

April 2025

Fellowship News

West Hartford Fellowship Housing | 20H Starkel Road West Hartford, CT 06117 | (860) 523-0881



WHFH Notables

Our on-site Food Pantry will be open Tuesday, April 15 @ 11:00am, and Thursday April 17 @ 2:00pm. We ask that you choose one day to attend.

CT Foodshare will be held on Friday, April 18, 2025, from 1:00pm-1:45pm, in the Crossroads Plaza, behind Big Y.

Food Rescue-Hartford volunteers drop off food donations from Trader Joe's in the F1 CR hallway, every Tuesday, at approximately 4pm. The food donations are open to all WHFH residents.

Raining Cats and Dogs

Cats and dogs have long held the title of “humans’ best friends,” but April shines a special spotlight on their roles in our lives. From cuddly companions to tireless helpers, these animals bring joy and purpose to millions. This month, three events highlight their importance and the incredible humans who support them.

World Stray Animal Day on April 4 reminds us of the countless cats and dogs in need of loving homes. Globally, millions of stray dogs and cats live on the streets or in shelters. Organizations worldwide work to rescue and rehome these animals, giving them a second chance at life. If you’ve been considering adopting but can’t, donating time, money, pet food, or gently used blankets and towels can make a world of difference.

Later in the month, Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals. Did you know therapy dogs and cats can lower blood pressure and reduce stress levels? These specially trained animals provide comfort and emotional support in hospitals, schools, libraries, and nursing homes. Their calming presence has even been shown to improve recovery times in patients.

Let’s not forget Volunteer Appreciation Week, running April 20–26. Behind every happy adoption are volunteers who give their time and hearts to help animals. Whether it’s walking dogs, cleaning kennels, or fostering kittens, these heroes make a significant impact. Many shelters report that volunteers contribute thousands of hours each year, saving lives and creating happier futures. This week is a great opportunity to thank them or even join their ranks!

This April, whether you’re celebrating a beloved pet, supporting therapy animals, or helping stray cats and dogs find homes, take a moment to appreciate the furry friends that make life brighter. And remember, even small acts of kindness can have a major impact.

Laugh It Off!

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.



Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you

laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

MAINTENANCE MATTERS

Apartments with outside patios or balconies are allowed to maintain up to 4 live, healthy potted plants, and proper patio furniture only.

See Debbie if you need seeds!
All outdoor items may be enjoyed from April 15-October 15, 2025.

Any resident adding a second air conditioner is asked to please call the leasing office to report this additional appliance.

Shopping carts are to be placed in the corrals after each use. Please do not store carts inside your apartment, common hallways, sidewalks, pathways, or green areas.

"Louie Louie" Lives On

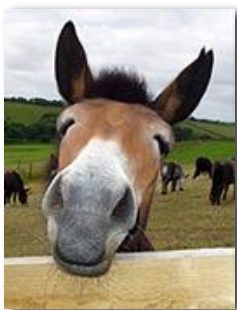
Some call "Louie Louie" the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International Louie



Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made "Louie Louie" a hit

in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.

The Mighty Mule Legacy



Mule Day in Columbia, Tennessee, is so beloved that it is actually celebrated for four days: in 2025, from April 3–6. Why celebrate such an animal? As the offspring of a male donkey and a female horse, mules are more patient, surer-

footed, and longer-living than horses, and faster, smarter, and more cooperative than donkeys. Mules, it seems, are the best of both worlds.

Mule Day began as Breeders' Day in the 1840s. Farmers would gather from miles around to bring their mules to market on the first Monday in April. This was a crucial business before the advent of mechanical tractors, and Columbia became known as the "Mule Capital of the World." Of course, once tractors came into fashion, the demand for mules slipped, but Columbia continued to hold its traditional Mule Day just the same. Today, Mule Day features mule-driving contests, mule parades, a flea market, music, and food and drink. No other town loves its mules as much as Columbia, Tennessee.

However, Matanzas, Cuba, comes pretty close. This Cuban city celebrates April 27 as Matanzas Mule Day. On this date in 1898, Matanzas became the site of the first military action of the Spanish-American War. American naval ships amassed in the bay and bombarded the city with heavy artillery. Amazingly, the only casualty was a mule, who became an instant folk hero. Legend has it that the Matanzas Mule was buried with full military honors as a military band played for hundreds of mourners. Some claimed this story was a complete fabrication—an act of propaganda meant to humiliate the American forces—but the tradition continues. We may never know for sure which town adores mules more: Columbia, Tennessee, or Matanzas, Cuba. It may make more sense to simply declare April International Mule Month.

HAPPY BIRTHDAY to our
WHFH residents born in
April!

Alice J, Carmen V, Judy S,

Mary S, Mary Jane Smulski,

Percy G, Luis O, Jacintha C,

Marva C-B, Karen F, Olga G,

Angela E, Collins D

Did You Know?

In the early 20th century, the only horse to beat Man o' War, was ironically named "Upset."

Avocados are actually fruit, not vegetables.

Botanically, a fruit is a seed-bearing part of a plant, and avocados have seeds.

Ketchup was once sold as medicine. In the 1830's, ketchup was marketed as a cure for various ailments like indigestion, diarrhea and jaundice.

The Story Behind the Plate

On April 25, 1901, New York became the first state to require license plates on vehicles. At that time, the state didn't provide the plates. Rather, individuals created their own license plates out of leather, brass, or whatever was available. When people began to create unlawful plates, state governments stepped in and began making their own.



In 1903, Massachusetts became the first state to issue plates. The very first license plate was number 1, issued to a man named Frederick Tudor. Amazingly, his family still maintains an active registration, which gives them the right to use the number 1 on a modern plate.

The first plates were made of iron covered in porcelain enamel. The background was a dark blue with the numbers in white. There were no standard sizes back in the early days of license plates. The more numbers on the plate, the larger the plate got. Motorcycles, too, needed license plates. The first looked identical to car plates, but started with the letter Z.

As if letters and numbers weren't enough, many plates have had slogans touting a state's fame or history. In our quiz below, try to connect each state with one of its license plate slogans.

- | | |
|--------------------|------------------------|
| 1. Idaho | A. Sunshine State |
| 2. Missouri | B. Vacationland |
| 3. New Hampshire | C. Land of Lincoln |
| 4. Washington | D. Garden State |
| 5. Illinois | E. Stars Fell On |
| 6. New Jersey | F. America's Dairyland |
| 7. Pennsylvania | G. Live Free or Die |
| 8. Wisconsin | H. Show-Me State |
| 9. Florida | I. Keystone State |
| 10. Alabama | J. First in Flight |
| 11. Maine | K. Evergreen State |
| 12. North Carolina | L. Famous Potatoes |

Having trouble? Perhaps a road trip is in order....

Answers: 1. L; 2. H; 3. G; 4. K; 5. C; 6. D; 7. I; 8. F; 9. A; 10. E; 11. B; 12. J

April Birthdays

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

- Marlon Brando (actor) – April 3, 1924
- Spencer Tracy (actor) – April 5, 1900
- Walter Winchell (columnist) – April 7, 1897
- Jackie Chan (actor, stuntman) – April 7, 1954
- Charles Wilson Peale (artist) – April 15, 1741
- Paloma Picasso (designer) – April 19, 1949
- Shirley Temple (actress) – April 23, 1928
- Carol Burnett (comedian) – April 26, 1933
- Jerry Seinfeld (comedian) – April 29, 1954

A Tradition Takes Root



The last Friday in April is celebrated as Arbor Day in the United States, but the tradition of planting trees first evolved in Spain. In the village Villanueva de la Sierra, a priest named Ramón Vacas Roxo was convinced that trees were not only beautiful and important to the environment but also improved health and hygiene. In 1805, he began a tradition of planting trees during a three-day festival. He even wrote a manifesto explaining the importance of trees and delivered it to neighboring villages, encouraging residents to plant their own. It wasn't until April 10, 1872, that J. Sterling Morton—a newspaper editor turned politician—founded Arbor Day as an official holiday in Nebraska. In 1883, educator Birdsey Northrop of Connecticut traveled to Japan, where he spread the idea of an Arbor Day holiday. That message, and the countless millions of trees planted since, lives on this April 25, 2025.



Renter's Rebate News

The application period for Renter's Rebate for Elderly/Disabled Renters is Tuesday, April 1, 2025 – Wednesday, October 1, 2025.

Qualified residents may sign up in the RSC office to meet directly with Kaleea from West Hartford Social Services
On Tuesday, April 15
Tuesday, May 20
Tuesday, June 24

RSCs will have applications as of 4/1/25 and can assist with completing application packets as needed.

Call Debbie or Lindsay for appointments

Savory Seasoned Pretzels

Makes 20–25 servings

Ingredients:

- 1 2/3 cups olive oil
- 1 (1-ounce) package Hidden Valley Ranch seasoning mix
- 2 teaspoons lemon pepper
- 2 teaspoons garlic powder
- 2 teaspoons dill weed
- 2 (16-ounce) bags sourdough pretzels, broken into pieces



Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Whisk olive oil, ranch seasoning, lemon pepper, garlic powder, and dill in a medium bowl. Toss in pretzels.
3. Spread pretzels evenly on the baking sheet.
4. Bake 15 minutes, toss, and bake an additional 10–15 minutes. Allow to cool before serving and storing.

Cooking Tidbit

Did you know that Puritan parents often brought small containers of mixed carminative seeds, such as dill, fennel, anise, and caraway, to lengthy church services? These seeds, known as “meetin’ seeds,” were given to children to chew, helping to keep them quiet while easing hunger and boredom during the service.

Many thanks to the UCONN Department of Agriculture Master Gardening Program and Ocean State Job Lot for donating 200 seed packets to our community!

If you would like seed packets to plant in individual pots @ your apartments, please see Debbie in the RSC office.



Fruit Party on a Chip

Makes 10 servings | A diabetic-friendly recipe

Ingredients:

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, peeled, cored, and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons plus 1 cup granulated Splenda, divided
- 1/2 tablespoon Splenda Brown Sugar Blend
- 3 tablespoons no-sugar-added fruit preserves, flavor of choice
- 2 teaspoons ground cinnamon
- 10 (10-inch) flour tortillas
- Butter-flavored cooking spray



Directions

1. Toss fruit, 2 tablespoons granulated Splenda, Splenda Brown Sugar Blend, and preserves in a large bowl. Cover and chill.
2. Preheat oven to 350°F.
3. Combine 1 cup granulated Splenda and cinnamon in a small bowl.
4. Spray both sides of each tortilla with the butter-flavored cooking spray and cut into small wedges. Place wedges in a single layer on a baking sheet and sprinkle all sides evenly with the cinnamon sugar mixture. Spray wedges again lightly on all sides.
5. Bake 10 minutes. Allow to cool before serving. Serve with fruit salsa.

Cooking Tidbit

Try the spoon trick to get the skin off kiwi: slice each kiwi in half and place a spoon between the fruit and the flesh and scoop.

April Programming At A Glance

Find a Rainbow Day is all about embracing the beauty and magic of rainbows! Whether it's chasing after a colorful arc in the sky or spotting one in unexpected places, this day reminds us to look for joy and wonder in the world around us. Grab your lucky charm, head outside, and see if you can catch a glimpse of nature's vibrant masterpiece! Join us for a discussion on April 3rd at 1pm in Building 60 🌈 ✨

It's the ultimate showdown! 🐱 vs 🐶—Cats vs. Dogs! Join us for a fun and friendly debate on April 14th at 1 PM in Building 60. Whether you're Team Cat, Team Dog, or just here for the laughs, come share your thoughts on which pet is the superior companion. Expect plenty of purrs, woofs, and some heated (but friendly) arguments! See you there! 🐾 🐾

Hop into action for **Save the Frogs Day** on April 28th at 1 PM in Building 60! 🐸 🌍 Join us for a fun and educational discussion about frog conservation and get a special visit from Lindsay's White's Tree Frogs. It's a great chance to learn more about these fascinating creatures and how we can help protect them. Don't miss out on the amphibian fun! See you there! 🐸 ✨

Don't forget! Trader Joe's drop-off happens every Tuesday at 4 PM. 📦 🥤 Stop by for fresh and tasty donations. 😊

Celebrate National Sibling Day on April 10th at 1 PM in Building 60! 🎉 Whether you have siblings or just love the idea of sibling-like bonds, come join us for some fun and heartwarming discussion. Let's celebrate those special relationships 👯 👯

Food Pantry items will be available for pickup on April 15th at 11 AM OR April 17th at 2 PM in Apartment 26C. Come by and grab what you need!

CT Foodshare will be at Crossroads Plaza (Big Y parking lot) on April 18th at 1 PM! 🥕 📦 If you're in need of food assistance, stop by and pick up some essentials. It's a great community resource, and everyone is welcome! See you there! 🤝

Get moving this spring with the **All-Weather Spring Exercise Program!** 🧘 🕒 Whether it's sunny, rainy, or anything in between, this program is designed to keep you active no matter the forecast. Let's embrace the spring vibes and keep moving rain or shine! ☁️ Building 60 1pm

WEST HARTFORD FELLOWSHIP HOUSING

PHONE NUMBERS:

Management Office: (860) 523-0881

Linda Caban-Property Manager

Vilmary Garcia-Assistant Property Manager

Tatiana Angelo-Leasing Transition Coordinator

Resident Service Coordinators:

Debra Daigle (860) 570-0314 (Apartments 40-60)

Lindsay Morris (860) 570-0319 (Apartments 10-38)

Maintenance Department: (860) 523-0881

Dennis Carpenter-Superintendent

Carlos Zabala-Technician

Office FAX number: (860) 523-0891

Office Hours of Operation: 8:30am – 5:00pm Monday-Friday

AFTER HOURS ANSWERING SERVICE:

(860) 523-0881 OPTION #3

The non-emergency number for the town Police Department is

(860) 523-5203

The non-emergency number for the town Fire Department is

(860) 523-5263

If you have a safety or medical emergency, PLEASE CALL 911

Destination: Meteora, Greece

(Travel Brief)

Location

Located about four hours via train or car from Athens, between the towns of Kalabaka and Kastraki, Meteora (*mee-tee-AW-ruh*) is a unique destination in northwestern Greece.

Did You Know?

The name *Meteora* means “suspended in air,” which well describes what at one time were 24 monasteries perched atop massive rock formations, each with their own name. Today, six monasteries remain open to the public for all who can make the steep climb to reach them.



Greek Symbols

Flag – Nine blue and white horizontal stripes with a blue square and white cross in the upper left corner

Motto – “Freedom or Death”

Bird – Little Owl

Animal – Dolphin

Food – Moussaka



Trivia

- Eastern Orthodox monasteries include three types: eremitic (solitary), cenobitic (community), and skete (a blend of both).
- The Meteora monasteries served as refuges during invasions and political unrest. They played a vital role in preserving Byzantine culture.
- During WWII, Meteora monasteries suffered extensive bombing and looting by the Germans.
- Meteora’s clear skies are ideal for stargazing and photography. The rock formations surrounded in mist and bathed in the glow of the rising or setting sun are a magical sight.



The Cats of Meteroa

- Cats have been cherished in Greece since ancient times, when they were revered as protectors and symbols of good fortune.
- The Aegean cat, the only cat native to Greece, is considered a national treasure.
- Stray cats are everywhere in Meteora—in shops, at restaurants, and even on the metro. They are cared for by the locals.
- Cats play a unique role in the monasteries. They are provided food, shelter, and care in exchange for companionship and pest control.



Nutrition Corner from UConn Healthy Family CT SNAP-Ed Program

Foods You May Want to Add to Your Diet

Written by Dietetics Masters student Justin Breedlove

Social media, and media in general, often try to sell us a product. This can include food products. Of course, there is no one “best” food for every single body, but many terrific foods— all for different reasons—can be combined to provide the body a wealth of nutrients. Check out these yummy foods that you may want to add to your diet.



Fish – Fish are a lean protein to include in your diet! The Dietary Guidelines for Americans recommend 2-3 four-ounce servings of fish a week¹. Fatty fish, like salmon are high in omega-3 fatty acids, which are important for reducing inflammation and can contribute to a healthy heart. Consider choosing lower mercury fish most of the time.²

Fermented foods – Fermented foods have probiotics which can play a big role in our gut health. Probiotics are bacteria that are considered “good” and positively impact our gut and aid in digestion of food. These foods include kimchi, sauerkraut, yogurt, and kefir. If you’re watching salt/sodium intake, read the product labels.

Nuts/Seeds – Similar to fish, nuts and seeds provide omega-3 fatty acids and are plant protein, which are associated with a reduced risk for cardiovascular disease³. They also contribute gut-healthy fiber and unsaturated fats. Add a handful of almonds, walnuts, pumpkin, or sunflower seeds to some trail mix, granola or oats, or right onto your cereal or yogurt, to add some extra fiber and healthy fats!

Legumes – Beans are an economical source of plant protein and fiber. They can be high in iron as well. Use in chili, soup, over rice or even mixed into a veggie burger patty for more fiber in your diet!

Cruciferous Vegetables – The cruciferous vegetable group is high in vitamins C and K and also gut-healthy fiber. Broccoli, Brussels sprouts, kale, collard greens, and cauliflower can be tasty and healthy sides or salad additions! Steam, roast or sauté them!

Colorful Fruits and Vegetables – Fruits and vegetables provide fiber, vitamins, minerals, and antioxidants. A natural compound called a “phytochemical” gives fruits and vegetables their colors, and the array of phytochemicals plus antioxidants can help fight inflammation in the body which can play a role in many chronic diseases. Fiber, both soluble (beans, oatmeal) and insoluble (bran, nuts, seeds, fruit and vegetable skins) are important to include in your diet. Think: *Eat the Rainbow!*

Easy Veggie Burgers Using Legumes!

Makes 4-6 servings

Ingredients

- 1 (15 oz) can black or pinto beans
- 3 Tbsp. tomato paste or ketchup
- ½ tsp. salt
- ½ tsp. garlic powder (optional)
- ¼ tsp. onion powder
- 2 Tbsp flour of choice
- ½ cup cooked vegetables (can use leftovers)



Directions

1. Wash your hands with water and soap. Preheat the oven to 350°F. Line a baking pan with non-stick foil or parchment paper.
2. Drain, rinse, and mash the beans in a bowl with a fork or use a food processor.
3. Add leftover cooked vegetables, or sauté vegetables of choice (broccoli, peppers, mushrooms, onions, etc.) in a little bit of oil in a medium skillet over medium heat.
4. Mix all ingredients and then form 4-6 patties (can add more flour for texture).
5. Place the burgers on the baking pan and cook for 10 minutes.
6. Flip the burgers and bake for an additional 10 minutes or until desired texture.

For more fact-based food and nutrition information and low-cost, tasty recipes visit <https://healthyfamilyct.cahnrc.uconn.edu/> Or scan the QR code using your phone camera to connect to the UConn Healthy Family CT website and social media platforms.



Sources:

1. EPA-FDA fish recommendations: <https://www.epa.gov/choose-fish-and-shellfish-wisely/epa-fda-advice-about-eating-fish-and-shellfish>
2. FDA advice about eating fish: <https://www.fda.gov/media/102331/download>
3. CV disease risk: <https://shorturl.at/KuBNN>

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).
This institution is an equal opportunity provider.



Do you know who I am? Here are some clues:

- 1. I was “born” on June 19, 1976.**
- 2. I am a comic strip character.**
- 3. My predecessor was a gnat called Gnorm.**
- 4. My name came from my creator’s grandfather.**
- 5. I was first published in a local paper in Indiana.**
- 6. I debuted in newspapers nationwide in 1978.**
- 7. I first appeared on television in 1980.**
- 8. By 1982, readers could find me in over 1,000 newspapers.**
- 9. I have starred in three feature films.**
- 10. I have a teddy bear named Pooky.**
- 11. Physical fitness is not something I’m interested in.**
- 12. I have starred in 12 primetime animated specials.**
- 13. Chris Pratt and Bill Murray have voiced my character.**
- 14. I hold the Guinness World Record for most syndicated comic strip in history.**
- 15. I had a Saturday morning cartoon show in the late 1980s.**
- 16. You might find me on a video game platform.**
- 17. I am produced by a studio called Paws, Inc.**
- 18. By 1981, people had purchased more than \$15 million worth of my merchandise.**
- 19. I have a girlfriend named Arlene.**
- 20. My creator is Jim Davis.**
- 21. My owner is a man named Jon Arbuckle.**
- 22. I live with an annoying dog named Odie.**
- 23. I am famous for hating Mondays.**
- 24. My favorite food is lasagna.**
- 25. I am an orange tabby cat.**

Last Month’s, Who Am I, Answer: Desi Arnez



“Bloom” and “Grow”

Use the clues to determine words that rhyme with *bloom* or *grow*. The first eight words rhyme with *bloom*. The remaining words rhyme with *grow*.

1. Weaving apparatus _____
2. Sweeping tool _____
3. Hotel offering _____
4. Wedding cake figurine _____
5. Cannon sound _____
6. Grant’s landmark _____
7. Be furious; exhaust vapor _____
8. Gloom’s partner _____
9. Black bird _____
10. Paddle a boat _____
11. Average guy _____
12. Kind of worm _____
13. Sluggish _____
14. AAA service _____
15. Hurl _____
16. Use a needle and thread _____
17. Trim the lawn _____
18. Slang for money _____



Missing Numbers

Fill in the missing numbers (1 through 8) so that the total of the numbers in each row or column equal the number in the corresponding shaded block.



3	12	20		10	5	13	4	75
	19	10	16	9	15	12	11	97
15	7	2	1		25	8	4	65
2	16	10	19	11	5	15		84
12	1	14	5	1		10	3	48
17	0	9	4	2	10		21	70
5		22	13	10	7	15	9	85
24	8		15	10	20	5	16	99
83	67	88	81	56	89	85	74	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1 Trader Joe's 4pm <small>All Fools' Day</small>	2	3 Find a Rainbow Day Discussion 1pm Bldg 60	4	5
6	7	8	9	10 National Sibling Day Discussion 1pm Bldg. 60 	11	12  <small>Passover Begins</small>
13  <small>Palm Sunday</small>	14 Cats vs. Dogs Discussion 1pm Bldg. 60	15 Food Pantry Pick Up 11am in 26C Trader Joe's 4pm	16	17 Food Pantry Pick Up 2pm in 26C	18 Foodshare 1pm Crossroads Plaza	19
20  <small>Easter Sunday</small>	21	22  Trader Joe's 4pm <small>Earth Day</small>	23 <small>Administrative Professionals Day</small>	24 All Weather Spring Exercise Program Bldg. 60 1pm 	25  <small>Arbor Day</small>	26
27	28 Save the Frogs Day Program and Discussion 1pm Bldg. 60	29 Trader Joe's 4pm	30	April 2025 "Spring will come and so will happiness. Hold on. Life will get warmer." – Anita Krizzan 		

Please contact your RSC to sign up for programs this month: Debra 860-570-0314, Lindsay 860-570-0319