

DOUGLAS SENIOR CENTER

PO Box 192
340 1st St. West
Douglas, WY 82633
(307) 358 - 4348



GLENROCK SENIOR CENTER

PO Box 783
615 West Deer
Glenrock, WY 82637
(307) 436 - 9442

APRIL NEWSLETTER

OFFICE HOURS

Monday-Friday
8:00a-4:00p

... OUR MISSION ...

" To advocate, assist and provide services for Seniors in the communities of Douglas and Glenrock and promote well-being and quality of life with dignity, safety and integrity."

'LIKE' us on FACEBOOK:

** NEW PAGE **

"Converse County Aging Services"

TRANSPORTATION

HOURS

Monday-Friday
8:00a-3:00p

~ hours NOT changed ~
Services for:
Elderly...Disabled...Public

Please CALL in ADVANCE for
SCHEDULING and to
CHECK AVAILABILITY:
Douglas (307) 358-3112
Glenrock (307) 554-0955

Management Board

Casper Smith
Cheryl Schwartzkopf
Ann Rex
Deb Shuler
George Smith
Cindy Porter
Michelle Huntington

Special District Board

Kathy Patceg
Tim Ricker
Lucille Taylor
Don Luhrsen
Rita Redig

Director

Kristen Shaw

?? WHAT'S INSIDE ??

- ◆ 'From The Staff'
- ◆ Things To Remember
- ◆ Lunch Menus
- ◆ Senior Birthdays & **FREE MEAL Coupon**
- ◆ Activities / Events / Announcements
- ◆ Health / Nutrition / Recipes / Safety
- ◆ Hidden Picture & **FREE MEAL Drawing**
- ◆ Funnies / Games / Puzzles
- ◆ History / Fun Facts / Trivia / ??

THRIFT STORE HOURS

Tuesday-Friday
8:30a-2:30p

closed f/ lunch
11:00a-12:00p

* donations accepted *
call for details of acceptable items

all days / times
are subject to change

CCAS, Inc.

Douglas & Glenrock
**** Senior Centers ****
SPECIAL DISTRICT BOARD

will meet:
Monday, April 8th
10am (GSC)

MANAGEMENT BOARD
will meet:
Tuesday, April 30th
2pm (DSC)



Life Begins Again in April

by Lenore Hetrick

Life begins again – in April!
How this dead earth comes to flower!
How the dry boughs wake and quicken
In this blooming, springtime hour!

Life begins again – in April!
And the bird is on the wing,
Brooks are flowing, breezes tender
In a rhapsody of spring.

Where's the heart that can be downcast?
Where's the eye that does not brighten?
Behold the world so fresh and new
As the dark skies part and lighten!

Those who sorrow shall take comfort,
Those who droop shall smile again.
April brings a message clearly
To the weariest of men.

Yesterday may lie in ruins,
All the past be dead and drear.
Just forget that! Skies are bright blue!
It's the springtime of the year.

It is April! Nature's own month!
It is April! Heaven's season!
April – flowering – stirring – blooming!
Quite beyond man's meager reason.

Life begins again – in April!
Hill and valley reel with living.
To all things new life she brings
With joyous fervor in her giving.

...the Staff!!



THINGS TO REMEMBER in APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 * April Fools Day * Grocery Store Bingo @ 1p (DSC)</p>	<p>2</p>	<p>3 * Grocery Store Bingo @ 9:30a (GSC) * Queen of Hearts @ Noon (DSC) * Game Day @ 1p-4p (GSC)</p>	<p>4</p>	<p>5 * Queen of Hearts @ 11:45a (GSC)</p>	
	<p>8 * Special Dist. Mtg. @ 10am (GSC) * Cash Bingo @ 5p/6p (DSC) * Grocery Store Bingo @ 1p (DSC)</p>	<p>9 * Casper Shopping Day (bus leaves DSC @ 8:30a/GSC @ 9a)</p>	<p>10 * Queen of Hearts @ Noon (DSC) * Grocery Store Bingo @ 9:30a (GSC) * Game Day @ 1p-4p (GSC)</p>	<p>11</p>	<p>12 * Queen of Hearts @ 11:45a (GSC)</p>	
	<p>15 * Cash Bingo @ 5p/6p (GSC) * Grocery Store Bingo @ 1p (DSC)</p>	<p>16 * Line Dancing Show w/ Marilyn @ 11:30am (GSC)</p>	<p>17 * Queen of Hearts @ Noon (DSC) * Grocery Store Bingo @ 9:30a (GSC) * Game Day @ 1p-4p (GSC)</p>	<p>18</p>	<p>19 * Community/Volunteer Appreciation Dance w/ The Avengers 6p-9p (GSC) * Queen of Hearts @ 11:45a (GSC)</p>	
	<p>22 * Grocery Store Bingo @ 1p (DSC)</p>	<p>23 * Crafting w/ Andrea @ 1:45 (GSC)</p>	<p>24 * Volunteer Appreciation Lunch (GSC/DSC) * Queen of Hearts @ Noon (DSC) * Game Day @ 1p-4p (GSC) * Grocery Store Bingo @ 9:30a (GSC)</p>	<p>25</p>	<p>26 * Dance w/ Larry Phillips 6p-9p (DSC) * Queen of Hearts @ 11:45a (GSC)</p>	<p>27 * Game Day w/ Dawn @ 2p-5p (DSC)</p>
	<p>29 * Grocery Store Bingo @ 1p (DSC)</p>	<p>30 * Mgmt. Board Meeting @ 2pm (DSC)</p>				

**** ALWAYS WATCH for MORE INFO on EVENTS as it BECOMES AVAILABLE ****



OUR SERVICES

CLINICS / SUPPORT:

- > **FOOT CARE / DIABETIC FOOT CARE ...** Available @ Both Centers (**appt. needed**)
- > **BLOOD PRESSURE CLINIC...** Available @ Both Centers

SERVICES / PROGRAMS:

- > **CCAS HOME SERVICES:** A program designed to keep clients living in their homes while receiving services that can assist them with activities associated with daily living. CCAS provides a range of services including: **Care Coordination, Blood Pressure Monitoring, Personal Care, Homemaking, Chores, Respite and Loan Closet.**

Services are available at Douglas and Glenrock Senior Centers.

Call for more information and/or to make an appointment.

(Douglas (307) 358-4348 Glenrock (307) 436-9442)

- > **PUBLIC TRANSPORTATION:** Douglas and Glenrock Senior Centers offer transportation services for the **Elderly, Disabled and General Public.** Transportation hours are Monday through Friday 8:00am-3:00pm. Transportation services have picked up, therefore, **we must have a MINIMUM 24-48 hour ADVANCE NOTICE on all requests.**

(ie - limited doctor, post office, banking, socialization, stores, personal, etc)

Call Douglas Transportation (307) 358-3112 or Glenrock Transportation (307) 554-0955

for more information, service availability and cost.*

- > **MEALS:** We provide **congregate dining** and, for qualifying individuals, **meal delivery** services daily. These meal services are available at both Senior Centers. Congregate meals are served daily (Mon-Fri 11:00am-12:30pm). **Cost of meals for seniors (60+) is \$5.00* ... 10-meal punch cards are \$45.00*** (punch card can be used at both Senior Centers) For individuals (under 60) or seniors without an **AGNES**** on file, the cost of a meal is \$10.00.

**** If you are a Senior (60+) and receive any of our services, including meals,**

WE MUST HAVE A FULLY COMPLETED AGNES ON FILE TO COMPLY WITH THE STATE OF WYOMING

Don't know what an AGNES is? ... Please ask and we will be happy to explain!

*** suggested donations (Seniors only)**

"BINGO"

**Saturday
Matinee**

Date: **APRIL 6th**

Time: **1:00pm** (doors open @ 12:00pm)

Where: **DOUGLAS SENIOR CENTER**
(340 1st St. West - Douglas)

Bring family, friends & neighbors for an afternoon of FUN!!

OPEN to the PUBLIC!!

society action service
business volunteerism honor change youth group
communities nonprofit vibrant senior love skills program
volunteers
build service connections volunteer
hope diverse **Thank You**
family thanks heart prosperous difference
preparedness **community** retired
mission corporate
celebrate
traditional emergency
HandsOn
friends
actionaction

**VOLUNTEER
APPRECIATION
WEEK**
(APRIL 21st - 27th)

So many of the services we provide could not be accomplished without our volunteers ...

Wednesday, April 24th

please join us for a

**Volunteer
Appreciation Lunch**
to celebrate and thank our incredible volunteers for all they do.

**Join us (11am-12:30pm) in
Glenrock or Douglas!!**



WE
appreciate
YOU



JOIN US FOR A

**COMMUNITY / VOLUNTEER
APPRECIATION DANCE**

GLENROCK SENIOR CENTER

FRIDAY, APRIL 19th

6:00pm - 9:00pm

MUSIC PROVIDED by LOCAL FAVORITES

' THE AVENGERS '

REFRESHMENTS PROVIDED ... NO COVER CHARGE ...


OPEN TO THE PUBLIC

WE LOOK FORWARD TO SEEING YOU!!



FOR ALL YOU DO, THIS DANCE IS FOR YOU!!

GLENROCK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SLOPPY JO on WHOLE WHEAT BUN POTATO WEDGES DICED CARROTS COLE SLAW FRUIT CUP	2 BAKED CHICKEN MASHED POTATOES w/ CHICKEN GRAVY CALIFORNIA VEGGIES DEVILS FOOD CAKE w/ STRAWBERRY SAUCE & WHIPPED TOPPING	3 HOT ROAST BEEF SANDWICH w/ WHOLE WHEAT BREAD & BROWN GRAVY CARROT COINS CHILLED PINEAPPLE COTTAGE CHEESE	4 GRILLED CHEESE & TOMATO SOUP DELI SALAD MELON CUP ICE CREAM SUNDAE BAR	5 OVEN FRIED CHICKEN MASHED POTATOES w/ COUNTRY GRAVY CALIFORNIA VEGGIES WHEAT ROLL MIXED FRUIT
8 SALISBURY STEAK HOMEMADE MASHED POTATOES w/ LOW SODIUM GRAVY GREEN BEANS WHOLE WHEAT BREAD FLUFFY FRUIT CUP PEANUT BUTTER COOKIE	9 BBQ SPARERIBS BAKED POTATO SOUR CREAM MIXED VEGGIES GREEN SALAD FRUIT COCKTAIL WHOLE WHEAT DINNER ROLL	10 CHICKEN ENCHILADAS SPANISH RICE 5-WAY VEGGIE MIX GARDEN SALAD FRUITED JELLO	11 PORK ROAST MASHED POTATOES w/ BROWN GRAVY GREEN BEANS w/ ONION & BACON PINEAPPLE UPSIDE DOWN CAKE	12 PARMESAN CHICKEN MASHED GARLIC POTATOES SEASONED ZUCCHINI WHOLE WHEAT BREAD FRESH FRUIT
15 BEEF STROGANOFF over NOODLES HERBED BROCCOLI WHOLE GRAIN ROLL FLUFFY FRUIT	16 HAM & CHEESE, EGG & HASHBROWN CASSEROLE BLUEBERRY MUFFIN	17 CHEF SALAD (HARD BOILED EGG, CHEESE, HAM, TOMATO, ONION, SALAD TOPPINGS) BREADSTICKS FRESH FRUIT	18 BBQ BEEF SANDWICH POTATO SALAD APPLE CRISP	19 HAWAIIAN CHICKEN BROWN RICE CAULIFLOWER
22 BAKED POTATO BAR BROCCOLI & CHEESE SOUP COOKIES	23 CHICKEN SALAD SANDWICH on a CROISSANT CUCUMBER, TOMATO & ONION SALAD	24 PORK FRIED RICE EGG ROLLS ORANGE-SAUCE PEACHES	25 CHICKEN FRIED STEAK MASHED POTATOES w/ GRAVY CORN MIXED FRUIT	26 MEAT & SUPREME PIZZA SALAD BAR FRUIT PIZZA
29 HOT TURKEY SANDWICH BAKED FRENCH FRIES GREEN BEANS BERRY PIE	30 BRATS w/ BUN BAKED CUBED SWEET POTATOES ASPARAGUS PEACH BETTY			



Meal Menu Subject to Change Due to Availability

(Meals Served 11:00a-12:30p Monday thru Friday)

Milk Offered Daily Salad Bar Daily: Leafy Greens/Salad, Potato/Macaroni Salad, Cottage Cheese, Vegetables, Toppings, Fruit, Pudding

Congregate Meals Suggested Donation (60+) \$5.00 Charge for Guests (Under 60) \$10.00

Home Delivery Suggested Donation \$5.00 Frozen Meals Suggested Donation \$2.50

To Order or Cancel Home Delivery Please Call: Glenrock 436-9442 Douglas 358-4348

.... DON'T MISS IT

BINGO



This will be the last bingo before our Spring/Summer break!!

MONDAY, APRIL 15th

Open to the
PUBLIC

Doors open @ 5:00pm

Bingo starts @ 6:00pm

We have
PULL TABS

MUST be 18 years old to play!!

Glenrock Senior Center

615 W. Deer

Concession Available


Bring your FAMILY, FRIENDS, NEIGHBORS ...

enjoy a night of FUN!!

Prizes: 25.00 per game ... Bonanza 50.00 ... Jackpot 200.00



DOUGLAS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAM & CHEESE, EGG & HASHBROWN CASSEROLE BLUEBERRY MUFFIN	2 CHEF SALAD (HARD BOILED EGG, CHEESE, HAM, TOMATO, ONION, SALAD TOPPINGS) BREADSTICKS FRESH FRUIT	3 BBQ BEEF SANDWICH POTATO SALAD APPLE CRISP	4 HAWAIIAN CHICKEN BROWN RICE CAULIFLOWER	5 BAKED POTATO BAR BROCCOLI & CHEESE SOUP COOKIES
8 CHICKEN SALAD SANDWICH on a CROISSANT CUCUMBER, TOMATO & ONION SALAD	9 PORK FRIED RICE EGG ROLLS ORANGE-SAUCE PEACHES	10 CHICKEN FRIED STEAK MASHED POTATOES w/ GRAVY CORN MIXED FRUIT	11 MEAT & SUPREME PIZZA SALAD BAR FRUIT PIZZA	12 HOT TURKEY SANDWICH BAKED FRENCH FRIES GREEN BEANS BERRY PIE
15 BRATS w/ BUN BAKED CUBED SWEET POTATOES ASPARAGUS PEACH BETTY	16 SLOPPY JO on WHOLE WHEAT BUN POTATO WEDGES DICED CARROTS COLE SLAW FRUIT CUP	17 BAKED CHICKEN MASHED POTATOES w/ CHICKEN GRAVY CALIFORNIA VEGGIES DEVILS FOOD CAKE w/ STRAWBERRY SAUCE & WHIPPED TOPPING	18 HOT ROAST BEEF SANDWICH w/ WHOLE WHEAT BREAD & BROWN GRAVY CARROT COINS CHILLED PINEAPPLE COTTAGE CHEESE	19 GRILLED CHEESE & TOMATO SOUP DELI SALAD MELON CUP ICE CREAM SUNDAE BAR
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Bingo starts @ 6:00pm

MUST be 18 years old to play!!

Douglas Senior Center

340 1st St. West

Concession Available

Bring your **FAMILY, FRIENDS, NEIGHBORS ...**

enjoy a night of FUN!!

We have
PULL TABS



Open to the
PUBLIC



PRIZES: 25.00 per game ... Bonanza Game 50.00 ... Jackpot Blackout 200.00

Glenrock & Douglas Centers

**Dining Rooms/Meeting Rooms available
for your PARTIES, MEETINGS, ETC!!**

**to reserve your date or
for more information, please call...**

**DOUGLAS (307) 358-4348
GLENROCK (307) 436-9442**

**or stop by your local office between
8:00am-4:00pm**

QUEEN OF HEARTS

50/50 Jackpot

Fridays @ 11:45am
(Glenrock Senior Center)

Wednesdays @ Noon
(Douglas Senior Center)

*Come play for your chance
to WIN & SUPPORT our
Senior Centers!!*

GLENROCK SENIOR CENTER

**GAME DAY
EVERY WEDNESDAY**

1pm - 4pm

**PLAY GAMES!! ... or ... watch TV, read
books from our library, socialize, play
billiards & just have some fun ...**

***Call 436-9442 for more details
bring your friends!!***

**Goodbye Winter
so long snow
its time to watch
the flowers grow!**

**Let The
GAMES
Begin ...**

**** NOTE ****

**We have an excess of
various brands and sizes of
incontinence products, for
both male and female, and
chuck pads...**

**Items are free! Come in or
call 436-9442 for info.**

DOUGLAS SENIOR CENTER

**GAME DAY w/ DAWN
last Saturday of each month**

2:00pm - 5:00pm

**GAMES, FRIENDS,
FOOD & FUN!!**

Call 358-4348 for more details

DAILY ACTIVITIES AT THE CENTERS

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Room 8AM-2PM Billiards 8AM-2PM Grocery Store Bingo 1PM Douglas	Exercise Room 8AM-2PM Billiards 8AM-2PM Bible Study 9:30AM-11AM Strong Bones / Exercise 11AM Dominoes 11:30PM Pinochle 12:30PM	Exercise Room 8AM-2PM Billiards 8AM-2PM Queen of Hearts NOON Pinochle 12:30PM	Exercise Room 8AM-2PM Billiards 8AM-2PM Strong Bones Exercise 11AM Bridge 1PM Line Dance 7PM-9PM <i>(1st & 3rd Thursday of the month)</i>	Exercise Room 8AM-2PM Billiards 8AM-2PM Hand & Foot 1PM
Billiards 8AM-3PM Board Games 8AM-3PM Hand & Foot / Cards 12:30PM	Billiards 8AM-3PM Board Games 8AM-3PM Hand & Foot / Cards 12:30PM	Billiards 8AM-3PM Grocery Store Bingo 9:30AM GAME DAY 1PM-4PM	Billiards 8AM-3PM Board Games 8AM-3PM Hand & Foot / Cards 12:30PM	Billiards 8AM-3PM Board Games 8AM-3PM Queen of Hearts 11:45AM Hand & Foot / Cards 12:30PM
			Glenrock	

*** LOAN CLOSET ***

We have: **Walkers ... Shower Chairs ... Toilet Risers ... Wheelchairs ... & More!!**

For more information or to check availability, please call:

GLENROCK (307) 436-9442 DOUGLAS (307) 358-4348

** Don't FOOL Around **

Hurry and find the 'fool' hiding in our Newsletter!! ... If you do, fill this out and put your name in the drawing for your chance to win a free meal!! *(Drawings will be held weekly throughout the month)*



Where: _____

Name: _____

➔ ONE ENTRY per person / per month ONLY

BIRTHDAYS THIS MONTH

DOUGLAS

FRAN PHILLIPS 4/2
DEB SHULER 4/3
DARROLL GUSE 4/4
JOSE BANUELOS 4/5
SHARON WARD 4/5
MELVIN NELSON 4/6
DOUG TAYLOR 4/6
STEVE MEREDITH 4/7
SUE ZAHROWSKI 4/7
JACKIE KANT 4/8
RO OLBRICHT 4/8
JACK SHOWALTER 4/9
GAIL RICKER 4/12
DAVID MARKWARDT 4/13
KEVIN PURKEY 4/15
STEVEN HAWORTH 4/16
ED DOWNES 4/17
LEONA SCHMIDT 4/17
DEB ARNOLD 4/19

Birth Flower: Daisy



LORETTA ELSTEN 4/21
MO HOLLAND 4/22
BRIAN GRABOW 4/23
CHARLIE WEBB 4/23
DAN ARNOLD 4/24
CHRISTIE UHLER 4/24
TIM RICKER 4/25
ROBERT CURTIS 4/26
ALICE ESTRADA 4/26
JOHN NELSON 4/27
ALICE REED 4/29
RICH YEAMAN 4/30



Birthstone: Diamond

GLENROCK

CINDY HANLON 4/1
JEANNIE GINDER 4/4
MIKE LEE 4/4
LARRY SIMONS 4/4
DAVE SHADRICK 4/6
CHERYL FEEDBACK 4/6
PALMER AUST 4/7
DARLA MILLER 4/7
SANDY KENNY 4/10
DAVE MCCOLLOUGH 4/14
JO WOLFE 4/15
MAGGIE JACOBS 4/19
SHIRLEY CAIN 4/19
DORIS WALKER 4/22
BEVERELY VOYZEY 4/26
CHRISTINE TRACY 4/27
EILEEN LUNDBLAD 4/27
DAN HODGE 4/28
DAN MANGUS 4/29

Happy Birthday to You!!

If you are **60 or older** and have a **birthday** in

APRIL

BRING THIS COUPON TO: Converse County Aging Services, Inc.
615 W. Deer (Glenrock Senior Center) or 340 1st St. West (Douglas Senior Center)
for a **free meal** courtesy of: **NEWCOMER FUNERAL HOME**
A Tradition of Caring® Since 1893

Name: _____

Birth Date: _____



Caring for Wyoming's Seniors

*By
John Barrasso, M.D.*

POSITIVE ATTITUDE LEADS TO A HEALTHY LIFE

The word 'wellness' is showing up more and more these days. There is actually a Global Wellness Institute which defines wellness as the active pursuit of activities, choices and lifestyles that lead to better health.

Wellness isn't a passive state. It's an "active pursuit" that is associated with our intentions, choices and actions as we work towards the optimal state of health and well-being.

Wellness extends beyond physical health. We often think of wellness in terms of health, well-being and happiness. These all have common elements. Wellness is distinguished by being an active process of being aware and making choices that lead toward an outcome of optimal health and well-being.

Positive attitude and positive thinking help with stress management and can even improve health. Studies show that personality traits such as optimism and pessimism can affect our health and well-being.

Positive thinking means that you approach unpleasantness and are more positive in a productive way. This starts with self-talk which is the endless stream

of unspoken thoughts that run through our heads. These automatic thoughts can be positive or negative.

The health benefits that positive thinking may provide include:

- increased lifespan
- lower rates of depression
- lower levels of distress and pain
- greater resistance to illness
- better psychological and physical well-being
- better heart health
- reduced risk of death from cancer
- reduced risk of death from lung conditions
- reduced risk of death from infections
- better coping skills during hardships and times of stress.

Researchers are also finding that individuals with a positive attitude are less likely to experience memory decline as they get older. And it's not just the brain that benefits from positive thinking, but heart health as well.



LAUGHTER is THE best MEDICINE



SENIOR CITIZEN TEXTING CODE

BFF	Best Friend Fell
LOL	Little Old Lady
BTW	Bring the Wheelchair
TTYL	Talk To You Louder
BYOT	Bring Your Own Teeth
LMDO	Laughing My Dentures Out
WAITT	Who Am I Talking To?
OMSG	Oh My! Sorry Gas
GGPBL	Gotta Go Pacemaker Battery Low
ROFLACGU	Rolling On Floor And Can't Get Up

At a couples counseling meeting the speaker mentioned that couples are so disconnected that 85% of husbands don't even know their wives favorite flower.

Mick turned to his wife and whispered:

"It's self rising , isn't it?"

Pre internet chat room using An old version of windows...



BRAIN TEASERS



If you can read this with ease you are twisted! And have an awesome talent! This is both backwards and upside down!



REBUS PUZZLES *See how many you can get!!*

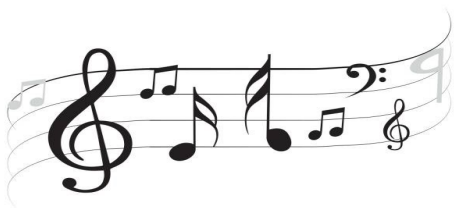
NO NO RIGHT	Vision Vision	COFFEE
B E D	HEAD	FREQUENCY
PROMISES	GRASS	JOB
1111	3. BLAME 4. BLAME	1. Way 2. Whey 3. Weigh

FRIDAY, APRIL 26th
6:00pm - 9:00pm



at the
DOUGLAS SENIOR CENTER

DANCE TO THE CLASSIC COUNTRY
MUSIC OF
LARRY PHILLIPS



DUST YOUR DANCING SHOES
OFF & JOIN US FOR AN EVENING
OF FUN & FRIENDS!

***REFRESHMENTS PROVIDED, OPEN TO THE
PUBLIC & NEVER A COVER CHARGE***

HOPE TO SEE YA THERE!!

April Fool's Day Word Search

(Horizontal + vertical word searches)



- APRIL
- TRICK
- MISCHIEF
- GAG
- FOOLS
- PRANKS
- JOKES
- TOMFOOLERY
- FUNNY
- SILLY
- SURPRISE
- CLOWN
- BAMBOOZLE
- BEWILDER
- LAUGHTER

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



Spring Is Here

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

APRIL
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 CHICK
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 DAFFODIL
 DUCKLINGS
 EASTER
 EGG
 FLOWERS
 HATCH
 LADYBUG
 LAMB
 LEAVES
 MARCH
 MAY
 PLAY
 PUDDLE
 RAINBOOTS
 RAINBOW
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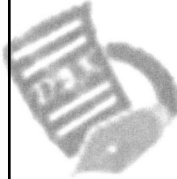
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