



www.heathwoodassistedliving.com

HEATHWOOD highlights

100 ElderWood Court . Penfield, NY 14526 . 585-425-9663



April Event Highlights

- 1st Spring Craft Fair
- 3rd Heathwood Easter Egg Hunt
- 3rd Live Music w/ Rob
- 6th Live Music w/ Top Brass
- 7th Resident Council Meeting
- 9th Climbing the Adirondack High peaks w/ Aaron
- 10th Live Music w/ Tom
- 11th Live Music w/ Paul
- 14th Movement w/ Denise
- 14th Food Council Meeting
- 15th Men's Club- Out to Lunch
- 15th Live Music w/ Kim
- 16th Old Time Music w/ Aaron

- 19 Tea Party and Snack
- 22nd Lunch Outing
- 23rd Live Music w/ Mike
- 27th Live Music w/ Frank
- 28th Scenery Ride
- 29th Target Shopping



Deborah Kovacic

Debbie was born in Rochester, New York and graduated from Irondequoit High School. After high school, she attended business school and began her career working in an attorney's office, where she spent 10 years gaining valuable experience. After that chapter of her life, Debbie chose to stay home and focus on raising her two children—a

son and a daughter. Once her children were grown, she returned to the workforce and worked for the Fairport School District as a secretary, supporting three different principals over the years. After 13 years of dedicated service, she happily retired. Debbie is a proud grandmother to five grandchildren who bring her a lot of joy. She is known for being very friendly, loves to chat, and is always open to trying new things. In her free time, Debbie enjoys crocheting, reading, and remembering the wonderful trips she's taken to places like Hawaii, Florida, and California. Her warm personality and adventurous spirit make her a joy to be around.



Sending You a Springtime Smile!

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!



Youth Happens, But Age Is Earned

Days have passed into years, and you have become better with time. May you continue to become better with each birthday you enjoy. Happy birthday to everyone celebrating this month.

Arlene G. 11th
Jackie C. 14th
Jean L. 18th
Dian D. 21st
Daryl R. 22nd
Flora N. 24th

Famous Faces Born in April

April 2, 1975: Pedro Pascal
April 5, 1982: Hayley Atwell
April 9, 1966: Cynthia Nixon
April 16, 1996: Anya Taylor-Joy
April 18, 1984: America Ferrera
April 23, 1939: Lee Majors
April 24, 1994: Jordan Fisher
April 26, 1992: Aaron Judge
April 29, 1954: Jerry Seinfeld



Cynthia Machamer Administrator

On March 10, I celebrated one year as an administrator. This journey has been marked by growth, gratitude, and deep purpose. Stepping into this role, I quickly learned that leadership in this environment is about far more than managing operations—it is about creating a home where residents feel valued, supported, and truly seen. Over the past year, I have had the privilege of building relationships with residents and families, listening to their stories, and ensuring their needs are met with dignity and compassion. I have also grown alongside an incredible team whose dedication inspires me daily. Together, we have faced challenges, celebrated milestones, and strengthened the sense of community that defines our work. I look forward to continuing to enhance the lives of those who depend on us with empathy, integrity, and care.



Tonya Tuttle
Assistant Case Manager

Tonya Tuttle is a valued member of our team, serving as the Assistant Case Manager. She brings compassion, dedication, and a friendly spirit to our residents and staff every day. Tonya was born in Fort Dix, New Jersey, where her father was serving in the Army. Growing up in a military family helped shape her strong work ethic and caring nature. In her free time, Tonya loves to travel—especially anywhere with a beach! Her true love, however, is her dog Buddy, who brings her endless joy and companionship. We are grateful to have Tonya as part of our team and appreciate the kindness she shows to everyone around her.



Valentine's Day



Sweet Dreams

Wish yourself a happy Valentine's Day with this simple craft inspired by Native American dreamcatchers.

Materials:

- Wire cutters
- Rustic floral wire
- 2 yards of yarn (any color)
- Scissors

Directions:

With the wire cutters, cut a piece of floral wire that is about 16 inches long. Bend the wire into a heart shape, twisting the ends together to secure.

Tie the end of the yarn to the heart where the wire is twisted together. Pull the yarn across the empty space of the heart and wrap it tightly around the wire on the other side. Pull the yarn across the heart again, but wrap it around the wire at a different spot on the heart than where you began. Continue wrapping the yarn across the heart in this fashion, creating a rustic, webbed look.

When you are happy with the look of the heart, tie a knot around the wire at the top of the heart. Cut off any excess yarn above the knot, leaving enough yarn as a hanger.

According to tradition, a dreamcatcher traps bad dreams in its web and lets the good dreams through the empty spaces. Hang this heart near your bed to have sweet dreams this Valentine's Day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Easter 5	 Earth Day 6	 Welcome Spring 7	1 10:00 A2 Exercise 11:00 C Spring Craft Fair 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Gathering with Friends	2 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Pictionary Game 2:00 LR Virtual Tours and Ice Cream 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	3 Good Friday 10:00 A2 Friday Fitness 11:00 C Heathwood Easter Egg Hunt w/ Kids & Easter Bunny Social 2:30 DR Live Music w/ Rob 3:00 C Social Hour w/ Friends 4:15 C Dominoes w/ Friends 7:00 T Night at the Movies	4 10:00 A2 Fitness Exercise 10:45 A1 Wii Game- Bowling 1:30 C Euchre Game w/ Friends 2:00 A1 Easter Egg Coloring 2:00 T Movie Matinee 4:15 C Scrabble Game w/ Friends
12 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 LR Pop Up Golf 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies	13 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 T TV Series 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B.	14 10:00 A2 Movement with Denise 10:45 A1 White Board -Jeopardy 2:00 A1 Food Council Meeting 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	15 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:30 E Men's Club- Out to Lunch 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 A1 Wii Game- Bowling	16 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Jewelry Making 2:00 LR Old Time Music w/ Aaron 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	17 10:00 A2 Friday Fitness 10:15 A1 Craft Corner 2:00 C Knitting Group 3:00 C Social Hour w/ Friends 4:15 C Crocheting Group	18 10:00 A2 Fitness Exercise 10:45 L Book Club 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Snack Bingo 4:15 C Games in Café
19 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 10:45 Tea party and Snack 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies	20 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 T TV Series 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B.	21 10:00 A2 Fitness Exercise 10:45 A1 White Board Games- Hangman 2:00 C Birthday Party 3:30 A1 Manicures 7:00 T Night at the Movies	22 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:30 E Lunch Outing 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Card game w/ Friends	23 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Pictionary Game 2:30 DR Live Music w/ Mike 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	24 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 A1 Lost and Found Laundry 3:00 C Gathering with Friends / Happy Hour 4:15 C Dominoes w/ Friends	25 10:00 A2 Fitness Exercise 10:45 A1 Boggle Game 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Writing Therapy 4:15 C Card game w/ Friends
26 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 10:45 A1 Fuse Beads 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies	27 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Frank 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B.	28 10:00 A2 Fitness Exercise 10:45 A1 Baking w/ Lacey 1:30 E Scenery Ride 3:30 A1 Nifty Nails- Manicures 7:00 T Night at the Movies	29 10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 E Target Shopping 2:00 C Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Yahtzee Game w/ Friends	30 10:00 A2 Fitness Exercise w/ Tom 10:45 E Target Shopping 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies		All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please feel free to contact Edina Hamzic (585)425-9663.

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are often called bunnies, they are actually kits or kittens. A female rabbit is a doe, and a male rabbit is a buck.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.



Music Time



Craft Time





Come Color With Us
 Coloring isn't just for kids! The creative activity is a good way to unwind. We have frequent coloring sessions here at our community, and materials are always available upon request, so don't hesitate to ask.



Spring Fever

The days are getting longer, temperatures are warming and plants are blooming. Take a break and share your memories of spring.

- What were your favorite springtime activities when you were a child? What about as an adult?
- Did you get a spring break from school? If so, how did you spend the time off?
- Spring is known for its budding flowers and trees. What are your favorite seasonal plants?
- Was planting a garden an annual practice in your family? What did you grow?
- Did you spend time doing yardwork or home improvement projects? How did you feel about those activities?
- What types of warm-weather outings do you enjoy?
- Did you ever play or watch spring sports, such as baseball, tennis or track and field?
- How do you feel about rainy spring days? Talk about some things you like to do when it's wet outside.
- From bunnies to butterflies to birds, many animals become more active at this time of year. Which ones do you enjoy seeing?
- What is your idea of a perfect spring day?



Fay M.



Joyce A.

Welcome New Residents

We would like to welcome these new residents to our Heathwood family.



Anna N.



Robert M.



Nancy S.



April

Word Search



- | | |
|-------------|----------|
| April Fools | Poetry |
| Arbor Day | Rainbow |
| Butterfly | Recycle |
| Clouds | Reduce |
| Daffodil | Reuse |
| Earth Day | Showers |
| Meadow | Tulips |
| Mist | Umbrella |

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