

Praise the spells and bless the charms,
I found April in my arms.
April golden, April cloudy,
Gracious, cruel, tender, rowdy;
April soft in flowered languor,
April cold with sudden anger,
Ever changing, ever true --
I love April, I love you.

Ogden Nash, *Always Marry An April Girl*

Eight, Great Activities for Grandparents and Grandchildren to Enjoy!

Children keep us young in spirit, whether they are our friend's grandchildren or our own to enjoy. The next time you have a young visitor, try one or two of these activities with them.

Host a scavenger hunt. This activity is one that will take some planning in advance, but the planning is a worthwhile activity for you, and the results are very enjoyable for your little hunter! You can keep it simple by creating five clues to find, including a small prize at the end. Your clues can be questions (the older the child, the trickier the question should be) or poems if you are feeling extra creative. Leave one question or poem each at the first four stops, and the prize (a book, tee-shirt, board game to play with you, etc.) at the final stop. If you have limited space for clues, you can even design your scavenger "hunt" on paper, where

the child has to solve four brainteasers or family trivia questions, before their prize is awarded.

Read baby books. Not your baby book (or theirs), but their mom's or dad's if the book is available. Children love to hear funny stories about their parents when they were their ages, and everyone will enjoy re-visiting these memories.

Play cards. See more on this topic on our 3-21-2016 CooperativeHomeCare.com blog post.

Bake and eat. Try our zucchini bread recipe on page two of this newsletter.

Go to the library. Sign up for the summer reading program. If you do not drive, then simply curl up together and enjoy your favorite childhood story.

Ladies, share your jewelry box. Young girls and boys alike enjoy holding and touching beautiful objects, and they'll love the stories that accompany your treasures.

Create jokes. Start with a basic joke book and then keep the laughs coming as you try to make up your own jokes. If this activity catches on, try building a joke journal as a keepsake.

Give a back rub. Wiggly young ones are soothed by a gentle back rub. Other pampering activities to try are hand rubs, manicures and pedicures.

Inspired by the American Grandparents Association ("AGA")

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Brain Booster #1: Q: What do you have to give before you can keep it?

Brain Booster #2: Q: What has roots that nobody sees; is taller than a tree; up, up it goes and yet never grows?

What's in Season?

*In April, Try Zucchini, Spring Peas,
 Pineapple and Mango*

Simple and Tasty Zucchini Bread

Ingredients:

3 cups flour, 1 tsp salt, 1 tsp baking soda, 3 tsp cinnamon, 3 eggs, 1 cup vegetable oil (substitute options: 1 cup coconut oil, or 1/2 cup oil and 1/2 cup applesauce), 2 and 1/4 cups sugar, 3 tsp vanilla extract, 2 cups grated zucchini

Grease & flour two 8x4 loaf pans. Pre-heat your oven to 325 degrees. Combine dry and wet ingredients (excluding zucchini) separately, and then together. Fold in your zucchini last and then pour into the prepared pans. Bake for 40 to 60 minutes. Enjoy and share one loaf now, and freeze the other to enjoy and share later!



April Birthdays

Marvin Gaye, April 2nd (1939-1984)

Thomas Jefferson, April 13th (1743-1826)

Queen Elizabeth II, April 21th, 1927

*12 Simple Things, to Enjoy
 This Spring:*

- ◇ *Gentle thunderstorms*
- ◇ *The emerging, vibrant green of everything*
- ◇ *Earthy smells*
- ◇ *Better fruit and vegetable offerings*
- ◇ *Warming sun on your face*
- ◇ *Growing a fragrant pot of fresh herbs by your window*
- ◇ *Longer days*
- ◇ *Open toes*
- ◇ *Outdoor adventures*
- ◇ *Bright nail polish after your pedicure*
- ◇ *Wiggling your toes in fresh, sharp grass*
- ◇ *A beautiful, poignant spring poem*

Brain Booster #1 Answer

Q: What do you have to give before you can keep it? **A: Your Word!**

Brain Booster #2 Answer:

Q: What has roots that nobody sees; is taller than a tree; up, up it goes and yet never grows?

A: a Mountain!