

April 2023

Waterstone on Augusta

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Celebrating April

Jazz Appreciation Month

Humor Month

Kite Month

April Fools' Day

April 1

World Party Day

April 3

Passover

April 5–13

Easter

April 9

Scrabble Day

April 13

Earth Day

April 22

Sky Awareness Week

April 23–29

Gathering of Nations

Pow Wow

April 27–29

Arbor Day

April 28

Evolution of Dance

April 29 is International Dancing Day, a day that will be greeted with enthusiasm by those who love to dance and perhaps with dread by those with two left feet. The date commemorates the birthday of Jean-Georges Noverre, the French dancer who is credited with creating ballet during the 18th century. While ballet might be considered the ultimate expression of modern dance, dancing has been a part of humanity since the prehistoric era.

Dancing is a pastime of every human society on Earth. Its ubiquity has led scientists to ask whether dancing is more than just an entertaining diversion. Does dancing play a role in our survival as a species? Neuroscientists have mapped the regions of the brain that are activated when we dance. Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics.

In the 1800s, sociologist Émile Durkheim coined the term “collective effervescence,” the feeling that an individual is a part of something larger than themselves. Amongst our prehistoric ancestors, dancing may very well have been a source of collective effervescence. Anthropologists assert that groups that danced well together formed lasting bonds and alliances. Dancing could even have been a show of power or influence. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger sense of social bonding. A society that dances together is quite likely to be considered stronger than one that does not dance. In this way, dancing could have been advantageous to a society’s survival. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humans since the dawn of civilization.

Quite a Pickle

The fastest-growing sport in America already has its own commemorative month. That's right, April is Pickleball Month. What is the source of the sport's cultlike appeal? Perhaps it's the fact that almost everyone can play.



According to the USA Pickleball Association, over half of all regular pickleball players are over age 55, a fact that speaks to the sport's accessibility. Pickleball is a hybrid of tennis, badminton, and table tennis, but it is easier to play than all of them. It's played on a small, tennis-like court where a hard, plastic, wiffle-like ball is batted with short, light paddles. Balls are served underhand, which makes them easier to volley. The court is smaller, which makes ground easier to cover. Paddles are also smaller and lighter, which makes them easier to handle. The game gets even easier when you play doubles. And yet, despite its ease of play, pickleball still offers a good full-body cardiovascular workout.

Not everyone has gotten on the pickleball bandwagon. As the sport has grown at a breakneck pace, communities all over the country are suffering from pickleball-related controversies. Neighbors of parks and courts are getting sick and tired of the endless plastic *thwack* of the pickleball. Some communities are going so far as to call the sound noise pollution. In communities with no dedicated pickleball courts, local parks have become the scene of turf wars. Tennis and basketball players cry foul when their courts are overrun by pickleballers who arrive en masse with their portable nets and painter's tape, monopolizing the courts for hours on end.

Pickleball's international and national governing bodies are also fighting amongst themselves, jostling for control of tournaments, players, and the money that these events bring. Rapid growth of the sport has brought plenty of growing pains, but still pickleball endures. Despite controversy, people love to play the game. Wherever there is a hard court, people arrive undaunted with nets and paddles, eager to play their new favorite game.

Poetic License

Haiku is a form of traditional Japanese poetry that consists of three unrhyming lines of five, seven, and five syllables. The short poems are often void of any figurative language, instead imparting feeling and thoughtfulness with plain concrete language and imagery. Try your hand at penning one of these poems on April 17, International Haiku Day.

Haiku began in 13th-century Japan, not as their own poems, but as *hokku*, which are the opening lines of *renga*, expansive oral poems spoken by multiple poets. It wasn't until the 16th century that hokku became a form all its own, and not until 100 years later the poet Matsuo Basho elevated it as an art form. It was Masaoka Shiki, poet of the late 19th century, who first called the poems *haiku*. Perhaps the most famous haiku was written by Basho:

old pond
frog leaps in
water's sound

From Trash to Treasure



It has become fashionable on Earth Day, April 22, to hold "Trashion" shows—fashion shows where all the clothing is made from recycled trash, such as plastic bags, old mattresses, curtains, cables, wires, CDs, old magazines, and even paper bags. The trend is especially prevalent on college campuses, where students in environmental science or fashion design programs are encouraged to develop sustainable designs. Trashion fashion shows often highlight the massive amount of unrecyclable and uncompostable waste generated by society. Each year, the fashion industry alone creates 92 million tons of textile waste. The "fast fashion" industry, which focuses on rapidly manufacturing massive volumes of cheap clothing, often relies on sweatshop labor and results in harmful environmental degradation.

The Last Laugh

Remember to laugh out loud on April 14, International Moment of Laughter Day. Is laughing always the best medicine?



Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the

body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release *neuropeptides*, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies. With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: "A hearty laugh makes you ten years younger." Even if you're faking it.

Walk on the Wild Side

The first Saturday in April, which this year coincides with April Fools' Day, is International Firewalk Day. Is walking on burning embers for real or an April Fools' trick? Firewalking, the test of walking over embers barefoot, is a religious ritual that dates back to 1200 BC. Its practice was first recorded in India, where two Brahmin priests challenged each other to walk over fire, with the one who walked the farthest winning the competition. Firewalking is not limited to India, however. It is practiced in cultures of Japan, China, Polynesia, amongst Native American tribes, and the !Kung people of the Kalahari. It caught on in America after an article detailing the ritual was published in *Scientific American* magazine in the 1970s. The Firewalk Institute of Research and Education (FIRE) exists today to train instructors in the practice. But the question remains: Is firewalking safe? Research suggests that it is possible to walk safely over hot embers because they are cool enough to not instantly burn the soles of the feet. In addition, firewalkers move rapidly enough to prevent serious burns.

Keeping Busy



April 7 brings International Beaver Day, a day to appreciate this industrious aquatic mammal. Millions of beavers once resided in every stream in North America. After

American colonization, the demand for their pelts resulted in hunting and trapping that pushed the beaver to the brink of extinction. Today, the animals are making a comeback, and scientists are learning that their value to ecosystems is unequalled in nature. Beavers, by nature, cut trees, build dams, carve canals, and flood rivers. This process creates invaluable wetland habitat that boosts biodiversity. The land stores more water, which decreases flooding, restores habitats, and filters and cleans water. Beavers are truly nature's best environmental engineers.

Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



S	M	Y	P	Y	W	C	V	P	M	S	L	Y	S	S
D	N	O	M	A	I	D	B	A	D	Y	A	U	U	S
Q	E	K	H	D	G	E	Q	S	V	D	O	R	S	J
T	X	Z	D	S	Y	T	K	S	R	V	U	H	D	D
C	B	H	V	L	O	G	O	O	W	A	O	W	A	R
T	M	W	X	O	X	L	B	V	T	W	W	I	O	E
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T	G	N	I	R	P	S	W	U	B	H	B	U	Y	X
E	U	E	U	P	B	A	B	F	C	A	T	C	I	Z
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W	F	T	A	X	E	S	L	E	A	D	B	L	A	X
S	P	G	W	A	O	P	L	A	N	T	I	N	G	E

APRIL FOOLS' DAY

ARBOR DAY

ARIES

BASEBALL

BULL

DAISY

DIAMOND

EARTH DAY

EASTER

FOURTH

PASSOVER

PLANTING

RAM

SHOWERS

SPRING

SWEET PEA

TAURUS

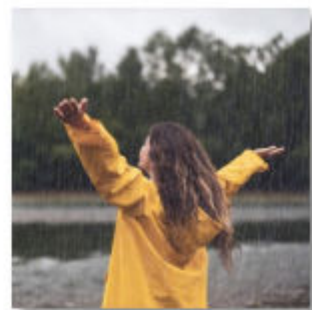
TAXES

April Showers Mining

See how many words you can make with the letters in:

APRIL SHOWERS

Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



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Kushner's Korner

Another Day in Paradise

In an assisted living facility, how do you spend twenty-four hours each day
The very fortunate ones are able to sleep a lot that passes time away

Each day has a schedule of different activities that various residents attend
Some activities are fun and others not productive but hours that you spend

Bingo most days is a favorite especially for the ladies who love this game
Who knew this was such a competitive time for small prizes they could claim

Happy hour is a good time for many as they have a drink as songs are rehearsed
The regular group started out somewhat badly but now are fairly well versed

Meals take up part of each day and in addition to eating provide socializing
Conversations are interesting and at times you hear things that are surprising

A positive attitude helps you make it through each day without feeling blue
Some can't participate and spend hours alone with issues that only they knew

So get out of your room some hours to talk, sing, and laugh as often as possible
Meet and greet others every time you can and try your best not to be docile

Jack Kushner



This month's RESIDENT of the Month is Ms. Estella Leung! Ms. Estella is always thinking of others and truly is a joy to have at Waterstone. She is always looking out for our residents and appreciates all the staff members who are here to help.



This month's STAFF of the Month Mr. Donnell, also known as Jersey! Jersey works hard in the kitchen and is always willing to strike up a conversation with the residents! We love his positive attitude and strong work ethic & are very thankful to have him as part of our kitchen staff.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



April 2023

Bring a Spring into your Step!

<p>9:00am Coffee/News B 11:00am Morning Worship Church 2:00pm Tabernacle Baptist Church 3:00pm Book Reading L 6:00pm Fireplace Relax</p> <p><i>Palm Sunday</i></p>	<p>9:15am Res. Devotion CR 10:30am Sunrise BINGO 1:00pm Christ Church B 2:00pm Wayne Casasanta 3:00pm Nail Spa CR 4:00pm Book Club w/ Sam 6:00pm Pet Therapy FP</p>	<p>10:30am Precious Memories 11:00am Wild Wing Café OUTING 2:00pm Craft/Printing CR 3:30pm BINGO DR 4:30pm Sit & Stretch DR 6:00pm Fireplace Relax</p>	<p>9:15am Res. Devotion CR 11:00am Res. Social Hour 2:00pm Hallmark Movie CR 3:00pm Yoga w/ Kristi CR 4:15pm Wil Game CR 6:00pm Bridge Night CR</p> <p><i>Pastor's Devotion</i></p>	<p>10:00am All in the Family 10:30am Shopping at Roses Outing 2:00pm Easter Egg Hunt 3:00pm BINGO DR 4:00pm Musical/College Group FP 6:00pm Pet Therapy FP</p>	<p>GOOD FRIDAY 9:15am Res. Devotion CR 11:00am Chair Exercise B 2:30pm Rocky Ford Entertainment FP 3:30pm Happy Hour B 6:00pm Friday Night Movie: The Bodyguard TR</p>	<p>11:00am Coffee/News B 11:00am Morning Worship Church 2:00pm Tabernacle Baptist Church 3:00pm Daily Chronicles FP 6:00pm HAPPY EASTER</p> <p><i>Easter Sunday</i></p>	<p>9:15am Res. Devotion CR 10:30am Sunrise BINGO 1:00pm Color Clay Café CR 2:00pm Nail Spa CR 3:00pm Join in Crochet CR 4:00pm Book Club L 6:00pm Pet Therapy FP</p>	<p>10:30am Fireplace Chit Chat 11:00am Sing a Long w/ Lori 1:00pm Karl Lauber FP 2:00pm Choc. Milkshakes DR 3:00pm BINGO DR 6:00pm Smooth Jazz FP</p>	<p>9:15am Res. Devotion CR 11:00am Devotion w/ Chaplin Deon B 1:30pm The Great Gatsby TR 4:00pm Back Massage CR 6:00pm Bridge Night CR</p>	<p>10:30am The Betty Show 11:00am Stax Omega OUTING 1:30pm Scrabble Game CR 3:00pm BINGO DR 4:00pm Musical/College Group FP 6:00pm Courtyard Relax</p>	<p>9:15am Res. Devotion CR 11:00am Red Hat Society/Tea Party B 2:30pm Benny Gandy Relaxation B 4:30pm Fireplace Chit Chat 6:00pm True Story the Movie TR</p>	<p>10:00am Walk for Your Health on 2nd Floor 1:00pm BINGO DR 3:00pm Front Porch Relaxation FP 5:45pm Hymns around the Piano FP</p>	<p>9:15am Res. Devotion CR 11:00am Monopoly Game 1:00pm St. Anthony's Catholic Church Mass CR 3:00pm Happy Hour B 4:00pm Card Game B 6:00pm Front Porch Relax</p>	<p>11:00am Garden Club Meeting 1:00pm BINGO DR 3:00pm Craft/Painting B 5:45pm Hymns around the Piano FP</p>	<p>9:00am Coffee/News B 11:00am Morning Worship Church 2:00pm Tabernacle Baptist Church 3:00pm Popside Sunday B 6:00pm Word Find Puzzles</p>	<p>9:15am Res. Devotion CR 10:30am Sunrise BINGO 1:30pm Community Council 3:00pm Chair Exercise CR 4:00pm Book Club w/ Sam 6:00pm Pet Therapy FP</p>	<p>10:15am Reminiscing Ball 11:00am Sing a Long w/ Lori FP 1:30pm Chair Exercise CR 2:30pm Craft/Coloring CR 3:30pm Tasty Tuesday w/ SnackCrate: Ireland B 6:00pm Courtyard Stroll</p>	<p>9:15am Res. Devotion CR 11:00am Devotion w/ Chaplin Deon B 1:30pm Sully True Story TR 3:00pm Chair Exercise CR 4:00pm Drama Club CR 6:00pm Bridge Night CR</p> <p><i>Administrative Professionals Day</i></p>	<p>10:30am The Gaithers 11:00am Lemon Ice & Chat 1:00pm Walmart OUTING 3:00pm BINGO DR 4:00pm Musical/College Group FP 6:00pm Smooth Jazz FP</p>	<p>NATIONAL SUPERHERO DAY 9:15am Res. Devotion CR 1:00pm Rainbow Sherbet 2:00pm Jen & Bob FP 3:00pm Happy Hour B 6:00pm 8 Below Movie TR</p> <p><i>Arbor Day</i></p>	<p>10:00am Walk for Your Health on 2nd Floor 1:00pm BINGO DR 3:00pm Read a Book from the Library L 5:45pm Hymns around the Piano FP</p>
<p>9:00am Coffee/News B 11:00am Morning Worship Church 2:00pm Tabernacle Baptist Church 3:00pm Hallmark Movie B 6:00pm Fireplace Relax</p>	<p>9:15am Res. Devotion CR 10:30am Sunrise BINGO 1:30pm Community Council 3:00pm Chair Exercise CR 4:00pm Book Club w/ Sam 6:00pm Pet Therapy FP</p>	<p>10:15am Reminiscing Ball 11:00am Sing a Long w/ Lori FP 1:30pm Chair Exercise CR 2:30pm Craft/Coloring CR 3:30pm Tasty Tuesday w/ SnackCrate: Ireland B 6:00pm Courtyard Stroll</p>	<p>9:15am Res. Devotion CR 11:00am Devotion w/ Chaplin Deon B 1:30pm Sully True Story TR 3:00pm Chair Exercise CR 4:00pm Drama Club CR 6:00pm Bridge Night CR</p> <p><i>Administrative Professionals Day</i></p>	<p>10:30am The Gaithers 11:00am Lemon Ice & Chat 1:00pm Walmart OUTING 3:00pm BINGO DR 4:00pm Musical/College Group FP 6:00pm Smooth Jazz FP</p>	<p>NATIONAL SUPERHERO DAY 9:15am Res. Devotion CR 1:00pm Rainbow Sherbet 2:00pm Jen & Bob FP 3:00pm Happy Hour B 6:00pm 8 Below Movie TR</p> <p><i>Arbor Day</i></p>	<p>10:00am Walk for Your Health on 2nd Floor 1:00pm BINGO DR 3:00pm Read a Book from the Library L 5:45pm Hymns around the Piano FP</p>															

All Activities are subject to change daily/weekly. Please sign up for all Outings at the Front Desk.

DR – Dining Room
CR – Card Room
FP – Fireplace
TR – Theatre Room

B – Bistro
L – Library
S – Salon



Lighting the Way to Summer



On April 30, the eve of May Day, the city of Edinburgh, Scotland, comes alive with fire for the modern-day celebration of the ancient ritual of Beltane, the Celtic holiday heralding the arrival of summer.

Beltane translates from the Gaelic as “the fires of Bel,” in reference to Belenus, the Celtic god of the sun. In ancient times, May Day welcomed back the warmth of the sun and the renewed fertility of the land. It was, and in many places still is, traditional to dance around a maypole and perform other rituals associated with fertility and abundance. But before May Day, there is Beltane, a night of roaring bonfires.

Fire is considered the ultimate purifying force. Perhaps this stems from fire’s ability to cleanse the land. After a forest fire, it is common for new growth to flourish. In olden days, on Beltane, all hearth fires were extinguished and a new *neid fire*, or “sacred fire,” was lit. Everyone in the community relit their hearths from this new fire, symbolizing the unification of the community.

Twin bonfires were also lit, and it was common for farmers to lead their livestock between the two, to cleanse and protect the animals before they were set free to pasture. Humans, too, dared to leap and run between the fires as a way to purify and heal themselves.

In Edinburgh, Beltane begins with a procession to Calton Hill. It is led by a May Queen, embodying strength, purity, and the potential for growth, and the Green Man, symbolizing the life that grows on Earth. Neither can exist without the other. The couple arrives at an outdoor stage, where performance and dancing culminate with the lighting of the bonfire. As the fire leaps higher, food and drink are passed around, and the performers and audience become one large celebratory crowd. Just as the *neid fire* of old joined the community together, so does Edinburgh’s large bonfire.

April Birthdays

In astrology, those born from April 1–19 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

Marvin Gaye (singer) – April 2, 1939
 Eddie Murphy (comedian) – April 3, 1961
 Maya Angelou (poet) – April 4, 1928
 Billie Holiday (singer) – April 7, 1915
 Omar Sharif (actor) – April 10, 1932
 Al Green (singer) – April 13, 1946
 Kareem Abdul-Jabbar (athlete) – April 16, 1947
 Rick Moranis (actor) – April 18, 1953
 Jack Nicholson (actor) – April 22, 1937
 Ella Fitzgerald (singer) – April 25, 1917
 Carol Burnett (comedienne) – April 26, 1933
 Duke Ellington (composer) – April 29, 1899

A Beautiful Find



On April 8, 1820, a Greek farmer named Yorgos Kentrotas was searching for stones to rebuild a wall in a field on the island of Milos. The field was the scene of a ruined and ancient theater, and rubble littered the ground.

A French naval officer named Olivier Voutier watched Kentrotas as he heaved up a stone and curiously peered into a hole beneath. Voutier approached and saw that Kentrotas had unearthed a ruined statue—armless, cracked, and dirty, but remarkable. The farmer had discovered the *Venus de Milo*. While many historians believe the statue depicts Aphrodite, the Greek goddess of love and beauty (known as Venus to the Romans), her true identity is unknown. Another guess is that she is actually Amphitrite, goddess of the sea and wife of Poseidon. Her beauty, though, is undisputed, and she is considered one of the Louvre museum’s most precious treasures.