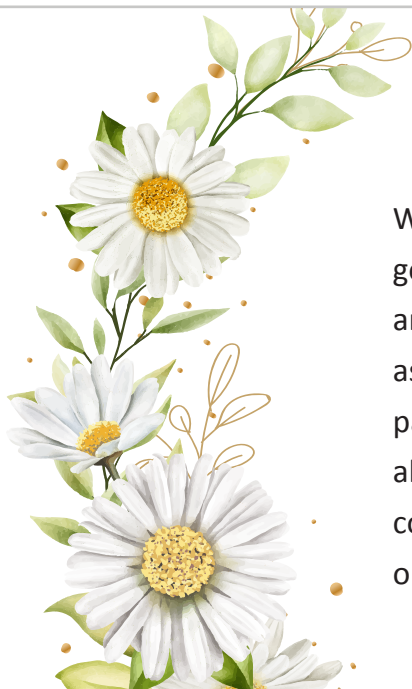




CONNECTIONS

MOUNT OLIVET DAY SERVICES

2025
APRIL



Happy Spring!

We are so ready to welcome the warmer weather and all the goodness that comes along with it. Longer days, more sunshine and greenery are some of what I'm excited for this month, as well as the honor of supporting and spending time with our wonderful participants. Thank you all for being a part of our community. As always, feel free to reach out to me with any questions, ideas, concerns or just to say hello! smatthews@mtolivetdayservices.org or 612.861.3305.

~ Steph

Hello families,

"April showers bring May Flowers!"

"April's flower, the daisy, is one of the oldest and best – known English flowers. It retains its Anglo-Saxon name, day's eye, because of its appearance and the fact that it closes according to the amount of sunshine available. According to legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted praise and attention. Thus, the flower has come to symbolize modesty, chastity, and innocence".

We made it through the harsh winter and look forward to enjoying the warmth of Spring. We've also welcomed many few new faces and are eager to get to know more about them. Welcome to our MODS family! Last month we celebrated Mardi Gras, St Patrick's day and enjoyed some great music from several wonderful Entertainers. We will be visiting some great outing sites this month. Please let us know if you are interested in going as soon as possible as spaces will be filling up fast.

Here's to a healthy month ahead! In the blink of an eye May will be here soon so make the best of what lies ahead.

~ Allison





CONNECTIONS

MOUNT OLIVET DAY SERVICES

April Happenings:

Thursday, April 3
Visit Woodlake Nature for a self-guided tour

Monday, April 7
Come enjoy koi ponds and walking paths at Normandale Japanese Garden

Wednesday, April 16
Enjoy a self-guided tour of the Galleria

Tuesday, April 22
Enjoy a "Earth Day" scenic drive

April Birthdays:

April 3 / **Roland M** April 15 / **Tou H**
April 13 / **David H** April 29 / **Carole F**

Please help me wish a Happy Birthday to all our wonderful participants celebrating birthdays this month. Thank you for the balance you bring to our program with your unique talents and temperament. Happiest birthdays to all of you!

April Entertainment:

Friday, April 4
Music with Charlie W
Piano & Singing

Thursday, April 10
Music with Bobby & Christine
Singing with different instruments

Tuesday, April 15
Music with Jo B
Singing & Guitar

Friday, April 18
Music with Coleen H
Singing & Guitar

Wednesday, April 23
Music with Caren K
Music & Dancing with participants

Thursday, April 24
Music with Carol M
Piano

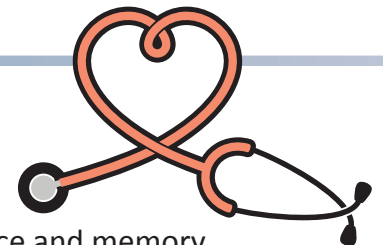
Wednesday, April 30
Music with Mary H
Singing & Guitar



Health Talk with Nurse DeDe

It was so nice to see everyone when I was there. I think most or all of you enjoyed the chair exercises we were doing. These exercises help with balance and memory. When we add more than one exercise at a time, this helps with our memory.

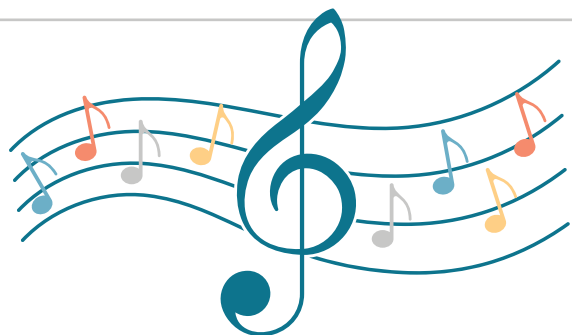
For April, we will continue with some of the chair exercises, and I will talk about Parkinson's Disease as requested. This will take place on Wednesday April 23, 2025, at 1:30pm. Looking forward to seeing you soon. ~ De-De





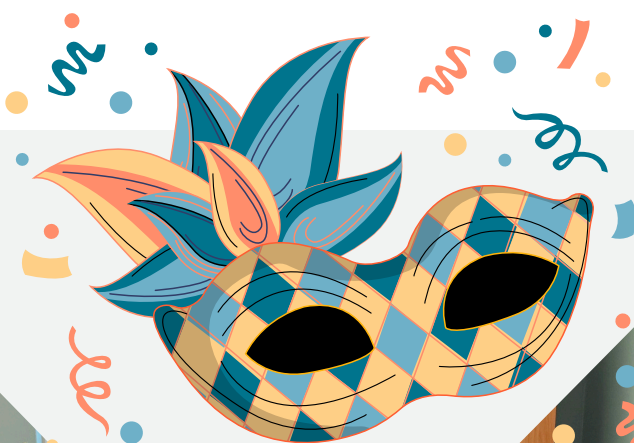
CONNECTIONS

MOUNT OLIVET DAY SERVICES



**"Beautiful music is the art
of the prophets that can calm
the agitations of the soul;
it is one of the most magnificent
and delightful presents
God has given us."**

- Martin Luther"



MARDI GRAS FUN

