

Carole Young: From East Coast Isles to California Sunshine

Carole Young's story sounds like a TV show! A woman moves to a remote island off the coast of Maine to be their Postmaster, where she and her husband savor beautiful summers sailing idyllic seascapes and frozen winters in a close-knit fishing community of 350 year-round residents. That is just one of Carole's many stories!

Now, as of September, she's enjoying the much warmer California weather at Sterling Court, living close to her daughter and already making her mark.

"This is a wonderful place to be," says Carole. "There are so many activities – exercise classes, lectures. We play Rummikub and Pinochle. That's really fun!" Plus, Carole and another resident started a sewing group. "We just had our first meeting and 10 people signed up and more floated in," she says. "We sat and chatted while working on crochet, knitting – you name it."

Born and raised in Buffalo, NY, Carole was no stranger to the cold. One favorite childhood memory was a six-week road trip in her dad's new 1949 Ford. "We took Route 66 all the way to California," she says. "We'd see teepees on the side of the road and stop to buy jewelry." They drove through a terrible storm in Kansas City, crossed the desert without air conditioning, and visited Lake Tahoe, San Francisco, Los Angeles, and even Tijuana. "It was wild!"

Carole met her husband, Howard, at Alfred State College. They raised three children – Wendy, Drew, and Kelly – in New York. When the youngest started school, Carole took a part-time job at the Post Office that grew into a full-time career.

Thanks to his work's early retirement offer, Howard retired in his 50s and they moved year-round to Swans Island, Maine, where Carole became Postmaster and combined three post offices into one. Avid sailors, Carole and Howard spent summers on their 30-foot boat. "I loved living there – the views were beautiful and the summers were great.

The winters weren't all that swell though," she laughs.

They later moved to Bar Harbor, where Carole served as Postmaster in Seal Harbor. "To get there, I would drive through Acadia National Park and think, 'I must have the best commute.'"

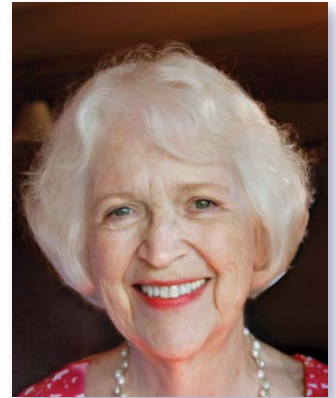
Howard didn't love to travel, so Carole explored with her daughter Wendy. "We did a 24-day Mediterranean cruise – from Barcelona to Venice to Istanbul. It was our trip of a lifetime." They also visited Taiwan and Hong Kong, which they both loved.

After Carole retired, she and Howard moved to Oriental, North Carolina, then later to Gastonia to be near their son. "My daughter always says she can't keep track of all the houses I've lived in," Carole laughs.

After a long and glorious retirement, Howard passed away. Carole stayed active – volunteering with her church and spending time with friends. But after three hurricanes and recovering from floods, she was ready for a move. Happily, her daughter and traveling companion, Wendy, lives in San Mateo and found Sterling Court. Carole moved across the country sight unseen.

Now, Carole enjoys the social hours with piano music, champagne, and hors d'oeuvres. "The food's amazing!" says Carole. "We have a wonderful chef here." She loves the wide selection and the desserts. "You learn not to indulge every night!" says Carole. She also walks a lot and aims for 3,000 steps a day, in the courtyard and on occasional walks downtown. She joins shopping outings in the Sterling Court bus, visits with family, and calls East Coast friends to tell them about California (self-driving cars everywhere!).

Carole has made some good friends here and each night at dinner sits with new people. "There are a lot of upbeat people here and I enjoy meeting them," laughs Carole. "We're a chatty bunch!"



Carole Young

Lifestyle



ST. PATRICK'S DAY CELEBRATION



OSCAR'S WATCH PARTY



Mark Your Calendar

Wednesday, April 1	April Fool's Day
Wednesday, April 1	Passover Begins
Wednesday, April 1	Passover Special Dinner
Friday, April 3	Good Friday
Sunday, April 5	Easter Sunday
Sunday, April 5	Easter Special Lunch
Friday, April 10	Holy Communion
Monday, April 13	Music in the Afternoon
Wednesday, April 15	Tax Day
Wednesday, April 22	Earth Day

Musical Notes

Enjoy a live musical performance on Tuesdays, Fridays at 3:00 p.m. & Saturdays at 3:30 p.m. in the Living Room.

Friday, April 3

Alex Bootzin – Piano

Saturday, April 4

Melodic Outreach Endeavor

Tuesday, April 7

Art McGaw – Piano
& Trumpet

Friday, April 10

Kathleen Nelson – Piano

Saturday, April 11

Melodic Outreach Endeavor

Tuesday, April 14

Antoinette Kaufman – Flute

Friday, April 17

Eric Shifrin – Piano

Saturday, April 18

Melodic Outreach Endeavor

Tuesday, April 21

Jeff Wessman – Vocal

Friday, April 24

Kathleen Nelson – Piano

Saturday, April 25

Melodic Outreach Endeavor

Tuesday, April 28

Randy Johnson – Banjo
& Piano

USING CHATGPT ON A SMARTPHONE TO IDENTIFY OBJECTS IN PHOTOS

As promised in last month's newsletter, here are step-by-step instructions on how to get ChatGPT on your phone and how to use it to identify any object. If a photo can be taken, ChatGPT can help explain what it is.

Step 1: Download the ChatGPT app

On an iPhone, open the **App Store**;

On an Android phone, open **Google Play**

Tap the search bar and type **ChatGPT**

Look for the app from **OpenAI** and tap **Download** or **Install**

Step 2: Find the app on your phone

After the app has finished downloading, the ChatGPT icon will appear on the home screen but it may be way at the end, so swipe left through the screens on your phone and look for this icon.



Step 3: Open the app

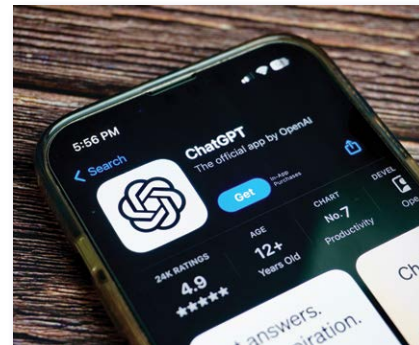
Tap the ChatGPT icon once to open the app.

Step 4: Sign in or create an account

An account will be needed to use the app. If you already have one, sign in with the email address and password (you will only need to do this once). If not, follow the prompts to create an account. It's FREE.

Step 5: Find the picture button

Once the app is open, look for a small + sign near the message box at the bottom of the screen. Tap that button to add a picture.



Step 6: Take a photo or choose one already on the phone

After tapping the button, chose "Camera" to take a photo.

Step 7: Type a question about the photo

After the photo has been added, type a question in the message box (over top of Ask ChatGPT) such as "What kind of dog is this?" "What flower is this?" "What can I make with this vegetable?"

Step 8: Send the message and read the response

Press the arrow in the black circle to send the message. ChatGPT will look at the photo and provide an answer.

This can be a fun and useful way to learn something new during an ordinary day – at the grocery store, on a walk, or right at home. And of course, you certainly don't have to have a photo; you can ask chat anything just by typing the question. Have fun!

Earth Day WORD SEARCH

Find and cross out all the listed words.
The words may go horizontally or vertically.

AIR	REUSE	GREEN
WATER	REDUCE	OCEAN
LAND	RECYCLE	PROTECT

Need help? You will find an answer key at the front desk.

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



Activity Rooms

BR—Bristol Room
CY—Court Yard
DR—Dining Room
LB—Library
LR—Living Room
VR—Mt. Vernon Room
PDR—Private Dining Room
RR—Revere Room

BRC—Burl. Rec. Ctr.
SMSC—San Mateo
Senior Center

The Weekly

Check *The Weekly* for
current updates or changes
in schedule.

The Daily

Check our main board for
daily activities, located
opposite the Front Desk.

Scheduled Appointments

Transportation Provided
Monday–Thursday

Sunday	Monday	Tuesday
5 10:00 Church - Catholic / Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 12:00 Easter Lunch - DR 1:00 Sterling Walkers 1:00 Sterling Stitches - VR 1:00 Movie - RR / Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	6 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	7 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Art McGaw - Piano & Trumpet 7:00 Evening Movie - RR 7:00 Games - BR
12 10:00 Church - Catholic / Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitches - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	13 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 11:45 Music in the Afternoon - San Mateo 1:00 Games - BR 1:30 History w/Michael S. - RR 3:00 Burlingame Library 7:00 Movie - RR / Games - BR	14 10:00 Shopping - Hillsdale Mall 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Antoinette Kaufman - Flute 7:00 Evening Movie - RR 7:00 Games - BR
19 10:00 Church - Catholic / Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Sterling Stitches - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	20 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	21 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR
26 10:00 Church - Catholic / Protestant 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Sterling Walkers 1:00 Sterling Stitches - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	27 9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Games - BR 1:30 History w/Michael Svanevik - RR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	28 10:00 Shopping - Bridgepointe Shopping Center 10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Randy Johnson - Banjo & Piano 7:00 Evening Movie - RR 7:00 Games - BR

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
1 9:30 Chat w/Chef Denis Simon - RR 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 4:30 Passover Special Dinner - DR	2 9:30 Donuts on Wheels 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	3 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	4 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
8 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	9 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	10 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John - RR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	11 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
15 10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed L. - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 April Birthday Bash 3:00 Book Review w/David Whitman - RR 4:00 Nintendo Wii - RR 7:00 Movie - RR / Games - BR	16 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR	17 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Movie - RR / Games - BR 2:00 Arts & Crafts w/Mary Leahy - VR 3:00 Social Hour - RR 3:00 Eric Shifrin - Piano 7:00 Movie - RR / Games - BR	18 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
22 10:00 Strength Training Exercise w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	23 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Games - BR 1:30 Art Appreciation w/Adam Donovan - RR 7:00 Evening Movie - RR 7:00 Games - BR	24 10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Strength Training Exercise w/Holly Roser Fitness - RR 1:00 Art w/Therese Curotto - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR	25 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Art w/Therese Curotto - VR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 3:30 Melodic Outreach Endeavor - LR 7:00 Evening Movie - RR 7:00 Games - BR
29 10:00 Strength Training w/H. R. Fitness - RR 11:00 Fitnessize - RR 12:45 Bridge Class w/Ed Lechner - BR 1:00 Movie - RR 2:00 Bingo - DR 3:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR	30 9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 2:00 Exploring The Scripture with Martha, Barbara & Blanch - BR 7:00 Evening Movie - RR 7:00 Games - BR		

Classes & Lectures

The Svanevik History Hour

This renowned writer and historian will focus on revealing the hidden, interesting, sometimes controversial, always fascinating, behind-the-scenes history of San Mateo County and the State of California, it all happens on Mondays at 1:30 p.m. in the Revere Room, topics include:

- April 6 *Building Bayshore: The Perfect Solution Fails*
April 13 *When The Flag of The Soviet Union Fluttered Over Hillsborough*
April 20 *A San Francisco Born Boy Creates, a Journalistic Sensation*
April 27 *Theodore Roosevelt Moved Fast to Create a New and Modern Navy*

Lecture Series with Dick McKee

Dick McKee hosts series on Tuesdays at 11:00 a.m. in the Revere Room.

The Great Tours: Experience Medieval Europe

This course is taught by History Professor Kenneth R. Bartlett of the University of Toronto

- April 7 *Palermo: A Mosaic of Cultures*
April 14 *Palermo: Celebrating Throne & Altar*
April 21 *York: Wool & Prayer*
April 28 *York: Vikings and Merchants*

Bridge Class with Ed Lechner

I am a licensed Director and certified as ACBL Best Practices Teacher, Audrey Grant Teacher, and Patty Tucker Learn Bridge in a Day Instructor. I am currently teaching a series of beginning lessons at Ivy Park (senior residence) in Belmont, CA, as well as presenting a mini-lesson prior to the start of the Junior (beginner) game Tuesday mornings at the Palo Alto Bridge Club. Join Ed on Wednesdays, April 15 & 29 at 12:45 p.m. in the Bristol Room.

Library Book Review

Mark your calendar for April 15, David Whitman from the Burlingame Library will be joining us to review a selection of books. Residents will also have the opportunity to check out books and keep them until next month, meet him at 3:00 p.m. in the Revere Room.

Exploring The Scripture

With Martha, Barbara and Blanche, they are currently examining the life and teachings of Jesus as given in the Gospel of Luke. Their emphasis is on the heart of the Christian message: "God is Love" (1 John 4:8). They are an ecumenical group, and everyone is welcome, regardless of background. They would love to have you join them! Thursday, April 2, 16 & 30 at 2:00 p.m. in the Bristol Room.

Art Appreciation with Adam Donovan

I offer the class because I believe deeply in the value of noticing beauty, in the material world and in nature. Developing that awareness begins with an "educated" eye and ear: the skill of observing, appreciating and listening. The course is designed more as a conversation centered on iconic examples of painting, sculpture, architecture and photography. The names are not intended for us to worship, but engaged with as starting points for our questions and conversation. We will also enjoy some of the world's great jazz vocalists. Join Adam on Thursdays, April 9 & 23 at 1:30 p.m. in the Revere Room. Topics are:

April 9 | DAVID HOCKNEY: *One of the most influential British artists of our time, whose paintings of LA socialites and young men in the nude (SPOILER ALERT: male nudity) sold for millions at Auction (In 2018 a painting of his sold at auction for \$91 million). But feeling empty after 30 years of life in LA, he returns to his native England to get a fresh start, to re-vitalize his art by painting the glories of the East Yorkshire hills. He's taken up painting outside, something he's never done before. The contrast is startling-the results are magical!*

April 23 | WHISTLER'S MOTHER: *The face that's launched a thousand quips! She's the iconic old biddy-the Saint of old biddies! Though painted by an American in the 1870's, and on display in the Musee D'Orsay in Paris, the painting is one of the most recognizable icons in American image-making, as much as Andy Warhol or Elvis Presley! Don't be put off by its official title: Arrangement in Black and Grey No. 1. There's the key to its status as a radical masterpiece of the impressionist era.*

Art with Therese Curotto

Therese discovered her love for art at a young age, selling her first painting at 12 and later studying at the Scripps Institute of Art in La Jolla. While balancing interests in medicine and a career with a major airline, art remained her "happy place." She also studied at the Academy of Art University and won a contest that displayed her artwork in the Governor's office. Her artistic journey has included teaching grammar school art, designing book and CD covers, and creating textile and environmental art for her church. She is especially proud of developing an art program for burn patients at age 18 and later creating a mentoring art program for juvenile delinquents, for which she received a Congressional Award. For Therese, the greatest reward is sharing her gifts and bringing smiles to others. Join Therese for a tribute to Downtown Abby Ladies, and with her help, design a costume. Please take note that this theme will be two-day event; Part I on Friday, April 24 and Part II on Saturday, April 25 from 1:00 p.m. to 3:00 p.m. in the Mount Vernon Room.

Please sign up
for all events
in the Activity
Book located at
the Front Desk

Arts and Crafts with Mary Leahy

Join us for a fun and creative Arts & Crafts class! All materials will be provided along with help for whoever needs it, and themes will be announced for each class. Please come and join us in the Mount Vernon Room on Friday, April 17 at 2:00 p.m.

Fitness & Exercise

Strength Training Exercise with Holly Roser Fitness

Holly, John and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Stronger Seniors – Stretch & Strength Chair Exercise Program

This fitness program for seniors is designed to improve stability, balance, and flexibility, muscle and bone strength, circulation, and heart health in order to enhance function in common activities such as going up and downstairs, squatting to lift objects, and even playing with young children. Join us every day; please see “The Weekly” for more details.

Beginning Functional Fitness with Lisa Kemp

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa Kemp every Thursday at 10:30 a.m.

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Sterling Walkers

Go for a walk with Dmitry, at Coyote Point Park or Foster City Park, weather permitting, Sundays at 1:00 p.m. (not on Pancake Bingo days and/or Hillbarn Theater days).

Wellness Support

Chat with Executive Chef Denis

Every first Wednesday of the month Denis will announce the upcoming culinary special events and ask for review of the past month special events. After that he will open up the meeting for any suggestions, comments or concerns. Denis’ meetings are run just as efficiently as his kitchen and dining room, please arrive on time. Join Denis on Wednesday, April 1 at 9:30 a.m. in the Revere Room.

Holy Communion

Join us on Friday, April 10 at 2:00 p.m. for a Holy Communion service. Father John will be with us to distribute the Eucharist to residents who wish to receive. All are welcome to attend this quiet and meaningful time of prayer and reflection.

Sterling Court Games

Are you interested in playing games such as Bridge, Dominos, Pinochle, Mahjong, Chinese Checkers, Scrabble, Rummikub, etc.? If so, we have two Residents, Ruth Kahoun and Norma Galvin, who have (graciously) volunteered to facilitate the getting together of Residents who would like to play any of the games listed above and any others. Please contact Ruth Kahoun at 650-867-7203 or Norma Galvin at 650-636-3614 if you would like to meet other Residents who want to play the same games of which you are interested in.

Melodic Outreach Endeavor

Anson Yu and Matthew Wang have generously volunteered to share their love of music with our community. In their words: “We began our journey as two high school students passionate about music. Then, we dedicated that passion to performing music for senior communities. Now, we travel around the Bay Area to senior centers, increasing members and impact along the way.” These young musicians bring beautiful piano performances and uplifting energy to the community, creating a wonderful opportunity to relax, listen, and enjoy live music together. Join us every Saturday from 3:30 p.m. to 4:30 p.m. in the Living Room.

Sterling Stitchers

Joyce Bausch and Carole Young are bringing together a community of needlework enthusiasts (knitting, crocheting, embroidery, cross stitch, hemming, etc) to exchange tips, works in progress and support one another in their stitching journeys. Whether you are a beginner or an expert, you belong here. Please join us every Sunday at 1:00 p.m. in the Mount Vernon Room, please sign up at the Front Desk.

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Program Highlights

Passover Special Dinner

Join us for a special dinner as we celebrate Passover, a meaningful Jewish holiday that commemorates freedom and tradition. Passover is a time for gathering, storytelling, and sharing a festive meal with family and friends.

continued on reverse...



...continued from reverse

Program Highlights

Passover Special Dinner (cont.)

Residents are warmly invited to enjoy a traditional Passover-inspired dinner and learn a little about the customs that make this holiday so special. Join us in the Dining Room on Sunday, April 1 at 4:30 p.m. prepared by Chef Denis and his staff.

Easter Lunch

Join us as we celebrate Easter a Christian celebration that marks the resurrection of Jesus Christ, with a special holiday lunch at Sterling Court. Easter is a joyful time of renewal, hope, and gathering with friends and community. Chef Denis and his staff will prepare a lovely Easter Lunch on Sunday, April 5 at 12:00 noon.

Music in the Afternoon

Enjoy an afternoon of Classical Music with the Burlingame Music Club, enjoy performances by outstanding young musicians and a professional, stay to enjoy light refreshments with others who share your interest in Classical Music. All are welcome. Presented by Burlingame Music Club at the Congregational Church of San Mateo, Monday, April 13 from 1:00 p.m. to 3:00 p.m., transportation will be provided, please sign up at the Front Desk.

Pancake Bingo

Start your Sunday with a stack of smiles! Enjoy a delicious breakfast of pancakes and eggs, followed by a lively game of Bingo, on Sunday, April 19 at 11:30 a.m. in the Dining Room, the cost is \$2.00 (includes breakfast and Bingo).



WHY EGGS AND BUNNIES ON EASTER?



The Easter bunny and eggs symbolize fertility, new life, and spring, stemming from ancient European, pagan traditions (like the goddess Eostre) that were merged with Christian celebrations of the resurrection. Eggs represent the tomb and rebirth, while rabbits, known for rapid reproduction, symbolize fertility, with German folklore introducing the "Osterhase" (egg-laying hare) that delivered treats to children.

The Easter Bunny ("Osterhase"):

Originating in 1700s Germany, the Oschter Haws or Osterhase was a legendary hare that laid colored eggs in nests (later baskets) for children who were good. This tradition was

brought to America by Pennsylvania German immigrants.

Easter Eggs: Eggs have long symbolized new life and fertility in various cultures. Early Christians adopted them as symbols of the resurrection – the hard shell representing the tomb of Jesus and the breaking of the shell representing his resurrection.

Why They Combined: Both symbols represent the renewal of spring. The tradition of eating eggs during Easter stems from a 40-day Lenten fast, where people would save, decorate, and then eat eggs to break the fast.

Evolution: Over time, the folklore evolved, with the hare becoming a

April Birthdays

April Birthday Bash will be on Wednesday, April 15.

April 6	Irene Casaccia
April 9	Joyce Bausch
April 13	Marie Horak
April 14	Norma Galvin
April 14	Ta Chen
April 15	Rosie Rosenthal
April 16	Del Karp
April 17	Martha Saul
April 19	Jeanne Bertrand
April 22	Ed Battistini
April 26	Harriet Roslow

Anniversary

Happy 40th Wedding Anniversary to Frank & Barbara Saunders on April 13.

Happy 44th Wedding Anniversary to Bruce & Peggy Lewy on April 17.

Welcome

Please give a warm welcome and introduce yourself to our new residents:

- #414 Ken Gillen
- #418 Barbro Sandberg
- #431 Edna Steele
- #429 Sharon Levaggi

rabbit and its "nests" turning into baskets, while the eggs became chocolate or candy, often left in modern, commercialized egg hunts.

PUZZLE ANSWER SHEET

Earth Day WORD SEARCH

AIR REUSE GREEN
WATER REDUCE OCEAN
LAND RECYCLE PROTECT

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