

News to keep you up-to-date.

HAPPENINGS

at East Park Villa

A publication of
 East Park Villa
Senior Living

Life Long Learners...

Inside This Issue:

Page 2

March Activities
EPV Birthdays

Page 3

Volunteer Appreciation
Merrymakers

Page 4

Valentine's Day

Page 5

Note from Nursing

Page 6

April Activities
Note from
Housekeeping

Spring Forward

Page 7

Grille Open House

Page 8

From EPV's Kitchen

The term life-long learner has been around for a while. When I first began hearing it, I attributed learning to being in a more formal setting, such as taking an evening class. I quickly realized being a life-long learner is not limited to formal settings.

In the past week, I've identified one area where I need to seek out education and learn. It is regarding some of our electronics and TVs. When I arrived on Saturday afternoon and was unable to help a resident group navigate the television to watch the Husker Basketball game, I felt bad. I should be able to help in that instance. A couple days later, we needed help getting the TV in The Grille turned on. Again, I stood there and thought, "I don't have any idea how to do it." Not my finest moment.

Now, you must recognize that I don't navigate electronics in my home, either, but that doesn't mean I shouldn't learn. Gary would probably be pleased if he wasn't responsible for all electronic devices.

Are there topics about which you would like to learn? Do you want to learn how to send photos from your phone? Would you like to learn to line dance? What piques your interest? We love having a building full of life-long learners and want to help facilitate the process!

Laurie



East Park Villa

1704 L Street
Aurora, NE 68818
402-694-2300

East Park Villa is a
division of Memorial
Community Health, Inc.

March Activities

The following activities are **in addition to our regularly scheduled activities**. If you plan to attend, please sign up for activities marked with an asterisk (*) at least 24 hours in advance. Thanks!

March:

- 2– Shop Aurora Mall*
- 2– EPV Council
- 5– Shop Dollar General*
- 6– At Home Hearing
- 9– Shop Aurora Mall*
- 10– Pinnacle Bank
- 10– Lunch @ Winchesters*
- 11– Bingo with Vicki & Billie
- 12– Shop MCHI Thrift Shop*
- 12– Ladies Tea
- 13– Men’s Night
- 16– Shop Aurora Mall*
- 18– Bingo With Vicki & Billie
- 19– Shop Dollar Tree*
- 20– Connie Nicklasson Program
- 23– Shop Aurora Mall*
- 24– Pinnacle Bank
- 24– Shop Target*
- 26– Merrymaker Mary Link
- 26– Shop Dollar General*
- 27– Happy Hour
- 30– Shop Aurora Mall*
- 31– March Birthday Party



March Birthdays

Residents

- 3– Barb J.
- 5– Shirley B.
- 15– Lois S.

Staff

- 4– Tina B
- 5– Jeremy B.
- 5– Isaac G.
- 7 – Nicole N.

April Birthdays

Residents

- 16– Chuck B.
- 21– Patsy B.
- 23– Bob P.

Staff

- 4– Brittany E.
- 17– Andrew G.
- 18– Laighla G.



Find us on:
facebook



Follow us on
Instagram



Search Memorial Community Health.

Follow us on Instagram and like and share our Facebook page with family and friends.

Updated periodically with East Park Villa photos.



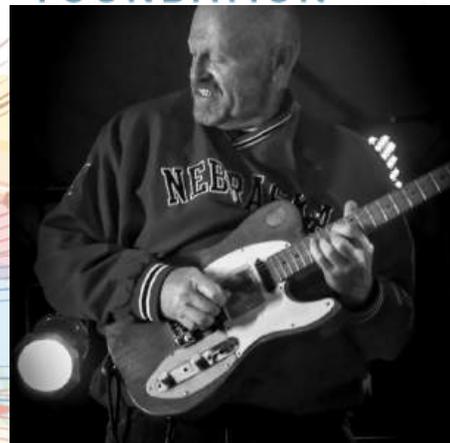
- * Connie Nicklasson
- * Lois Saddler
- * Judy Sullivan
- * Jane Nunnenkamp
- The River Bottom Boys
 - Gary Ross
- * Hamilton Co. Band
- * Pastor Penny Schulz
- * Pastor Ricardo Riqueza
 - * Donna Goertzen
 - * Pastor Karl Larson
 - * Mary Crawford
- * Norma Wert
- * Bob Leach
- * Jo Bish
- * Vicki Collingham
- * Billie Monson



Dreamweaver
FOUNDATION



Mary Link
March 26, 2026
2:30 P.M.



Reuben Adkins
April 23, 2026
10:00 A.M.

Merrymakers improves the quality of life for seniors by encouraging active participation, increasing social interaction, and sparking memories through professional musical entertainment.



A Note from Nursing...

Habits for Older Adults

Sleep is important for your body – from the brain, heart, and lungs to energy, protection against disease, and mood. It also affects your ability to function during the day. The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to help your brain and body be at their best.

As you age, how you sleep changes. Older adults tend to go to bed earlier and wake up earlier than younger adults, and the amount of time spent in each stage of sleep decreases. Sleep tends to be shorter and lighter and you may wake up more often during the night. Practicing better sleep habits may help improve your sleep.

Do:

- Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.
- Have a bedtime routine. Find ways to relax before bedtime each night. Read a book or listen to soothing music.
- Make your room comfortable for sleeping and keep the temperature not too hot or too cold.
- Try to get regular exercise, but not within three hours of your bedtime.
- Talk to your doctor if you have a problem sleeping.

Don't:

- Nap in the late afternoon or evening.
- Have caffeine late in the day, which can keep you awake at night. Items to avoid may include coffee, tea, chocolate, and soda.
- Drink alcohol, even small amounts.
- Watch television or use a computer, cell phone, or tablet in your bedroom.
- Eat large meals within two to three hours of your bedtime or drink large amounts of liquid late in the day.

Hopefully you'll find some of these tips helpful. If you are still having troubles sleeping, or if you don't feel well rested after a full night's sleep, don't hesitate to visit with your health care provider about your concerns.

Wishing you sweet dreams,

Jennifer, RN

Resource: National Institute on Aging 2026

April Activities

The following activities are **in addition to our regularly scheduled activities**. If you plan to attend, please sign up for activities marked with an asterisk (*) at least 24 hours in advance. Thanks!

April:

- 2- Shop MCHI Thrift Shop*
- 3- All Day Easter Egg Hunt
- 3- Bus Rides to Dairy Queen*
- 6- EPV Council
- 6- Shop Aurora Mall*
- 8- BINGO With Vicki & Billie
- 9- Ladies Tea
- 9- Shop Dollar Tree*
- 10- Spelling Bee
- 13- Shop Aurora Mall*
- 14- Lunch @ Cracker Barrel & Shop Bakers Chocolate*
- 16- Shop Dollar General*
- 17- Men's Night
- 20- Shop Aurora Mall*
- 21- Shop Walmart In GI*
- 23- Merrymaker Reuben Adkins
- 23- Shop MCHI Thrift shop*
- 27- Shop Aurora Mall*
- 28- April Birthday Party
- 30- Creative Cocktails



Hello from Housekeeping!

Please welcome our new housekeeper Maddy Baker. Maddy moved here from Colorado about 5 years ago. She has been married for almost 2 years. Maddy worked at Aurora High School in the custodial department. On the side she sings and plays the guitar. We are so happy to welcome Maddy to the East Park Villa Team.



March 8th @ 2:00 AM

The Grille

**Open House
East Park Villa
March 27th
12:00-2:00**



Please join us as we celebrate the opening of The Grille. A Modern dining space with extended hours, flexible options, and a welcoming atmosphere for residents and their guests.

Jon and Taryn Vanderford will speak, followed by donor recognition, and entertainment by our own Maddy Baker.

Laurie Andrews
Administrator

Jennifer Hunter, RN
Assistant Administrator

Nicole Nelson
Activities Coordinator

Crystal Homolka
Dietary Supervisor

Jason Fry
Maintenance Supervisor



Because every moment matters.

Cherry Almond Blossom Squares

Ingredients

- 1 cup all-purpose flour
- 1/2 cup rolled oats
- 1/3 cup brown sugar
- 1/2 cup butter, melted
- 1 cup cherry preserves
- 1/4 cup sliced almonds

Directions

1. Preheat oven to 350°F.
2. Mix flour, oats, brown sugar, and melted butter in a medium bowl until crumbly.
3. Press into an 8×8-inch baking pan.
4. Spread cherry preserves evenly over the base.
5. Sprinkle sliced almonds on top.
6. Bake for 20–25 minutes or until lightly golden. Cool completely before cutting into squares.



Eastparkvilla.org

Visit us online at:

1704 L Street
Aurora, NE 68818

East Park Villa
Senior Living