



## Lend Mother Nature a Hand

One of the most delightful things about spring and April is that there's life. While we soak in the

color and liveliness of creation and embrace opportunities for rejuvenation, we can easily overlook how life on the planet is at risk. How do we treat the resources gifted to us through nature? April's Arbor Day and Earth Day can help us learn a little more about that, as they educate, provide awareness and highlight ways to protect and preserve life on this planet.

Arbor Day is observed on the last Friday in April annually. Each state's observance date varies based on the planting cycles of that state. Arbor Day focuses on trees and the preservation of life. Trees are vital to human existence, serving as a source of oxygen, protector from the sun and canopy of coolness in oppressive heat. Earth Day is April 22 and focuses on the overall protection of the planet we call home. It tackles topics related to climate change, renewable energy and the use of natural resources for a better earth, better health, and clean air and clean water.

Supporting Arbor Day and Earth Day is a *tree-mendous* idea. Let's branch out and celebrate these holidays!

- Plant a tree! There are hundreds of species of trees from which to choose.
- Volunteer to join a tree-planting group in your area.
- Start tree seedlings in preparation for future planting endeavors.
- Cut down on waste. Compost. Reduce, reuse and recycle.
- Educate and share! Learn about our natural resources and take your knowledge to the streets. Serve as inspiration to act.
- Set aside intentional time to embrace nature. This could mean taking hikes, visiting parks, painting or drawing nature scenes, engaging in nature photography, journaling about personal inspiration found in nature, or even talking to plants.
- Research and review trees and natural resources. How can you help preserve them?

## Costa Rica and Ecotourism

Costa Rica is one of the smallest countries in the world, sure, but it's also an excellent home for 5 percent of the world's biodiversity. That's roughly half a million different species of living things. There's no doubt that sustainable living is paramount in Costa Rica and a movement that's well supported by its residents. It's an ecofriendly place not just for its residents, but tourists, too.

Ecotourism is growing in popularity as it aims to protect both the environment and its residents. It's a means of having a tourism-based economy but one that actually tries to minimize damage and danger to the people, plants and animals that live there. Ecotourism supports actions that create a safer, healthier home, and Costa Rica is a legitimate hot spot when it comes to such endeavors.

Did you know that the national park system protects more than 13 percent of Costa Rica? Upwards of 15 percent is additionally protected through other means, like being labeled a wildlife refuge or reserve. The country takes great strides to protect the land and its resources. Visitors benefit from the lush growth and thriving animal kingdom as they're able to engage in activities like bird watching, hiking and diving, and exploring national parks, volcanoes, and waterfalls. There's a lot to see and do outdoors in Costa Rica, and there's no shortage of educational opportunities when engaging in these excursions. It's imperative that visitors walk away with not only a wonderful and memorable experience in an ecotourism destination but also the knowledge to sustain such places in the future.

## April 2025 Dates to Celebrate

April Fool's Day .....	4/1
National Pet Day .....	4/11
Passover .....	4/12-20
Full Moon .....	4/13
Income Tax Day .....	4/15
Good Friday .....	4/18
Easter .....	4/20
National Volunteer Week .....	4/20-26
Earth Day .....	4/22
Arbor Day .....	4/25

Birthstone: Diamond

Flower: Sweet Pea | Zodiac: Aries & Taurus



## Crafting a Sustainable Future

The generations that follow ours will have new victories and new challenges in a new life we can never understand. That's the way the world works. If history has taught us anything, we have learned our lives are intertwined and affect one another, regardless of how we feel about it. Our work in the world of today plays a role in shaping the opportunities available in the future for the planet and its inhabitants. Sustainable living is a key player in the game of life in the years ahead.

Many countries like Germany and Costa Rica have already taken significant steps to ensure there's a possibility for a better life. Germany has a National Sustainable Development Strategy that is implemented across the board in areas like agriculture, technology and natural resource conservation. They work diligently toward reducing greenhouse gas emissions and do so with high levels of accountability. Costa Rica works toward protecting biodiversity and makes it a priority to protect the land and natural resources, again something with a high level of accountability.

This may seem to prompt the thought: "I can't help in those areas, so what can I do?" Well, there's a lot we can do to help the movement toward more sustainable living. Little things that are part of life in the everyday can easily be changed. Use less plastic. Make less trash. Compost instead of tossing food waste in the garbage. Reuse and recycle what you can. Grow things like vegetables and herbs at home for consumption. Buy less meat. Beautiful parts of the earth are bought up specifically for homing animals raised to be killed and subsequently eaten. We're destroying forests and killing creatures, both of which don't need to happen.

We can have an impact, whether it's good or bad. And, we can inspire others along the way ... even down the road ... if we put just a little bit of effort into it. So why not work toward the greater good and move toward sustainability?

April 2025

### Key Associates

**Kimberlie Cundall**  
Executive Director

**Shannon Bolton**  
Resident Services Director

**Sarah Havener**  
Lifestyles Director

**Samantha Brennan**  
Culinary Director




**Julie McNutt**  
Business Office/Transportation

**Pat Smith**  
Maintenance Director

**Robert Onik**  
Housekeeping Director



1913 Old Hwy 34  
Plattsmouth, NE 68048

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:30 Chair Exercise  10:00 Crafters Corner 1:30 Wii Bowling-LR <b>2:30 Cooking Club</b> <b>3:30 Lifestyle/Calendar Meeting-AR</b> 6:00 Documentary: Small Changes You Can Make to Live- Going Green	Fire Drill Today <b>2</b> <b>Happy Birthday Robert!</b> 9:00 Beauty Shop is Open 9:30 Rosary-AR 1:00 Hearing Aid Clinic-BS 1:00 Ladder Ball-LR <b>2:00 Concert by Bill</b> <b>3:00 The Garden Crew</b>	<b>Happy Birthday Lolamae!</b> <b>3</b> 9:30 Chair Exercise 10:30 Trivia Game: How Much Do You Know? <b>1:00 Resident Council-AR</b> 1:30 Women's Bible Study-AR 2:30 Cornhole <b>3:30 Paint and Sip with Sarah</b>	<b>9:15 Shopping Trip</b> <b>4</b> 9:30 Chair Exercise 10:00 Balloon Ball 10:30 How Many Words? 1:00 Ladder Ball-LR 3:30 Read Cassgram-AR <b>6:00 Birdwatching in the Courtyard</b>	9:00 Coffee in the Courtyard <b>5</b> 9:15 Courtyard Stroll 9:30 Chair Exercise <b>10:00 Bingo-AR</b> 6:00 Slap Jack (Card Game) - LR	
9:00 Gospel Music Hour-LR <b>6</b> 9:30 Chair Exercise 10:00 Non-denominational Church 11:00 Board Game Club 1:30 First Baptist Church Service-LR 2:30 Afternoon Stretch 6:00 Evening Envelopes- Group Discussion	9:30 Chair Exercise <b>7</b> <b>10:00 Book Club-AR</b> 1:00 Ladder Ball-LR <b>1:40 ROTC from Plattsmouth High School</b> <b>2:30 Crochet Club</b> 3:30 Joke of the Day! 6:00 Card Sharks-AR	9:30 Public Library-M.E. <b>8</b> 9:30 Chair Exercise 10:00 Crafters Corner 1:30 Wii Bowling-LR <b>2:30 Cooking Club</b> 3:15 Talks and Tea 6:00 Documentary: Finding Vivian Maier	9:00 Beauty Shop is Open <b>9</b> 9:30 Rosary-AR 9:30 Chair Exercise 1:00 Ladder Ball-LR <b>2:00 Bingo-AR</b> 3:00 Balloon Darts <b>6:00 Scenic Drive</b>	9:30 Chair Exercise <b>10</b> 10:00 Manicures/Hand Massages-AR 10:30 Trivia Game: How Much Do You Know? <b>2:30 Scatter Joy Acres Animal Visit</b> 3:30 Midweek Prayer Group	9:30 Chair Exercise <b>11</b> 10:00 Balloon Ball 10:30 How Many Words? 1:00 Ladder Ball-LR 3:30 Read Cassgram-AR <b>4:00 Music with Bernie and Erin Lewis</b> <b>6:00 Birdwatching in the Courtyard</b>	9:00 Coffee in the Courtyard <b>12</b> 9:15 Courtyard Stroll 9:30 Chair Exercise <b>10:00 Bingo-AR</b> 6:00 Slap Jack (Card Game) - LR	
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9:00 Gospel Music Hour-LR <b>20</b> 9:30 Chair Exercise 10:00 Non-denominational Church 11:00 Board Game Club 1:30 First Baptist Church Service-LR 2:30 Afternoon Stretch 6:00 Evening Envelopes- Group Discussion	9:30 Chair Exercise <b>21</b> <b>10:00 Book Club-AR</b> 1:00 Ladder Ball-LR 2:00 Maker Space Program/Public Library-AR <b>2:30 Crochet Club</b> 3:30 Joke of the Day! 6:00 Card Sharks-AR	9:30 Chair Exercise <b>22</b> 10:00 Crafters Corner 1:30 Wii Bowling-LR <b>2:30 Cooking Club</b> <b>3:00 Gardening Club- Earth Day</b> 6:00 Armchair Travels: Germany	9:00 Beauty Shop is Open <b>23</b> 9:30 Rosary-AR 9:30 Chair Exercise 1:00 Ladder Ball-LR <b>2:00 Bingo-AR</b> <b>3:15 Upcycling Workshop</b> 6:00 What is Renewable Energy?	9:30 Chair Exercise <b>24</b> 10:00 Manicures/Hand Massages-AR 10:30 Trivia Game: How Much Do You Know? 2:30 Cornhole <b>3:00 Town Hall Meeting - AR</b> 3:30 Midweek Prayer Group	9:30 Chair Exercise <b>25</b> 10:00 Balloon Ball 10:30 How Many Words? 1:00 Ladder Ball-LR <b>2:00 Drive Thru Safari Park Outing</b> 3:30 Read Cassgram-AR <b>6:00 Birdwatching in the Courtyard</b>	9:00 Coffee in the Courtyard <b>26</b> 9:15 Courtyard Stroll 9:30 Chair Exercise <b>10:00 Bingo-AR</b> 6:00 Slap Jack (Card Game) - LR	
9:00 Gospel Music Hour-LR <b>27</b> 9:30 Chair Exercise 10:00 Non-denominational Church 11:00 Board Game Club 1:30 First Baptist Church Service-LR 2:30 Afternoon Stretch 6:00 Evening Envelopes- Group Discussion	9:30 Chair Exercise <b>28</b> <b>10:00 Book Club-AR</b> 1:00 Ladder Ball-LR <b>2:30 Crochet Club</b> 3:30 Joke of the Day! 6:00 Card Sharks-AR	9:30 Chair Exercise <b>29</b> 10:00 Crafters Corner 1:30 Wii Bowling-LR <b>2:30 Cooking Club</b> <b>3:15 April Birthday Party</b> 6:00 Documentary: How they live in Costa Rica	9:00 Beauty Shop is Open <b>30</b> 9:30 Rosary-AR 9:30 Chair Exercise 1:00 Ladder Ball-LR <b>2:00 Bingo-AR</b> <b>3:00 The Garden Crew</b> <b>3:30 Veterans Club</b> <b>6:00 Scenic Drive</b>				<b>KEY</b> Activity Room.....AR Living Room.....LR Dining Room.....DR Beauty Shop.....BS Main Entrance.....M.E. Courtyard.....CY
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