



El Dorado



APRIL 2023



NOTES & NEWS

Indoor Spring Décor

You don't need a green thumb to bring the benefits of nature inside your home. Botanical-themed décor can have the same energizing effect as live greenery. Start with something simple for the season: Frame a springy print or an empty seed packet for some instant art. Choosing a larger frame with a mat can elevate the look even more.

Get Fit With LIIT

You may have heard of high-intensity interval training, or HIIT, which involves bursts of vigorous exercise alternated with short cool-off periods. Now, meet the training regimen gaining fans for its gentler approach: low-intensity interval training, or LIIT. The concept is similar, but instead of pushing you to the max, the exercises are lower-impact and slower-paced, and the recovery time is longer. Fitness experts say the versatility of LIIT workouts makes them ideal for people of all ages and fitness levels.

HIGHLIGHTS

Separate Your Space

Dividing a room into zones is a smart way to make a space multifunctional. Foldable screens are a classic choice, providing privacy and portability. Or you can block off a section with a bookshelf, sofa or other piece of furniture. A rug can create visual separation when a physical barrier is impractical.

Fancy PB&J

Peanut butter and jelly sandwiches are a childhood favorite, but the tasty fun doesn't have to end when we reach adulthood. In fact, President George W. Bush proudly stated that PB&Js were his favorite sandwich. Jazz up your sandwich by using raisin bread, grilling it or turning it into French toast. Or add in a new flavor with a swirl of cream cheese, crunchy potato chips, crisp fresh fruit, brie cheese or toasted coconut flakes.

National Park Week

Did you know that the U.S. is home to 63 national parks and 423 protected sites? With so many opportunities to view Earth's natural beauty as well as historic locations and monuments, it's time to take advantage of National Park Week, held in mid-April. Kick off your adventure with this fun fact: California has the most national parks at nine, and Alaska is right behind it with eight.

Circadian Rhythm Reset

Biological Clock Day on April 28 brings awareness to our circadian rhythm—the body's internal sleep-wake cycle. Are you struggling to fall asleep? Or getting groggy during the day? Try out one of these tips to "reset" your circadian rhythm: (a) stick to a regular sleep schedule, (b) use bright light therapy to simulate sunrise, (c) avoid caffeine in the evening or (d) exercise regularly and limit screen time.

BULLETIN BOARD

MANAGEMENT

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Monday–Friday only
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CLUBHOUSE HOURS

Monday–Sunday
9AM to 9PM

Closed Holidays

CAR WASH HOURS

9AM-8PM

LAUNDRY FACILITY HOURS

8AM to 9PM



April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>April</i>						1
2	3	4	5	6	7	8
9		11	12	13	14	15
16	17	18	19	20		22
23/30	24	25	26	27	28	29

"This Month In History"

APRIL

1902: Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

1917: The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

1923: Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

1938: Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

1954: The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

1969: The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

1977: Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

1997: At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

2004: Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.5 billion people around the globe.