

## The Battle of Okinawa

This month marks the 75th anniversary of the last major battle of World War II, the Battle of Okinawa.

Capturing the tiny island in the Pacific Ocean was crucial due to its location. It would serve as a base for the Allies to launch a planned ground invasion of Japan's main islands. To implement the attack, which was code-named Operation Iceberg, divisions of the U.S. Army and Marine Corps were merged to create the 10th Army, led by Lt. Gen. Simon B. Buckner Jr.

On April 1, 1945, troops stormed Okinawa's beaches. But unlike D-Day, they were met with little resistance. Farther inland, however, came fierce fighting, compounded by torrential rains and rugged terrain.

After 82 days, the Battle of Okinawa ended on June 22, 1945. Although the Japanese were defeated, both sides suffered huge losses. Over 12,000 American troops, including Buckner, were killed; 35,000 were wounded. About 100,000 Japanese troops were killed, and an estimated 150,000 Okinawan civilians died. Less than two months later, Japan surrendered to the Allies, ending World War II.

The Battle of Okinawa was the largest amphibious landing in the Pacific theater of World War II.



## Straw Styles

Whether worn for protection or fashion, straw hats have served as head-toppers for centuries. Weave your way through Straw Hat Month in April with a bit of history about this warm-weather accessory that's stood the test of time.

As early as the 1400s, farmers in Asia wore conical straw



hats to shield themselves from the sun and rain. Illustrated manuscripts from the same period show European men wearing short-brimmed hats woven from straw. By the 19th century, both men and women donned various straw styles, including boaters, fedoras, cowboy hats and bonnets. Wide-brimmed varieties became fashionable when Hollywood actresses and runway models began sporting them.

One of the most famous straw designs is the Panama hat, made popular by President Theodore Roosevelt. When he visited the Panama Canal construction site in 1906, he was photographed wearing a light-colored straw hat with a dark band. Though it was made in Ecuador, it picked up the name Panama hat because it was sold in the region. Sales skyrocketed for the handwoven hats, and they became Ecuador's biggest export.

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APRIL 2020

## Pioneer for Parkinson's

April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson's 1817 publication "An Essay on the Shaking Palsy" was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson's disease awareness and the commitment and hope for a cure.

## Pastry Picks

They're a sweet and satisfying accompaniment to a cup of coffee or tea.

Sample some traditional pastries that are served up in other countries.



**Cannoli** — A favorite in Italy, these tube-shaped shells of fried dough are stuffed with creamy, slightly sweet ricotta cheese. Chocolate, nuts and powdered sugar are sometimes added as garnishes.

**Bo lo bao** — Its name means "pineapple bun" in Cantonese, but there's no fruit in this Hong Kong specialty. The roll is named for its sugary crust's crisscross pattern that resembles a pineapple.

**Pastelito** — The traditional filling for this Cuban puff pastry is guava and sweet cream cheese. Pineapple and coconut are also favorites.

**Scone** — Popularly served with tea, this British baked treat looks similar to a biscuit, but has a crumbly texture and lightly sweet taste. It's typically topped with clotted cream and jam.

**Gulab jamun** — Balls of fried dough are soaked in a syrup flavored with sugar, rose water and cardamom to make this Indian dessert.

**Franzbrötchen** — A cross between a cinnamon roll and a croissant, this flaky, spiral pastry is a breakfast staple in the German city of Hamburg.





APRIL 2020

Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Transportation Schedule

Thursday, 11:10 a.m.  
Lunch Outings

Country Store

Monday—Saturday  
11 a.m.-Noon

“Life isn’t about waiting  
for the storm to pass;  
it’s about learning to  
dance in the rain.”

—Vivian Greene

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>PALM SUNDAY5</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness &amp; Moves, AR</div> <div>10:30 Outside w/ Nature, CY</div> <div>11:00 Finish the Line, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:15 Fun w/Jell-O, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	 <div>10:00 Balloon Volleyball, AR</div> <div>10:00 Health Talk (fruits), IA</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 Physical Game: Horseracing, AR</div> <div>2:00 Satin Nails</div> <div>2:30 Movie Time (Pt. 1) the Titanic, AR</div> <div>6:00 Abundant Life Tabernacle Church, AR</div>	<div>10:00 Fitness &amp; Fun, AR1</div> <div>10:30 Spiritual Reading, AR</div> <div>10:45 Spring Time Trivia Outside, CY</div> <div>3:15 Outside w/ Nature, CY</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games (Ring Toss), AR2</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Nature Artwork Painting, AR</div> <div>2:15 Outside Chat and Juice, CY</div>	<div>10:00 Jazzy Exercise, AR3</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:00 Happy Hour, AR</div> <div>6:00 Friday at the Movie, AR</div>	<div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>PASSOVER BEGINS AT SUNSET8</div> <div>10:00 Fitness &amp; Fun, AR</div> <div>10:30 Spiritual Reading, AR</div> <div>10:45 Spring Time Trivia Outside, CY</div> <div>2:00 Town Hall Meeting, IA</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Making Cookings w/ Cocoa, AR9</div> <div>10:00 Physical Games (Ring Toss), AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:15 Outside Chat and Juice, CY</div> <div>4:30 Denim and Diamond, DR</div>	<div>GOOD FRIDAY10</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:00 TGIF Jazz Happy Hour, AR</div>	<div>10:00 Coupons Picking, AR11</div> <div>10:30 Men’s Group Cowboy Shows, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>			
<div>EASTER12</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness &amp; Moves, AR13</div> <div>11:00 Finish the Line, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:15 Fun w/Jell-O, AR</div> <div>3:30 Nature Video (Birds), AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Coffee Tea and Chat, AR14</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 Physical Game: Horseracing, AR</div> <div>1:30 Laughter Day (Reading Jokes), AR</div> <div>2:00 Satin Nails</div> <div>2:30 Movie Time (Pt. 1) the Titanic, AR</div>	<div>10:00 Fitness &amp; Fun, AR15</div> <div>10:30 Spiritual Reading, AR</div> <div>10:45 Spring Time Trivia Outside, CY</div> <div>11:00 Men’s Groups, AR</div> <div>3:15 Outside w/ Nature, CY</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Connect Four &amp; Jenga, AR16</div> <div>10:00 Physical Games (Ring Toss), AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Yoga w/Tina, AR</div>	<div>10:00 Jazzy Exercise, AR17</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:00 TGIF Social, AR</div>	<div>10:00 Coupons Picking, AR18</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>19</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness &amp; Moves, AR20</div> <div>10:30 Bible Trivia and Daily Word, AR</div> <div>11:00 Finish the Line, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:15 Fun w/Jell-O, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games, AR21</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 News &amp; Views, AR</div> <div>1:30 Trip: Scenic Ride</div> <div>2:00 Satin Nails</div> <div>2:30 Movie Time (Pt. 1) the Titanic, AR</div> <div>3:00 Chips and Dip, AR</div>	<div>EARTH DAY22</div> <div>10:00 Fitness &amp; Fun, AR</div> <div>10:30 Spiritual Reading, AR</div> <div>11:00 Garden Time, CY</div> <div>2:00 Musical Singalong w/Bonnie and Friends, AR</div> <div>2:30 Bingo (On Jelly Bean Day), AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games (Ring Toss), AR23</div> <div>11:00 Traveling Places, AR</div> <div>11:15 Lunch Outing: Olive Garden, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Nature Artwork Painting, AR</div> <div>2:15 Outside Chat and Juice, CY</div> <div>3:30 Monopoly Club, AR</div>	<div>10:00 Jazzy Exercise, AR24</div> <div>10:30 Book Club &amp; Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:15 TGIF Happy Hour Social, AR</div>	<div>10:00 Coupons Picking, AR25</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>26</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness &amp; Moves, AR27</div> <div>10:30 Spring Time Trivia, AR</div> <div>11:00 Finish the Line, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:15 Fun w/Jell-O, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Coffee &amp; Tea Time Talk, AR28</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 Physical Game: Horseracing, AR</div> <div>12:30 Residents’ Council Meeting, AR</div> <div>2:00 Satin Nails</div> <div>3:00 April Birthdays Party, AR</div>	<div>10:00 Fitness &amp; Fun, AR29</div> <div>10:30 Spiritual Reading, AR</div> <div>10:45 Spring Time Trivia Outside, CY</div> <div>11:00 Faces and Places, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games (Ring Toss), AR30</div> <div>10:30 Finish the Line, AR</div> <div>11:00 Who Am I?, AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Nature Artwork Painting, AR</div> <div>2:15 Outside Chat and Juice, CY</div> <div>3:30 Lemonade Tasting, AR</div>		