

Culinary Corner

Spring is finally here; this means time for B.B.Q. and eating out on the patio. Lemonade, iced tea, root beer floats, ice cream cones and all the great flavors of springtime and the coming of summer.

What are some of your best memories of spring and summer? Thoughts of cooking out, campfires and the smell of food cooking over an open fire. What are your favorite springtime meals growing up and how can we as your culinary team help re-create those memories of great food?

Think about your favorite desserts or favorite ice cream treats during the spring and summer months. What was it that brought a smile and joy to you when you were able to eat that special meal or dessert. It makes me think of sitting on the grass in the shade of a tree enjoying a cool drink, ice cream shake or malt forgetting about everything and just feeling the warm breeze and the smell of freshly blooming flowers and the vegetables and herbs in the garden.

Your culinary team will be happy to serve you your meals on the patio throughout the summer as weather permits. Summers are short here so take advantage of the nice days and enjoy the outdoors.

Again, thank you for allowing us to be a part of your day and to gratefully serve you every day. It is our pleasure and honor to serve you.

God Bless

David Andert, Dietary Director/Executive Chef

April Birthdays

Resident Birthdays

- Ray D - April 14th
- Martha C - April 18th
- Judy P - April 27th
- Diane M - April 28th
- Milo M - April 29th

Others You May Know

- Eddie Murphy (comedian) - April 3, 1961
- Loretta Lynn (singer) - April 14, 1932
- Clarence Darrow (lawyer) - April 18, 1857
- Elizabeth II (queen) - April 21, 1926
- Carol Burnett (comedian) - April 26, 1933
- Willie Nelson (musician) - April 30, 1933



Birth Flower:
Daisy

Birthstone:
Diamond

Astrology

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

The Pines Times

Mount Royal Pines III | 50 East Saint Marie St Duluth MN 55803 | 218-724-5500 |



Celebrating April

Straw Hat Month

Physical Wellness Month

Defeat Diabetes Month

Passover

Begins Sundown April 1

Handmade Day

April 4

World Health Day

April 7

Siblings Day

April 10

Dolphin Day

April 14

World Amateur Radio Day

April 18

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

Roll into Spring

April 3 marks World Marbles Day, a lighthearted celebration of one of the world's oldest and most satisfying games. Long before screens and controllers, a small pouch of marbles and a patch of dirt were enough to fill an afternoon.

Marbles have been played in some form for thousands of years. Archaeologists have uncovered stone and clay marbles at ancient sites, and by the 1800s, glass marbles—often handmade—became popular in Europe and the United States. Each one had its own personality: cat's-eyes, swirls, shooters, and cloudy "alley agates." Some were meant for play, while others were carefully traded or saved as prized collectibles.

World Marbles Day is a good excuse to revisit that sense of play. Even if you never played by official rules, you might remember the feel of cool glass in your palm or the clink marbles made when they collided. Today, marbles are still collected for their craftsmanship, with modern artists creating intricate designs that are as much art as toy.

The word *marble* even rolls into the kitchen. Think of marbled rye bread, marbled pound cake, or a perfectly marbled steak—proof that swirling patterns are just as appealing on the plate as they are in a game.

As spring arrives and days grow longer, World Marbles Day offers a reminder that fun doesn't have to be complicated. Sometimes it's as simple as a small glass sphere, good aim, and the pleasure of watching something roll exactly where you hoped it would.

Activities Corner

Happy Spring to all!

I wanted to start off this month by thanking all the March volunteers that chose Pines III to spend their valuable time with. We are so honored that you chose us!

Judy K.-Reader/Activities

Alivia C.- Exercise/Activities

Julia- Duluth Public Library/Craft

Ardis & Trapper (Therapy Dog/Owner)

Barb & Cricket (Therapy Dog/Owner)

Micheal H.- Men's Group/Veteran

Faith- Activities (East H.S.)

Holy Rosary (Communion)

Hope United Methodist Church (Service)

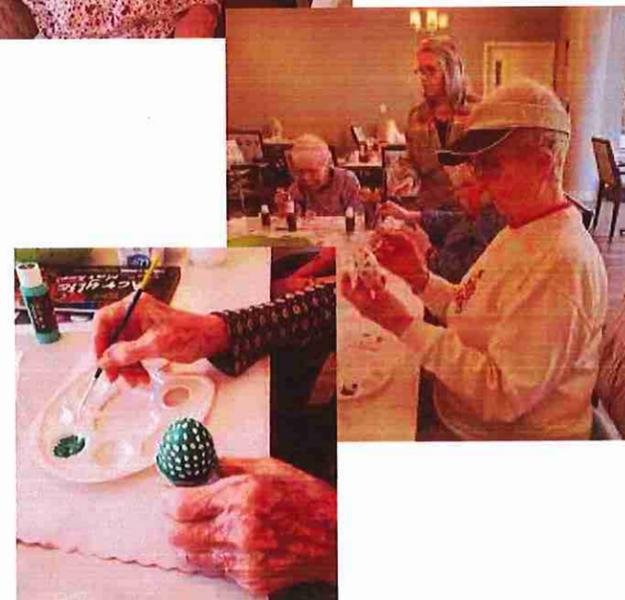
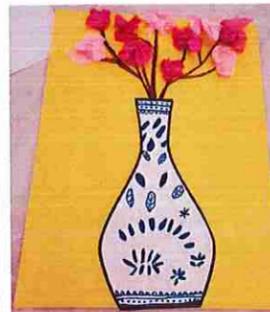
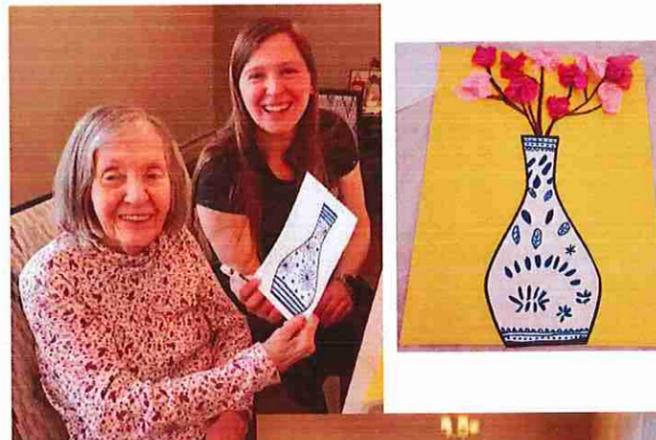
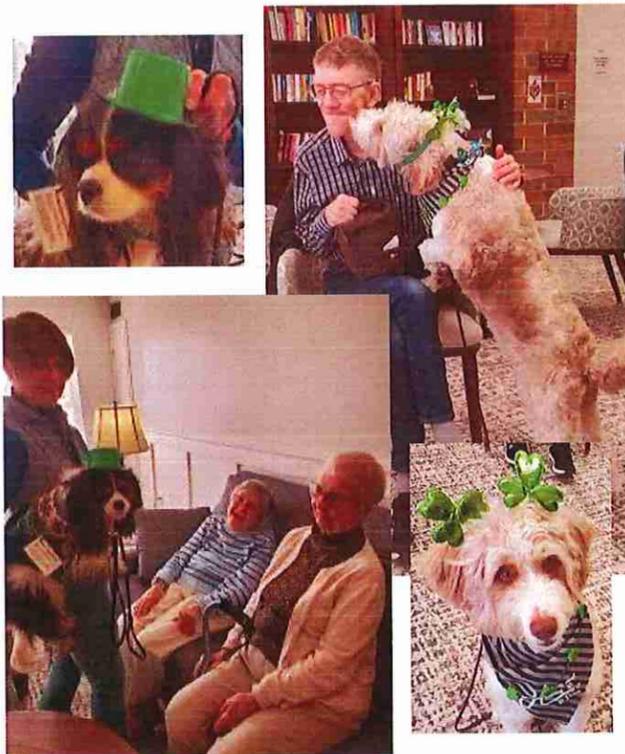
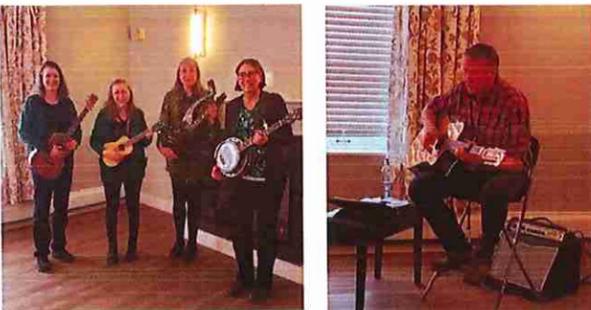
We spent our days playing games, crafting, listening to live music, exercising, manicures, socializing, snacking and watching movies!

I would like to invite friends and family to play BINGO with us on Thursday, April 30th at 1:00 pm in our dining room! The cost is \$2.00 for lots of fun and laughs. I hope to see you there!

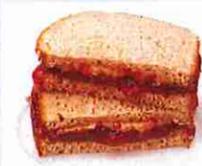
Thank you for letting me be part of your day here at Pines III!

Cindy Koecher

Health & Wellness Director



A Perfect Pairing



Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time,

April 2 is Peanut Butter and Jelly Day. When it comes to PB&J, many think, "If it ain't broke, don't fix it." However, if you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.

When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."

Maintenance Malarkey

Our beloved Maintenance Director, Shane, is back with his joke of the month!

Q: What did the wall say to the roof?

A: I support you

Shane LeClaire
Maintenance Director

This Month in History

April 2, 1792 – Congress established the first US Mint in Philadelphia

April 3, 1860 – The Pony Express began as the first rider left St. Joseph Missouri. It ended less than two years later with the completion of the overland telegraph

April 3, 1995 – Supreme Court Justice Sandra Day O'Connor became the first woman to preside over the court, sitting in for Chief Justice William H. Rehnquist who was out of town

April 4, 1949 – Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization

April 4, 1968 – Martin Luther King Jr was shot and killed in Nashville TN. In 1986 Congress established the third Monday in January as a national holiday in his honor

April 6, 1896 – After a break of 1500 years the first olympics of the modern era were held in Athens, Greece

April 6, 1917 – Following a vote by Congress approving a Declaration of War, the US entered World War I in Europe

April 10, 1945 – The Nazi concentration camp of Buchenwald was liberated by US Troops

April 11, 1968 – The Civil Rights Act was signed into law by President Lydon B. Johnson

April 12, 1861 – The American Civil War began in Charleston South Carolina

April 14, 1865 – President Abraham Lincoln was shot and mortally wounded at Fords Theater in Washington. He was taken to a nearby house where he died the following morning.