



PECAN RIDGE  
SENIOR LIVING AT EASE

Like Us!  

# THE Pecan Ridge Lifestyle

MEMORY CARE COMMUNITY

10025 Anderson Mill Road · Austin, TX 78750 · (512) 487-5243 · www.pecanridgememorycare.com

## APRIL 2024

### Resident of the Month



Patsy is such a kindhearted person! She is always thinking of others! Patsy was born and raised in Texas! This explains Patsy's hospitality and southern charm! She worked for the state for 20 years and has two wonderful daughters, Terry and Tracy! We appreciate all you do! Congratulations, Patsy!

### Happy Birthday to the U.S. Army Reserve

The United States Army Reserve, a force made up of both military members and civilians, was founded on April 23, 1908. Living up to the slogan "Ready Now! Shaping Tomorrow," their role is to be ready to go within a moment's notice when the U.S. military is in need of additional manpower.



St. Patrick's Day was so much fun!

### Pioneer for Parkinson's

April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson's 1817 publication "An Essay on the Shaking Palsy" was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson's disease awareness and the commitment and hope for a cure.

APRIL 2024



**Memorable Melody: 'Take Me Out to the Ball Game'**

Baseball fans who have sung this catchy tune during the seventh inning stretch may be surprised to learn that the writers had never been to a ballgame when they composed the song in 1908. Actor Jack Norworth wrote the lyrics after seeing an ad for Polo Grounds, home of the New York Giants, and Albert Von Tilzer set the words to music. The first recording by Edward Meeker was a hit, but it wasn't until the 1950s that the chorus became a staple at baseball games.

**Budget Tip: Let's Do Lunch**

When planning to dine out with friends or family, choose lunch over dinner when schedules permit. Many menus offer the same selections at lunchtime for a significantly lower price.

*"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."  
—Lynda Resnick*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>April Fools' Day</b> 1</p> <p>9:00 Morning Stretch 🔄 10:00 Acting Club♥ 11:00 Daily Chronicle📖 1:30 Funky April Fools' Day Party!♥ 3:00 Movie And Popcorn♥ 3:30 Manicure Monday (All Day)</p>	<p><b>April Fools' Day</b> 1</p> <p>9:00 Morning Stretch 🔄 10:00 Acting Club♥ 11:00 Daily Chronicle📖 1:30 Funky April Fools' Day Party!♥ 3:00 Movie And Popcorn♥ 3:30 Manicure Monday (All Day)</p>	<p><b>World Autism Awareness Day</b> 2</p> <p>9:00 Morning Yoga🔄 9:30 Pet Therapy Pet Pals 🐾 10:30 Pastor Bob Sermon 🕯️ 11:00 Devotions 🕯️ 1:30 Afternoon Trivia📖 2:00 Daily Chronicle📖 2:30 Ice Cream Social♥ 3:30 Sing Along / Finish That Lyric🎵</p>	<p><b>Wiser Now Wednesday</b> 3</p> <p>9:15 Tai Chi W/Ayumi🔄 10:00 Liz And Children🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Chef's Cooking Show 🍳 4:00 Volleyball🔄</p>	<p><b>Get Your Groove on Day</b> 4</p> <p>9:30 Coffee Social☕ 10:00 Aroma Therapy♥ 11:00 Daily Chronicle📖 1:30 Indoor Gardening★ 2:30 Poem Club!♥ 3:30 Men's Wood Workshop♥</p>	<p><b>Gold Star Spouse Day</b> 5</p> <p>9:30 Zumba🔄 10:15 Chronicles📖 11:00 Nail And Spa Day♥ 1:30 Bingo🎲 2:30 Arts And Crafts🎨 3:30 Karaoke Happy Hour🎵</p>	<p><b>Caramel Popcorn Day</b> 6</p> <p>9:30 Chair Dance Exercise! 🔄 10:00 Coffee Social☕ 10:30 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Wheel Of Fortune! 🎲 3:30 Nail And Spa Day♥</p>
<p><b>Beaver Day</b> 7</p> <p>9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Devotions 🕯️ 1:30 Daily Chronicle📖 2:30 Pool Noodle Balloon Toss 3:30 Comedy Hour♥</p>	<p><b>Total Solar Eclipse</b> 8</p> <p>9:00 Morning Stretch 🔄 10:00 Acting Club♥ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 3:00 Movie And Popcorn♥ 3:30 Manicure Monday (All Day)</p>	<p><b>High Flying Fun Day</b> 9</p> <p>9:00 Morning Yoga🔄 10:30 Pastor Bob Sermon 🕯️ 11:00 Devotions 🕯️ 1:30 Afternoon Trivia📖 2:00 Daily Chronicle📖 2:30 Ice Cream Social♥ 3:30 Sing Along / Finish That Lyric🎵</p>	<p><b>Community Spirit Day</b> 10</p> <p>9:00 Walking Club!🔄 10:00 Liz And Children🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Man Cave Hour!♥ 2:30 Tea Party☕ 4:00 Ring Toss🔄</p>	<p><b>World Parkinson's Day</b> 11</p> <p>9:30 Coffee Social☕ 10:00 Aroma Therapy♥ 11:00 Daily Chronicle📖 1:30 Indoor Gardening★ 2:30 Crochet Class♥ 3:30 Men's Wood Workshop♥</p>	<p><b>Day of Pink</b> 12</p> <p>9:30 Zumba🔄 10:15 Chronicles📖 11:00 Nail And Spa Day♥ 1:30 Bingo🎲 2:30 Arts And Crafts🎨 3:30 Karaoke Happy Hour🎵</p>	<p><b>Peach Cobbler Day</b> 13</p> <p>9:30 Chair Dance Exercise! 🔄 10:00 Coffee Social☕ 10:30 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Dance Club🎵 3:30 Nail And Spa Day♥</p>
<p><b>National Dolphin Day</b> 14</p> <p>9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Devotions 🕯️ 1:30 Daily Chronicle📖 2:30 Pool Noodle Balloon Toss 3:30 Afternoon Trivia♥</p>	<p><b>Sinking of Titanic Anniversary</b> 15</p> <p>9:00 Morning Stretch 🔄 10:00 Acting Club♥ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 3:00 Movie And Popcorn♥ 3:30 Manicure Monday (All Day)</p>	<p><b>Pajama Day!</b> 16</p> <p>9:00 Morning Yoga🔄 9:30 Pet Therapy Pet Pals 🐾 10:30 Pastor Bob Sermon 🕯️ 11:00 Devotions 🕯️ 1:30 Afternoon Trivia📖 2:00 Daily Chronicle📖 2:30 Ice Cream Social♥ 3:30 Pajama Party!♥</p>	<p><b>Mustang Day</b> 17</p> <p>9:00 Walking Club!🔄 10:00 Liz And Children🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class🍳 4:00 Indoor Mini Golfing🔄</p>	<p><b>High Five Day</b> 18</p> <p>9:30 Coffee Social☕ 10:00 Aroma Therapy♥ 11:00 Daily Chronicle📖 1:30 Indoor Gardening★ 2:30 Poem Club!♥ 3:30 Men's Wood Workshop♥</p>	<p><b>Poetry and Creative Mind Day</b> 19</p> <p>9:30 Zumba🔄 10:15 Chronicles📖 11:00 Nail And Spa Day♥ 1:30 Bingo🎲 2:30 Arts And Crafts🎨 3:30 Karaoke Happy Hour🎵</p>	<p><b>Look-Alike Day</b> 20</p> <p>9:30 Chair Dance Exercise! 🔄 10:00 Coffee Social☕ 10:30 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Wheel Of Fortune! 🎲 3:30 Nail And Spa Day♥</p>
<p><b>National Coin Week</b> 21</p> <p>9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Devotions 🕯️ 1:30 Daily Chronicle📖 2:30 Pool Noodle Balloon Toss 3:30 Truth Or Dare♥</p>	<p><b>Passover Begins</b> 22</p> <p>9:00 Morning Stretch 🔄 10:00 Acting Club♥ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 3:00 Movie And Popcorn♥ 3:30 Manicure Monday (All Day)</p>	<p><b>Pink Moon Day</b> 23</p> <p>9:00 Morning Yoga🔄 10:30 Pastor Bob Sermon 🕯️ 11:00 Devotions 🕯️ 1:30 Afternoon Trivia📖 2:00 Daily Chronicle📖 2:30 Ice Cream Social♥ 3:30 Sing Along / Finish That Lyric🎵</p>	<p><b>Sun Day</b> 24</p> <p>9:00 Walking Club!🔄 10:00 Liz And Children🎵 11:00 Daily Chronicle📖 1:30 Lifelong Learning📖 2:30 Cooking Class🍳 4:00 Bowling🔄</p>	<p><b>Pet Parents Day</b> 25</p> <p>9:30 Coffee Social☕ 10:00 Aroma Therapy♥ 11:00 Daily Chronicle📖 1:30 Indoor Gardening★ 2:30 Crochet Class♥ 3:30 Men's Wood Workshop♥</p>	<p><b>Arbor Day</b> 26</p> <p>9:30 Zumba🔄 10:15 Chronicles📖 11:00 Nail And Spa Day♥ 1:15 Arbor Day Outing!🚗 1:30 Bingo🎲 2:30 Arts And Crafts🎨 3:30 Karaoke Happy Hour🎵</p>	<p><b>Take Our Daughters and Sons to Work Day</b> 27</p> <p>9:30 Chair Dance Exercise! 🔄 10:00 Coffee Social☕ 10:30 Daily Chronicle📖 1:30 Arts And Crafts🎨 2:30 Dance Club🎵 3:30 Nail And Spa Day♥</p>
<p><b>Superhero Day</b> 28</p> <p>9:30 Sunday Worship Music🎵 10:00 Church Service🕯️ 11:00 Devotions 🕯️ 1:30 Daily Chronicle📖 2:30 Pool Noodle Balloon Toss 3:30 Indoor Soccer 🔄</p>	<p><b>World Wish Day</b> 29</p> <p>9:00 Morning Stretch 🔄 10:00 Acting Club♥ 11:00 Daily Chronicle📖 1:30 Board Game Workshops 🎲 3:00 Movie And Popcorn♥ 3:30 Manicure Monday (All Day)</p>	<p><b>Laugh 'til You Cry Day</b> 30</p> <p>9:00 Morning Yoga🔄 9:30 Pet Therapy Pet Pals 🐾 10:30 Pastor Bob Sermon 🕯️ 11:00 Devotions 🕯️ 1:30 Afternoon Trivia 2:00 Daily Chronicle📖 2:30 Ice Cream Social♥ 3:30 Family Night!♥</p>				



The ladies love their tea!

## Indoor Fun

If it's too rainy or cold to play outside, here is a fun alternative: Start a game of balloon tennis! All you need are some fly swatters and inflated balloons. The dollar store is a great place to pick up a bag of balloons and some extra fly swatters so you'll be ready the next time someone needs to burn off extra energy. And yes, adults can play, too!



The men had so much fun with their casino and fried eggrolls!

## Happy April Fools' Day

Did you know we prank one another on April 1?  
Yes, I'm fool-y aware.



### Meet our Awesome Staff!

**Faridhai Villanueva**

**Executive Director**

**Annel Quesada**

**Sales Director**

**Bennie Dewberry Jr., CEC**

**Dining Director**

**Kevin Farr**

**Maintenance Director**

**Aneva McDaniel**

**Activity Director**

## Employee of the Month



Malissa is truly the jack of all trades! She is a team player and is always willing to go above and beyond for the residents! She is efficient and works hard!

Congratulations, Malissa, we appreciate all you do!

## Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!