

April 2021

# Sea Breeze Adult Day Center

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## April Special Events

### Jazz Appreciation Month

### Card and Letter Writing Month

### Exercise with Lily & Becky

*Daily 12 noon to 12:30 pm*

### Trivia Hour with Carol

*Daily 3:30 pm to 4:30 pm*

### Easter Luncheon

*April 5<sup>th</sup> 12:30 pm*

### Earth Day Event

*April 22<sup>nd</sup>*

### Music with Bill Montgomery for International Dance Day

*April 29<sup>th</sup> 2:00 – 3:00 pm*

## Monthly Crafts

### Easter Craft

*Week of March 29<sup>th</sup>*

### Earth Day Craft

*Week of April 12<sup>th</sup>*

## Happy Birthday

**Jean G  
Ann**

The tree pollen is finally gone and we can all breathe a little easier. I have always loved the trees in April with all their new, fresh green leaves.

This past month we had fun celebrating St. Patrick's Day with a great lunch, fun activities and trivia. We also worked on a great shamrock wreath for our front doors.



At the end of the month, we started working on creating our Easter Bunny family, all of which turned out so cute.



On April 5<sup>th</sup> we will have our annual Easter luncheon with fun activities. We are also excited to re-start our live monthly entertainment series at the end of April with a musical event by Bill Montgomery. Don't forget your dancing shoes!





Our adorable Easter bunny craft



Exercise with Becky



Playing tabletop games

## In March we Welcomed (back) to our Center

Mary L, Rita, Betty, Miladys, Martin, Lucy

## Every Day Is Earth Day



On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America's passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, President Nixon had created the Environmental Protection Agency, and shortly thereafter Congress passed the Clean Air Act and Clean Water Act. It's been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses.



Bernice celebrating her 99<sup>th</sup> birthday with her friends at Sea Breeze.



## Fountain of Fiction

On April 2, 1513, explorer Juan Ponce de León landed on a peninsula he called “La Florida” and claimed it for the Spanish crown. But why had he come? Some say he was searching for the fabled Fountain of Youth, a spring that granted eternal youth to whoever bathed in its waters.



It is said that the indigenous Taino people of the Caribbean passed on stories of a magical fountain and river of rejuvenation to the Spaniards. Rumors reached De León that this was located somewhere north of Cuba. So with permission of King Ferdinand of Spain, De León set out from Puerto Rico to find it. He set sail with three ships and landed in Florida, yet he never found the Fountain of Youth. But then again, historians argue that was never his intention. Not only was the Fountain of Youth a legend but so was De León’s search for it. The truth is that stories of De León’s search for the Fountain of Youth were invented by his rivals as a means of ruining his reputation after his death.

In 1508, Ponce de León colonized Puerto Rico and became its governor, but a political rift forced him to give up Puerto Rico to Diego Columbus, the son of Christopher Columbus. As a consolation, King Ferdinand of Spain granted De León permission to colonize and become the governor of the island of Bimini, the modern-day Bahamas, but only if De León could find it and finance the expedition himself. Amongst all the correspondence between De León and the crown, there is not one mention of a Fountain of Youth or search for magical waters. So how was De León’s name ever tied to this fable?

After De León’s death, Gonzalo Fernandez de Oviedo, a Spanish court historian and ally of Diego Columbus, wrote an account of a bumbling and foolish De León searching for a magical fountain of youth in Florida. While many at the time knew the writings to be a satirical smear campaign against De León, over the centuries Oviedo’s fantastical fictions have morphed into fact for those searching for eternal youth.

## Snack Cake Super Stardom



James Dewar started working at Illinois’ Continental Baking Company in the 1920s as a delivery boy, hawking pastries from a horse-drawn cart. By 1930, he had risen to plant manager, and on April 6 of that year, he created the most famous snack cake the world has ever known, the Twinkie. Before the cakes were called Twinkies, they were Little Shortcake Fingers, pre-packaged strawberry-filled shortcakes that were available only during the short strawberry-harvest season. The idle factory equipment drove Dewar to invent a new, still nameless, yellow sponge cake filled with banana crème. While on his way to a marketing meeting, Dewar passed a billboard advertising Twinkle Toe Shoes. He had found the Twinkies name, and the rest is snack cake history.



St. Patrick’s Day Activities