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# What's the Difference?

**By: Gretchen Hook**

*Little Elm Residential Care*

When looking for a place that can offer care for you or your loved one, there are many factors to consider. We will explore the differences between assisted living, skilled nursing, and residential care facilities.

Assisted living is simply that. When a person can no longer live independently but does not require full-time care or may only need medication management, they would seek an assisted living facility. They might need help bathing, dressing, or completing other tasks which assisted living may be beneficial towards. Assisted living facilities typically offer apartment-style living, where staff members check in on the person a few times a day. They may choose to have meals in their room or dine in a community dining area. There are often activities to participate in. Residents of these facilities tend to be more autonomous and capable of meeting many of their own needs. Sometimes, when the resident needs additional care but does not want to move to skilled nursing, the family may opt for home health care. They can hire an agency or private individual to assist them with their care.

Skilled nursing facilities address most, if not all, of the person's needs. These needs are commonly referred to as activities of daily living (ADLs). Individuals who qualify for skilled nursing require assistance with tasks ranging from taking medications to dressing and feeding themselves, and everything in between. Sometimes, those who need a higher level of care while recovering from surgery may be placed in skilled nursing for rehabilitation. Most residents in skilled nursing fa-

cilities typically do not regain independence or transition to assisted living; they often spend the remainder of their lives in the facility. Generally, a higher resident-to-staff ratio requires longer wait times for care.

The resident will have a call button to press if they need assistance. At times, they may share a room with another resident. Meals are served in a communal dining area; however, if the person is bed-bound, someone may assist them in eating in their room. Various activities are available in the environment, such as bingo or listening to music. Nursing care is primarily provided by licensed vocational nurses (LVNs) or registered nurses (RNs), alongside certified nursing assistants (CNAs) who provide additional support.

Residential Care Homes in Texas are residences that provide private rooms within a caregiver's home. For the purposes of this article, we will refer to them as care homes. Each room should include a hospital bed and can be personalized to meet each resident's needs. Caregivers in residential care homes tend to be more consistent. These homes are not licensed in Texas and typically accommodate three or fewer residents. The environment is more intimate, resembling the resident's previous living situation or

Residents usually receive a higher quality of care since there are fewer individuals to tend to. For example, meals are often homemade or tailored to each resident's preferences. Visiting hours may vary, and



all activities of daily living (ADLs) are met primarily by one or two caregivers rather than several, as in skilled nursing facilities. Residents and their families become part of the care home community. Communication tends to be better, as caregivers can closely monitor the residents. This leads to fewer medication errors due to the smaller number of individuals to care for. Most care homes, like skilled nursing facilities, support residents until the end of life. However, the key difference is that residents and their families enjoy more privacy, and the atmosphere is more home-like. Although residential care homes are not as widely available as other facility types, they remain regulated by the state of Texas, albeit with less stringent guiding policies compared to larger facilities. Care homes generally do not accommodate totally independent residents and typically must meet at least three ADLs for each resident. The cost for

“Residential  
Care Homes in Texas are  
residences that provide private rooms  
within a caregiver's home.”





each facility is like that of skilled nursing, but costs may be higher due to the more personalized care offered in a care home. Care homes generally are private pay, but some long-term care insurance may cover the cost of the care home.

This is not a comprehensive list of facility types or the services each type offers. Rather, it serves as a basic guide to assist individuals in beginning their search for the right facility for themselves or a loved one. This endeavor can be overwhelming, and it is essential for people to comprehend the needs of their loved ones. If you or someone you care about requires a place to call home with exceptional care, please don't hesitate to reach out for more information and to schedule a tour of our care home. We would be delighted to accompany you on this journey and welcome you as family.

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# Significant Dates in April

- Parkinson's Awareness Month
- April Fool's Day 04/01
- Passover 04/12
- Palm Sunday 04/13
- Stress Awareness Day 04/16
- Good Friday 04/18
- Easter Sunday 04/20
- Volunteer Week 04/20
- Earth Day 04/22
- National Prescription Drug Take Back Day 04/26

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Easter.

**N S E R I**

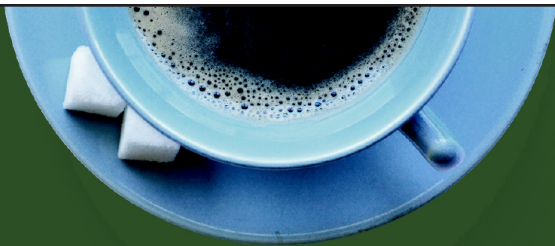
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*Answer: Risen*





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## Carrot Cake with Cream Cheese Frosting

**Serves 10**

- Cooking spray
- 2 cups pecan halves
- 2 1/2 cups all-purpose flour
- 1 tablespoon plus 1 teaspoon baking powder
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon freshly grated nutmeg
- Kosher salt
- 4 large eggs
- 2 cups granulated sugar
- 1 cup vegetable oil
- 3 cups finely grated carrots (about 1 pound carrots)
- 2 teaspoons pure vanilla extract

### *Frosting:*

- 1 pound cream cheese, cut into cubes, at room temperature
- 2 1/2 cups confectioners' sugar
- 2 sticks unsalted butter, cut into cubes, at room temperature
- 1 teaspoon pure vanilla extract
- Kosher salt
- 1/4 cup heavy cream, cold



1. For the cake: Preheat the oven to 350 F. Line two 9-inch round cake pans with parchment and lightly coat with cooking spray.

2. Spread the pecans on a rimmed baking sheet and toast until light brown and fragrant, 7 minutes. Set aside 12 pecan

halves to decorate the remaining pecans. Set aside 1 cup of the chopped pecans to use in the batter; reserve the rest for decorating the finished cake.

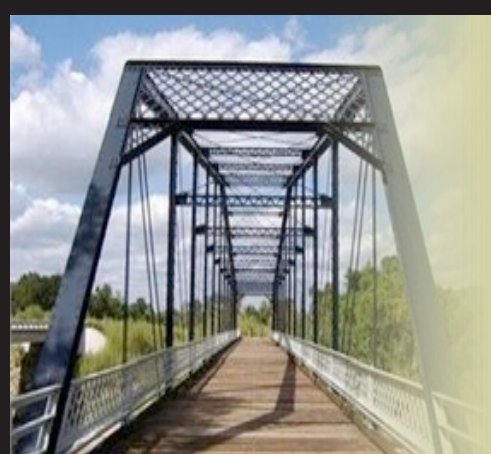
3. Whisk together the flour, baking powder, cinnamon, nutmeg, and 1 teaspoon salt in a medium bowl.

4. Whisk together the eggs and granulated sugar in a large bowl until smooth, about 1 minute. Whisk in the oil until well combined. Add the grated carrots, vanilla and 1 cup chopped pecans, and mix well. Add the dry ingredients, and stir until just combined. Divide the batter evenly between the prepared pans.

5. Bake until a toothpick inserted in the center comes out clean and the cakes are nicely browned, about 30 minutes. Let cool on a cooling rack for 10 minutes. Loosen the edges with a spatula, turn the cakes out and let cool completely, right-side up, on the cooling rack, about 2 hours. Remove the parchment before frosting.

6. For the frosting: Beat the cream cheese and butter in the bowl of a stand mixer fitted with a paddle attachment, scraping down the side as necessary, until smooth, about 2 minutes. Add the confectioners' sugar, vanilla and 1/2 teaspoon salt; gradually increase the mixer speed to medium-high, and beat until the sugar is incorporated and the frosting is fluffy and smooth, about 3 minutes. With the mixer on medium-high, add the cream a few drops at a time until it's all incorporated. Continue beating for 1 more minute until the frosting is slightly lighter in color and creamy.

7. To assemble: Place one of the cake layers on a serving plate, and spread 1 cup of the frosting over the top. Top with the other layer, and use the remaining frosting to frost the top and sides of the cake. Arrange the 12 whole pecans on top of the cake like the numbers on a clock face, and sprinkle the remaining chopped pecans in between.



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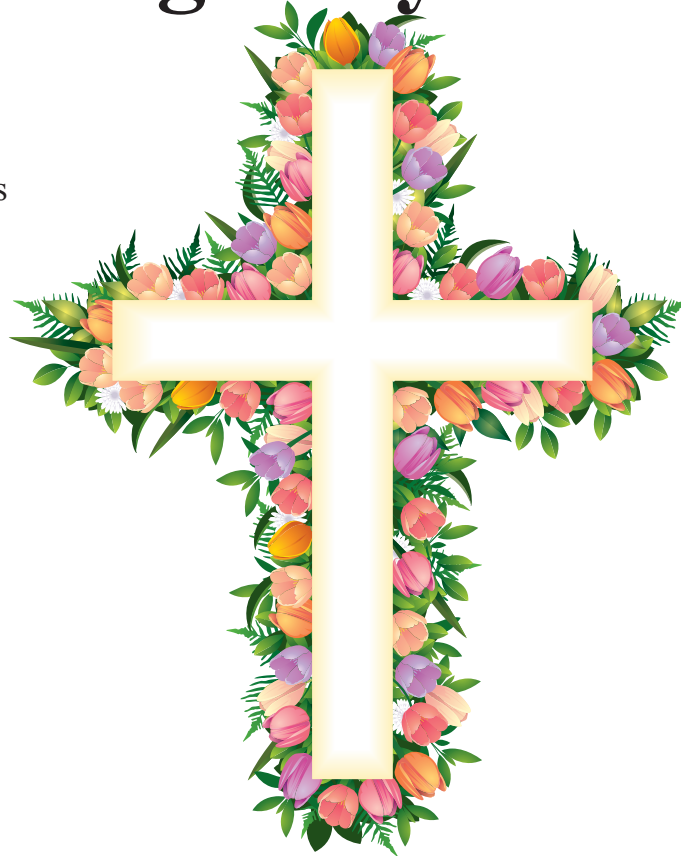
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# Unique ways to strengthen your faith during Holy Week

Spring is a special time of year for a number of reasons, not the least of which is the season is a particularly meaningful time for individuals of various faiths. Sacred days for many of the world's religions are celebrated in spring, including Easter.

Christians celebrate Easter, which commemorates the Resurrection of Jesus Christ, after a lengthy period of spiritual preparation known as Lent. Directly preceding Easter, Holy Week is a time for prayer, reflection and renewal. Holy Week also can be an ideal opportunity for those who may not be as fully immersed in their faith as they would like to return to the church and embrace all that Christianity has to offer. The following are some unique ways people can deepen their faith this Easter season.



to connect with God and deepen their faith. Many church communities have Perpetual Eucharistic Adoration Chapels where people can view a monstrance, which is used to hold the consecrated Eucharist.

## Serve others

Use Holy Week as an opportunity to serve others, whether through charitable efforts at a soup kitchen, visiting the elderly in a nursing home or through participation in another charitable endeavor. Certain religious communities conduct “washing of the feet” events when parishioners can cleanse others’ feet as Jesus cleaned the feet of his disciples. This demonstrates humility, love and service, and also can strengthen faith. Holy Week is a prime time for individuals to learn about their faith and embrace it more fully.

## Attend Mass

Various liturgies take place during Holy Week, including the Palm Sunday procession, Holy Thursday (Last Supper) Mass, Good Friday services, and the Easter Vigil. Each of these liturgies carries a special message and significance that offers powerful ways to be in the presence of God.

## Pray the Stations of the Cross

The Stations of the Cross are commonly prayed during Lent, particularly on Good Friday. Traditionally there are 14 Stations of the Cross, each depicting a different moment in Jesus’ Passion and Death. Praying the stations often is a group church activity, but they also can be prayed solo. Getting an up close and personal under-

standing of the final moments in the life of Jesus Christ can have a transformative effect.

## Confess your sins

Reconciliation, commonly referred to as “going to confession,” is a practice that certain Christians denominations, but not all, participate in as part of their faith. Catholics engage in confession as a sacramental grace. While confession is encouraged as often as a person desires, being absolved from sin in preparation for Easter and other major holy days is particularly encouraged.

## Visit a holy shrine

People can take a trip to a holy site or shrine during Holy Week as a powerful way







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EASTER TIDINGS WORD SEARCH

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G	D	G	Y	A	D	I	L	O	H	E	F	J	W	U	D	A	S	W	M

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- BASKET
- BONNET
- CELEBRATION
- CHOCOLATE
- CHURCH
- CROSS
- DINNER
- EGGS
- FAITH
- FAMILY
- HIDE
- HOLIDAY
- HOT CROSS BUNS
- JELLY BEANS
- JESUS
- LAMB
- LILY
- MARSHMALLOW
- MIRACLE
- PASTEL
- RABBIT
- REJOICE
- RESURRECTION
- SPRINGTIME



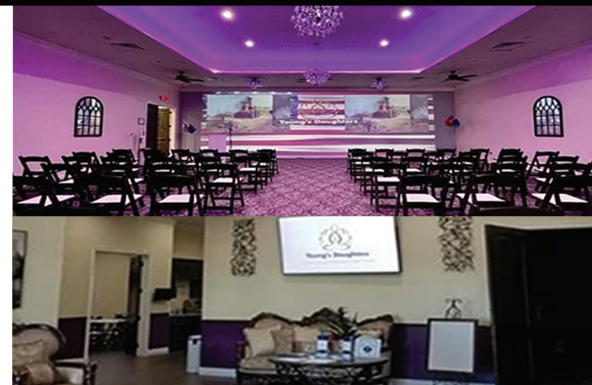


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# Fun and educational ways to celebrate Earth Day

Earth Day is an annual holiday that has been celebrated since 1970. Despite somewhat humble beginnings, much of the globe now celebrates Earth Day, which this year takes place on Saturday, April 22.

Earth Day has long drawn attention to issues affecting the planet and its climate. The effects of those issues have grown increasingly noticeable in recent years, which makes this Earth Day and all subsequent celebrations an ideal opportunity to celebrate the planet while learning about the many challenges it faces in the years to come. The following are some unique, fun and educational ways to celebrate the planet this April.

- Leave the car at home. Winter weather is a distant memory by late April in many places, making Earth Day an ideal time to travel by foot or by bicycle instead of by car. That's not only fun, but also a great opportunity to learn about carbon emissions. The United States Environmental Protection Agency reports that a typical passenger vehicle emits about 4.6 metric tons of carbon dioxide each year. Vehicles also emit a substantial amount of methane and nitrous oxide. This is why gas-powered vehicles are so often linked to climate change, much of which is driven by greenhouse gas emissions. A car-free Earth Day can be fun and serve as a catalyst for conversation about the effects of gas-powered vehicles on the health of the planet.

- Volunteer with a local environmental organization. Environmental organiza-

tions are committed to the ideals behind Earth Day all year long. However, each Earth Day many of these organizations sponsor eco-conscious efforts to help the planet and raise awareness about issues like climate change. Volunteering with a local



beach or park cleanup or signing up to walk and raise money for a local environmental charity makes for a fun and educational way to spend your Earth Day.

- Get your hands dirty and plant. The National Forest Foundation notes that planting trees can have a profound and positive impact on the planet. According to the NFF, planting more trees helps forests to sequester carbon, which can have a significant effect on climate change. The NFF estimates that 100 mature trees can remove 50 metric tons of carbon dioxide equivalent and 430 pounds of pollution from the atmosphere. Even if you can't work with a local forestry organization to plant more trees in a nearby forest, planting native trees on

your own property can help combat climate change.

- Involve children in your efforts to combat climate change. Today's adults likely won't be the ones forced to confront the more challenging consequences of climate change. Unfortunately, that cost is likely to be passed on to future generations. That makes this Earth Day a great time to involve kids more directly in efforts to combat climate change. Explain the significance of avoiding the car, volunteering or planting trees in terms that kids can understand, emphasizing that the future of the planet could very well be in their hands.

Earth Day takes on greater significance each year as the effects of climate change become more noticeable. This year the holiday can be celebrated in various ways that are both enjoyable and educational.





Answers: A. faithful B. joyous C. Easter D. bunny



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**1967:** Muhammad Ali is stripped of his boxing title after refusing induction into the US Army a day earlier.



# The origins of Easter Sunday

Easter takes place on a different Sunday each year. In western Christianity, Easter follows the Gregorian calendar and is thus considered a “movable feast” that is always celebrated between March 22 and April 25. Eastern Orthodox Christianity adheres to the Julian calendar, so Easter will fall on a Sunday between April 4 and May 8 each year. In 2022, the western Christian Easter celebration occurs on April 17 and the Eastern Orthodox Easter is observed on April 24.

Easter is the most important celebration on the Christian liturgical calendar. While commemorations of Jesus Christ’s resurrection likely occurred earlier, the earliest recorded observance of an Easter celebration was in the second century, according to Britannica.

Initial Easter celebrations weren’t known as “Easter,” which is a word that was

borrowed from Pagan spring celebrations of Eostre, the goddess of spring and fertility. It only became associated with Christian usage later on — long after biblical scripture was written. In fact,

**Initial  
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the word “Easter” only appears in one Bible, the King James Version. But it is likely the word was used as a translation of pascha, or Passover, and not what has come to be known as Christian Easter.

The earliest Easter celebrations were a version of Passover. According to leading

sabbath scholar Professor Samuele Bacchiocchi, Christians universally kept Passover on the biblical date of Nisan until 135 A.D. Early commemorations focused on the crucifixion, and the pain and suffering of Jesus. Bacchiocchi says that eventually the resurrection emerged as the dominant reason for the celebration that would be known as Easter, and also as the main message of weekly Christian Sunday masses. By the fourth century, the Easter Vigil and celebration were well-established and a symbol of joyful anticipation of the resurrection.

Easter is now celebrated annually by faithful Christians. While Easter is not mentioned in the Bible, scripture depictions helped shape the holiday that would become an integral component of the Christian faith.

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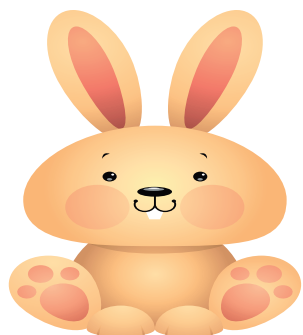
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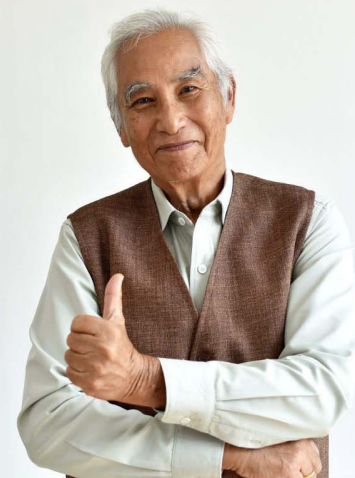
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# Fun facts about April Fools' Day



April 1 is more than just the start of a month that many embrace for the warmer weather that typically accompanies it. It is a day set aside for pranksters just waiting to pull the wool over someone else's eyes all in the name of good fun. While many participate in April Fools' Day shenanigans, they may not be as familiar with all there is to know about this day when jokers rejoice. These interesting facts about April Fools' Day truly are no joke.

- The origins of April Fools' Day are something of a mystery, but historians believe the day started in France during the sixteenth century. History.com offers the popular theory that when France switched from the Julian calendar to the Gregorian calendar, moving the New Year from the end of March to January 1, some received the news later than others. As a result, some people continued to celebrate the New Year in the spring, and were thus referred to as "April fools."

- Another theory surrounding April Fools' Day origins involves the ancient

Roman festival of Hilaria. This festival involved masquerades and jesting to celebrate the rebirth of the god Attis.

- The French call April Fools' Day "Poisson d'Avril," which translates to "April Fish." It's customary to place a paper fish on a person's back without them noticing.

- In some countries, such as Australia, Canada and parts of the United Kingdom, April Fools' Day pranks must be completed by noon; if not, the prankster becomes the fool. Those in the United States, Germany and Japan engage in pranks the entire day. In Scotland, the fun stretches into April 2, which is known as "Taily Day," and involve pranks exclusive to the posterior region of the body.

- April Fools' Day gradually spread around the world due to European influence and colonization during the eighteenth century.

- April Fools' Day is an opportunity for people to embrace their creative side.

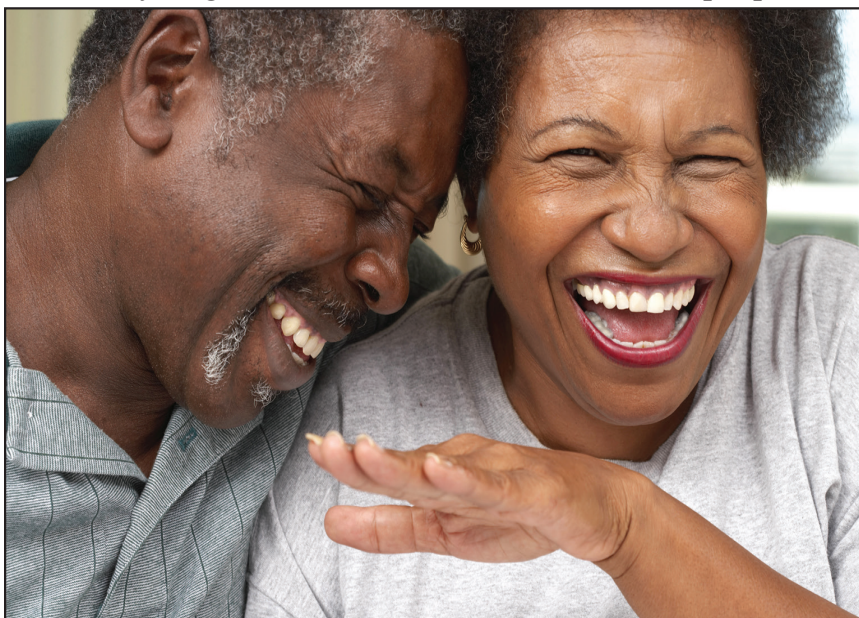
Even the media and businesses sometimes get in on the action. Fake stories and sneaky endeavors can create wild tales that spread. In 1957, the BBC broadcast a story about a spaghetti harvest that took place in Switzerland. In 1974, a local logger named Oliver Bickar created a hoax where he made it seem the dormant volcano Mount Edgecumbe in Alaska was

about to erupt. He deposited 70 tires into the volcano by helicopter and lit them on fire. Another prank insinuated that Taco Bell purchased the Liberty Bell and renamed it the "Taco Liberty Bell."

- Google often engages in April Fools' Day jokes. The company has fooled people with everything from a search engine for smells to "Google Tulip," which ostensibly enabled users to communicate with plants.

- The famous comic strip "Peanuts" actually featured a character named April Fool, who would play pranks on his friends.

April Fools' Day is an entertaining opportunity to get one over on an unsuspecting person. However, it's important to prank responsibly and avoid jokes that can cause panic or emergency situations.



Why was everyone so tired on April 1?

Because they just finished a long 31-day March.



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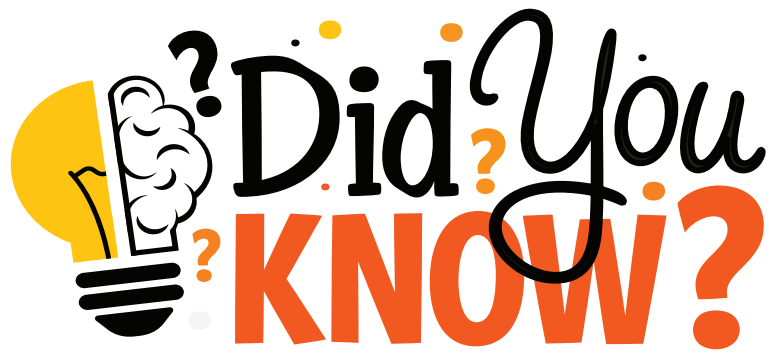
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Easter is the oldest Christian holiday. The Easter Bunny, or Osterhase, is a symbol that was first mentioned in German writings in the 1500s.



National



## Prescription Drug Take Back Day

April 26, 2025 

### Safe Medication Disposal

Drop off your expired, unused or unwanted prescription and over-the-counter medications to help protect our water supplies, and prevent drug misuse.

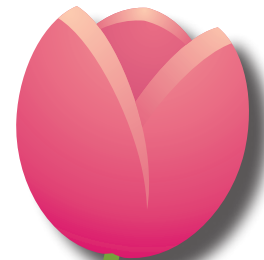


## NATIONAL VOLUNTEER WEEK

APRIL 20-26 2025

### Five Volunteering Opportunities for Seniors

1. Meals on Wheels
2. Animal shelters
3. Become a mentor
4. National Park Service
5. Local churches





# Parkinson's Awareness Month

## Learn more about Parkinson's disease

When a famous individual announces a Parkinson's diagnosis, like singer-songwriter Neil Diamond did in 2018, there's an immediate uptick in interest in the disease. That can be turned into a positive, but it's important that people recognize how Parkinson's affects individuals every day, regardless of their social status.

### What is Parkinson's disease?

Parkinson's disease, also called PD, is a neurodegenerative disorder that affects predominately dopamine-producing (dopaminergic) neurons in a specific area of the brain known as the substantia nigra, according to the Parkinson's Foundation. Those neurons weaken and die over time. In the simplest of terms, PD is a nervous system disorder that eventually affects movement and sometimes behavior. The Mayo Clinic says symptoms tend to start off minor and

are often barely noticeable. PD builds progressively, and eventually may affect more than just movement — causing mental and behavioral changes as well.

### Who does PD affect?

The National Institute on Aging says that anyone can develop PD, but the disease affects about 50 percent more men than women. Most people develop symptoms around age 60, making age a risk factor for PD. However, roughly 5 to 10 percent of individuals with PD have “early-onset,” which begins before the age of 50.

Harvard Medical School also says that there may be environmental causes behind PD. Studies have shown a correlation between exposure to chemicals used in pesticides and herbicides, as well as metals and organic pollutants, and development of Parkinson's. Repeated blows to the head can increase the risk of developing PD as well.

- Bradykinesia (slowness of movements)
- Lack of facial movement
- Poor posture
- Unsteady balance

As the disease progresses, these symptoms may occur:

- Slurred or soft speech
- Trouble chewing and swallowing
- Memory loss
- Emotional changes
- Decreased ability to smell
- Restless legs
- Urinary problems
- Sleep disruptions

### Diagnosing PD

There are no medical tests to definitively detect the disease. Doctors use a series of markers to determine if PD may be present. The National Institute on Aging says diagnosis is usually based on gait issues, reduced swinging of the arms, lack of facial expression, and tremors, among others.

There is no cure for PD, but medications and therapy can help control symptoms. Carbidopa-levodopa is a medication that passes into the brain and is converted to dopamine to help reduce the effects of low brain dopamine concentrations in PD. Other medications may be prescribed as needed. Parkinson's affects millions of people. Early diagnosis and treatment can help reduce symptoms and prolong comfort.

### Symptoms of the disease

Symptoms tend to develop gradually before progressing. Many people can live comfortably with PD for some time before it affects their daily lives. Common symptoms of PD include:

- Shaking or tremor
- Rigid muscles
- Difficulty walking





# Do you have questions about Medicare?



- Do you need help preparing for when you turn 65?
- Would you like to look at UnitedHealthcare® plan options and eligibility?
- Are you losing group coverage?
- Did you recently move?
- Do you think you may qualify for low-income subsidy?

If you answered “yes” to any of the questions above, we can set a time to further discuss your needs and help you find a UnitedHealthcare plan that’s a good fit for you.

**I’m happy to answer your questions or help you enroll in a plan.**



**Amy Sargent**

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To help make information about Medicare easier to understand, UnitedHealthcare® also has an educational program called Medicare Made Clear®. This program provides general information about Medicare to help people better understand their choices.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare. © 2023 United HealthCare Services, Inc. All Rights Reserved.



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# Belton Senior Activity Center April 2025

Hours of Operation: 8 a.m. - 3 p.m., Monday-Friday; Telephone: Center 254-939-1170

Lunches available daily - Call 24 hours in advance to reserve - \$3.00 Donation

**Blood Pressure Check Machine and Exercise Bike Available**

**842 Mitchell St., Belton, TX 76513**

Web Site: [www.beltonseniorcenter.org](http://www.beltonseniorcenter.org); FaceBook: [www.facebook.com/beltonseniorcenter](http://www.facebook.com/beltonseniorcenter)

Email: [activities@beltonseniorcenter.org](mailto:activities@beltonseniorcenter.org); Activity Director, Judy Owens: 254-770-7958;



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Class on T/Th is from 6-7 \$5/class No class on 1st/3rd Thurs,		<b>1</b> 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class	<b>2</b> Exercise Classes 8:45 and 9:40 10:30 Bible Study 12 Bingo 1 Arts & Crafts	<b>3</b> 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	<b>4</b> Exercise Classes 8:45 and 9:40 10:30 Improver Line Dance 12 Bridge	<b>5</b> Dance on Apr.3 at 6:30, featuring Backroads. Band.
<b>6</b> Exercise Class moves to one class from 9-9:45 every M W F. as of Mon., 4/7	<b>7</b> Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	<b>8</b> 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Class	<b>9</b> Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Art Painting	<b>10</b> 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class	<b>11</b> Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge	<b>12</b>
<b>13</b> On Wed., Apr. 16, Aspen Health will do blood pressure checks at 10 a.m.	<b>14</b> Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	<b>15</b> 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Claas	<b>16</b> Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Arts & Crafts	<b>17</b> 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	<b>18</b> Center is closed for Good Friday.	<b>19</b> Dance on Apr.17 at 6:30, featuring Out of the Blue Band.
<b>20</b> Happy Easter!	<b>21</b> Exercise Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	<b>22</b> 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Claas	<b>23</b> Exercise Class 9-9:45 10:30 Bible Study 12 Bingo 1 Art Painting	<b>24</b> 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 12-1 Ice Cream!	<b>25</b> Exercise Class 9-9:45 10:30 Improver Line Dance 12 Bridge	<b>26</b> We will host an Ice Cream Social on Thurs., Apr. 24
<b>27</b> Pot Luck is Mon., April 28, at 5:30 with Music Bingo sponsored by City Youth Adv. Com.	<b>28</b> Exer. Class 9-9:45 9 Woodcarvers 10:30 Line Dance 12 Dominos 42 5:30 Pot Luck	<b>29</b> 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 Zumba Claas	<b>30</b> Exercise Class 9-9:45 10:30 Bible Study 12 Bingo - BHS Seniors for Seniors			



## Upcoming Events:

1. The Center is partnering with the City of Belton on offering a new Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class.
2. Dances - Thurs., Apr. 3, with Backroads; and Thurs, Apr. 17 Our of the Blue. Dances start at 6:30 p.m. and cost \$5 per person.
3. The Center is closed Friday, Apr. 18, for Good Friday.
4. Ice Cream Social, Thursday, Apr. 24, 12-1
5. Pot Luck - Monday, Apr. 28, at 5:30 for for Music Bingo.

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- Linen Change
- Laundry



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with **Rosie Chapman** to book an in-home care assessment or tour one of our residential care homes.

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