

CONNECTION

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April is National Humor Month!

April is National Humor Month, so let's talk about the importance of laughter. Laughter is said to be the best medicine—we think that's true! When you laugh, your body releases endorphins, which have mood-boosting and pain-relieving effects. Laughter can also help reduce stress and strengthen your immune system.

So why not make an effort to laugh more this month? Watch a funny movie, read a humorous book, or spend time with people who make you laugh. And don't forget to laugh at yourself every now and then—it's good for you!

Here are a few more reasons why humor is important:

- Humor helps you connect with others. When you share a laugh with someone, you're creating a bond of understanding and connection. Humor can help to break down barriers and build relationships, whether it's with friends, family, or coworkers.
- Humor helps you cope with stress. When you're facing a difficult situation, humor can help to lift your spirits and provide a sense of perspective. It can also help you to find meaning and purpose in difficult circumstances.
- Humor makes life more enjoyable. Laughter is a great way to relieve stress and boost your mood. It can also help you to connect with others and make life more enjoyable.

So next time you're feeling down, remember to laugh! Here are some jokes to help you get started:

- What do you call a fish with no eyes? Fsh!
- Why did the scarecrow win an award? Because he was outstanding in his field!
- What do you call a lazy kangaroo? A pouch potato!



National Celebrate Diversity Month:

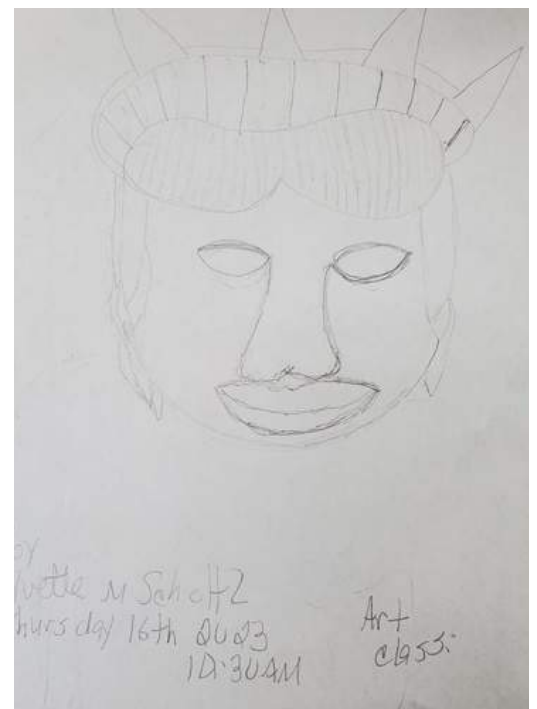
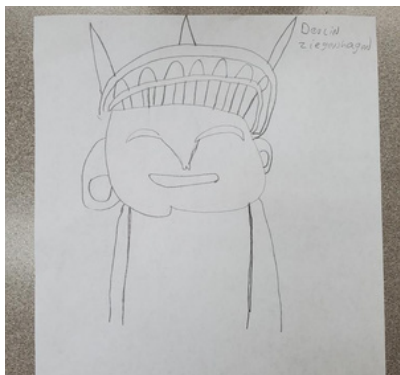
An Art Class

with Chris

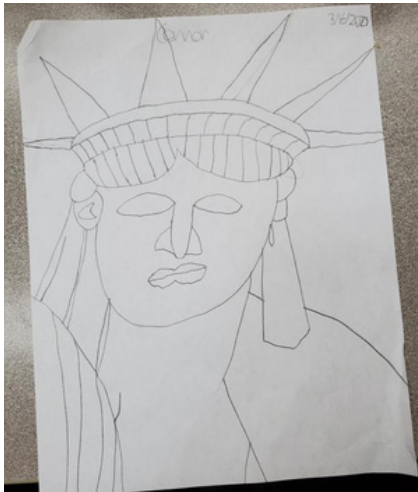
Since April is National Celebrate Diversity Month, our art class did some sketching and studying up on just about the most iconic symbol of freedom, democracy, diversity, and inclusion in the world—the Statue of Liberty.

Here are some facts:

- The Statue of Liberty was designed by Auguste Bartholdi and built by Gustave Eiffel (Yes, the Eiffel Tower guy).
- It was gifted to the United States by France as a gesture of friendship between the two countries.
- It is made of copper and stands 305 feet tall, including the pedestal. The index finger alone is 8 feet long.
- It was the largest structure of its kind when it was completed in 1886.
- The torch in Lady Liberty's right hand represents enlightenment and the tablet in her left represents the law.
- The seven spikes on her crown are for the seven continents and the seven seas.
- The Statue's full name is "Liberty Enlightening the World." And remember the inscription – "Give me your tired, your poor, your huddled masses yearning to breathe free."



More Diversity Month Art



- Liberty Island (above) is located in New York Harbor, just off the coast of Manhattan.
- The island was originally called Bedloe's Island, but it was renamed in 1956 to reflect its most famous landmark, the Statue of Liberty.
- In addition to the Statue of Liberty, the island is home to a museum and several other historical landmarks, including the Fort Wood Army Base and the American Immigrant Wall of Honor.

April is Autism Awareness Month

Did you know?

- Autism is a spectrum disorder, which means that there is a wide range of symptoms and levels of severity.
- Autism affects people of all races, ethnicities, and socioeconomic backgrounds.
- The exact causes of autism are not yet fully understood.
- There is currently no cure for autism.
- Many individuals with autism have unique strengths and abilities, and with the right support, can lead fulfilling and successful lives. Oh, we already knew that!

Autism awareness month is an opportunity to raise awareness and understanding of autism while promoting inclusion and acceptance of individuals with autism in our communities.

Planning for Pancakes

with Russell's group



Our group began planning and budgeting for this lunch outing in January 2023! That is a lot of planning! We did some research:

- We printed menus
- We planned our orders and our budgets.
- We role played the restaurant experience once a week during our "Money Math" class.

Dave and Suzie stuck to their original orders (Cowboy BBQ Burger and the French Toast Combo) while Meredith, Jake, and Tess changed their orders at the restaurant but stayed within budget. Everyone had more than enough money for their entree, drink, tax, and tip. What a delicious budgeting and lunch trip!

Did you know that International House of Pancakes was founded in 1958 and the first restaurant opened in Burbank, CA? The company has 1,841 locations in the Americas, the Middle East, and South Asia. Most locations are open 24 hours a day, 7 days a week. In 1973, the chain's name was shortened to "IHOP" for marketing purposes.

Do you remember back in 2018 when an IHOP marketing campaign announced they would "flip" their name to "IHOb"? This was a marketing campaign for IHOb hamburgers, an effort to change perceptions that IHOP was mainly for breakfast. Speaking of hamburgers, our next budget-for-lunch field trip will be to In-and-Out Burger!

Pancake Facts

- The first pancakes were called Alita Dolcia ("another sweet" in Latin) and were made by Romans in the 1st century CE.
- The world's biggest pancake measured over 49 feet in diameter and weighed 6,614 pounds!
- The record for the world's highest pancake toss belongs to Dominic Cuzzacrea, who flipped a pancake 31 feet (and 1 inch) into the air in November 2010.



APRIL 2023 NATIONAL DAYS

Autism Awareness Month

National Poetry Month

National Diversity Month and National Humor Month



4/1 - April Fool's Day and Sourdough Bread Day

4/2 - World Autism Awareness Day and Peanut Butter & Jelly Day

4/4 - National Vitamin C Day and **World Rat Day**

4/5 - National Walking Day

4/6 - National Burrito Day

4/7 - Good Friday and World Health Day

4/8 - Zoo Lovers Day

4/9 - Easter and **Unicorn Day**

4/10 - National Siblings Day and **Farm Animal Day**

4/11 - National Pet Day

4/12 - Grilled Cheese Sandwich Day

4/13 - **Scrabble Day** and International Plant Appreciation Day

4/14 - **Dolphin Day** and Gardening Day

4/15 - Tax Day and Record Store Day

4/17 - International Bat Appreciation Day and Haiku Poetry Day

4/18 - International Juggler's Day and **Animal Crackers Day**

4/19 - **Garlic Day**

4/20 - **National High Five Day**

4/22 - **Earth Day**

4/23 - Talk Like Shakespeare Day

4/25 - Zucchini Bread Day and **World Penguin Day**

4/27 - Babe Ruth Day

4/28 - Arbor Day

4/29 - Independent Bookstore Day

4/30 - Bugs Bunny Day and **Raisin Day**



New Class Alert: Art History

with Jennifer



"I dream of painting and then I paint my dream." -Vincent Van Gogh

To shake up the schedule this spring, we've added Art History to our rotation of electives. Our first featured artist was Vincent Van Gogh, inspired by Martha's PPP! We'd also learned about Van Gogh in "Hurricane Season" by Nicole Melleby, a favorite book from Literary Circle. One of the things we remembered is that his paintings had a lot of texture, and that you could see the brush strokes. This technique is called "Impasto" (not to be confused with pasta or pesto, that's another class). Van Gogh struggled with his mental health all his life, and he painted "The Starry Night" looking at the view from his window in an asylum. Van Gogh only sold a single painting in his lifetime. He became one of the most famous painters in history years after his death, largely due to his sister-in-law's effort to promote his work after he died. She had inherited his vast collection of work—hundreds of paintings. Had she just left them to gather dust in the basement, we may never have heard of Vincent Van Gogh. The cultural references and related topics are usually a fun part of putting together a class, and Van Gogh did not disappoint. Many of us had the song "Starry Starry Night" on a loop in our heads for weeks after the class. And we are very much tempted to buy the Lego version of Van Gogh's "The Starry Night", complete with lil' Vincent mini-fig at an easel with a teeny tiny Lego paintbrush!



New Class Alert: Titanic History

with Jennifer



This month marks the 111th anniversary of the sinking of the Titanic. In Armchair Travel, we took a virtual tour of the ship (pre-sinking, although there are post-sinking AND during-sinking versions available, which were vetoed by Jennifer immediately.) The digital night tour of the Titanic ran a whopping 110 minutes. “We won’t watch the whole thing,” we said, but suddenly we were at the end and we had, in fact, watched the whole thing. Connor thought the grand staircase, made of oak and wrought iron, reminded him of a castle. Yvette appreciated going inside the guest rooms, seeing the furniture and the art on the walls, but thought the hallways were way too narrow. Jennifer enjoyed the private promenade area off the deck, glassed in like a greenhouse, with lawn chairs and palm trees. Michelle liked the many lounge areas and dining halls. And, of course, we took a survey about which food served aboard the Titanic we would eat, because we love food. We learned what gruel is (soupy oatmeal basically, sometimes with onions in it) and that plum pudding is not pudding and does not contain plums. The wackiest Titanic item we found is a pool float in the shape of the Titanic door, which states very plainly on the packaging “Fits 2 People Comfortably!”



CH&S April Birthdays

4/18 Pamilla
4/20 Zachary
4/29 Shirley

Birthday Lights

by Calef Brown

Light bulbs on a birthday cake.
What a difference that would make!
Plug it in and make a wish,
then relax and flip a switch!
No more smoke
or waxy mess
to bother any birthday guests.
But Grampa says, “it’s not the same!
Where’s the magic?
Where’s the flame?”
To get your wish without a doubt,
You need to blow some candles out!”



April 23rd is Talk Like Shakespeare Day

Talk Like Shakespeare Day is a day to celebrate the language and works of William Shakespeare, the famous playwright and poet. It falls on April 23rd, which is believed to be Shakespeare's birthday. On Talk Like Shakespeare Day, people are encouraged to speak in the style of Shakespearean English, using phrases and expressions that were popular during his time. This might include using "thou" and "thee" instead of "you" or adding "-eth" to the end of verbs or saying "hast" instead of "have."

Talking like Shakespeare can also be a way to appreciate the beauty and richness of the English language, and to have fun with words and expressions in a fun way. Here are a few examples of talking like Shakespeare:

1. "Good morrow, fair sir/madam. How doth thee on this fine day?" (Translation: Good morning, sir/madam. How are you on this beautiful day?)
2. "Hark! What light through yonder window breaks? It is the east and Juliet is the sun." (Translation: Listen! What light is shining through that window over there? It is the east, and Juliet is as radiant as the sun.)
3. "To be or not to be? That is the question." (Translation: Should I exist, or should I not? That is the matter at hand.)
4. "The lady doth protest too much, methinks." (Translation: I think the lady's vociferous statements are phony). This phrase is used in everyday speech to indicate doubt of someone's sincerity.

The Deer Valley School District in Arizona's has a pdf on "How to learn to speak like Shakespeare" [here](#). Try talking like Shakespeare on April 23rd and see where it takes you!



The spelling of William Shakespeare's name has varied over time. It was not consistently spelled any single way during his lifetime, in manuscript or in printed form

Andrew's Corner

Batman Facts

Batman's secret identity is Bruce Wayne. The name of the fictional city the Batman comics take place in is Gotham City. The name of Batman's male sidekick is called Robin, not Batboy. Batman's butler, Alfred Pennyworth, was originally called Alfred Beagle.

Batman was created by writer Bob Kane and artist Bill Finger. Batman first appeared in Detective Comics number 27 which was released on March 30, 1939. Many actors have portrayed Batman in movies including Michael Keaton, George Clooney, Val Kilmer, Kevin Conroy, and Ben Affleck. Robert Pattinson of Twilight fame also portrayed Batman in the film The Batman.

Batman owns a large number of vehicles including the Batcopter, Batmobile, Batplane, Batboat and Batcycle. I chose to write about Batman because the legendary Batman voice actor, Kevin Conroy, passed away last year and he was my favorite choice to voice Batman.



Bio: Andrew Newson is a student at Life College and is 25 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star Trek and great places to go in the Bay Area. He is currently learning Mandarin and loves to research and learn new things.

Gimme Five

with Darnell



Do you ever see people give each other high fives? Maybe you do it yourself sometimes. It might surprise you to know that high fives didn't exist until the late 70s. There are many stories about where they came from, but nobody knows for sure. One story says it happened in 1977 between two baseball players, Dusty Baker and Glenn Burke of the L.A. Dodgers. Journalist Jon Mooallem said: "It was a wild, triumphant moment and a good omen as the Dodgers headed to the playoffs. Burke, waiting on deck, thrust his hand enthusiastically over his head to greet his friend at the plate. Baker, not knowing what to do, smacked it."

Baker has said, "his hand was up in the air, and he was arching way back," said Baker, "so I reached up and hit it. It seemed like the thing to do."

Another story is from a basketball team in 1978/1979 when player named Wiley Brown started doing high fives with his friend Derek Smith. There are plenty more stories, but one thing is clear—the high five is here to stay.

Welcome New Employee Michelle!

Michelle Tootle is the newest instructor at Life College, and we are sure excited to have her! Six classrooms of students came onto Zoom to interview Michelle after her first week at CH&S, and they had fantastic questions prepared.

Shirley: Do you like it here?

Michelle: I do! I like it here a lot, it's very fun!

Cathryn: What do you like to do at home?

Michelle: I like to work in the yard– I have a pool and a really nice garden. I'm obsessed with K-drama. I have to watch it in subtitles, not English dubbed. And I love spending time with my grandkids, Rosie and Olive, they're my favorite people in the world! I see them in person all the time, and I see them on FaceTime every single day. I love their faces!

Tess: What is K-drama?

Michelle: Korean drama tv shows. Some are comedies that are very funny. My husband watches them too.

Harold: Do you like sports?

Michelle: Not really, but I'm trying. My husband Zee (short for Zayd) plays disc golf, and I told him I would learn. He watches it on Youtube, so I'm stuck watching it on Youtube, he watches tournaments, so I'm stuck watching tournaments. There's a course at Stafford lake, and I have a portable net I could bring in for us to play!

Randall: Do you live in a house or an apartment?

Michelle: Neither! I live in a pool house, actually. It's like a little in-law unit behind a house.

David: Do you like music?

Michelle: I DO like music! I like all genres of music. I especially love the Beatles! I even have Yellow Submarine shoes!

Jennifer: What's your favorite flower?

Michelle: I love roses. The orangey ones are really pretty, and the yellows. I like fall colors. My husband brings me flowers every week.

Harold: Did you know any people from CH&S before you started?

Michelle: Yes! I've been in this industry since the 90's. I knew Rick, I knew Pam, I knew Steven. I know Mike, Yvette, Aidan, Phoebe, Karen and Arthur. It was great to see so many familiar faces!



National Poetry Month celebrates poetry and takes place during the month of April in the United States and Canada. It was first established in 1996 by the Academy of American Poets as a way to promote and celebrate the art form of poetry.

During National Poetry Month, there are a variety of events and activities that take place, both online and in-person, to celebrate poetry and its impact on culture and society. Some of these events include:

1. Poetry readings: Many libraries, bookstores, and cultural centers host poetry readings throughout the month of April, featuring local and national poets.
2. Online events: With the rise of online communication, there are many online events and activities that take place during National Poetry Month, such as virtual poetry readings, writing prompts, and poetry challenges.
3. Public poetry displays: Many communities set up public displays of poetry during National Poetry Month, such as putting poems on public transit, sidewalks, and storefronts.

National Poetry Month is a time to celebrate the power and beauty of poetry and to encourage people to read, write, and share poetry with others.



National Poetry Month

I Wandered Lonely as a Cloud

by William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had
brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

Photography Pt. 2: The Rule of Thirds

with Joe

As mentioned in last month's *Connection Magazine*, Phoebe, Mike, Tyrone, Bert, and Joe have been learning a lot about photography lately. The medium is perfect for hobbyists like ourselves because it's:

1. Relatively inexpensive
2. Zero waste (unless you print your photos out and then throw them in the trash, we guess)
3. A great way to capture memories that can last a lifetime. Like most artforms, there are many photographic techniques to learn if you want to reach a high level. What's interesting about photography is that a "high level" photo could be a photo taken by anyone of anything. So, in the interest of helping us amateur photographers, the pros have created and passed down a set of guidelines to assist us.

Four components we've found helpful:

1. **Depth** - Compose your photo so there are objects in the foreground, middleground, and background, to create a realistic sense of depth.
2. **Natural Framing** - If possible, "frame" your subject using the environment. This could be as simple as snapping a picture of somebody standing in a doorway, or as complex as finding the two perfect trees in a forest.
3. **Background** - It can be easy to get caught up in the subject you're photographing, so it's always recommended that you take a look at what's in the background. Even if it's blurry, a person or object in the background can distract from the subject.
4. **Centering** - Putting the subject of the photo in the very center can have a dramatic effect. Centering the subject is often our first instinct when snapping a photo. That is, until we come across...

The Rule of Thirds

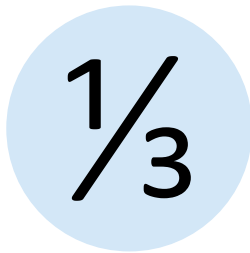
It's actually pretty simple: Imagine the viewfinder is divided into three equal segments, then put the subject of the photo in one of the two outside segments. A rough estimate is usually effective. Or, if you're going for precision, you can put two strips of tape on the viewfinder, as Bert's done here to the right:



The Rule of Thirds continues

with Joe

Here are some public domain examples of the Rule of Thirds in action. Notice how the focal point is off to the side in each one?



And now for some classic CH&S snaps (below)! Do any of these use the Rule of Thirds?



The Rule of Thirds (page 3)

with Joe



Bert, Mike, Phoebe and Tyrone enjoyed learning about photography and putting the Rule of Thirds into practice!

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of any size or kind.**

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Poetry-Palooza

with Jennifer's group



Batku

April 17 is Bat Appreciation Day AND Haiku Poetry Day, so it seemed like a no-brainer to write haikus about bats! We are using our poetic license to call them Batkus, trademark pending.

Bats are cute because
They are furry and fuzzy
And they fly at night
-Katie

I like bats so much
And I like Batman movies
And the Joker too
-Nino

Bats are nocturnal
They exit their caves at night
Bats are black, not birds
-Connor

Bats can fly at night
And what about vampires, eh?
They turn into bats
-Zachary

Bats fly all the time
They soar in the sky at night
Bats sleep in their caves
-Yvette

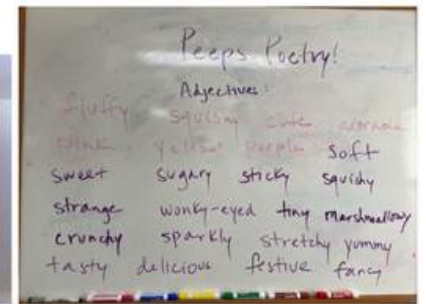
Eek is a stuffed bat
Best friends with Bok the chicken
Leo hugs them tight
-Jennifer

Peeps

Squishy Peeps
Adorable, squishy Peeps
Strange, adorable, squishy Peeps
Festive, strange, adorable, squishy Peeps
Fluffy, festive, strange, adorable, squishy Peeps
Peeps, Peeps, Peepity Peeps!
-Andrew

Peeps

Fluffy Peeps
Pink, fluffy Peeps
Cute, pink, fluffy Peeps
Soft, cute, pink, fluffy Peeps
Sweet, soft, cute, pink, fluffy Peeps
Peeps, Peeps, Peepity Peeps!
-Colleen



Peeps

Cute Peeps
Sweet, cute Peeps
Sticky, sweet, cute Peeps
Yellow, sticky, cute, sweet Peeps
Delicious, yellow, sticky, sweet, cute Peeps
Peeps, Peeps, Peepity Peeps!
-Devlin

Acrostic Poetry-Palooza

with Jennifer's group

Spring Flowers

by Martha

Sun is out
Poppies grow
Roots come to the surface
Indian flowers
Natural glow
Growing flowers

Feed flowers
Love flowers
Orbital the flowers
Wind blows
Earth grows
Roots deep underground
Sun sets in the west



Ode to Flowers

by Yvette

Flowers are pretty
Lavender flowers
Opening blooms in springtime
Wildflowers are special
Exciting to watch the garden wake up
Red roses, red roses, send Jennifer right over
Sunflowers are big and tall



Spring Animals

by Cathryn

Snakes in the water, crocodiles, alligators
Peacocks with pretty blue tails
Rabbits, squirrels hunting for snacks
I like to pet dogs if they're friendly
Newts swimming in puddles
Giraffes eat trees, 6 feet tall



What Do You Get When You Combine National Humor Month With National Unicorn Day?

Q: What street do unicorns live on?

A: Mane Street.

Q: What game should you never play with a unicorn?

A: Leap frog

Q: What do unicorns call their dad?

A: Pop corn

Q: How do unicorns get to the park?

A: On a unicycle.



Carolyn's Doggy Diner

When her dog, Nina, was experiencing stomach problems a few months back, Carolyn decided that the situation called for some good old fashioned home cooking.

She wanted to know for sure that Nina's dietary supplements were prepared safely from only the freshest and healthiest of ingredients and without the preservatives, chemical additives, and contaminants you might find in store-bought brands. On top of that, she believed she might even be saving some money this way.

It didn't take very long at all for Carolyn's other dog, Zeus, to take notice, and since he knew it was about food, he insisted, in no uncertain terms, that he wanted in. Nina responded perfectly and now her stomach issues are a thing of the past. Zeus used to be finicky about food, but not anymore.

So now we have Carolyn, slaving over a hot stove for such a worthy cause, and we have Zeus and Nina, a couple of happy, healthy, and really spoiled dogs, busily eating it up. Enter Pam and James, two students who, together as a team with Carolyn, are using the kitchen at Enterprise every Thursday morning for dog biscuit and kitty kibble making, not just for Zeus and Nina, but for others within the CH&S pet community.

If you are interested, maybe they'll be accepting orders soon.



Carolyn Shares Her Pupcake Recipe

10.5 lbs. 90% lean ground beef
9 Tbsp. hempseeds
6 oz. sardines
1.5 tsp. ground ginger
1.5 Tbsp. kelp powder
3 eggs w/shells!
3 oz. beef liver
3 oz. broccoli
3 oz. red bell pepper
3 oz. spinach



I have decided to make my dog's food in cupcake pans to better help me with portion control. I want my "pupcakes" to be about 1/3 cup each, so I don't fill them quite to the top. I have two dogs that each have different needs and goal weights.

One dog should weigh about 18 pounds. and the other 53 pounds! My little dog gets one "pupcake" and a sprinkle of dry kibble. The larger dog gets two "pupcakes" and 1/3 cup of dry kibble. This recipe allows me to feed my dogs for up to ten days (two feedings per day).

The Dogs at Live Oak Beach, Santa Cruz

by Alicia Ostriker

April is National Poetry Month

As if there could be a world
Of absolute innocence
In which we forget ourselves

The owners throw sticks
And half-bald tennis balls
Toward the surf
And the happy dogs leap after them
As if catapulted—

Black dogs, tan dogs,
Tubes of glorious muscle—

Pursuing pleasure
More than obedience
They race, skid to a halt in the wet sand,
Sometimes they'll plunge straight into
The foaming breakers

Like diving birds, letting the green
turbulence
Toss them, until they snap and sink

Teeth into floating wood
Then bound back to their owners
Shining wet, with passionate speed
For nothing,
For absolutely nothing but joy.



New Words to Describe Indescribable Feelings

with Darnell's group

Have you ever had a feeling that you just couldn't put into words? Like that feeling of "um... I don't know what it's called"? Well, we've got you covered! We found a list of English words that describe obscure emotions, and we wanted to share some with you.

One of the words we found is "**anchorage**", which describes the feeling of wanting to hold onto time as it passes. It's like when you're having so much fun that you don't want it to end. We all have moments like that, right? Connor told us about a time he wished he could hold on to: "When I signed up for Fresno State. I didn't expect it to be forever, but I thought it could have been longer."

Katie remembered a special moment: "I was very nervous at my wedding. Everyone told me to enjoy each moment, but it went by so fast!" And I think of when my kids were very young and how I'd wish they could stay that age forever! That happened every age, by the way.

Another word is "**chrysalism**" which is the feeling of being cozy and safe inside during a thunderstorm. Like when you're snuggled up with a warm drink and enjoying the sounds of the rain outside. Some people might describe it as a hygge feeling. Another example is when you're looking out the window, sipping hot chocolate or tea, while safe and cozy in your home. Cat says she likes to watch the rain from her window at home.

Have you ever thought you knew someone really well, but then you realize they have a whole private life that you know nothing about? That feeling is called "**gnossienne**." It's like a reminder that there's always more to people than meets the eye. Nino said: "Katie is my friend, but I don't know everything about her."

And then there's "**ambedo**," which is a kind of trance where you become completely absorbed in sensory details. It's like when you're listening to music or just soaking in the colors around you, and everything else seems to disappear. When Zachary does his daily "show," he is lost in the theater and the experience of that happy moment—Zach is in ambedo. Connor, an aviation enthusiast, told us that he feels this way when he is at an airport watching the planes come and go.

There are so many more words like these that describe obscure emotions, like "croochie-poochies" and "presque-vu." We will let you look those up and maybe we will discuss them in the next Connection Magazine!

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April 2023 Connection Magazine

Happy Easter!

