

APRIL

NEWSLETTER

MARCH RECAP

We've enjoyed a fun and busy month of March here at The Terrace.

Our calendar was packed full of activities and crafts. We had so much fun making leprechaun gnomes, shamrock sun catchers, and shamrock pins. Our Friday happy hour included festive drinks and snacks like rainbow fruit skewers, Irish beer bread, and green beer! We always have a nice time baking for our Friday happy hour too!

At the beginning of the month we had an afternoon tea party with scones and different tea varieties. Lots of great conversation filled the room and it was a great time!

It has been so nice to see our residents get outside with the warmer weather rolling in. We are looking forward to the month of April and many outdoor activities as well.

Happy Spring everyone!

-Hannah-

APRIL LOOK AHEAD

Lots to look forward to in the month of April. On the first of the month we will all sit down to our spring and summer meal planning. Residents can make some suggestions and give ideas for our upcoming menus for the next few months.

We are putting a new spin on our daily exercise routine. We will be adding chair yoga and exercise ball drumming throughout the week, as well as keeping our usual well-loved exercise routine.

Our men's coffee group will be starting back up on Thursday mornings where the men can enjoy conversations over a cup of hot coffee.

We will start back up with our gardening group, which so many of the ladies are already excited about.

On the 29th we are going to have a Kentucky Derby day out on the patio, with hats, derby day games, snacks and drinks. I know I am especially looking forward to this!

We have ordered fishfries twice in the past two months and we will be ordering once more on April 2nd. It has been a success and everyone has really enjoyed it.

With the change of seasons and sunshine will come new hope for our residents and I know they are really looking forward to our outdoor activities. The fresh air will be good for all of us.

Wishing you all a Happy Easter and Spring.

-Hannah-

THAT WAS THE YEAR '1966'

NATIONAL AND WORLD NEWS

Richard Speck murdered eight nurses in Chicago.

All cigarette packs came with a health warning, "Caution, Cigarette smoking may be hazardous to your health."

The Houston Astrodome was built.

COST OF FOOD

Sugar -----	.55/lb
Milk-----	1.11/gal
Ground Coffee -----	.90/lb
Eggs -----	.36/doz
Bread-----	.22/loaf

COST OF LIVING

New House-----	\$14,175
Average income -----	4,938
New Car-----	2,653
Gasoline -----	.32/gal
Postage stamp-----	.05

POPULAR MOVIES

A Man for All Seasons (Academy Award Winner)
Whose Afraid of Virginia Woolf
The Good, The Bad, and the Ugly
Batman

MUSIC

The Sounds of Silence (Simon & Garfunkel)
I'm a Believer (The Monkees)
Cherish (The Association)
Last Train to Clarksville (The Monkees)
These Boots Are Made for Walking (Nancy Sinatra)

DATES TO CELEBRATE

04/01 April's Fools Day
04/01 Opening day of major league baseball.
04/02 Good Friday
04/03-4/5 NCAA Division 1 Men's Basketball
Championship.
04/04 Easter Sunday
04/08- 04/11 The Masters
04/15 Income Tax Day
04/19 145th Running of the Boston Marathon
04/25 93rd Presentation of the Academy Awards

APRIL BIRTHDAYS

04/25 Dorothy E.

04/29 Helga R.

04/30 Pat B.

Hope your day is special in every way.



April Fools Day

April Fools Day or All Fools Day is celebrated on April 1 of each year. Its exact origins still remain a mystery while there are many theories.

Some speculate that April Fool's Day began in 1552 when France switched from the Julian calendar to the Gregorian calendar. The new year began with the spring equinox around April 1. It was said that some were slow in getting the news and failed to realize the new year began on January 1 and continued to celebrate the last week of March to the beginning of April as April Fool's Day

Tradition has it April Fool's Day is a day of pranks, jokes, and hoaxes.

Some jokes that were played on April Fool's Day were when Burger King announced it was offering a left-handed whopper. In 1992 a nation public radio station ran a spot with former President Nixon

announcing he was running for president again although it was an actor not President Nixon.

Wherever its beginning, April Fool's is the time of hilarity.

RECIPE OF THE MONTH

EASTER BIRD'S NEST BREAD

INGREDIENTS

2 Tbsp active dry yeast
1 c. lukewarm water
2 tbsp. white sugar
1 ½ c. all-purpose flour
¾ c. shortening
1 c. white sugar
1 ½ tsp salt
3 eggs
1 egg white
4 tsp. grated lemon zest
2 tbsp. lemon juice
3 ¼ cups of all purpose flour
6 eggs, in the shell, dyed if desired
1 tbsp. heavy cream
2 tbsp. multicolored candy sprinkles
1 beaten egg yolk

DIRECTIONS

Sprinkle yeast onto warm water in a mixing bowl; let stand 5 minutes. Stir in 2 tbsp. sugar and 1 ½ cups of flour until smooth, then cover and set aside in a warm place until doubled in bulk, about 1 hour.

Cream together the shortening, 1 c. of sugar, and salt in a bowl. Add the 2 eggs and egg white, one at a time, mixing until smooth between each addition. Stir in the yeast mixture along with the lemon zest,

lemon juice, and remaining 3 ¼ cups flour until a smooth dough is formed. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

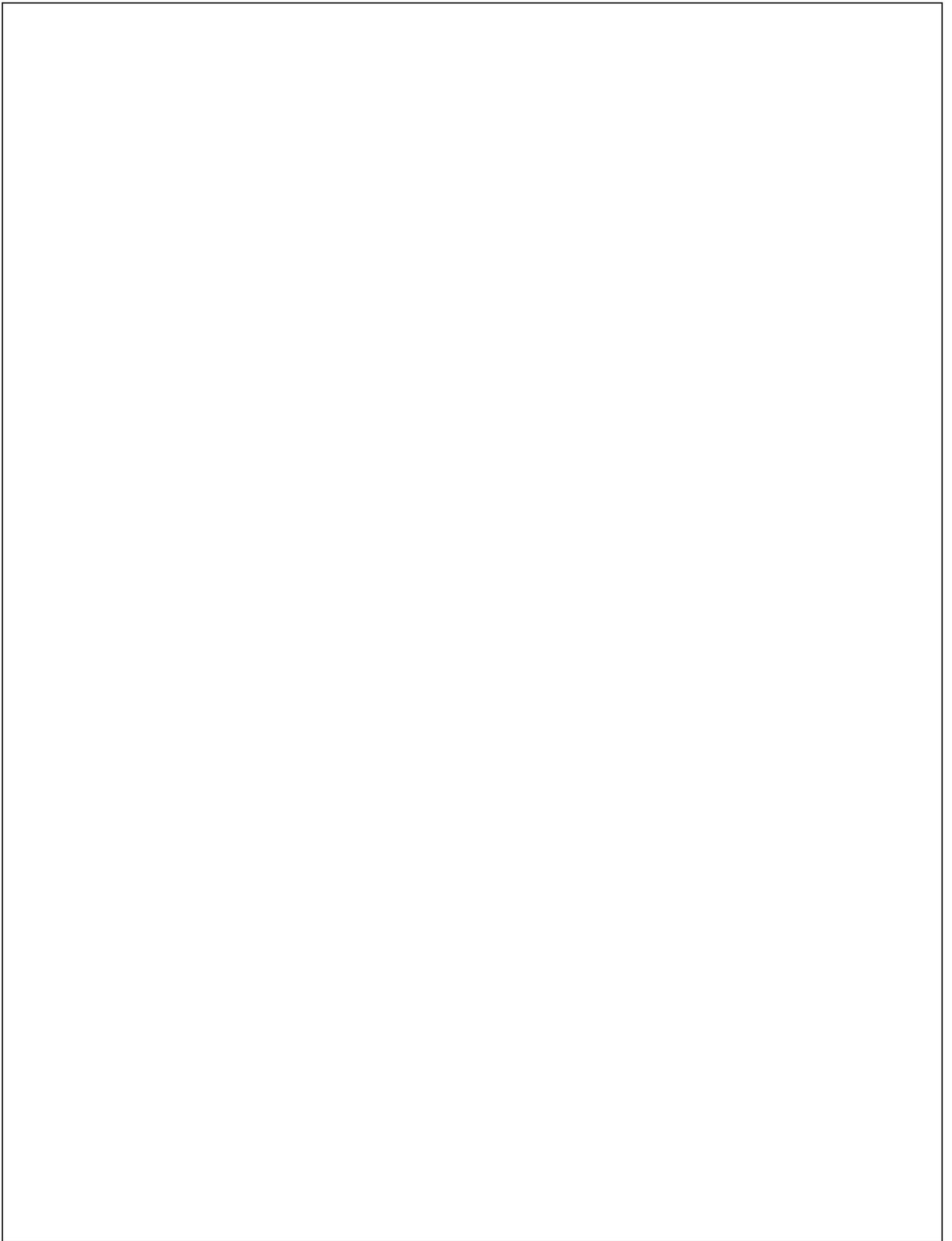
Deflate the dough and turn it onto a slightly floured board. Divide the dough into four equal size rounds. Cover and let rest for 2 minutes. Roll each round into a long rope about 18 inches long.

Grease 2 large baking sheets. Using the two long pieces form a loosely braided ring on one side of the baking sheets, leaving spaces for three colored eggs. Seal the ends of the ring together and use your fingers to slide the eggs between the braids of dough. Repeat to form the second loaf. Cover and let rise until doubled in bulk or until your finger leaves a dent when the bread is gently pressed, about 30 minutes.

Preheat oven to 350 degrees. Beat egg yolk together with 1 tbsp heavy whipping cream. Set aside.

Bake in pre-heated oven for 10 minutes, then brush egg yolk mixture and decorate with candy sprinkles. Continue to bake until the loaves are dark brown and sound hollow when tapped on bottom, 30 to 40 minutes.

Servings - 24 - 2 braided rings.



Again, althoug

MUSIC

- TicToc (Kesha)
- Need You Know (Lady Antebellum)
- Hey Soul Sister (Train)
- Rude Boy (Rihanna)
- Teenage Dream (Katy Perry)
- Just the Way You Are (Bruno Mars)

COST OF LIVING

- New House -----\$158,700
- Average Income -----23,363
- New Car -----29,217
- Stamp -----.44

COST OF FOOD

- Milk ----- \$3.26/gal
- All Purpose Flour ----- .52 /lb.
- Fresh Bread -----1.37/loaf
- Sugar ----- .63 for 1lb.
- Eggs-----1.66/doz.
- Ground Beef ----- 3.18/lb.

POPULAR MOVIES

- Leap Year
- Clash of the Titans
- Harry Potter - The Deadly Hallows (Part 1)
- Despicable Me
- Secretariat
- Salt

DAYS TO CELEBRATE

- 03/01 Peanut Butter Lovers Day
- 03/01 World Compliment Day
- 03/03 World Wildlife Day
- 03/03 National Anthem Day
- 03/05 World Day of Prayer

- 03/07 Johnny Appleseed Day
- 03/12 Plant a flower Day
- 03/14 Daylight Savings Time Begins/Check your batteries day.
- 03/17 St. Patrick’s Day
- 03/20 First Day of Spring
- 03/28 Birthday of country singer Reba McEntire and singer Lady Gaga.
- 03/30 Nat’l Hotdog Day



- 03/03 Carol C.
- 03/07 Emma K.
- 03/14 Joyce D.
- 03/21 Lynn L.

And may you have many more!

RECIPE OF THE MONTH

IRISH STEW

Ingredients

-
- 2 medium-sized onions, chopped
- Oil, for frying
- 1-ounce butter
- 1 sprig dried thyme
- 2 1/2 pounds best end of lamb neck, cut into large pieces
- 7 carrots, chopped lengthways into 2-inch pieces
- 2 tablespoons pearl barley
- 5 cups Chicken Stock, recipe follows
- Salt

- Freshly ground black pepper
 - 1 bouquet garni (parsley, thyme, and bay leaf)
 - 12 medium potatoes
 - 1 bunch parsley, leaves finely chopped
 - 1 bunch chives
 - Serving suggestion: Herb Butter, recipe follows
-

Stock:

- Chicken carcass
 - 1 onion
 - 4 cups water
 - 3 stalks celery, roughly chopped
 - Bay leaf
 - Salt and freshly ground black pepper
-

Herb Butter:

- 1 stick butter
 - 1 small bunch parsley, finely chopped
 - 1 small bunch chives, finely chopped
-
- 1 sprig thyme

Directions

1. In a large heavy-bottomed saucepan, cook the onions in oil and butter, on medium-high heat until they are translucent. Add the dried thyme and stir. Add the lamb and brown on a high heat to seal in juices. Add carrots, and pearl barley. Pour in the Chicken Stock so that it almost covers the meat and vegetables. Season with salt and pepper, and add Bouquet garni. Cover and cook on low heat for 2 hours, being careful not to boil. Place potatoes on top of the stew, cover and cook for 30 minutes until the meat is falling beautifully off the bones and the potatoes are fork tender.
 2. Serve the stew in large flat soup bowls, and drizzle Herb Butter over the potatoes or garnish with parsley and chives.
-

Stock:

Yield: 6 servings

1. Preheat the stockpot. Combine ingredients in a large heavy-bottomed saucepan and cover with water. Bring to boil and simmer for approximately 30 minutes. Then let it cool down and skim off the fat.
-

Herb Butter:

Yield: 6 servings

1. Melt butter in a small saucepan. Add parsley, chives and thyme.

THE LEGEND OF THE BLARNEY STONE

Every country has its legends and in Ireland there is a legend of a magic stone...The Blarney Stone. The stone is located in the wall at Blarney Castle in England.

According to legend the king saw a woman drowning in the river. He saved her life by pulling her out. For his kindness the woman gave the king a magical stone. This gave the king the ability to speak sweetly and convincingly.

When people visit Ireland today they want to kiss the Blarney Stone. You will receive "The gift of gab" so you will be able to convince everyone of anything.

ST. PATRICK'S DAY WORD SCRAMBLE

St. Patrick's Day Word Scramble

1. krhsmaoc _____
2. ereng _____
3. hiisr _____
4. nperchaelu _____
5. depara _____
6. odlg _____
7. tlicec _____
8. kcptari _____
9. kcul _____
10. budinl _____
11. ahmcr _____
12. bonairw _____
13. mrahc _____
14. volerc _____
15. dnalrei _____
16. dolgfotpo _____

