



Maple Ridge Minute

Volume 1, Issue 4

April 2018

Family Fun Day on Saturday April 21st!



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What a great place we have here at Maple Ridge! Lets share it with family.

On Saturday April 21st we will open the doors to residents' family for a morning of games, coloring, crafts and good family time together.

There will be hots dogs, snow cones, waffle bar, healthy stuff, popcorn, drinks and possibly some bowls of candy....

This will be such a wonderful time to update the family portraits as well! In the Library there

will be a photo area to get some great pictures of everyone together. They will be printed out that day and available to take home!

In the early afternoon, after everyone has played and eaten it'll be a great time to take advantage of our movie theater! Come in to enjoy a favorite Disney Movie.

This should be a really fun day and great way to get everyone together.

We will post a sign-up sheet at the end of March. Signing up is not required to attend, but it will help us know how much food and other things to get.

Looking Forward to Seeing Everyone There!

Did You Know??

Easter always falls on the first Sunday after the first full moon after the Spring Equinox.

Quote of the Month:

She turned to the sunlight/
And shook her yellow head/
And whispered to her neighbor/'Winter is dead.' -
A.A. Milne

Understanding World Religions

This series will explore the basic and fundamental ideas behind different religions. We will feature one religion, or religious off-shoot each month. This month we will start with Catholicism. Marie


Dancy, the Pastoral Associate from Our Lady of Mercy in Merrimack will lead seminar/discussion.

In the coming months I look to have talks from Protestant, Jewish and

Muslim faiths also come in.






<p>Coffee & coloring 10:30 Zumba 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>5 9:00Small Group Gym 10:30 Zumba 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>6 9:30 Coffee and Donuts 11:00 Bone Builders 2:00 Knitting/Crochet Group 3:00 Cake Decorating Level 1 7:00 Friday at the Movies <i>Pride and Prejudice</i></p>	<p>7 2:00 Saturday Matinee: <i>Chitty Chitty Bang Bang</i></p>
<p>s Coffee & coloring 10:30 Zumba 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>12 9:00 Women's Auxiliary 10:00 Veterans Brunch 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>13 9:30 Coffee and Donuts 11:00 Bone Builders 2:00 Knitting/Crochet Group 3:00 Flower Arranging Demo with Phoebe Ann 7:00 Friday at the Movies: <i>Elizabeth</i></p>	<p>14 2:00 Saturday Matinee: <i>Ghostbusters (1984)</i></p>
<p>s Coffee & coloring 10:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>19 9:00Small Group Gym 10:00 Whole Food Seminar with Dr. Caldwell 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>20 9:30 Coffee and Donuts 11:00 Bone Builders 2:00 Knitting/Crochet Group 3:00 Cake Decorating Level 1 7:00 Friday at the Movies: <i>Atonement</i></p>	<p>21  10:00 Family Fun, Food & Photos! 1:00 Family Movie</p>
<p>s Coffee & coloring 10:30 Zumba 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>26 9:00Small Group Gym 10:30 Zumba 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktail</p>	<p>27 9:30 Coffee and Donuts May Calendar Release 11:00 Bone Builders 2:00 Knitting/Crochet Group 3:00 Sudoku Challenge 6:00 Themed Dinner: Your Favorite Recipe</p>	<p>28 2:00 Saturday Matinee: <i>Ghostbusters (2016)</i></p>

Saturday

Friday

Thursday

Wednesday

Wednesday	Tuesday	Monday	Sunday
<p>4 10:00 Men's Conversation 11:00 Mindful C 1:00 W!! Games 2:00 April Birth 7:00 Easter Bibt</p>	<p>3 9:00Small Group Gym 10:00 Historical Drama: <i>The Crown Ep.1 & 2</i> 11:00 Tech Tuesdays 1:00 W!! Games 2:00 Bone Builders 3:30 Women's Pool League</p>	<p>2 9:00Small Group Gym 10:00 Bingo 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Jane Eyre</i></p>	<p>1 2:00 Scrabble</p>
<p>11 10:00 Understanding Religions: Catho 11:00 Mindful C 1:00 W!! Games 2:00 Outdoor W 7:00 Easter Bibt</p>	<p>10 9:00Small Group Gym 10:00 Historical Drama: <i>The Crown Ep.3 & 4</i> 11:00 Tech Tuesdays 2:00 Bone Builders 3:30 Women's Pool League</p>	<p>9 9:00Small Group Gym 10:00 Men's Coffee & Conversation 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Sabrina</i> 7:00 'Getting to Know You': Tom Wolfinger</p>	<p>8 2:00 Scrabble</p>
<p>18 10:00 Men's Conversation 10:00 Yoga 11:00 Mindful C 1:00 W!! Games 2:00 Outdoor W 7:00 Easter Bibt</p>	<p>17 9:00Small Group Gym 10:00 Historical Drama: <i>The Crown Ep.5 & 6</i> 11:00 Tech Tuesdays 2:00 Healthy Habits Nutrition Seminar: Fruits & Veggies 3:30 Women's Pool League</p>	<p>16 9:00Small Group Gym 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Funny Face</i></p>	<p>15 2:00 Scrabble</p>
<p>25 10:00 Men's Conversation 10:00 Yoga 11:00 Mindful C 1:00 W!! Games 2:00 Health Ser 7:00 Easter Bibt</p>	<p>24 9:00Small Group Gym 10:00 Historical Drama: <i>The Crown Ep.7 & 8</i> 11:00 Tech Tuesdays 2:00 Bone Builders 3:30 Women's Pool League</p>	<p>23 9:00Small Group Gym 10:00 Coffee & Ethical Conversation 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Paris When it Sizzles</i> 7:00 'Getting to Know you': Bruce Turner</p>	<p>22 2:00 Scrabble</p>
		<p>30 9:00Small Group Gym 10:00 Book Club: 11:30 Guided Meditation 1:00 Cribbage 2:00 Monday Matinee: <i>Roman Holiday</i></p>	<p>29 2:00 Scrabble</p>



Monthly Birthdays

David C. 4th	Pauline L. 17th
Barnard K. 6th	Gary S. 17th
Ruth P. 12th	Sue G. 30th
Joan O. 16th	

Community Manager's Corner

Myth of the Leprechaun

Most Leprechaun legends can be traced back to the 8th century tales of water spirits which were known as 'luchorpán' which means 'small body'. According to other researchers, the term Leprechaun actually comes from the Irish term 'leath brogan' which means shoemaker. The most common of all Leprechaun myths which says that they find gold coins buried in the earth and store them all in a pot which is hidden at the end of a rainbow. The fact that a rainbow doesn't have a fixed spot or a real end should be discounted for the sake of the story! There is a tale of morality that can be taken from the fable of the Leprechaun. The fact that they often trick people who seek the pot of gold can be taken as a warning to

people not to be invested in 'get rich quick' schemes. The modern day depiction of a Leprechaun is that of a man clad entirely in green. However, Irish folklore describes Leprechauns as men who wore red outfits and tri-cornered hats. Irish novelist Samuel Lover describes Leprechauns as such in his 1831 work *Legends and Stories of Ireland*.



According to Carolyn White's *A History of Irish Fairies*, there is no record of any female Leprechauns existing. This of course means that Leprechauns defy typical laws of biology by surviving and there is no evidence which tells the story of how they breed. The aforementioned book says that Leprechauns are actually deformed children of the fairies. Did you know that Leprechauns are actually a protected species under EU law? Carlingford's Sliabh Foy Loop trail is officially protected land for the 236 Leprechauns that apparently live in Ireland. A local lobbyist group which contains Kevin Woods, a native of Carlingford, managed to convince the EU that the area should be protected and now it is under the **European Habitats Directive**.

Source: celtic-weddingsrings.com