

Welcome to Spring Break Week!

Monday, April 1st- Friday, April 5th
(See the Chronicle Calendar for times)



Monday- We're Fly'in Hawiian!

Please wear your Hawiian or Floral Shirt

It's April Fool's Day!

Come down for Social Time and play a round of
"Pack Your Bags!"



Tuesday- Capris & T's Day!

Wear your capris & t shirts!

Kentwood Senior Choir

Join us for Happy Hour and enjoy the music of Linnea Hjelm!
She is the granddaughter of Ulla Hjelm!



Wednesday- Tit for Tat Wear Your Hat!

Get out your summer hat for today!

Celebrating April Birthdays with
Leonard on the Grand



Thursday- Ya-Hoo! Wear Summer Shoes!

Get out your sandals, or tennis shoes today!

Popcorn Bar and Music with Jim H.



Friday- Lads & Lasses, Wear your Sunglasses!

Get out those sunglasses to wear today!

Spring Break Happy Hour with
Music by Celebration Brass!



HEATHER
HILLS

CHRONICLE

APRIL 2024

HELLO SPRING!

We have a lot of exciting things happening in April and we invite you to join us for all the fun.

We have April Fool's Day, NCAA & the NBA Basketball Finals with two lucky Bracket Winners taking home the big prize.

Don't forget that income taxes are due April 15th. Also today is the Tigers Opening Day with their 1st home game of the season being played at 1:10pm.

We are planning a Spring Fling Week beginning on the week of April 1st. Look for details on page 8 of this publication.

Our Semi-Annual Golf Tournament will begin on Monday, April 22nd. It is a three-day event and the pair that win will receive a trophy and a chance to wear the Green Jackets!

We welcome all the new residents and staff to our H.H. family. If you should have any questions concerning the Recreation Department, please contact us for all the details.

Remember to always,
Live, Love, Laugh & Dance
Tami Yates, Recreation Director

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From The Desk of Robert Johns

On Wednesday, April 3rd Rob will host an open discussion for all residents. This is an open format and can include concerns, questions, clarifications, or any subject of interest. This would be a great opportunity for new residents to orient themselves with Heather Hills. These meetings will be held in the Activity Room beginning at 10:00.

Moving In

Heather Hills Welcomes

Tim & Ilene Topolinski

Total Eclipse of the Sun!

Plan to join us on April 8th when we will be experiencing a total solar eclipse! It will move across the United States beginning in Texas and ending in Maine. The totality of the eclipse can last from 2.5 minutes to just over 4 minutes. In West Michigan, a 94% partial eclipse will be seen. This means that the sky will not go completely dark. A crescent shape sun will be seen during the duration.

DO NOT GO OUTSIDE DURING THIS TIME WITHOUT THE USE OF SOLAR ECLIPSE SUNGLASSES. I will make them available to you if you wish to join us on the patio to observe this event. It will take place around 3:11 p.m. The next total solar eclipse in Michigan will not be until 2099.

Community Relations Director
Margaret Howard
welcomes you to join,

On Thursday, April 18th at 6:00 in the Auditorium, everyone is welcomed to join Margaret and our Veterans for a presentation.

Contrary Conversations with Margaret will be held on Monday, April 22nd at 1:00 in the Auditorium. A special presentation about Caring for Mother Earth.

Wednesday, April 24th at 1:00 in the Auditorium join presenter Richard Panek (Wanda Lehman's son-in-law) as he discusses the beauty of Joshua Tree National Park. It has a unique ecosystem from cacti to the renowned Joshua Tree, to the stars above and beyond. Richard will include and discuss pictures from a recent trip he and his wife Mary took to this grand National Park!

On Thursday, April 25th at 2:00 in the Auditorium, please join Margaret and Dick Arps as he explains "Why Trees Matter." Dick spent his career in Forestry. He has a lot of information to share with all of us. We'll see you there!

On Friday, April 26th at 2:00, plan to join us as we plant a tree in honor of Arbor Day, in the landscaping off the back patio.



SAVE THE DATES!

Monday, April 1st

is April Fool's Day! Are your friends really your friends? You'll soon find out!

See page 8 for all of the Spring Break activities that begin on Monday, April 1st through Friday, April 5th.

Sunday, April 7th

The NCAA Women's Championship Game will be held at 3:00.

Monday, April 8th

The NBA Men's Championship Basketball Game will be played. Check brackets on the wall to see if you are a winner!

Monday, April 15th

is Tax Day. Make sure your taxes are postmarked by midnight.

Monday, April 22nd

Is Passover and Earth Day.

We will begin a 3-day Golf Tournament. This is a pairs competition, so get your best partner and get ready for a 9 hole per day event. The green jackets and trophies await the winning team!

GOLF

West Michigan Therapy Dogs



On Wednesday, April 3rd and 17th at 1:00. Come to the Atrium and visit with the W. Mi. Therapy Dogs. There are 5-7 dogs and their trainers here to let you love on their fur babies and ask questions about their training. Some of the dogs are still in training and come to complete their training and become certified. We love helping them out. Be sure and join us!

H.H. Choir!



The Heather Hills Choir has begun new music for our Spring Concert to be held the week of Mother's Day. Check for the details in the May Chronicle. If you'd like to join the choir, rehearsals are on Tuesdays at 2:00 in the Auditorium.

Lunch In

The lunch In will be held in the activities room on Thursday, April 25th at 12:00. We will enjoy food from **First Wok**.

The sign up for lunch will be on the counter in the Activities Room

APRIL BIRTHDAYS

RESIDENT BIRTHDAYS

- 4th- Dwight Coulter
- 8th- Jeri Stone
- 11th- Dick Arps
- 11th- Margaret Burke
- 13th- Gayle Hoogstraten
- 16th- Paul Wagner
- 17th- Donna Huyge
- 25th- Rose Burd
- 25th- Marney MacAdam

STAFF BIRTHDAY'S

- 13th- Kylie Hernandez- V.C.
- 14th- Niti Patel- Dietary
- 18th- Grace Wiltzer- Dietary
- 19th- Cheryl Reyna- V.C,
- 20th- Aubrey Hibma- Dietary

STAFF ANNIVERSARIES

- Harold Frost- April 16th- 6 years- Driver
- Sarah Shabari- April 29th- 2 years- Dietary

The Verity Ballet Company

will be here to perform their latest production on Sunday, April 21st at 2:00 in the Auditorium. The ballet troupe was here last fall, and they were amazing. Please join us afterwards for refreshments and a chance to talk with the students.

From the Desk of Tatiana Lopez

Village Care is asking all resident, including independent or families, to please notify either Village Care of the Receptionist anytime a resident is going to the hospital or Urgent Care. Thank you. or families, to please notify either Village Care of the Receptionist anytime a resident is going to the hospital or urgent care. Thank you.



Spring Clean Up Day At Heather Hills!

Volunteer to help clean up the grounds on our campus on Saturday, April 20th from 9am-1pm.

To sign up please call 616-942-1990 or, for more information email Jared at jsabo@care-one.com

Join us on the patio afterwards for lunch!

Meijer Gardens- Butterfly Exhibit

Wednesday, April 10th at 1:00 we will be taking a trip to Meijer Gardens to see the Butterfly Exhibit. The cost of admission is \$15.00 per person unless you have a Meijer Garden Membership which allows you to get in free. Seating is limited so please sign up in the Activities Room.

Income Tax Day is April 15th.
Don't forget to get yours filed!



Thursday, April 25th is Hairstylist Appreciation Day! Please stop into the Hair Salon this week and thank your stylist for her great work!



Happenings Around Heather Hills!

NON-SOLICITATION POLICY POLICY PURPOSE

The purpose of this policy is to inform residents and employees about Heather Hills prohibition to soliciting or distributing materials on the premises by an individual or organization. This policy applies to staff, residents, volunteers, and outside entities such as contractors, visitors, and vendors, excluding vendors invited by management to provide opportunities to residents for information and fun experiences beneficial to them. Examples of this type of vendor include:

Mobility device services

Dental services, Physician services, Audiology services, Podiatry services, Cosmetology services, Manicure services, and White Elephant Sale/Holiday Bazaar.

POLICY STATEMENT

Heather Hills may not be used for, but not limited to, commercial, religious or political solicitations by employees, residents or by outside persons, agents, or organizations. No sales or solicitations are permitted on Heather Hills property, buildings, and facilities. There shall be no solicitations or distribution of materials (e.g., literature) of any kind throughout Heather Hills.

Adopted by the Heather Hills Resident Council. March 2024.

Celebrating Our Residents!

A special luncheon will be prepared for our residents on Thursday, April 11th from 11:30-1:00 by our Heather Hills Culinary Director Bill and Assistant Culinary Director Grace, and two visiting guest chefs from Care-One, Oshane Cargill and Ricardo Mercedes.

Also on Thursday, April 11th there will be a Special Happy Hour Event with appetizers prepared by both Heather Hills Dietary Department and the visiting chefs from Care-One. This will be a very special day so be sure and mark your calendars!

New Vending Machines at Heather Hills!

We have made some improvements around the Village. The south end laundry room that was once used by residents, has been completely remodeled and is now Heather Hills main laundry room. That room is where the old vending machines resided for years. We have two brand new vending machines, one for snacks and one for beverages, and they are more centrally located, for ease of access in the Activities Room! The new machines have various types of payment, and we have added more sugar free beverages, and they will feature a special price on one snack item each month.



Activities Room!

The north end laundry is being remodeled and will become a resident laundry room. Stop by and see the great work done by our Maintenance Department!

A P R I L 2 0 2 4

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Residents Weekly Run Activities</p> <p>Bridge- Mon., Wed., & Fri.-6:00-Library Sit & Stitch- Tues.- 10:00- Act. Rm. Cribbage- Tues.- 2:00- Cafe Scrabble- Tues. & Thurs.- 6:00- Cafe Shoot Pool- Thurs.- 1:00- 2nd Floor South Euchre- Fri.- 2:30- Cafe Hand & Foot- Sat. - 2:00- Cafe</p>	<p>1. <u>SPRING BREAK WEEK!</u> <u>HAWAIIAN SHIRT DAY!</u></p> <p>9:30 Cardio Drums  11:00 Exercise Class 1:00 Trivia: Solor Eclipse- Tami 3:00 Social Time 3:15 Game of Pack Your Bags 5:45 Show & Tell with Kim</p> <p style="text-align: center;">APRIL FOOL'S DAY!</p>	<p>2. <u>Capris & T's Day</u></p> <p>10:00 Shop For You FHF  1:00 Kentwood Choir 1:00 Walgreen's * 2:00 Choir Rehearsal 3:00 Happy Hour 3:00 Linnea Hjelm- Music</p>	<p>3. <u>Tit for Tat Wear a Summer Hat!</u></p> <p>9:30 Cardio Drums  10:00 Rob's Discussion 11:00 Exercise Class 1:00 W. MI. Therapy Dogs 2:00 Chair Volleyball 3:00 Birthday Social Time 3:15 Leonard on the Grand 3:30 Bible Study 5:45 Kickback with Kim</p>	<p>4. <u>Woo Hoo Wear Summer Shoes</u></p> <p>9:00 Koffee with Kim  10:00 Shopping FHF 10:30 Catholic Communion 2:00 Team Jeopardy with Mario 3:00 Social Time 3:00 Pop Corn Bar 3:15 Jim Herrmann- Music</p>	<p>5. <u>Lads & Lasses Wear Sunglasses!</u></p> <p>9:30 Cardio Drums  11:00 Exercise Class 1:00 Bingo 3:00 Spring Break Happy Hour 3:15 Celebration Brass-Music</p> <p style="text-align: center;">Tigers Season Opener- 1:10 pm</p>	<p>6.</p> <p>1:00 Linda & Elaine Sing A long</p> <p style="text-align: center;">Final Four</p>
<p>7.</p> <p>10:30 Non-Denominational Church Service & Communion  11:30 Sunday Dinner</p> <p style="text-align: center;">NCAA Women's Championship</p>	<p>8.</p> <p>9:30 Cardio Drums  11:00 Exercise Class 2:45 Total Eclipse Day! 3:00 Social Time  3:15 Darts</p> <p style="text-align: center;">NBA Men's Championship</p>	<p>9.</p> <p>10:00 Resident Council Mtg. 1:00 Dollar Tree Shopping * 2:00 Choir Rehearsal 3:00 Happy Hour 3:00 Ray Z. on the Grand</p>	<p>10.</p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Meijer Gardens- Butterflies * 2:00 Chair Volleyball 3:00 Social Time 3:15 Tally & Bob- Music 3:30 Bible Study 5:45 Kickback with Kim</p>	<p>11.</p> <p>9:30 Koffee with Kim 10:00 Shopping FHF 10:30 Catholic Communion 11:30 Celebrating our Resident's Luncheon 1:00 Resident Monthly Mtg. 3:00 Special Happy Hour Event</p>	<p>12.</p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Bingo 2:00 Grief Support 3:00 Social Time 3:15 Tom C. - Music</p>	<p>13.</p> <p>1:00 Bonus Bingo</p>
<p>14.</p> <p>10:30 Non-Denominational Church Service- Rev. Ep 11:30 Sunday Dinner</p>	<p>15. <u>INCOME TAX DAY</u></p> <p>11:00 Exercise Class 1:00 Card Making - Nancy 3:00 Social Time 3:15 Music with Christain Montgomery</p>	<p>16.</p> <p>10:00 Shop For You FHF 10:00 Amigo Mobility 1:00 Goodwill Shopping * 2:00 Choir Rehearsal 3:00 Happy Hour  3:15 Bean Bags</p>	<p>17. <u>Casino Trip!</u></p> <p>9:30 Cardio Drums 10:00 Casino Trip * 11:00 Exercise Class 1:00 W. MI. Therapy Dogs 2:00 Chair Volleyball 3:00 Dennis & Isla Here to Visit 3:00 Social Time 3:15 Rick Ruether-Music 3:30 Bible Study 5:45 Kickback with Kim</p>	<p>18. <u>Beltone Hearing Clinic 1-5:00</u></p> <p>9:00 Koffee with Kim 10:00 Shopping FHF 10:30 Catholic Communion 3:00 Pop Corn Day 3:00 Social Time 3:00 Horseshoes 6:00 Veteran's Monthly Program</p>	<p>19.</p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Bingo 3:00 Happy Hour 3:15 Ring Toss</p>	<p>20.</p> <p>9:00 Spring Clean-Up Day 1:00 Kyle's Travelogue 2:00 Chris Sloan- Music</p>
<p>21.</p> <p>10:30 Non-Denominational Church Service with Rev. Ep 11:30 Sunday Dinner 2:00 Verity Ballet Company Spring Performance & Reception</p>	<p>22. <u>PASSOVER BEGINS EARTH DAY!</u> </p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Contrary Conversations Caring for Mother Earth 3:00 Social Time 3:00 Spring Golf Tournament- Day 1</p>	<p>23.</p> <p>10:00 Shop For You FHF 10:00 Blandford Nature Center 2:00 Choir Rehearsal  3:00 Happy Hour 3:00 Spring Golf Tournament- Day 2 </p>	<p>24.</p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Joshua Tree National Park 3:00 Social Time  3:15 Golf Championship 5:45 Kickback with Kim</p>	<p>25. <u>Hairstylist Appreciation Day</u></p> <p>9:00 Koffee with Kim 10:00 Shopping FHF 10:30 Catholic Communion 12:00 Lunch In: First Wok * 2:00 Why Trees Matter- Dick Arps Presentation 3:00 Pop Corn Day 3:00 Social Time 3:00 Food Forum with Bill & Grace</p>	<p>26. <u>ARBOR DAY!</u> </p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Bingo 3:00 Happy Hour 3:30 Arbor Day Tree Planting</p>	<p>27.</p> <p>1:00 Luke C.- Music</p>
<p>28.</p> <p>10:30 Non-denominational Church Service with Rev. Ep 11:30 Sunday Dinner 1:00 Music with Bing</p>	<p>29.</p> <p>9:30 Cardio Drums 11:00 Exercise Class 1:00 Trivia- May Day- Tami 3:00 Social Time 3:15 Darts</p>	<p>30. <u>Passover Ends</u></p> <p>10:00 Shop For You FHF 1:00 Dollar Tree Shopping * 3:00 Happy Hour 3:15 Ring Toss</p>	<p style="text-align: center;"></p> <p style="text-align: center;">Hair Salon Hours Tuesday-Friday 9:00-4:30 Nancy & Kim Stylists</p>	<p style="text-align: center;">Asterisk * Requires Sign-Up</p> <p style="text-align: center;"></p>	<p style="text-align: center;">Movies Shown Daily 2:30 & 6:30</p> <p style="text-align: center;"></p>	<p style="text-align: center;"></p>