

Everyone Deserves
a Great Life

April 2017



HARVEST HOME

520 BAKER ROAD · TOMBALL, TX 77375 · (281) 357-5775
WWW.MERIDIANSENIOR.COM/COMMUNITY/HARVEST-HOME

Manager's Corner

Harvest Home Managers

Executive Director
Rebecca Guenther
Wellness Director

Business Office Manager
Nicol Burrell

Resident Care Coordinator
Toni Wilson

Community Relations Director
Lisa Sherwood

Dining Service Director
Carnell McGill

Maintenance Director
Joe Zamora

Life Enrichment Coordinator
Barbara Johnson



Harry Bokemeyer
April 28th

Word for April: Rejuvenate

The new growth of the season debuts this month, splashing color and life into parks, lawns and gardens everywhere. While the fresh air rejuvenates, or “gives new vigor,” to our surroundings, the attitude in April makes us feel like kids again. Suitably, the Latin root of “rejuvenate” means “young.” May all of the new activity put a little spring in your step.



Flourish of Flowers

Whether it's tulips, daffodils or azaleas, each April, from coast to coast, folks celebrate the flowers of spring. In some places, multi-day festivals have blossomed around their arrival. Washington's Skagit Valley is famous for its 300 acres of brightly colored tulip fields. More than half a million yellow daffodils are the center of attention in Meriden, Conn., and Wilmington, N.C., showcases its lush gardens of azaleas.

A Little Rain Must Fall

“The way I see it, if you want the rainbow, you gotta put up with the rain.” —Dolly Parton

Family Night April 18th 5-7 pm. Please RSVP With Tamie @ (281) 357-5775.

***Veterans Breakfast*
Every 2nd Thursday
8:30 am**

***Annual Community Egg Hunt April 8th 2-4 pm**

Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

Seasonal ABCs

S is for Splish Splash
H is for Hop over puddles
O is for Open an umbrella
W is for Wet and Windy
E is for they Eventually End
R is for Rainbows appear
S is for bring Spring flowers





Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of putting pen to paper.

Activates the brain. Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

Improves memory. Studies show that jotting down words, such as taking notes when learning a new skill or listening to instructions, strengthens memory and helps retain information.

Promotes creativity. Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking. Even in this age of technology, many professional writers still create first drafts in longhand.

Provides a workout. Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.

Helps concentration. Writing in longhand, without the distractions of the internet just a click away, enables us to focus better.



Trivia Whiz



Director's Corner

April Showers Bring May Flowers

As we step into springtime and enjoy all the wonderful things around us, let us remember to help protect the most precious thing around us....our seniors. As a community, we strive to provide a safe and loving home for your loved one. Please be sure to protect their valuables. They should not keep large amounts of cash in their rooms. They are welcome to have their cash protected by having it kept in our Business Office. Also, be sure you are reinforcing to them (as we do) that they should not be giving cash or valuables to staff or strangers that enter our community. Although we consider this their home, there are many people that come and go on a daily basis. Together let's keep them safe and happy!!!

*Smiles,
Becky*



Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."
—Babe Ruth

"There are only two seasons—winter and baseball."
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."
—George Will

April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



							10:00 Morning Stroll 11:00 News & Views 2:30 Guitar & Song W/Christopher 3:30 Afternoon Walk W/Mod 4:00 Relaxing Music
9:30 Spring Creek Church 10:30 Stroll W/MOD 11:00 Coffee & Chat 1:00 Beauty Shop 2:00 TV Sports 4:00 Stroll W/MOD	10:00 Sittercise(dvd) 11:00 News & Views 1:00 Beauty Shop 2:00 Ice Cream Social 3:00 Sing Along 6:00 Stroll W/MOD	10:00 Sittercise 11:00 Coffee Klatch 2:00 Domino Bingo 3:30 Letter Writing 4:00 Name Five 6:00 Stroll W/MOD	9:30 Walmart Shopping 10:00 Sittercise(dvd) 2:00 Trivia Hour 3:00 **LCR** 4:00 Arts & Crafts 6:00 Stroll W/MOD	10:00 Sittercise 11:00 News & Views 2:00 Wheel of Fortune 3:30 Ladies Afternoon Social 6:00 Stroll W/MOD	10:00 Sittercise 11:00 Lunch Bunch 1:30 Reminisce 2:00 Bingo W/Dennis & BJ 4:00 UNO 6:00 Stroll W/MOD	10:00 Morning Stroll 11:00 News & Views 2:30 Guitar & Song W/Christopher 3:30 Afternoon Walk W/Mod 4:00 Relaxing Music	
9:30 Spring Creek Church 10:30 Stroll W/MOD 11:00 Coffee & Chat 1:00 Beauty Shop 2:00 TV Sports 4:00 Stroll W/MOD	10:00 Sittercise(dvd) 11:00 News & Views 2:00 Ice Cream Social 3:00 Hart Ministry 4:00 Trivia 6:00 Stroll W/MOD	10:00 Sittercise 11:00 Coffee Klatch 1:30 Living Water 3:00 Domino Bingo 4:00 Rhymes & Reasons 6:00 Stroll W/MOD	9:30 Walmart Shopping 10:00 Sittercise(dvd) 11:00 News & Views 1:30 Bingo Outing 3:00 Jewelry Making 6:00 Stroll W/MOD	8:30 Vets Breakfast /Crafts 11:00 News & Views 2:00 Jewelry Makers 3:30 Celebrate W/Friends 4:00 Reminisce 6:00 Stroll W/MOD	10:00 Egg-Dyeing /Crafts 11:00 News & Views 2:30 Spring Fling / Egg Contest-Judging 6:00 Stroll W/MOD	10:00 Morning Stroll 11:00 News & Views 2:30 Guitar & Song W/Christopher 3:30 Afternoon Walk W/Mod 4:00 Relaxing Music	
9:30 Spring Creek Church 10:30 Stroll W/MOD 11:00 Coffee & Chat 1:00 Beauty Shop 3:00 Walnut Creek 4:00 Stroll W/MOD	10:00 Sittercise(dvd) 11:00 News & Views 1:00 Beauty Shop 2:00 Ice Cream Social 3:00 Sing Along 6:00 Stroll W/MOD	10:00 Sittercise 11:00 Coffee Klatch 2:00 Domino Bingo 3:30 Poetry Circle Family Night	9:30 Walmart Shopping 10:00 Sittercise(dvd) 2:00 LCR 3:00 Happy Hour! 4:00 Storytime 6:00 Stroll W/MOD	10:00 Sittercise 11:00 News & Views 2:00 Resident Birthday Party 4:00 Arts & Crafts 6:00 Stroll W/MOD	10:00 Sittercise 11:00 Lunch Bunch 1:30 Group Crosswords 2:00 Bingo/Dennis 4:00 Riddle Hour 6:00 Stroll W/MOD	10:00 Morning Stroll 11:00 News & Views 2:30 Guitar & Song W/Christopher 3:30 Afternoon Walk W/Mod 4:00 Relaxing Music	
9:30 Spring Creek Church 10:30 Stroll W/MOD 11:00 Coffee & Chat 1:00 Beauty Shop 2:00 TV Sports 4:00 Stroll W/MOD	10:00 Sittercise(dvd) 11:00 News & Views 1:00 Beauty Shop 2:00 Ice Cream Social/ Rose of Tx. 3:00 Sing Along 6:00 Stroll W/MOD	10:00 Sittercise 11:00 Coffee & Donuts 2:00 Domino Bingo 4:00 Name Five 6:00 Stroll W/MOD	9:30 Walmart Shopping 10:00 Sittercise(dvd) 11:00 News & Views 2:30 General Store 3:30 Trivia Hour 6:00 Stroll W/MOD	10:00 Res. Council 11:00 News & Views 2:00 Jewelry Makers 3:30 Celebrate/Friends 4:00 Wordfind 6:00 Stroll W/MOD	10:00 Sittercise 11:00 News & Views 11:30 Men's Luncheon 2:00 Bingo/Dennis 4:00 Riddle Hour 6:00 Stroll W/MOD	10:00 Morning Stroll 11:00 News & Views 2:30 Guitar & Song W/Christopher 3:30 Afternoon Walk W/Mod 4:00 Relaxing Music	

Word Search

Category: Cities in Texas

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

1. Laredo
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

- Word Search Solution:
1. Abilene
 2. Alamo
 3. Amarillo
 4. Arlington
 5. Austin
 6. Dallas
 7. El Paso
 8. Fort Worth
 9. Galveston
 10. Garland
 11. Houston
 12. Irving
 13. Killeen
 14. Laredo
 15. Lubbock
 16. Odessa
 17. Plano
 18. San Antonio
 19. Tyler
 20. Waco

