

Services at Mainstreet Village

Available to All Our Residents:

Bus Transportation

- Doctors
- Shopping
- Outings

In House Shopping:

- Schwan's
- Lobby Store

Worship Services

- Bible Study
- Worship Service

Exercise

- Live 2B Healthy
- Exercise Groups

Socializing

- Card Games
- Dominoes
- Bingo
- Sing-Alongs
- Mind Joggers

Groups

- Concerto Chats
- Book Club
- Readers' Theater

In House

- Beauty Shop
- Home Care
- Library
- BMO Bank
- Fitness Room
- Store
- Craft Room

Welcome to New Residents

John D.
Lorrie P.

Farewell to Our Friends That Have Moved Away

Dawn F.
In Remembrance
David D.

Fire Drill Information At Tuesday's Social

April 3rd at 2:00 pm



APRIL BIRTHDAYS!

April 2 Lucille N.	April 19 Evelyn R.
April 4 Martin T.	April 21 Geri B.
April 5 Mary J.	April 21 Virginia H.
April 9 Pat H.	April 22 Bernt H.
April 11 Dorothy F.	April 24 Maxine W.
April 15 Doris L.	April 27 Ed J.
April 16 Ruth M.	

Recurring Events

Mondays: 10:45 L2B Healthy 7:00 Bingo	Wednesdays: 10:45 Live 2B Healthy 1:00 Concerto Chats 3:00 Worship	Fridays: 9:00 B/P Checks (HR) 10:45 Live 2B Healthy 2:00 Sunny Side Bingo 7:00 Movie Night (SR)
Tuesdays: 10:30 Bible Study 1-4 BMO Bank	Thursdays: 10:00 Service (5 & 19) 3:30 Schwan's (12 & 26)	



MAINSTREET VILLAGE
OF RICHFIELD

The Village Press

April 2018

Join us every Friday at 7:00 PM in the First Floor Social Room. Discover new & old movies from many decades.

Remember the movies & stars you love:

YUL BRENNER & DEBORAH KERR * KING AND I
 SPENCER TRACY & LIZ TAYLOR * FATHER OF THE BRIDE
 CARY GRANT & GENE KELLY * TO CATCH A THIEF
 JULIE ANDREWS & DICK VAN DYKE * MARY POPPINS
 DANNY KAY & BING CROSBY * WHITE CHRISTMAS
 DORIS DAY & DAVID NIVEN * PLEASE DON'T EAT THE DAISIES
 HUMPHREY BOGART & KATHERINE HEPBURN
 *AFRICAN QUEEN

Come and discover new movies & stars to love:

GEORGE CLOONEY & BRAD PITT * OCEANS 11*
 ALLISON JANNEY & MARGO ROBBIE * I TONYA
 MARK HAMILL & HARRISON FORD * STAR WARS*
 TOM HANKS & SALLY FIELD * FORREST GUMP*
 DANIEL CRAIG & JUDY DENCH * JAMES BOND*
 JULIA ROBERTS & RICHARD GERE * PRETTY WOMAN*
 MERYL STREEP & ALLISON BRIE * THE POST
 EMMA STONE & RYAN GOSLING * LA LA LAND
 KATHY BATES & JESSICA TANDY *
 FRIED GREEN TOMATOES*

Mission Statement:

Inspired by God's love, Avinity creates Communities for older adults that nurture body, soul and spirit.

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Everyone Is Always Welcome!

EVENTS OF NOTE & MONTHLY MEETINGS

Sunday, April 1st	April Fool's Day and Happy Easter
Monday, April 2nd	3:00-5:00 p.m. Public Art Class in Chapel
Tuesday, April 3rd	9:30-11:30 a.m. Matter of Balance Last Class in Chapel 2:00 p.m. Social 1st Floor Dining Room with Conversation on What to do when fire alarms go off in building.
Thursday, April 5th	10:00 a.m. Catholic Service in Chapel 11:00 a.m. Hub Shopping Outing Sign up for bus 4:00-4:45 p.m. Indoor Farmers Market at RCC
Friday, April 6th	2:00 p.m. Sunnyside Bingo in Chapel
Monday, April 9th	3:00-5:00 p.m. Public Art Class in Chapel
Tuesday, April 10th	2:00 p.m. Social w/speaker from Attorney General's Office 1st DR
Friday, April 13th	2:00 p.m. Monthly Birthday Party with Singer Ms. MN Senior America 2017 Liz Johnson performing in the 1st FL DR
Saturday, April 14th	5:00 p.m. David Fong's dinner in the 1st FL DR See flyer/Angie
Monday, April 16th	3:00-5:00 p.m. Public Art Class in Chapel
Tuesday, April 17th	2:00 p.m. Social 1st Floor Dining Room honoring Volunteers
Thursday, April 19th	11:00 a.m. TGI Friday's Lunch Outing Sign Up
Friday, April 20th	9:00 a.m. B/P Checks in Library 1:00 p.m. Book Club Library 2:00 p.m. Sunnyside Bingo in Chapel
Monday, April 23rd	3:00-5:00 p.m. Public Art Class in Chapel
Tuesday, April 24th	2:00 p.m. Social 1st Floor Dining Room
Wednesday, April 25th	2:45 p.m. Hello Dolly Show Meet in Lobby
Thursday, April 26th	10:00-11:30 a.m. Watch Battery Guy in Social Room 1:00-2:30 p.m. Free Hearing Screening by Connect Hearing CH
Monday, April 30th	3:00-5:00 p.m. Public Art Class in Chapel

CHAPLAIN'S CORNER**Keep Singing**

Happy Easter! I hope you were able to attend worship and sing the majestic songs of Easter. He is Risen!

The Voice has become such a popular show, and popular phenomena of discovering vocal talent. Aside from the battle to be the best vocalist, just hearing the soaring voices and watching the passionate singing inspires. There is also a resurgence of interest and participation in choral singing, whether in church choirs, community choirs, or even senior adult choirs. We at Scandia Shores have a resident choir, our own Scandia Singers.



Singing benefits the singer in many ways! there are the physical benefits of keeping the strong and the posture upright, but also emotional benefits of lifting one's spirit. And further, by singing in a group there are social benefits. Singers cooperate and harmonize by singing together. It connects people. And seeing the singers talking and fostering friendship after rehearsal warms my heart!

And there is music around us. "All nature sings, and round me rings the music of the spheres" the hymn records (Babcock, Maltbie. *This Is My Father's World*, 1901).

Have you heard the birds singing yet? It's April and it's spring! Did you know that birds can produce more sounds than humans because of the amazing way God made them?

The songbird's syrinx makes vocal gymnastics possible—for example the Northern Cardinal is able to sweep through more notes than are on a piano keyboard in just a tenth of a second. Because each branch of the songbird syrinx is individually controlled, the cardinal can start its sweeping notes with one side of the syrinx and seamlessly switch to the other side without stopping for a breath, making them the envy of human vocalists everywhere.

In songbirds, the divided syrinx also allows them to produce two unrelated pitches at once. The Wood Thrush has the ability to sing rising and falling notes simultaneously. We can only imagine what musical heights human vocalists could reach with abilities like that ("The Nine Most Important Things to Know about Bird Song." Cornell University, 2018. <https://academy.allaboutbirds.org> (accessed March 20, 2018).

I What a gift God has given us in music I hope you sing - even if your voice wavers and cracks make a joyful sound to the Lord. Keep a song in your heart, even if you don't feel like it. Once we start singing, then these very songs begin to lift our spirit, reminding us we have hope. Then joy bubbles up within the heart. **"This is my story; this is my song, praising my Savior all the day long"** (Crosby, Fanny J. *Blessed Assurance*, 1873).
Keep singing!

- Written by Chaplain Sherree Lane