

# Scholl Canyon Estates

## Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### APRIL 2021

#### SCHOLL CANYON STAFF

Managers..... CLINT & ILA INGBRETSON  
Assistant Managers ..... JAMEY BROWN  
& MARA RUTH  
Executive Chef .....WILLIAM HARRY  
Sous Chef .....JESSE MOLINA  
Activity Coordinator .....ALLYSON SEVERYN  
Bus Driver .....JUAN PARRA

#### HOPE BEAUTY SALON

**Susie Lopez, Owner**

Wednesday-Friday by appointment  
818-288-2429

**HAWTHORN**  
SENIOR LIVING

### Rainbows in April

April showers mean big, bright and beautiful rainbows! Did you know that the rainbow is the universal symbol for peace and harmony? But not only is a rainbow a beautiful phenomenon, but



its colors can be a great reminder of all the benefits of a bright and colorful plate to keep your gut healthy!

That's our focus this month: "Eating the Rainbow" to help us maintain a healthy gut! Everyone knows that it's important to have a wide variety of greens on your plate, but have you ever thought about the health benefits of red, yellow, or even purple fruits and vegetables? Let's learn a little bit about each color:

Red foods like strawberries, watermelon, and red pepper are excellent for your reducing risk of hypertension and lowering cholesterol.

Yellow and orange foods like carrots, melon, and mango build up a strong immune system and promote eye health, skin health, and protect your nervous system.

Green foods like kale, green apples, and broccoli contain folic acids that can help protect your body from cancer and high levels of cholesterol. Not to mention these foods promote regular digestion and also improve the immune system.

Blue and purple foods like grapes, eggplant, and plums help to prevent heart disease, stroke, and cancer. They are also great foods to eat to improve your memory and promote healthy aging.

Isn't it amazing to learn all the benefits of eating a colorful meal? Be on the lookout for some fun activities and learning experiences all focused around maintaining a colorful diet and lifestyle!



## Veteran Spotlight: Carl Held

This month we are spotlighting Carl Held! Not only is he a veteran, but he is also our very own movie star. He's got an incredible story for us, so sit back, relax, and enjoy learning a little bit about Carl's time in the service.

Around the time that the Korean War had started, Carl needed to take a year off from studying engineering in college to earn some money. Because he was no longer in college, he became eligible for the draft! Thinking he might as well beat them to the punch and avoid going to Korea, he enlisted with the hopes of joining the chemical corps where he would be working in a lab testing war gasses.

There turned out to be a need for a replacement at the chemical corps lab in Japan, so he volunteered. Upon arrival in Tokyo, Carl hopped on a train to what he thought was the lab he was meant to be working for, but due to a typographical error, Carl found himself on a very different train. This train lead him to a boat headed for southern Korea. He didn't realize the mistake until he was on the boat traveling and by then it was too late. Once he arrived he was in limbo with a few others who also were not supposed to be there. He waited until the head of the chemical corps for Korea was able to come to base and hopefully find a place for him and the others. They were asked if anyone knew how to type, and Carl shot his hand up thinking this might save him from the front lines. He would be wrong. Carl did spend a lot of his time as a typist, but also as a driver and they would go up to the main line to teach the troops to use gas masks and suddenly would find themselves under fire.

After about a year of this, he was able to transfer to the chemical lab in Japan where he was originally supposed to be. While he was in Japan, a lot of the guys he was working with had Bachelor of Arts degrees, and they were all very interested in the arts and philosophy.

During many a conversation with them, Carl realized there was something missing in his life. Thinking that he might not want to be an engineer anymore, he found himself watching the movie "Random Harvest" and thought maybe he could be an actor! After his time in the service, he transferred to Penn State and got a degree in theater. He then attended Purdue University and got his master's degree in the speech and theater department.

The rest is history!

Carl, thank you so much for sharing with us about your time in the service, and how it influenced and initiated your career in the arts!

Be sure to look out for next month's Veteran Spotlight!



*Our lovely Carl Held*



*Our Wall of Veterans*



## April Special Events and Activities

Be on the lookout for these fun and exciting activities for a little change of pace this April!

**Thursday, April 1st, all month long:**

The “Eat the Rainbow” Challenge begins!

**Friday, April 2nd, at 3 p.m.:**

Easter Egg coloring!

**Friday, April 2nd-Sunday, April 4th:**

Easter Egg Hunts all weekend long!

**Monday, April 5th, at 3 p.m.:**

Crafts: Stone Painting!

**Tuesday, April 6th, at 3 p.m.:**

Caramel Popcorn taste test!

**Friday, April 9th, at 2 p.m.:**

Taste the Rainbow Icebreaker Challenge!

**Monday, April 12th, at 3 p.m.:**

Sparkling Cider and Pour Painting!

**Tuesday, April 13th, at 3:30 p.m.:**

Adventures With Doug!

**Sunday April 18th-Saturday April 24th:**

Rainbow Week! Wear one color of the rainbow each day.

**Monday, April 19th, at 3 p.m.:**

Concert: by Allyson Severyn!

**Thursday, April 22nd, at 12 p.m.:**

Earth Day Trivia!

**Friday, April 23rd, at 2 p.m.:**

Zoom performance by artists Mike and Mandy!

**Wednesday, April 28th, at 6:45 p.m.:**

Superhero Movie Night!

## Carl’s Corner (Words, Trivia, Humor)

Included are some borrowings from my wordsmith friend, the renowned Richard Lederer.

### If-Then Illogic

If the plural of tooth is teeth, shouldn’t the plural of booth be beeth?

If the plural of goose is geese, shouldn’t the plural of moose be meese?

If tomb is pronounced “toom” and womb is pronounced “woom,” shouldn’t bomb be pronounced “boom?”

### Think About It

If you board a nonstop flight, when will you ever get off?

If pro and con are opposites, is congress the opposite of progress?

If your fingers have fingertips, shouldn’t your toes have toetips? After all, you can tiptoe, but you can’t tipfinger.

If you eat only vegetables you’re called vegetarian. So, if a cannibal only consumes people, shouldn’t he be called a humanitarian?

If people from Poland are called Poles, shouldn’t people from Holland be called Holes?

If a horsehair mat is made from horsehair, from what is a mohair coat made?

If clergymen are defrocked and lawyers disbarred, are alcoholics delivered, hairdressers distressed, manicurists defiled, models disposed and songwriters decomposed?

If you don’t pay your exorcist, do you get repossessed?

If the tomato is fruit, does that make ketchup a smoothie?

And ... if I wind up my watch to start it, why do I wind up this column to end it?

# APRIL 2021

## Birthdays

Ceil, 7th  
Joseph Smally, 9th  
Erika Hofmann, 14th  
Marlene Rubin, 24th  
Doug Smith, 25th  
Maria Espinoza, 29th

## Transportation

**Monday, 9:30 a.m.:**  
**1st, 3rd, and 5th** — Ralph's and Post Office

**2nd and 4th** — Vons and Rite Aid

**Monday, 11 a.m.:**  
**1st, 3rd and 5th** — Vons and Rite Aid  
**2nd and 4th** — Ralph's and Post Office

**Monday, 2 p.m.:**  
CVS Pharmacy

**Tuesday & Thursday, By Appointment Only:**  
Doctors and Medical Appointments

**Friday, 10:15 a.m.:**  
**1st** — 99 Cent Store  
**2nd** — Big Lots  
**3rd and 5th** — Trader Joe's/Walgreens  
**4th** — Walmart

**Friday, 2 p.m.:**  
**1st** — Trader Joe's/Walgreens  
**2nd** — Target and Macy's  
**3rd** — Dollar King  
**4th** — T.J.Maxx, Ross, Nordstrom Rack

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>EASTER</b> 4 <b>All Weekend Easter Egg Hunt!</b> 9:15 Workout 10:00 Charles Stanley Church Service 11:00 Adult Coloring <b>2:00 Mexican Train in the Game Room!</b> 2:00 Movie & Popcorn 3:00 Catholic Mass on Atrium	<b>9:30 Ralph's &amp; Post Office</b> 5 9:30 Yoga 10:00 10-Minute Cardio Blast! <b>11:00 Vons &amp; Rite Aid</b> 2:00 Taboo! <b>2:00 CVS</b> 3:00 Craft: Stone Painting! 4:00 Catholic Hour	9:30 Workout with Weights 6 10:15 Healthy Snacks! 11:00 Memory Magic! 2:00 Bingo! 3:00 Bible Study with Idell in Chapel 3:00 Caramel Popcorn Day Taste Test! 4:00 Catholic Hour	9:30 Yoga 7 10:00 10-Minute Cardio Blast! 10:15 Healthy Snacks & Chitchat <b>1:45 Scenic Drive! Locations TBD</b> 2:00 Taboo 3:00 Bible Study with Idell 4:00 Catholic Hour 4:00 Mormon Hour on Patio 	<b>Eat the Rainbow Challenge Begins!</b> 1 9:30 Workout with Weights 10:15 Healthy Snacks! 11:00 Head Space: 20-Minute Guided Meditation 1:30 Beading <b>3:00 All Champs: High School Volunteers</b> 4:00 Catholic Hour	<b>GOOD FRIDAY</b> 2 <b>All Weekend Easter Egg Hunt!</b> 9:30 Gentle Yoga 10:00 10-Minute Cardio Blast! <b>10:15 Trader Joe's/Walgreens</b> 10:30 Chair Dancing! <b>2:00 Dollar Tree</b> 2:00 Scattergories! 3:00 Craft: Easter Egg Coloring! 4:00 Catholic Hour 4:00 Hymns by the Piano! 6:45 Movie Night	<b>All Weekend Easter Egg Hunt!</b> 3 9:30 Yoga with Mara 10:00 10 Minute Cardio Blast! 10:30 Beading 2:00 Bingo 3:00 Bible Study with Juan 4:00 Head Space: 20-Minute Guided Meditation
9:15 Workout 11 10:00 Charles Stanley Church Service 11:00 Adult Coloring <b>2:00 Mexican Train in the Game Room!</b> 2:00 Movie & Popcorn	<b>9:30 Vons &amp; Rite Aid</b> 12 9:30 Yoga 10:00 10-Minute Cardio Blast! <b>11:00 Ralph's &amp; Post Office</b> 2:00 Taboo! <b>2:00 CVS</b> <b>3:00 Sparkling Cider &amp; Pour Painting!</b> 4:00 Catholic Hour	9:30 Workout with Weights 13 10:15 Healthy Snacks! 11:00 Memory Magic! <b>12:00 Managers' Meeting with Residents</b> 2:00 Bingo! 3:00 Bible Study with Idell in Chapel <b>3:30 Adventures with Doug!</b> 4:00 Catholic Hour	9:30 Yoga 14 10:00 10-Minute Cardio Blast! 10:15 Healthy Snacks & Chitchat <b>1:30 April Birthday Party!</b> <b>1:45 Scenic Drive! Locations TBD</b> 2:00 Taboo 3:00 Bible Study with Idell 4:00 Catholic Hour 4:00 Mormon Hour on Patio 	9:30 Workout with Weights 15 10:15 Healthy Snacks! 11:00 Head Space: 20-Minute Guided Meditation <b>12:00 Chef Meeting with Residents</b> 1:30 Beading <b>3:00 All Champs: High School Volunteers</b> 4:00 Catholic Hour	9:30 Gentle Yoga 16 10:00 10-Minute Cardio Blast! <b>10:15 Shopping: Trader Joe's/Walgreens</b> 10:30 Chair Dancing! 2:00 Scattergories <b>2:00 99 Cent Store</b> 4:00 Catholic Hour 4:00 Hymns by the Piano! 6:45 Movie Night	9:30 Yoga with Mara 17 10:00 10 Minute Cardio Blast! 10:30 Beading 2:00 Bingo 3:00 Bible Study with Juan 4:00 Head Space: 20-Minute Guided Meditation
<b>Rainbow Week!</b> 18 9:15 Workout 10:00 Charles Stanley Church Service 11:00 Adult Coloring <b>2:00 Mexican Train in the Game Room!</b> 2:00 Movie & Popcorn 3:00 Catholic Mass on Atrium	<b>Wear Red Today!</b> 19 <b>9:30 Ralph's &amp; Post Office</b> 9:30 Yoga 10:00 10-Minute Cardio Blast! <b>11:00 Vons &amp; Rite Aid</b> 2:00 Taboo! <b>2:00 CVS</b> <b>3:00 Concert! Artist: Allyson Severyn</b> 4:00 Catholic Hour	<b>Wear Orange Today!</b> 20 9:30 Workout with Weights 10:15 Healthy Snacks! 11:00 Memory Magic! 2:00 Bingo! 3:00 Women's Circle 3:00 Bible Study with Idell in Chapel 4:00 Catholic Hour	<b>Wear Yellow Today</b> 21 9:30 Yoga 10:00 10-Minute Cardio Blast! 10:15 Healthy Snacks & Chitchat <b>1:45 Scenic Drive! Locations TBD</b> 2:00 Taboo 3:00 Bible Study with Idell 4:00 Catholic Hour 4:00 Mormon Hour on Patio	<b>EARTH DAY</b> 22 <b>Wear Green Today!</b> 9:30 Workout with Weights 10:15 Healthy Snacks! 11:00 Head Space: 20-Minute Guided Meditation 12:00 Earth Day Trivia! 1:30 Beading <b>3:00 All Champs: High School Volunteers</b> 4:00 Catholic Hour	<b>Wear Blue Today!</b> 23 9:30 Gentle Yoga 10:00 10-Minute Cardio Blast! <b>10:15 Walmart</b> 10:30 Chair Dancing! <b>2:00 Zoom Performance: Mike and Mandy!</b> 2:00 Scattergories <b>2:00 T.J.Maxx, Ross, Nordstrom Rack</b> 4:00 Catholic Hour 4:00 Hymns by the Piano! 6:45 Movie Night	<b>Wear Purple Today!</b> 24 9:30 Yoga with Mara 10:00 10 Minute Cardio Blast! 10:30 Beading 2:00 Bingo 3:00 Bible Study with Juan 4:00 Head Space: 20-Minute Guided Meditation 
9:15 Workout 25 10:00 Charles Stanley Church Service 11:00 Adult Coloring <b>2:00 Mexican Train in the Game Room!</b> 2:00 Movie & Popcorn 	<b>9:30 Vons &amp; Rite Aid</b> 26 9:30 Yoga 10:00 10-Minute Cardio Blast! <b>11:00 Ralph's &amp; Post Office</b> 2:00 Taboo! <b>2:00 CVS</b> 4:00 Catholic Hour	9:30 Workout with Weights 27 10:15 Healthy Snacks! 11:00 Memory Magic! 2:00 Bingo! 3:00 Bible Study with Idell in Chapel 4:00 Catholic Hour	9:30 Yoga 28 10:00 10-Minute Cardio Blast! 10:15 Healthy Snacks & Chitchat <b>1:45 Scenic Drive! Locations TBD</b> 2:00 Taboo 3:00 Bible Study with Idell 4:00 Catholic Hour 4:00 Mormon Hour on Patio 6:45 Superhero Movie Night!	9:30 Workout with Weights 29 10:15 Healthy Snacks! 11:00 Head Space: 20-Minute Guided Meditation 1:30 Beading <b>3:00 All Champs: High School Volunteers</b>  4:00 Catholic Hour	9:30 Gentle Yoga 30 10:00 10-Minute Cardio Blast! <b>10:00 Trader Joe's &amp; Walgreens</b> <b>10:15 Trader Joe's &amp; Walgreens</b> 10:30 Chair Dancing! 2:00 Scattergories 4:00 Catholic Hour 4:00 Hymns by the Piano! 6:45 Movie Night	



## Adventures With Doug

Adventure up Bubbs Creek

Tuesday, April 13th

3:30 p.m.

Bubbs Creek may not sound very dramatic, but it is! Join us for a great escape as we head into Kings Canyon National Park, then trek up this exciting river into the heart of the backcountry ... the High Sierras. Our slideshow adventure, filled with fun stories, fascinating facts and stunning images, will take us off the trail as we head for rarely visited high country lakes, breathtaking Cotter Peak, and the site of a long-forgotten mysterious lodge. As we go, we'll see vibrant wildflowers, magnificent rivers and meet up with some gorgeous animals that cross our path.



*Bubbs Creek*

## Happy Happenings at Scholl Canyon

We finally finished up a rather amazing Hawthorn Adventure!

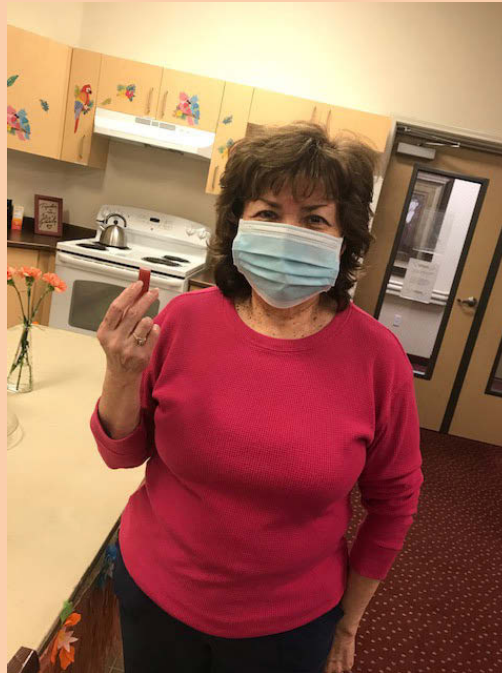
After we ventured to Hawaii, we found ourselves on the gorgeous island of Fiji. We kicked it off with some trivia and then watched "Castaway." We also created some gorgeous paper orchids and learned all about the power of essential oils. It was truly a relaxing week in the Fiji sun.

We followed up Fiji with a week in New Zealand! We learned some fun facts, watched "The Hobbit," drank kiwi smoothies until our bellies were full, and ended it off with a trip to the

New Zealand Symphony! And in the midst of it all, we took a quick pit stop in Paris where Chef Victoria showed us how to make some gorgeous and delicious crepes.

Our Hawthorn Adventure was an absolute delight, but we were more than ready for some St. Patrick's Day fun!

Keep on the lookout for more happy happenings here at Scholl Canyon! We have so many more fun experiences headed our way!



*Our lovely Maria enjoying some raspberry licorice*



*Ms. Donna enjoying her taste of island coffee*



Our Valentine's Day loves on display



Crepes filled with strawberries, whipped cream, and caramel made by our Sous Chef Jesse



Kona Coffee tasting



New Zealand licorice tasting



Ernie and Frances learning the hula



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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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