

April 2024

**Lutheran Manor
of the Lehigh Valley**

2085 Westgate Drive, Bethlehem, PA 18017

Office Hours

Monday - Thursday
8:30am - 4:30pm

Friday
8:30am - 1:00pm

Fitness Center

Every Day
6:00am - 9:00pm

Staff Birthdays

No Staff Birthdays

WELCOME New Residents

Marietta P - Floor 2
Angelita C - Floor 4
Christian C - Floor 4
Jennie S - Floor 5
Kathleen F - Floor 5
Maria N - Floor 9

General Meeting

Tuesday, April 9th
at 2:00pm

LOUNGE / CHANNEL 98



Office Notes

SNOW PARKING

Snow parking spots **MUST** remain **EMPTY** during the months of October - April. We apologize for the inconvenience this may cause. Please refer any and all questions or concerns to the Main Office.

WORSHIP SERVICES:

Believers' Worship

with Paul Belfort
Sundays at 1:00pm

Community Room

APRIL
SHOWERS
BRING
MAY
FLOWERS

Window cleaning will take place in the Wellness Center, Smoke Shed, and Lobby (weather permitting).

* Please be cautious of the workers.

April 8th: Wellness Center windows, inside & outside

April 9th: Smoke shed and Main Entrance lobby windows

Thank you for your patience and cooperation!

~ Maintenance Department

LM MOVIE - IN PERSON

Join us on
Monday, 4/8
for a showing of
the new movie
**"Killers of the
Flower Moon"**.

Please Sign up on
the Events Form



Movie Days

Irish Wish



When the love of her life gets engaged to her friend, Maddie puts her feelings aside to be a bridesmaid at their wedding in Ireland. Days before the wedding, Maddie makes a spontaneous wish for true love, only to wake up as the bride to be.

APRIL 1ST

Killers of the Flower Moon



Real love crosses paths with unspeakable betrayal as Mollie Burkhart, a member of the Osage Nation, tries to save her community from a spree of murders fueled by oil and greed.

APRIL 8TH - COMMUNITY ROOM

Damsel



A young woman agrees to marry a handsome prince – only to discover it was all a trap. She is thrown into a cave with a fire-breathing dragon and must rely solely on her wits and will to survive.

APRIL 15TH

Suncoast



A teen living with her strong-willed mother must take her brother to a specialized facility. She strikes up an unlikely friendship with an eccentric activist at protests surrounding a landmark medical case.

APRIL 22ND

~All LM movies live-streamed on channel 98 every Monday at 1:00pm~

Jacinda's Jumpstart to Wellness

Wii Sports Sessions

The Wellness Center is now offering Wii Sports one on one sessions! Get your exercise on with some fun game console sports like tennis, bowling, golf, baseball, and more! By appointment only! Please contact Jacinda to schedule



Wii Bowling League

Wii Bowling League Tournament Games are posted on the Message Board. Please feel free to come and cheer on your fellow residents. The league will be finished by the end of April. So if you are interested in the following Tournament please contact Jacinda!

Drum Fitness



**Tuesdays
at 11:00am
Community Rm**

Sign up on the Events Form

Machine Mania!

Ever wondered how to use the machines in the gym? Want to start your fitness journey but aren't sure how? **NOW'S YOUR CHANCE!!**

Join our new exercise class, **Machine Mania**, re-gain your strength, mobility, and ability to do daily life tasks.

Coming Every Friday at 11:00am
GYM

No Sign Up Required

REMINDER:

Sign up for FREE Personal Training Sessions with Jacinda. All it takes is one consultation and then you can start exercising with her!!
Call her at 610-866-6010 Ext. 8 or jacinda@lutheranmanor.com

Jacinda's Jumpstart to Wellness

How Often Do You Exercise?

If the answer is never, well now is your chance to start!!

It is **NATIONAL WALKING DAY** on Wednesday, April 3rd. Join us for Walker's Club at 9:30am outside of the Fitness Center to start your Fitness Journey!



Exercise BINGO

Join Jacinda in the **Community Room** for a fun game of Exercise BINGO! Win Prizes by simply exercising!

Tuesday, April 16th
at 2:15pm

Sign up on the Events Form



Jeopardy

Trivia Day!

Wednesday, April 24th
at 2:00pm

Join Jacinda in the community Room for a fun day of Trivia, prizes, and refreshments! Compete against your fellow residents for the grand prize!

Sign Up on the Events Form

SPEAKER:

What happens when you need 911 immediately but you have to wait?

How prepared are you in case of an emergency?

What are your emergency protocols?

If you cannot answer any of these questions then you need to attend

Bethlehem Health Bureaus' Emergency Preparedness Presentation

Friday, April 26th at 11:00am
Community Room

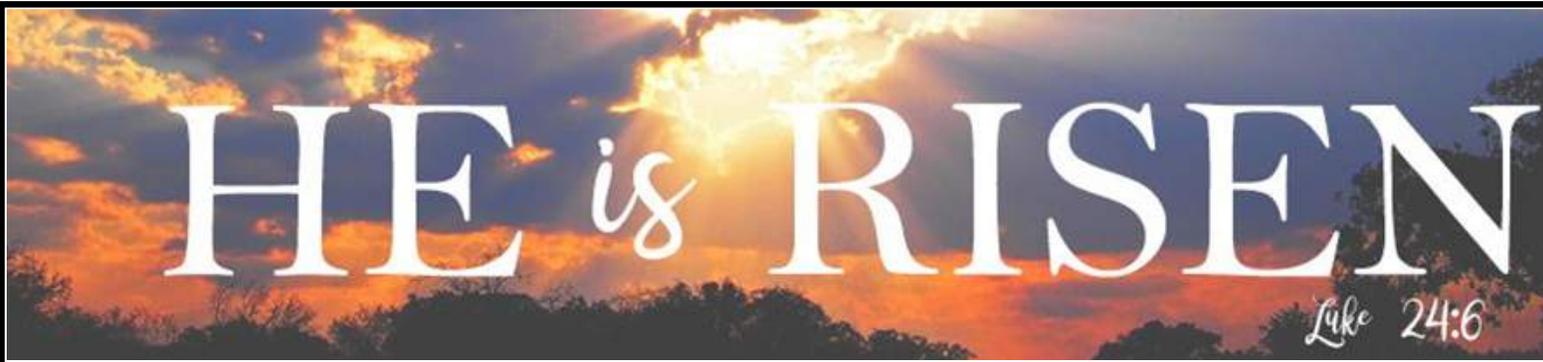
Sign Up on the Events Form

Office Hours Monday-Friday 8:00am-4:00pm

Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

From the Chaplain



HE *is* RISEN

Luke 24:6

Happy Easter! Happy Resurrection Day. . .

"The strife is o'er- the battle done; now is the victor's triumph won! Now be the song of praise begun, Alleluia, Alleluia, Al-le-lu-ia!" (Hymm #366, LBW)

We ARE Easter people! The cross transformed all suffering and pain, and the resurrection secured the promise of eternal life. This Easter faith calls us each day to live this new, resurrected life. We do not pretend that life is all beauty. We are mindful of darkness and sin, of poverty and pain. We live in the light of Jesus' death and resurrection. We ARE Easter people, we sing our Alleluias, our praises to God. We live as one people, all parts of Christ's Body, working together toward a single purpose, love.

Christ is Risen! He is Risen Indeed, Alleluia! - Pastor Clark

Worship in the Community Room

**WORSHIP IS LIVE AT 2:00 PM
~LIVE-STREAMED ON CH 98~**

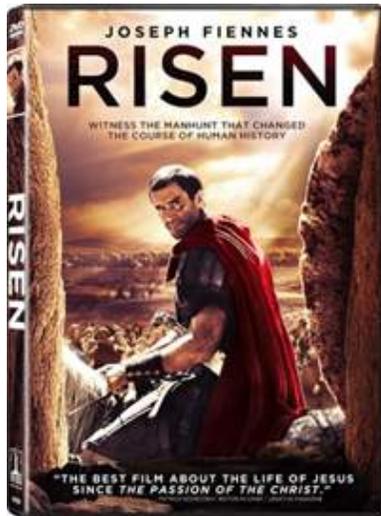
Thurs, 4/4	Pastor Jonny Villamar : Cornerstone Church, Easton - SPANISH/ENGLISH
Thurs, 4/11	Pastor Jay Wetzel : Lutheran Retired - HOLY COMMUNION
Thurs, 4/18	Pastor Beth Goudy : Metropolitan Community Church of the L.V., Bethlehem
Tues, 4/23	Father Venantius Karobo: Notre Dame RC Church - Bethlehem
Thurs, 4/25	Pastor Chris Welton : Race Street Baptist Church, Catasaqua

****Note: Holy Communion Worship**

If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark.

Pastor's Movies

Risen



Risen is the epic biblical story of the resurrection, as told through the eyes of a non-believer. Clavius, a powerful Roman military tribune, and his aide, Lucius, are tasked with solving the mystery of what happened to Jesus in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem.

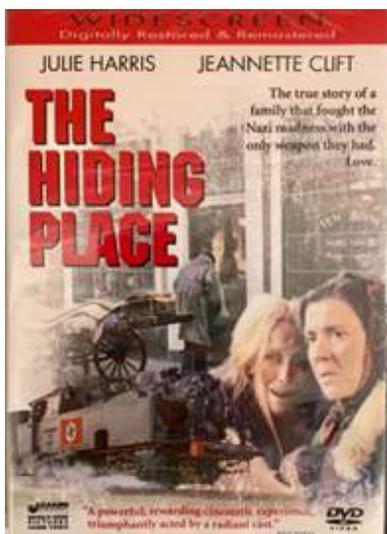
WED, APRIL 3RD

SonShine Ministry



WED, APRIL 10TH

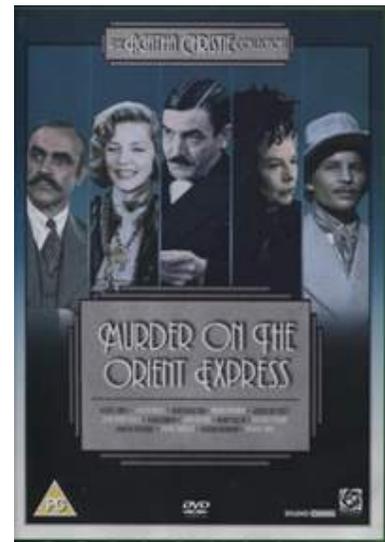
The Hiding Place



The Hiding Place is a 1975 film based on the autobiographical book of the same name by Corrie Ten Boom. It recounts her and her family's experiences before and during their imprisonment in a Nazi concentration camp during the Holocaust during World War II.

WED, APRIL 17TH

Murder on the Orient Express



A classic British drama, set in 1935, the film follows Belgian detective Hercule Poirot as he travels back to London aboard the Orient Express. Heading into heavy weather, it's not long before the train becomes stuck in snow while traveling. When one of the passengers is murdered overnight, Poirot faces a race against time to discover the identity of the killer.

WED, APRIL 24TH

Lutheran Manor

BINGO

Join Lutheran Manor Staff for an exciting game of Bingo to win some BIG prizes!

Wednesday, April 10th at 1:45pm
Lounge

Bellezza Salon and Spa

April Specials:



MONTHLY DRAWINGS -

Please feel free to enter your name to win the April basket filled with goodies!

BONUS CARDS -

Remember each time you visit the Salon for a service, you get a sticker. When the card is filled you will receive a \$30 reward to go towards your next service.

REFERRALS -

Share with your friends and family to make an appointment at the salon. You both will receive a gift for coming. PLUS a fantastic service.

APARTMENT VISITS -

If you cannot make your appointment please ask for a private visit to your apartment. Notify the stylist in advance for accommodations.

CANCELLATIONS -

If you need to cancel, please leave a message on the Salon phone number at extension 209 or put a note under the door. Thank you!

PEDICURES -

Not just for beauty but for health. Regular pedicures lower your risk of developing infections. It takes 6 weeks for dead skin to reform on feet. Targeting this BEFORE it worsens can be beneficial. During a pedicure you'll receive a massage on your feet and legs. The massage helps promote circulation of the blood. Increasing blood circulation can prevent arthritis and evenly distribute heat throughout the body.

FOR MEN -

Regular pedicures help your feet feel better when wearing shoes. If your nails are too long and hit the top of your shoe, it can cause pain and injury. Putting oil and cream on your cuticles keeps them soft and nourished.

FOR WOMEN -

Same goes for women! The difference is we put nail polish on. It feels much better to have your toes painted when wearing open toed shoes or being barefoot.



Contact 610-866-6010 x209 to schedule an appointment

2024 April

LUTHERAN MANOR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fools' Day Walker's Club - 9:30a Zumba w/ Anna - 11:00a LM Movie - 1:00p RA BINGO - 6:00p	2 Drum Fitness - 11:00a Oak St. BINGO - 12:00p CLINIC: BP Checks - 1:15p Wii Bowling - 2:30p	3 National Walking Day Walker's Club - 9:30a Zumba w/ Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p RA Shredding - 2:00p Snacks/Ice Cream - 2:00p	4 Chat Room - 10:00a Yoga with Dana - 11:00a Second Harvest - 12:30p Church (Spanish) - 2:00p	5 Walker's Club - 9:30a Card Making - 11:00a Machine Mania - 11:00a Wii Bowling - 12:30p Stitching with Nena - 2:00p	6 RA Coffee & Donuts - 8:30a RA Pinochle - 12:30p
7 Sunday Believers' w/ Paul Belfort - 1:00p	8 Walker's Club - 9:30a Zumba w/ Anna - 11:00a LM Movie: In Person - 1:00p RA BINGO - 6:00p	9 Drum Fitness - 11:00a Wii Bowling CHAMPIONSHIP - 12:30p GENERAL MEETING - 2:00p	10 Walker's Club - 9:30a Zumba w/ Anna - 11:30a Bible Study - 12:30p LM BINGO - 1:45p Pastor Movie - 2:00p RA Shredding - CANCELED Snacks/Ice Cream - CANCELED	11 Chat Room - 10:00a AROMI @ Woodside - 11:00a Yoga with Dana - 11:00a Church - 2:00p	12 Walker's Club - 9:30a Machine Mania - 11:00a Walmart - 12:00p CLINIC: OAA Podiatry - 12:30p Stitching with Nena - 2:00p	13 RA Soup & Hot Dogs - 5:00p
14 Sunday Believers' w/ Paul Belfort - 1:00p	15 Tax Day Walker's Club - 9:30a Zumba w/ Anna - 11:00a LM Movie - 1:00p RA BINGO - 6:00p	16 BANKS - 10:00a Drum Fitness - 11:00a Frank&Friends - 1:00p Exercise BINGO - 2:15p	17 Walker's Club - 9:30a LV Mall & Bonefish - 11:00a Zumba w/ Anna - 11:30a Bible Study - 12:30p Pastor Movie - 2:00p RA Shredding - 2:00p Snacks/Ice Cream - 2:00p	18 CLINIC: Eye - 9:00a Chat Room - 10:00a Yoga with Dana - 11:00a REDNERS - 12:00p Church - 2:00p	19 Walker's Club - 9:30a Machine Mania - 11:00a Living the Dream - 2:00p Stitching with Nena - 2:00p	20 RA Breakfast - 8:30a

2024 April

LUTHERAN MANOR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Sunday Believers' w/ Paul Belfort - 1:00p	22 Walker's Club - 9:30a Zumba w/ Anna -11:00a HOSPICE 101 - 12:00p LM MOVIE - 1:00p Braveheart Pub - 3:00p RA BINGO - 6:00p	23 Board & Brush - 10:00a Drum Fitness - 11:00a Church - 2:00p	24 Administrative Day! Walker's Club - 9:30a DOLLAR TREE - 11:00a Zumba w/ Anna - 11:30a Bible Study - 12:30p Jeopardy Trivia! - 2:00p Pastor Movie - 2:00p RA Shredding - 2:00p Snacks/Ice Cream - 2:00p	25 Chat Room - 10:00a Yoga with Dana - 11:00a Church - 2:00p	26 Walker's Club - 9:30a Machine Mania - CANCELED Emergency Prep. - 11:00a stitching with Nena - 2:00p	27
28 Sunday Believers' w/ Paul Belfort - 1:00p RA SOCIAL - 4:00p	29 NO LM MOVIE Walker's Club - 9:30a Zumba w/ Anna -11:00a WEGMANS - 12:00p RA BINGO - 6:00p	30 Drum Fitness - 11:00a Floral Arrangement - 1:00p				
						No Staff Birthdays

Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30pm	Community Room
Chat Room	Every Thursday	10:00am	Community Room
Church	4th Tues. & Every Thurs (1st Thurs-Spanish Service)	2:00pm	Community Room Channel 98
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room Channel 98

Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Drum Fitness with Jacinda	Tuesdays	11:00am	Community Room
Machine Mania with Jacinda	Fridays	11:00am	Exercise Room
Everybody's Yoga with Dana	Thursdays	11:00am	Exercise Room
Walker's Club with Jacinda	Monday, Wednesday, Friday	9:30am	Lutheran Manor
ZUMBA with Anna	Mondays Wednesdays	11:00am 11:30am	Exercise Room

April Activities

Snacks/Ice Cream Sale	Every Wednesday	2:00p	Lounge
RA BINGO	Every Monday	6:00p	Community Room
RA Breakfast	Every 3rd Saturday	8:30a	Lounge
RA Coffee & Donuts	Every 1st Saturday	8:30a	Lounge
RA Pinochle	Every 1st Saturday	12:30p	Lounge
RA Shredding	Every Wednesday	2:00p	Lounge
RA Soup & Hot Dogs	Saturday, April 13th	5:00p	Lounge
Stitching with Nena	Every Friday	2:00p	Lounge
Van Trip Drop Off	Monday, April 1st	9:00a	Brenda's Office
BINGO w/ Oak St. Health	Tuesday, April 2nd	12:00p	Community Room
CLINIC: Blood Pressure	Tuesday, April 2nd	1:15p	Lounge
National Walking Day!	Wednesday, April 3rd	9:30a	Fitness Center
Second Harvest Food Bank	Thursday, April 4th	12:30p	Lounge
Card Making	Friday, April 5th	11:00a	Lounge
GENERAL MEETING	Tuesday, April 9th	2:00p	Lounge
Lutheran Manor BINGO	Wednesday, April 10th	1:45p	Lounge
CLINIC: OAA Podiatry	Friday, April 12th	12:30p	Resident Apartments
ENTERTAINMENT: 'Frank & Friends'	Tuesday, April 16th	1:00p	Lounge
Exercise BINGO	Tuesday, April 16th	2:15p	Community Room
SPEAKER: 'Living the Dream'	Friday, April 19th	2:00p	Community Room
SPEAKER: 'Earth Day'	Monday, April 22nd	12:00p	Community Room
Jeopardy Trivia Day!	Wednesday, April 24th	2:00p	Community Room
BHB Emergency Preparedness	Friday, April 26th	11:00a	Community Room
RA SOCIAL	Sunday, April 28th	4:00p	Lounge
Floral Arrangement	Tuesday, April 30th	1:00p	Lounge

Brenda's Bulletin



SECOND HARVEST FOOD BANK



Thur, 4/4 @ 12:30pm

*~MUST come to Lounge
to collect your box*



CLINICS

Blood Pressure Checks

TUESDAY, 4/2 @ 1:15P-2:15P
~Lounge

OAA Podiatry

FRIDAY, 4/12 @ 12:30P
~Resident Apartments

HealthDrive EYE

THURSDAY, 4/18 @ 9:00A-12:00P
~Game Room

**Sign up with Brenda*

RENT REBATES

IF YOU WERE UNABLE TO RESERVE AN APPOINTMENT TO COMPLETE YOUR REBATE OR NEED A STATUS UPDATE ON THE APPLICATION SUBMITTED, PLEASE CONTACT TONY FROM STATE REP. MCNEILL'S OFFICE AT 610-266-1273.



TAXES

IF YOU WERE UNABLE TO RESERVE AN APPOINTMENT TO COMPLETE YOUR TAXES, PLEASE CONTACT FREEDOM FINANCIAL RESOURCES AT 610-841-9199.

***Clinics-sign up directly with Brenda**

***Entertainment & Speakers-sign up on 'Events Sign-Up Form'**

Brenda's Bulletin

activities

BINGO with Oak St. Health
tuesday; 4/2 @ 12pm
~Community Room



Card Making with Eileen
friday; 4/5 @ 11am
~Lounge



Flower Arrangements with Jannal
tuesday; 4/30 @ 1pm
~Lounge



entertainment

'Frank & Friends'
tuesday; 4/16 @ 1pm
~Lounge

***SIGN UP ON EVENTS FORM**

SPEAKERS

OAK ST. HEALTH
'Living the Dream'
~FRIDAY, 4/19 @ 2:00PM~

HOLISTICARE & MAXIM
'Earth Day'
~MONDAY, 4/22 @ 12:00PM~

COMMUNITY ROOM | SIGN UP ON EVENTS FORM

wishes do come true
no matter how
big or small...
Come Share yours
for a chance to
have yours granted

Reduce, Reuse,
& Recycle...Learn
how to create and
implement ways to
create less waste to
save our planet

Office Hours: Monday-Friday 9am-3pm
Brenda Pagan-Fontanez, Service Coordinator
610-866 -6010 X4

Resident's Association

Resident's Association

BINGO

Mondays at 6:00pm
Community Room

Resident's Association

COFFEE & DONUTS

Saturday, April 6th
at 8:30am
Lounge

RESIDENT'S ASSOCIATION

PINOCHLE

SATURDAY, APRIL 6TH AT 12:30PM
Light Refreshments - \$2.00 Per Play
LOUNGE

RESIDENT'S ASSOCIATION

SOUP & HOT DOGS

SATURDAY, APRIL 13TH AT 5:00PM
LOUNGE

Resident's Association

BREAKFAST

Saturday, April 20th
at 8:30am
Lounge - \$4 Entry

Resident's Association

SOCIAL

Sunday, April 28th
4:00pm - Doors Open
5:00pm - Light
Refreshments
6:00pm - Entertainment
~ Rob & Marty ~

Lounge
*personal snacks
allowed*

Event Sign-Up Sheet

Please **CHECK OFF** or **CIRCLE** which event you would like to attend below:

Lutheran Manor Events				CHECK HERE
4/2	Tuesday	BINGO w/ Oak St. Health	12:00p	_____
4/5	Friday	Card Making	11:00a	_____
4/10	Wednesday	Lutheran Manor BINGO	1:45p	_____
4/16	Tuesday	ENTERTAINMENT: 'Frank & Friends'	1:00p	_____
4/16	Tuesday	Exercise BINGO	2:15p	_____
4/19	Friday	SPEAKER: 'Living The Dream'	2:00p	_____
4/22	Monday	SPEAKER: 'Earth Day'	12:00p	_____
4/24	Wednesday	Jeopardy Trivia Day!	2:00p	_____
4/26	Friday	BHB Presents "Emergency Preparedness"	11:00a	_____
4/30	Tuesday	Floral Arrangement	1:00p	_____
4/2	Tuesday	Drum Fitness	11:00a	_____
4/9	Tuesday	Drum Fitness	11:00a	_____
4/16	Tuesday	Drum Fitness	11:00a	_____
4/23	Tuesday	Drum Fitness	11:00a	_____
4/30	Tuesday	Drum Fitness	11:00a	_____

Resident's Association Events

4/20	Saturday	Resident's Association BREAKFAST	8:30a	_____
4/28	Sunday	Resident's Association SOCIAL	4:00p	_____

Name(s): _____

Phone Number: _____ Apt.#: _____

Please return to the Main Office by Monday, 4/1

May Van Trips

CHECK HERE

5/1	Wednesday	Breakfast at COOPERSBURG DINER	9:00a_____
5/2	Thursday	ALLENTOWN FARMERS MARKET & Lunch at THE RITZ BBQ	10:00a_____
5/3	Friday	BANKS _____ & Shopping at CVS / WALGREENS	10:00a_____
5/6	Monday	Lunch at CASA CATRINA MEXICAN	11:00a_____
5/7	Tuesday	Shopping at WEIS	10:00a_____
5/8	Wednesday	LEESPORT FARMERS MARKET & Lunch at LEESPORT DINER	10:00a_____
5/10	Friday	BACH OUTDOORS at Payrow Plaza	11:15a_____
5/13	Monday	Shopping at WALMART 248	11:00a_____
5/14	Tuesday	Sight & Sound presents: 'DANIEL' (\$89 due 4/8; Lunch NOT included)	8:30a_____
5/15	Wednesday	BANKS _____ & Shopping at TARGET	10:00a_____
5/16	Thursday	Shopping at GIANT	12:00p_____
5/20	Monday	Jim Thorpe DOME TRAIN RIDE & Lunch at MOLLY MAGUIRES PUB (\$30 due 5/3; Lunch NOT included)	8:30a_____
5/22	Wednesday	Shopping at ALDI	10:00a_____
5/23	Thursday	Dinner at DOUGHBOYS	3:00p_____
5/24	Friday	ART FUSION STUDIO (\$10 due 5/13)	12:00p_____
5/28	Tuesday	Shopping at WEGMANS	12:00p_____
5/30	Thursday	Shopping at DOLLAR TREE	10:00a_____
5/29	Wednesday	Dinner at FIAMMA Italian Restaurant	3:00p_____
5/31	Friday	QMART	10:00a_____

Name: _____

Phone#: _____ Apt#: _____

This form to be collected starting at 9:00am on Monday, 4/1

May Van Trips...

Below are descriptions of the unique trips scheduled & what you should expect if you attend...

COOPERSBURG DINER:

Come enjoy all homemade meals made from scratch. Indulge in all day breakfast, creamed chipped beef, biscuits & gravy, broiled seafood of all sorts, chicken croquettes, meatloaf, burgers, chicken wings, pies & sundaes.

Come see why everyone loves the Coop!!

CASA CATRINA MEXICAN:

Enjoy generous portions of sizzling fajitas, tacos & savory enchiladas. Experience a taste of tradition with a Margarita in hand!

Grab your Amigo and celebrate Cinco de Mayo !!

LEESPORT FARMERS MARKET:

Areas filled with a nice mix of Farmers' Market type vendors that nicely compliment one another. Bring home local produce, meats, honey, etc., shop handcrafted gifts & popular novelties, find unique specialty food & drinks, and much more!

Come shop till you drop!!

LEESPORT DINER:

Combining classic diner traditions, all day breakfast, and modern day favorites, you will be sure to enjoy this great dining experience. Fulfill your comfort food cravings with burgers, sizzling skillet, paninis, wraps, open face sandwiches, pastas, seafood and creative salads.

Come hungry. Leave happy!!

Sight & Sound presents 'DANIEL':

Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon & must navigate his new life inside a palace filled with golden statues & shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice.

Will his trust in the one true God remain steadfast through every test of faith?!

Jim Thorpe DOME CAR TRAIN RIDE:

Witness the beauty of high-rising cliffs, mountain scenery, and wildlife while enjoying the narrated trip around the Lehigh River over bridges, through Glen Onoko, and into the Gorge State Park. This car is fully climate controlled with clean restrooms to keep passengers comfortable.

Relax and Ride)!!

MOLLY MAGUIRES PUB:

Family owned & operated for over 25yrs; built on the reputation of great service and tasty foods. Enjoy Bavarian pretzels, specialty burgers, steaks, seafood, crafted beer and house wine served by the glass.

Don't miss out on this gem!!

ART FUSION STUDIO:

SIMPLE...Browse through the Inspiration Station for ideas, pick your project, choose paint colors, stamps, stencils, gems, and create your pottery masterpiece.

Enjoy a creative experience you won't forget!!



Happy
April