



630 Western Ave PO Box 838 Lovelock, NV  
89419

APRIL 2024

## APRIL SHOWERS BRING MAY FLOWERS

As the weather finally gets warmer,  
it's that time of year again to come  
out of your shell.

It's springtime!

Spring is often signified as a time of  
renewal, where you metaphorically  
shed your old skin, revamp your  
space mentally and physically, and  
try new things.

Need some ideas on how to cele-  
brate and start doing fun things as  
you head into the warmer season?

Get a pedicure with fun new spring  
colors.

Find a new trail to hike on.

Do an outdoor photo shoot in a field  
of flowers.

Fire up the grill and have a spring par-  
ty.

Make a bird feeder and hang it in a  
blossoming tree.

Go Bird Watching.

Go on a road trip.

Finally, just enjoy the warm spring  
weather before it gets hot.

Now fades the last long streak of snow,  
Now burgeons every maze of quick  
About the flowering squares, and thick  
By ashen roots the violets blow.

Now rings the woodland loud and long,  
The distance takes a lovelier hue,  
And drown'd in yonder living blue  
The lark becomes a sightless song.

Now dance the lights on lawn and lea,  
The flocks are whiter down the vale,  
And milkier every milky sail  
On winding stream or distant sea;

Where now the sea mew pipes, or dives  
In yonder greening gleam, and fly  
The happy birds, that change their sky  
To build and brood; that live their lives

From land to land; and in my breast  
Spring wakens too; and my regret  
Becomes an April violet,  
And buds and blossoms like the rest.

Lord Tenyson



## *SPRING CLEANING*

Many people avoid spring cleaning simply because they don't know where to begin. But the process of decluttering and then cleaning a space is pretty easy. Each task can be done quickly; the tough part is getting started.

With a big project like spring cleaning an entire home, the impulse to quit when you get overwhelmed or bored can be strong. So tackling a few projects each day will ensure that you stay motivated.

Make a list of projects, tackle them one at a time, and check them off the list when completed so you can see what you've accomplished.

First donate or give away anything you do not need. Use a box to temporarily store things you find in one room, but belongs in another, don't stop to put them in their proper place until you finish the room you are working on.

While you are decluttering your closet and putting items in a donation pile, you can change your closet over to spring and summer clothes. Don't forget your shoes and accessories.

You might as well declutter the medicine chest and bathroom too. Get rid of all the old cold remedies, flu medicine, cough drops etc... Replace them with allergy medicine, anti itch cream, sunscreen and any summer items you might need.

Getting rid of dust is a good start to a clean house. Use a broom to catch any cobwebs in your kitchen, living room, bedrooms, and bathrooms on the ceilings.

Then, sweep or vacuum the floors. Dust the undersides of every chair and table in your home, and then vacuum and mop the floors around them. Dust your books and the knick-knacks. Thoroughly clean your fridge and freezer by removing all of the food, shelves, racks, and storage containers. Wash each component. Toss any old food. Wash your ice cube trays or bin. Wipe down the sides of the fridge and freezer. Then, put everything back in. If you're afraid of food spoiling, use a cooler to keep food cold while you work.

Take everything out of your cabinets, and clean all the surfaces before replacing the items. Check the cabinets for any unexpired food you don't plan to eat that can be donated. Throw out expired or questionable food. Sort and organize dishes and glasses.

Wash your couch covers, pillowcases, and other linens used around the house. Launder the curtains in your living room, dining room, and bedrooms, or take them to a dry cleaner. Wash your tea towels and kitchen towels. Toss small rugs, bathroom mats, and bathrobes in the wash. Wash your ironing board cover and organize your linen closet.

Now that the inside is clean, it's time to clean outside...

# April 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 <b>SENIOR BOX 9:30am to 10am</b>	2	3	4 <b>FALLON TRIP 7:30am</b>	5	6
7	8	9 <b>CAHTOLIC CHARITIES 10am</b>	10	11	12	13
14	15	16 <b>COMMODI- TIES 10am</b>	<b>CENTRAL NEVADA HEALTH DISTRICT 11am- 1pm</b>	18 <b>RENO TRIP 7:30am</b>	19	20
21	<b>CARE CHEST FRESH PRODUCE TRUCK 9am-10am</b>	23	24	25	26	27
28	29	30				

## Van Out of Town Trip Schedule

APRIL		
Fallon	Thursday	4
Reno	Thursday	18



For our out of town trips please sign up at the front desk in the Senior Center.

We need your name, phone number, address & appointment time if applicable.

When we go out of town we take people to appointments, to Walmart & to lunch only.

We do not make special trips to other locations. The van arrives in Reno by **10:00 AM** and leaves by **2PM** please schedule appointments within those parameters.



### DAILY VAN SCHEDULE

Our Van can hold 12 people comfortably and runs daily from 10:30am to 2pm Monday thru Friday. Every third Friday we offer Breakfast for our Seniors from 8 to 10 am and we would be happy to pick you for breakfast and take you home afterwards, just call us the day before.

We pick up our local Seniors and Bring them to the Senior Center for lunch and take them back home again. We have a lift and wheel chair accessible restraints, for our special needs Seniors.

We also offer shopping at Safeway and the Family Dollar Store on Mondays and Fridays, time and weather permitting. In addition we take our local Seniors to the post office, the bank and to the Lovelock Pharmacy.

## APRIL BIRTHDAYS

1	PHIL BENOLKIN
6	BOBBI AUFDERMAUR
7	SHARON TUCKER
7	JEANNIE DAUGHTERY
20	FRED KING
30	DONNA MALONE



# APRIL 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>HOT DOGS COLE SLAW BAKED BEANS BANANA</p>	<p>2</p> <p>HOT TURKEY SAND MASHED POTATOES PEAS &amp; CARROTS MEDITERRANEAN BEAN SALAD</p>	<p>3</p> <p>CHICKEN AND DUMPLINGS PEAS IN STEW PEARS</p>	<p>4</p> <p>EGG SALAD SAND CARROT SALAD APPLE CHIPS</p>	<p>5</p> <p>SHRIMP COCKTAIL W/TOMATO PEACHES BREAD STICK</p>
<p>8</p> <p>GRILLED CHEESE TOMATO SOUP APPLE CHIPS</p>	<p>9</p> <p>POPCORN CHICEN &amp; FRIES BASKET CORN GREEN SALAD</p>	<p>10</p> <p>TUREKY WRAP W/CRANBERRIES &amp; CREAM CHEESE PEA SALAD COTTAGE CHEESE &amp; FRUIT</p>	<p>11</p> <p>SPAGHETTI ZUCCHINI GREEN SALAD GARLIC BREAD</p>	<p>12</p> <p>SPRING SALAD W/CHICKEN PEARS WW ROLLS</p>
<p>15</p> <p>BBQ BEEF SAND CORN ON THE COB GREEN SALAD BAKED BEANS</p>	<p>16</p> <p>TURKEY POT PIE GREEN SALAD PEACHES WW ROLL</p>	<p>17</p> <p>CHICKEN SKEWER VEGGIES ORANGES BROWN RICE</p>	<p>18</p> <p>STUFFED GREEN PEPPER BAKED POTATO GREEN SALAD</p>	<p>19</p> <p><b>BREAKFAST 8-10am</b> PANCAKES SCRAMBLED EGGS STRAWBERRIES OATMEAL</p>
<p>22</p> <p>PULLED PORK SANDWICH COLESLAW BAKED BEANS</p>	<p>23</p> <p>HERB ROASTED CHICKEN BAKED POTATO GREEN BEANS</p>	<p>24</p> <p>CORNED BEEFON RYE W/RUSSIAN DRESSING SLICED TOMATOES PINEAPPLE</p>	<p>25</p> <p>BASQUE CHICKEN BASQUE BEANS GLAZED CARROTS FRENCH FRIES</p>	<p>26</p> <p>TUNA SAND SPINACH SALAD ORANGE CHIPS</p>
<p>29</p> <p>HOT BEEF SLIDERS SPINACH SALAD PEARS CHIPS</p>	<p>30</p> <p>OVEN FRIED CHICKEN MASHED POTATOES GREEN BEANS GREEN SALAD</p>			<p>*SOUP &amp; DESSERT INCLUDE WITH ALL MEALS. MENU IS SUBJECT TO CHANGE</p>