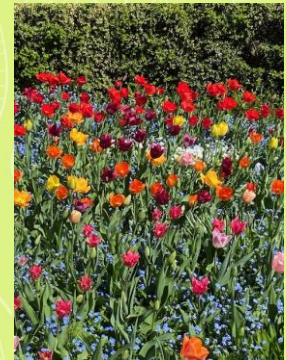




Notable Quotable

“A life is not important except in the impact it has on other lives.”

~ Jackie Robinson



April Horoscopes and Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Emmylou Harris – April 2, 1947
Marlon Brando – April 3, 1924
David Blaine – April 4, 1973
James D. Watson – April 6, 1928
Jackie Chan – April 7, 1954
Betty Ford – April 8, 1918
Beverly Cleary – April 12, 1916
Kareem Abdul-Jabbar – April 16, 1947
Victoria Beckham – April 17, 1974
Queen Elizabeth II – April 21, 1926
Barbra Streisand – April 24, 1942
Kelly Clarkson – April 24, 1982
Jay Leno – April 28, 1950
Duke Ellington – April 29, 1899

Residents Birthdays

Jim B. April 8
Betty F. April 13
Judith R. April 13
Pearl L. April 23
Bob T. April 23
Ed M. April 27

Associate Birthdays

Dan W. April 1st
Nicole W. April 7th
Mya M. April 7th
Cheyenne M. April 12
Desiree A. April 18th

Call Desi Anderson to make a hair appointment. (530) 798-3010



April Showers Brings My Flowers



Cascades Management Team

Haley Parker – Executive Director
Monday-Friday
Kirsten Kendrick – Wellness Director
Monday-Friday
Annekin Ove – Dining Director
Sunday-Thursday
Angela Hammond – Community Relations Director
Tuesday-Saturday
Alex Carson – Plant Operations Director
Sunday-Thursday
Kelly Collin - Life Enrichment Director
Tuesday-Saturday
Nicole Westervelt - Business Office Manager
Monday-Friday

Cascades of Grass Valley

April 2024

415 Sierra College Dr Grass Valley, CA 95945
Ph. (530) 272 – 8002 Fax (530) 272 - 0305



Celebrating April

Lawn and Garden Month

Humor Month

Laugh at Work Week
April 1–7

National Volunteer Week
April 21–27

Peanut Butter and Jelly Day
April 2

World Rat Day
April 4

Take a Wild Guess Day
April 15

Earth Day
April 22

Talk Like Shakespeare Day
April 23

International Jazz Day
April 30

Sierra College in Rocklin Field trip to the Planetarium



Fascination and Education



For the Love of Birds



The primary medium Audubon used for his paintings was watercolors.

John James Audubon, namesake of the bird conservation organization the Audubon Society and French American painter of birds, was born on April 26, 1785, a date now celebrated as Audubon Day.

As a child, Audubon spent hours roaming the countryside, collecting birds' nests and eggs, and drawing them once he returned home. When the Napoleonic Wars broke out in France in 1803, Audubon's father obtained a fake passport and sent his son to America. 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. He studied their habits. He learned the art of taxidermy and worked in natural museums. But his greatest contribution to ornithology was his brilliant book *Birds of 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 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?

Monthly Highlights

- April 1st - 11:00 Elephant Rides in the parking lot
- April 3rd - 10:30 Rhythm & Rhyme with Nory
- April 4th - 10:00 National Rat Day - The Rat Pack! Documentary
1:00 Grocery Shopping - **SIGN UP**
- April 5th - **1:00 Gold Country Senior Center - presentation**
3:00 Happy Hour with Cowboy Curt
5:00 SPRING FAMILY DINNER
- April 6th - 10:30 Thrift Store Trip **SIGN UP**
- April 8th - **10:00-12:00 35% Eclipse of the Sun – last one for decades**
- April 9th - 11:00 Activity Committee
1:00 Chef's Chat with Annekin
- April 10th - 10:00 Ananda Tulip Field Trip – SIGN UP**
- April 11th - 11:00 National Submarine Day Learn about The H.L. Hunley
- April 12th - 3:00 Happy Hour with Step Side
- April 13th - 11:15 – Lunch at 3 KINGS - **SIGN UP**
- April 16th - 11:00 Ladies Luncheon – Maria's Cantina – **SIGN UP**
3:00 Bat Appreciation Day – Documentary
- April 17th - 4:00 Wine About it Wednesday on the PATIO!
- April 18th – 11:00 Resident Council
- April 19th - 3:00 Movie & Popcorn - Beverly Hills Chihuahua 2
- April 20th - 11:00 Documentary on Fanny Crosby
- April 21st - 3:00 Afternoon Cinema – Cheaper by the Dozen
- April 23rd - 11:00 Natural History Museum in Rocklin – **SIGN UP**
- April 24th - 10:15 Target Shopping – **SIGN UP**
3:00 Celebrate EARTH DAY! Education & Popcorn – How the Earth was Made
- April 26th - 3:00 Happy Hour with Susan
4:00 John Audubon Documentary – "Audubon"
- April 27th - 3:00 Scenic Drive – **SIGN UP**
- April 30th - 3:00 Come Meet Your Neighbors – Wine & Snacks

ANANDA TULIP FIELD TRIP



Major League Debut



Robinson was only 53 when he died.

On April 15, 1947, Jackie Robinson played his first major league baseball game with the Brooklyn Dodgers against the Boston Braves in front of a crowd of 25,000 spectators at Ebbets Field in Brooklyn. This marked the first moment that an African American athlete played a sport in any of the major leagues.

Robinson did not get a hit that day, but he was awarded the first ever Rookie of the Year title

that year. In 1949, he was named the National League's Most Valuable Player. The next year, he became the Dodgers' highest paid player with a salary of \$35,000. In 1955, Robinson led the Dodgers to a World Series victory over the New York Yankees. A perennial All-Star and Hall of Famer, Robinson's number 42 was retired by all of baseball on April 15, 1997.

Activity Corner

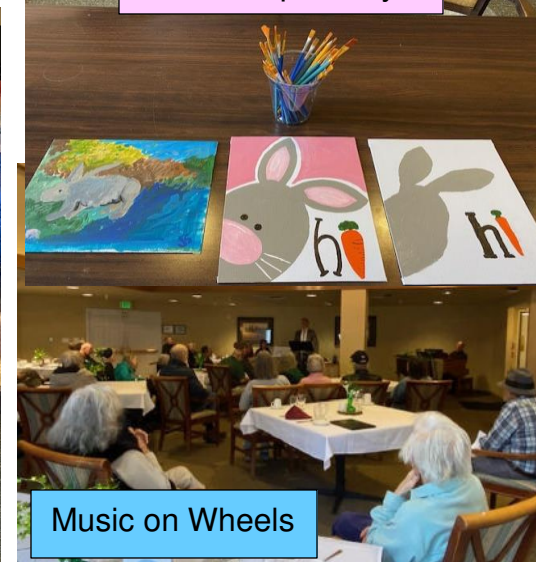
LET THE SHENANIGAN'S BEGIN!!!



Paint & Sip Bunny's



Let's Make Easter Cards!



Music on Wheels



JCPenney Shopping Trip