birthday Josephine C. 9-4 Jeep transportation 9:15 Chair Exercise (BR) 1:00 Rummikub (GR) 2:00 Let's Play Pool	9 9:15 Chair Exercise (BR) 1:00 BINGO w/Denise (A) 1:00 Bridge (CR) 1:00 Cribbage (GR)	10 Happy Anniversary Joe & Jackie F. 9:15 Chair Exercise (BR) 1:00 Farkle (A) 1:00 Mexican Train (CR) 3:00 Happy Hour (BR)
11 11:00 Church Worship (BR) 1:00 Farkle (A) 1:00 Sunday Matinee (BR)	12 9:15 Chair Exercise (BR) 1:00 BINGO w/Denise (A) 1:00 Mexican Train (CR) 3:15 Wii Bowling (BR) 6:00 Texas Hold'Em (GR)	13 Foot Care w/Glory (at Sherwood) 9-4 Jeep transportation 9:15 Chair Exercise (BR) 12:30 Goodies in Lobby w/Paul 1:00 Afternoon Walk w/ Denise (Meet in Lobby) 1:00 Farkle (A) 2:00 Let's Play Pool (BR)	14 9:15 Chair Exercise (BR) 1:00-2:30 Trivia (A) 1:00 Scenic Drive (VO) 3:00 Happy Hour (BR) 6:00 Poker (GR)	15 Happy Birthday Ann T. 9-4 Jeep transportation 9:15 Chair Exercise (BR) 1:00 Rummikub (GR) 2:00 Let's Play Pool (BR)	16 9:15 Chair Exercise (BR) 10:00-11:00 Sunny Farms Shopping 1:00 BINGO w/Denise (A) 1:00 Bridge (CR) 1:00 Cribbage (GR)	17 9:15 Chair Exercise (BR) 1:00 Farkle (A) 1:00 Mexican Train (CR) 3:00 Happy Hour (BR)
18 Happy Birthday Evelyn S. 11:00 Church Worship (BR) 1:00 Farkle (A) 1:00 Sunday Matinee (BR)	19 Happy Birthday Kathy F. 9:15 Chair Exercise (BR) 1:00 BINGO w/Denise (A) 1:00 Mexican Train (CR) 3:15 Wii Bowling (BR) 6:00 Texas Hold'Em (GR)	20 Foot Care w/Glory (at Sherwood) 9-4 Jeep transportation 9:15 Chair Exercise (BR) 12:30 Goodies in Lobby w/Paul 1:00 Afternoon Walk w/ Denise (Meet in Lobby) 1:00 Farkle (A) 2:00 Let's Play Pool (BR)	21 Happy Birthday Bob P. 9:15 Chair Exercise (BR) 12-3 (NOLS) Delivery - pick up 1:00 Trivia (A) 1:00 Hanging Basket activity (VO) 3:00 Happy Hour (BR) 6:00 Poker (GR)	22 9-4 Jeep transportation 9:15 Chair Exercise 1:00 Rummikub (GR) 2:00 Let's Play Pool	23 9:15 Chair Exercise (BR) 1:00 BINGO w/Denise (A) 1:00 Bridge (CD) 1:00 Cribbage (GR)	24 Happy Birthday Anita A. 9:15 Chair Exercise (BR) 1:00 Farkle (A) 1:00 Mexican Train (CR) 3:00 Happy Hour (BR)
25 Happy Birthday Gayle L. 11:00 Church Worship (BR) 1:00 Farkle (A) 1:00 Sunday Matinee (BR)	26 9:15 Chair Exercise (BR) 1:00 BINGO w/Denise (A) 1:00 Mexican Train (CR) 3:15 Wii Bowling (BR) 6:00 Texas Hold'Em (GR)	27 Foot Care w/Glory (at Sherwood) 9-4 Jeep transportation 9:15 Chair Exercise (BR) 12:30 Goodies in Lobby w/Paul 1:00 Afternoon Walk w/ Denise (Meet in Lobby) 1:00 Farkle (A) 2:00 Let's Play Pool (BR)	28 9:15 Chair Exercise (BR) 1:00-2:30 Trivia (A) 1:00 Scenic Drive (VO) 3:00 Happy Hour (BR) 6:00 Poker (GR)	29 9-4 Jeep transportation 9:15 Chair Exercise (BR) 1:00 Rummikub (GR) 1:00 Afternoon walk w/Denise (L) 2:00 Let's Play Pool	30 9:15 Chair Exercise (BR) 10:00-11:00 Sunny Farms Shopping 1:00 BINGO w/Denise (A) 1:00 Bridge (CR) 1:00 Cribbage (GR)	