

SANDHILL COVE

RETIREMENT LIVING

CHRONICLE



Managed by  Life Care Services®

Celebrating 33 Years

April 2026



Sandhill Cove Periwinkle, shot with iPhone 15 ProMax by John Hayes

Employees of the MONTH

Julia Duran, Housekeeper, is the April Employee of the Month for Sandhill Cove.

Julia had just moved from Ft. Lauderdale to Stuart shortly before coming to work for Sandhill Cove in October 2025. She has been working in various housekeeping roles since 2005.



Julia has consistently demonstrated exceptional performance since joining the team. Residents have shared highly positive feedback about the quality of her work, particularly during holiday support and coverage for vacations. She approaches every task with a positive attitude and completes assignments willingly and without hesitation. Julia is also a reliable team player, always ready to assist her colleagues and support the department as needed. Julia was nominated for this award by Raja-Nee Fyne, Lead Environmental Services Associate.

Julia is a preacher's wife. When she is not working, she spends time at church, doing visitation and charity work. She has just returned from a mission trip to El Salvador. Julia also enjoys reading.

Mary Lou Barnhardt, Water's Edge Receptionist, is the April Employee of the Month for Water's Edge.

Mary Lou Barnhardt was nominated for this award by the Health Center Administrator, Erin Montegut. "Mary Lou stepped up and took the initiative to



complete tasks that would have normally been taken care of by the guest services coordinator, who is currently out on leave. Mary Lou is flexible, professional and courteous to staff and residents."

Mary Lou says the most rewarding part of her job is the time and conversations spent with the family members of our residents. She enjoys each person she gets to interact with at Water's Edge.

Mary Lou has recently taken up music and sewing again. She plays a recorder with a group and has also played flute in the past. Mary Lou also enjoys sewing clothes and gifts for her grandchildren. She has both grands and great grands.

**Congratulations
Julia & Mary Lou
April 2026
Employees of the Month!**

Sandhill Cove Committee Meetings

- Food & Beverage Comm.** - Apr 2 @ 1:00pm, Pavilion
- Landscape Comm.** - Apr 6 @ 2:00pm, Pavilion
- A Cup of Joe** - Apr 8 @ 2:00pm, Pavilion
- Marketing Comm.** - Apr 9 @ 3:00pm, Pavilion
- Life Enrichment Comm.** - Apr 10 @ 1:00pm, Pavilion
- HMS Comm.** - Apr 16 @ 1:00pm, Pavilion
- Library Comm.** - Apr 17 @ 10:00am, Comm Connect

- Design Comm.** - Apr 17 @ 2:30pm, Conference Room
- Health Care Comm.** - Apr 20 @ 2:00pm, Pavilion
- Finance Comm.** - Apr 24 @ 1:00pm, Pavilion
- Residents' Council** - Apr 24 @ 2:30pm, Pavilion
- Closed meetings:**
- Foundation B.O.D.** - Apr 15 @ 10:00am, Comm Connect
- Scholarship Comm.** - Apr 16 & 17 @ 10:00am, Conf Rm



*“Education is not just helping kids learn,
it's helping them find a future.”
- Gladys Wilson*

Our Guest Speaker

Gladys Wilson has changed the trajectory of more young lives than the average school district. She's been a teacher, an administrator, a parent and a government department head. On May 14 she will be Guest Speaker at the Sandhill Cove Foundation's Scholarship Awards Ceremony.

Gladys grew up in a family with five children. Helping raise her siblings was the start of a career in education. Next came a summer program working with Head Start where she fell in love with teaching young kids. What really got her was the feeling that in a program like this she could change the lives of young children who had little chance for a positive future without education.

And Gladys saw there was very little emphasis on early childhood education. So, after teaching in Pre-K and Kindergarten for a while, she took a job as Pre-K Coordinator and Head Start Director of the Martin County School Board in Stuart, FL. Here she supervised and coordinated six Pre-K grant programs serving a population of culturally and ethnically diverse students.

In 2001 Gladys began a new job as Director of the Office of Early Learning for the state of Florida in Tallahassee. She was responsible for a budget of more than \$1 billion and she served as a liaison on behalf of the Governor and the Legislature. Her job was to work collaboratively with 31 Early Learning Coalitions to deliver early learning services across the state. She was also responsible for the original launch of Florida's Voluntary Prekindergarten program serving more than 200,000 four-year-olds.

Her next stop was as President & CEO of Qualistar Colorado in Denver. She developed and managed long range strategic plans for the Qualistar Quality Rating and Improvement System for the entire state. This program was designed to help families select providers for the education and development of their children. The job involved working collaboratively with non-profit organizations and foundations serving children across the state.

In 2014, Gladys became an Education Analyst at Applied Engineering Management. In this job she provided technical assistance to grantees for the Early Learning Challenge and Preschool Development grants. The grants served children from birth to age 8.

Today, Gladys is the Technical Assistance Manager at the National Center on Child Care Subsidy Innovation and Accountability. The Center provides on-site and remote technical assistance to support and improve the child-care subsidy systems in all 50 states and 5 territories.

Gladys Wilson has brought innovations to virtually every facet of education. She focused on the very young and underserved with a goal of making the improbable possible. That's “changing lives” for the better. Join us on May 14 to see Gladys Wilson in person at the Scholarship Awards Ceremony for the Sandhill Cove Foundation.



Polka Dot Day & Ice Cream!

Wear all your polka dots and meet in the Clubhouse Atrium from 11:30am to 1:30pm for a sweet treat at our Ice Cream Social. Get your picture taken and enter the Polka Dot Contest—who will have the most creative polka dot ensemble?

Pavilion Presents

Experience another amazing installment of Pavilion Presents on **Wednesday, April 1** at 2:00pm in the Pavilion. Join us for Ted Talks and more on the big screen. Sign up in the Activity Book recommended, but not required.

Spintopia Game Time!

Spin the wheel and test your word-solving skills in the Community Connections Room for Spintopia, a fun, fast-paced game that's just like Wheel of Fortune! We'll play on **Thursday, April 2** and **Thursday, April 16** at 2:00pm. Sign up in the Activity Book.

Seder Passover Dinner

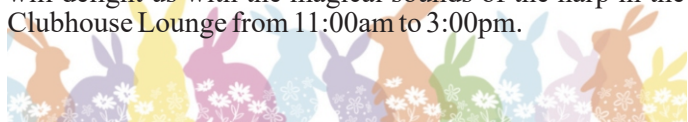
We are hosting a special Seder Passover Dinner on **Friday, April 3** at 5:00 pm in the Coral Reef Room. This invitation-only event offers a meaningful evening of tradition and community. Please RSVP with the Life Enrichment office by Wednesday April 1 to secure your spot. We look forward to sharing this special occasion with you!

Friday Night Movies

- April 3** - Easter Parade @ 7:00pm
Community Connections Rm. Sign up in Activity Book
- April 10** - Before You Know It @ 7:00pm
Community Connections Rm. Sign up in Activity Book
- April 17** - Going In Style @ 7:00pm
Community Connections Rm. Sign up in Activity Book
- April 24** - My Big Fat Greek Wedding @ 7:00pm
Community Connections Rm. Sign up in Activity Book

Easter Sunday Brunch

On **Sunday, April 5** from 11:00am to 3:00pm join us in the Waterfront Dining Room for a very special Easter Sunday Brunch. Reservations can be made at the Hostess Desk. Adding to the festive atmosphere, musician Eve Van Buren will delight us with the magical sounds of the harp in the Clubhouse Lounge from 11:00am to 3:00pm.



Mystery Lunch

Where we're going, no one knows!! Jump on the bus **Monday, April 6** for a flavorful Mystery Lunch. The bus departs from the Clubhouse at 12:30pm. Sign up in the Activity Book. Don't miss out on this delicious mystery!

Parkinson's Awareness

Raise awareness for Parkinson's Disease on **Tuesday, April 7** with our in-community 1K Walk, with start times at 9:00am or 2:00pm. Each participant will earn 1,250 steps toward the Pump It Up for Parkinson's initiative. The walk begins at the main Clubhouse entrance. No sign-up is required—everyone is welcome!

Lecture: Roman Empire

Explore what led to the unraveling of the greatest empire in Western history on **Tuesday, April 7** at 6:30pm in the Community Connections Room. Dr. Darius Arya, Rome-based archaeologist, historian, and television host will examine the political turmoil, military overreach, economic shifts, and cultural changes that led to Rome's decline. Refreshments will be provided. Space is limited; please sign up in the Activity Book.

Jewelry-Making Craft

Get creative at our Jewelry-Making Craft on **Wednesday, April 8** and **Wednesday, April 22** from 11:00am to 12:00pm in the Art Studio. No experience or sign up needed. Bring your creativity!

Bingo for Brain Fitness

Stimulate your memory and refine your mental agility on **Wednesday, April 8** from 12:30pm to 1:30pm in the Card Rooms with BINGO for Brain Fitness. Sign up at the Wellness Desk.

Kravis on Broadway

Season subscribers will attend A Beautiful Noise: The Neil Diamond Musical on **Wednesday, April 8** at the Kravis Center. This energetic Broadway show tells the inspiring story of legendary singer-songwriter Neil Diamond, featuring many of his greatest hits. The bus will depart the Clubhouse at 12:30pm. Please put a check next to your name in the Theater Book if you are attending.

Pump it for Parkinson's

Are you ready to Pump it for Parkinson's on **Thursday, April 9** in the Clubhouse Atrium? The National Institute for Fitness and Sport, in partnership with NuStep, is raising awareness on the benefits of exercise for individuals living with Parkinson's Disease. This year, we have set a community goal of 90,000 steps! Sign up in the Wellness Activity Book, located near the gym.

Atlantic Classical Orchestra

Enjoy Masterworks Series IV, celebrating the musical inspiration of Brahms, Mozart, Hindemith, and Weber on **Friday, April 10** at the Lyric Theatre. Sign up in the Theater Book for *transportation only* to reserve your seat on the bus. The bus departs the Clubhouse at 2:45pm.

Mustang Anniversary Car Show

Join us on **Sunday, April 12** from 12:00pm to 3:00pm for Horsin' Around the Vineyard, a Mustang & Ford Car Show at Summer Crush Vineyard & Winery. Enjoy live music by The RipTide Band. Tickets are \$7.35 and will be purchased in advance and billed to residents' accounts. For \$5.77, you can add a stadium seat back for extra comfort—let Life Enrichment know if you would like one. The bus departs the Clubhouse at 11:15am. Sign up in the Activity Book.

Shopping at the Garden's Mall

Look for the latest fashion, a special gift, or just stroll the shops at the Garden's Mall on **Monday, April 13**. Bus departs the Clubhouse at 9:30am. Lunch is on your own. Sign up in the Activity Book.

Aging with Grace & Wisdom

Aging with Grace & Wisdom with Laura Morgan, Grief Counselor, will meet on **Monday, April 13** at 2:00pm in the Community Connections Room. This guided group provides an opportunity for residents to explore how change and loss shape growth and resilience. No need to sign up and no prior experience or sharing is required. Participants can listen and engage at whatever level feels comfortable.

Voter Assistance

Representatives from the Martin County Supervisor of Elections will be in the Clubhouse Atrium on **Tuesday, April 14** from 10:00am to 12:00pm to assist residents with voter registration, mail-in ballots, updating voter information, and other election-related questions.

Veteran Services Presentation

Calling all Veterans! Join us on **April 14** at 2:00pm in the Pavilion for a special presentation by Martin County Veterans Services. Learn about the resources and support available to you, ask questions, and discover benefits you may not even know you've earned.

Wine Pairing Dinner

The Culinary Team invites you to a special five-course wine pairing dinner in The Cove on **Tuesday, April 14** at 5:30pm. Limited space available; reservations at the Hostess Desk required. Don't miss this flavorful dining experience!

Travel Presentation: Antarctica

Through photos and stories from his recent trip, John Hayes will take us on a journey to Antarctica on **Wednesday, April 15** at 2:00pm in the Pavilion. Experience the breathtaking landscapes, wildlife, and unique experiences of traveling to one of the most remote places on Earth. Sign up in the Activity Book is recommended but not required.

TRIVIA Night!

TRIVIA! in the Pavilion on **Wednesday, April 15** at 6:30pm. Team members should check your name off in the Activity Book if you are participating. Teams are limited to 10 members. Trivia Buffet in the Waterfront Dining Room begins at 5:00pm.

Ceramics Painting

Join us on **Thursday, April 16** from 12:00pm to 1:00pm in the Art Studio for our Ceramics Painting class. This month's featured piece is a flower pot – a perfect way to celebrate Earth Day. All supplies provided; just bring your creativity! Sign up in the Activity Book.

Gardens North Apartment Crawl

See how your neighbors live at the Gardens North Apartment Crawl on **Thursday, April 16** starting at 5:00pm. Four Gardens North residents will host, each offering a cocktail and hors d'oeuvre in their apartment. We will spend about 30 minutes in each home. Space is limited to 15 participants. If a participant uses a mobility scooter, they must be able to transfer on and off. Scooters will not be allowed in the host homes. Sign up in the Activity Book.

Couples Anniversary Dinner

We are pleased to host a special Couples Anniversary Dinner on **Monday, April 20** at 5:00pm in the Coral Reef Room. This invitation-only event will celebrate love, milestones, and cherished memories with an elegant dining experience. RSVP to Life Enrichment by Friday, April 17.

Presentation: Estate Planning & Advance Directives

On **Tuesday, April 21** at 2:00pm in the Pavilion, attorneys Steven Wood and Loren Esposito will discuss the importance of advance directives and estate planning, provide practical guidance, and answer any questions you may have. This is a wonderful opportunity to learn valuable information that can help with planning for the future.

Earth Day Party!

Break out your green, brown, blue, and floral outfits for our Earth Day Party on **Wednesday, April 22** in the Clubhouse! The celebration begins with Happy Hour from 4:00pm to 6:30pm, with dinner reservations in the Waterfront Dining room starting at 5:00pm. The evening will feature live music from the band Stand Clear from 4:30pm to 8:00pm, performing all the tunes you love to dance to. To make dinner reservations, please call or visit the Hostess Desk or go online.

Event & Activity listings continued on page 8



APRIL

| Sunday | Monday | Tuesday |
|---|--|---|
| | | |
| <p style="text-align: right; font-weight: bold; font-size: 24px;">5</p> <p>All Day Ping Pong "open play", Pavilion 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church</p> <p>11:00am-3:00pm *Easter Brunch, Waterfront Dining Room with Live Harp Music</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">6</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 12:30pm *Mystery Lunch???, Clubhouse 1:00pm Mixed Bridge, Card Room A 2:00pm Landscape Committee, Pavilion</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">7</p> <p>8:30am Croquet 9:00am *Publix Transportation 9:00am Parkinson's Awareness Walk, Clubhouse 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Room 1:00pm Cardio Drumming, Pavilion 1:30pm *Walgreens Transportation 2:00pm Parkinson's Awareness Walk, Clubhouse 6:30pm *Lecture: Roman Empire, Comm Conect</p> |
| <p style="text-align: right; font-weight: bold; font-size: 24px;">12</p> <p>All Day Ping Pong "open play", Pavilion 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church 11:15am *Mustang Car Show, Summer Crush Vineyards</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">13</p> <p>8:45am Plank Zone, Card Rooms 9:00am Movin' & Groovin', Card Rooms 9:30am *Shopping at the Garden's Mall 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Card Rooms 11:00am Gentle Stretch/Core, Card Rooms 11:30am-1:00pm Peach Cobbler Treats, Clubhouse Atrium 1:00pm Mixed Bridge, Card Room A 2:00pm *Aging w/ Grace, Community Connections</p> <p style="text-align: center; border: 1px solid black; padding: 2px;">Nat'l Peach Cobbler Day</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">14</p> <p>8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 10:00am-12:00pm Voter Assistance, Club Atrium 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Cardio Drumming, Pavilion 1:00pm Rummikub, Game Rm 1:30pm *Walgreens Transportation 2:00pm Presentation: Veteran Services, Pavilion 5:30pm *Wine Dinner, The Cove</p> |
| <p style="text-align: right; font-weight: bold; font-size: 24px;">19</p> <p>All Day Ping Pong "open play", Pavilion 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">20</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:30am-1:00pm Lima Bean Savory Treats! Club Atrium 1:00pm Mixed Bridge, Card Room A 2:00pm Health Care Committee, Pavilion 5:00pm *Couples Anniversary Dinner, Coral Reef Room</p> <p style="text-align: center; border: 1px solid black; padding: 2px;">National Lima Bean Respect Day</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">21</p> <p>8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Rm 1:00pm Cardio Drumming, Pavilion 1:30pm *Walgreens Transportation 2:00pm Presentation: Estate Planning & Advance Directives, Pavilion</p> |
| <p style="text-align: right; font-weight: bold; font-size: 24px;">26</p> <p>All Day Ping Pong "open play", Pavilion 8:45am *Trans. to Holy Redeemer Church 10:15am *Trans. to Holy Redeemer Church 10:30am *Trans. to Presbyterian Church</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">27</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:30am *New Resident Breakfast, Waterfront Dining Room 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mixed Bridge, Card Room A</p> | <p style="text-align: right; font-weight: bold; font-size: 24px;">28</p> <p>8:30am Croquet 9:00am *Publix Transportation 9:00am Circuit Class, Pavilion 9:30am Corn Toss, Card Rm A 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 11:00am *Publix Transportation 12:45pm Duplicate Bridge, Card Rms 1:00pm Rummikub, Game Rm 1:00pm Cardio Drumming, Pavilion 1:30pm *Walgreens Transportation 4:45pm Dine Around: Arthur & Sons, Jupiter</p> |

| Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|
| <p>POLKA DOT DAY!!!! 1</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:00am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Pavilion 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:30am-1:30pm Ice Cream Social, Club Atrium 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm *Pavilion Presents, Pavilion</p> | <p>2</p> <p>8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Ladies Bible Study, Coral Reef Rm 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 12:00pm *Birthday Lunch, Waterfront Dining Rm 1:00pm Rummikub, Game Room 1:00pm Food & Beverage Cmttee, Pavilion 2:00pm *Spintopia Game! Cmmnty Cnct</p> | <p>3</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 5:00pm *Seder Passover Dinner, Coral Reef Room 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections</p> | <p>4</p> <p>Ping Pong "open play", Pavilion 8:00am Croquet 9:30am Putting & Shuffleboard 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport</p> |
| <p>8</p> <p>8:45am Plank Zone, Card Rooms 9:00am Movin' & Groovin', Card Rooms 9:00am Putting 10:00am Aqua Blast, Pool 10:00am Balance Class, Card Rooms 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Card Rooms 11:00am Jewelry Making Craft, Art Room 12:30pm *Bingo for Brain Fitness, CardRms 12:30pm *Neil Diamond, Kravis Center 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 2:00pm Cup of Joe, Pavilion</p> | <p>9</p> <p>*Pump It for Parkinson's! Clubhouse Atrium</p> <p>8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Ladies Bible Study, Coral Reef Rm 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 1:00pm Caregiver Support Group, Conf Rm 3:00pm Marketing Cmttee, Pavilion</p> | <p>10</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 1:00pm Life Enrichmnt Cmttee, Pavilion 2:45pm *ACO, Lyric 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections</p> | <p>11</p> <p>Ping Pong "open play", Pavilion 8:00am Croquet 9:30am Putting & Shuffleboard 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport</p> |
| <p>15</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:00am Putting 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 10:00am Foundation BOD, (closed mtg) 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 3:00pm Genealogy, Card Rm A 5:00pm *Trivia Buffet, Waterfront Din Rm 6:30pm *Trivia, Pavilion</p> | <p>16</p> <p>8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Tai Chi Class, Pavilion 10:00am Ladies Bible Study, Coral Reef Rm 10:00am Scholarship Cmttee (closed mtg) 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 12:00pm *Ceramic Painting Craft, Art Rm 1:00pm Rummikub, Game Room 1:00pm HMS Committee, Pavilion 2:00pm *Spintopia Game! Cmmnty Cnct 5:00pm *Gardens North Apartment Crawl</p> | <p>17</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 10:00am Library Committee, Comm Cnct 10:00am Scholarship Cmttee (closed mtg) 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 2:30pm Design Committee, Conf Rm 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections</p> | <p>18</p> <p>Ping Pong "open play", Pavilion 8:00am Croquet 9:30am Putting & Shuffleboard 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport</p> |
| <p>22</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:00am Putting 10:00am Balance Class, Pavilion 10:00am Aqua Blast Class, Pool 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 11:00am Jewelry Making Craft, Art Room 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium 4:00pm Earth Day Happy Hour, Club Atrium with Live Music 5:00pm *Earth Day Dinner Reservations begin, Waterfront Dining Room</p> | <p>23</p> <p>8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Ladies Bible Study, Coral Reef Rm 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 4:00pm *Dinner & Movie: A Fistful of Dollars, Pavilion</p> | <p>24</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 10:00am Aqua Blast Class, Pool 10:00am Balance Class, Pavilion 11:00am Gentle Stretch/Core, Pavilion 11:00am Line Dancing, Clbhse Atrium 1:00pm Hand & Foot, Card Rms 1:00pm Finance Committee, Pavilion 2:30pm Residents' Council, Pavilion 6:30pm Partnership Bridge, Card Rms 7:00pm *Friday Night Movie, Community Connections</p> | <p>25</p> <p>Ping Pong "open play", Pavilion 8:00am Croquet 9:30am Putting & Shuffleboard 10:00am World Tai Chi & Qi Gong Day, Clubhouse Atrium 1:00pm Mahjongg, Card Rm B 3:30pm *Holy Redeemer Church Transport</p> |
| <p>29</p> <p>8:45am Plank Zone, Pavilion 9:00am Movin' & Groovin', Pavilion 9:00am Putting 10:00am Balance Class, Pavilion 10:00am Aqua Blast Class, Pool 10:30am Gin Rummy, Game Rm 11:00am Gentle Stretch/Core, Pavilion 12:30pm *The Notebook, Kravis 1:00pm Mahjongg, Card Rm B 1:00pm Tech Support, Clubhouse Atrium</p> | <p>30</p> <p>8:30am Croquet 9:00am Cardio Drumming, Pavilion 10:00am Ladies Bible Study, Coral Reef Rm 10:00am Tai Chi Class, Pavilion 11:00am Balance Class, Pavilion 12:00pm Open Gym, Wellness Center 1:00pm Rummikub, Game Room 2:00pm *Guest Speaker: Space Talks with Jeff Hessel, Pavilion 4:00pm Meet & Greet: Christine Hooten w/ Health at Home, Clubhouse Atrium</p> | | <p>Events in Deep Red bold with an asterisk(*) require Reservations</p> <p><i>Committee Meetings are in Blue bold italics</i></p> <p>Exercise Classes are in Purple bold an asterisk(*) require Reservations</p> <p>Important Channel 63 Airings are in Green bold</p> <p>Special Events are in Black bold</p> |

Dinner & Movie Night

On **Thursday, April 23** at 4:00pm in the Pavilion we are transforming our monthly movie into a Spaghetti Western-themed night, showing “A Fistful of Dollars”, starring Clint Eastwood. Dress in Western threads and get ready for a yeehaw good time! The movie begins promptly at 4:00pm, with a buffet dinner served immediately following the film. Reservations can be made at the Hostess Desk.

World Tai Chi & Qigong Day

Celebrate movement, balance, and mindfulness on **Saturday, April 25** at 10:00am as we take part in World Tai Chi & Qigong Day. People around the world will gather at the same time to create a continuous “Energy Wave” of Tai Chi and Qigong. All levels are welcome, whether you're experienced or trying it for the first time. We will meet in the Clubhouse Atrium and then move outside weather permitting. Wear comfortable clothing and footwear suitable for grass. No sign-up required.

New Resident Breakfast

We are delighted to host Sandhill Cove newcomers to a New Resident Breakfast on **Monday, April 27** at 9:30am in the Waterfront Dining Room. This invitation-only gathering is a special opportunity for new residents to connect with one another, as well as with key members of our staff. Enjoy a delicious breakfast while learning more about your vibrant community. Please RSVP to Life Enrichment to confirm your attendance.

Dine-Around

On **Tuesday, April 28** the dine-around heads to Arthur & Sons in Jupiter for a delicious evening of New York Italian cuisine. The bus departs the Clubhouse at 4:45pm. Sign up in the Activity Book.

Kravis on Broadway

Season subscribers will attend the Kravis Center’s performance of The Notebook on **Wednesday, April 29**, closing out the Broadway season with this moving stage adaptation of the beloved love story. The bus will depart the Clubhouse at 12:30pm. Please put a check next to your name in the Theater Book if you are attending.

Space Talks with Jeff Hessel

Join us on **Thursday, April 30** at 2:00pm in the Pavilion for the first presentation in our Space Talks series with Jeff Hessel. Jeff will recount his incredible journey working at Cape Canaveral, ground zero of America's space program. His presentation explores the history of the Cape, why the location was chosen, the intense competition with the Soviet Union, and rare archival footage—including President Kennedy's final visit to the Cape just six days before his trip to Dallas. Sign up in the Activity Book so we can get a headcount, but all are welcome to attend.

Meet & Greet - Christine Hooten

Stop by our special Meet & Greet on **Thursday, April 30** at 4:00pm in the Clubhouse Atrium as Health at Home introduces Christine Hooten, our new Nurse Case Manager serving the Sandhill Cove community. Get to know a little about Christine, enjoy light refreshments, and share in a bit of fun as we welcome her to our community. We hope you'll join us in giving Christine a warm Sandhill Cove welcome! No sign-up required, all are welcome.

Happy Birthday!

| | |
|-------------------------|-----------------|
| Don Diebold | April 04 |
| Barbara Nordin | April 04 |
| Larry Chapin | April 06 |
| Nancy Jackson | April 08 |
| Geoff Falbey | April 10 |
| Jane Coutts | April 13 |
| Betsy Lee | April 13 |
| Carole Smith | April 17 |
| Bonnie Hube | April 18 |
| George Jackson | April 18 |
| Jane Shoaf | April 18 |
| Liz Goldsmith | April 21 |
| Tom Bohan | April 22 |
| Jay Carbonaro | April 24 |
| Sherry Corbett | April 24 |
| Margaret Sellers | April 24 |
| Robert Stacy | April 24 |
| Clarence Smith | April 25 |
| Ann Taylor | April 25 |
| Jeanne Seyer | April 26 |
| Jenni James | April 27 |
| Bob Shostak | April 27 |
| Ruth Daunoras | April 28 |
| Bill Hamilton | April 28 |
| Muriel Franz | April 29 |
| John Metcalfe | April 30 |
| Gerri Schroeder | April 30 |

Birthday Luncheon

April Birthdays: Please let us know if you are able to attend the Birthday Luncheon at 12:00pm on **Thursday, April 2** in the Waterfront Dining Room. Please sign up in the Activity Book.

Wellness Activities

Plank Zone

Monday, Wednesday, Friday: 8:45am-9:00am
Pavilion

Movin' & Groovin'

Monday, Wednesday, Friday: 9:00am-9:45am
Pavilion

Aqua Blast

Monday, Wednesday, Friday: 10:00am-10:45am
Pool

Gentle Stretch & Core

Monday, Wednesday, Friday: 11:00am-11:45am
Pavilion

Circuit Class

Tuesday: 9:00am-9:30am
Pavilion

Tai Chi for Balance & Arthritis

Tuesday, Thursday: 10:00am-10:45am
Pavilion

Balance Class

Tuesday, Thursday: 11:00am-11:30am
Monday, Wednesday, Friday: 10:00am-10:30am
Pavilion

Corn Toss

Tuesday: 9:30am-10:45am
Card Room A

Cardio Drumming

Tuesday: 1:00pm-1:30pm
Thursday: 9:00am-9:30am
Pavilion

Open Gym

Thursday: 12:00pm-1:00pm
Waterfront Wellness Center

Line Dancing

Friday: 11:00am-12:00pm
Clubhouse Atrium

Life Enrichment Activities

Mixed Monday's Bridge

Monday | 1:00pm | Card Room A

Duplicate Bridge

Tuesday | 12:45pm | Card Room |
Chair: Dee Rice | Sign up in advance with partner.
Singles call the chairman. Entry fee is \$2.00

SHC Croquet Club

Tuesday & Thursday 8:30am | Saturday 8:00am

RummiKub

Tuesday & Thursday | 1:00pm | Game Room

Mahjong

Wednesday & Saturday | 1:00pm
Card Room B | Gail Morrell

Ladies Bible Study

Thursday | 10:00am | Coral Reef Room

Hand & Foot Card Game

Friday | 1:00pm | Shirley Kelley | Card Rooms

Partnership Bridge

Friday | 6:30pm | Card Room
Co-Chairs: Flo & Linc McGurk
Organized partnership game with "Chicago" scoring.
Sign up in advance with a partner. Entry fee \$2.00

Ping Pong

Saturday & Sunday | Open Play all day | Pavilion

Billiards

Saturday & Sunday | Open Play all day | Game Room

Putting

Wednesday | 9:00am
Saturday | 9:30am | All Levels | Jon Robb

Shuffleboard

Saturday | 9:30am | Open Play

Water Quality Program

Fla. Oceanographic | Flo McGurk

H A P P Y

Anniversary

Sara & Lowell Kafer 04/21

Diane & Karl Carter 04/24

Diane Graczyk & Tom Domagala 04/30



Welcome to Sandhill Cove!

Selma & Roger Verse WS 119

Brenda & Clarence Smith GS 202



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2026

- May 16 10 nights Portugal River Cruise plus 3 nights Lisbon
- July 18 9 nights Glacier National Park & The Canadian Rockies! - *4 spaces left*
- Aug 12 12 nights Voyage of the Vikings - Iceland & Greenland Cruise
- Oct 9 8 nights Hudson River Fall Foliage Small Ship Cruise - *2 cabins left*
- Nov 1 12 nights DUBAI & Arabian Nights - *2 Rooms left*
- Nov 23 11 nights Panama Canal Thanksgiving Cruise
- Dec 10 4 nights Christmas in Quebec at the Chateau Frontenac Hotel

2027

- Feb 23 13 nights Ancient EGYPT Pharaohs, Pyramids & Nile Cruise
- Apr 7 16 nights Grand Circle Gems of Japan Cruise - *2 spaces left*
- Jun 14 14 nights Great Rail Journeys of Switzerland - *2 Rooms Left*

**** CONTACT US TO BE PLACED ON THE EARLY WAITLIST!!**

- Apr 14, 2026 8 nights Mississippi River Cruise - *Waitlist Today!*

For Reservations & Information Contact

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 Sue Hershey
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Ex-Official:
 John Hayes

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Class of 2027:
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 Sherry Corbett
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 Linc McGurk
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Cup of Joe with Perrigo
 Join us in the Pavilion on **Wednesday, April 8** at 2:00pm for the monthly meeting with the Executive Director. The agenda for the meeting will be listed in your weekly newsletter, on the Resident Portal and on Channel 63. All are welcome to attend!



SHCRA Bylaws:
 The Residents' Council is proposing an update to the SHCRA Bylaws at the April Council Meeting and then at the May SHCRA Meeting.
 The proposed changes are available to view on the Resident Portal under the Resident Committee section. Please see Guest Services if you prefer a printed copy.



Sandhill Cove Retirement Living
1500 SW Capri St * Palm City, FL 34990
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www.SandhillCove.com



I hope this message finds you well. I am pleased to share several updates regarding improvements and upcoming events at Water's Edge.

As promised, we will be hosting our first Water's Edge Lunch & Learn on April 8 from 12:00p.m. to 1:30p.m. in the Water's Edge Community Room. Our guest speaker, Monica Samson from Aegis Therapies, will discuss the rehabilitation services available at Water's Edge. Space is limited; RSVP to Michele Davidson if you plan to attend. micheled@sandhillcove.com or [772-223-1605](tel:772-223-1605)

Additionally, please join us for a Meet & Greet with Administration on April 17 from 3:30p.m. to 4:30p.m. in the Orange Blossom Community Room. Our leadership team will meet residents and families, answer questions, and connect informally. Guests are welcome to stop in as their schedule allows. Light refreshments will be provided. We look forward to getting to know you better!

Upcoming Projects:

- Our maintenance team is evaluating the temperature in one of the shower rooms. The current heating light is not sufficient for the space and they are determining a plan for replacement.
- Some of the bathroom floors in Orange Blossom (our assisted living neighborhood) are currently being replaced. The previous flooring product did not meet our durability expectations.
- After the completion of the lighting project, there are several rooms that require finishing or refreshing. When painting is needed in an occupied room, residents and families will be notified in advance, and we will coordinate a transition to a temporary room.
- We are currently obtaining bids to install an automatic door opener for the Orange Blossom hallway. We understand the challenges this doorway has presented for individuals with mobility limitations or those assisting someone in a wheelchair.

Thank you for your continued collaboration and feedback! We look forward to seeing you at our upcoming gatherings.

Warm Regards,

Erin R. Montegut, NHA, MSW
Administrator

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Water's Edge leadership sponsored and attended the Molly's House Annual Polo Classic on March 7. Partnerships like this are important to strengthen our name recognition in the community.

Experience Spotlight

Ms. Elizabeth Goldsmith came to Water's Edge after she received a total shoulder surgery. After completing her inpatient rehab stay, she was discharged home without any



additional assistance and is now completing all her Activities of Daily Living (ADL's) on her own. Ms. Goldsmith has resumed all her normal function and routine out in the community.

"I was very pleased with the treatment I received at Water's Edge. I had a great experience. Everyone was kind and helped me with what I needed. I completed my therapy each day and everyone was attuned to my needs," shared Ms. Goldsmith.

Thank you, Ms. Goldsmith, for choosing and trusting Water's Edge with your care.

Spring is here!

This means an abundance of delicious and colorful veggies that will nourish you, while also gently cleansing and resetting your digestive and immune systems.

To help you embrace the season, we've put together a list of favorite spring foods and the benefits they offer:

- **Arugula** - reduces inflammation; hydrates and detoxifies the body
- **Artichokes** - helps to lower cholesterol
- **Asparagus** - relieves bloat
- **Beets** - great for circulation; boosts stamina
- **Carrots** - maintains healthy hair, skin and nails
- **Mint** - natural decongestant; soothes an upset stomach
- **Peas** - high in protein; maintain vision

April Water's Edge Events

04/01 Polka Dot Day!

04/05 @ 2:30 p.m. Entertainment with John

04/06 @ 10:00 a.m. Silver Gardening Program

04/08 @ 12:00 p.m. Lunch & Learn

04/17 @ 3:30 p.m. Meet & Greet with Admin Team

04/20 @ 10:00 a.m. Silver Gardening Program

04/23 @ 12:00 p.m. National Picnic Day Buffet

04/23 @ 2:30 p.m. Entertainment with Pat

04/28 Super Hero Day!

04/28 @ 2:30 p.m. Culinary In Action

*See our Tovertafel Magic Table in action on Saturday, Sunday and Wednesdays.