



WINDSOR  
GARDENS  
SENIOR LIVING

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### Plant Seeds of Kindness

"We are on Earth to take care of life.  
We are on Earth to take care of each other."  
—Xiye Bastida

### Get Fit With LIIT

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

### Memorable Melody: 'Oye Como Va'

Latin jazz king Tito Puente wrote this song in 1962, which he performed with his orchestra on the album "El Rey Bravo." Borrowing elements from the Cuban mambo "Chanchullo" by Israel "Cachao" Lopez, Puente's cha-cha-cha encourages listeners to dance along to the catchy rhythm. Instantly popular with Latin audiences, "Oye Como Va" reached new heights of fame when rock band Santana recorded it in 1970. Swapping brass instruments for the electric guitar, Santana's version climbed to spot 13 on the Billboard Hot 100 and introduced Latin music to a new group of fans. A signature song for both Puente and Santana, "Oye Como Va" is regarded as one of the most influential pieces of American music.

### April 2023



### Woven Through Time

As one of the oldest handicrafts known to humankind, baskets have been there for us since the beginning of civilization, used to store and carry food, tools and even children! In many cultures, baskets have an artistic and practical purpose, with meaningful patterns and symbols woven into the design. In modern life, baskets are a simple and timeless way to corral clutter, display flowers or wrap a gift.

### Circadian Rhythm Reset

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



## Hats Off!

Offering protection from the weather or simply helping us tie an outfit together, hats have had a place in fashion for centuries. Which of these styles—of which many are still popular today—casts a tip of the cap from you?

- 1910s:** Bowlers/derbys, newsboys
- 1920s:** Cloches, boaters
- 1930s:** Veiled hats, homburgs, catwalked hats
- 1940s:** Fedoras, berets
- 1950s:** Trilbys
- 1960s:** Pillbox hats, porkpies, beach hats
- 1980s:** Cowboy hats, baseball caps
- 1990s:** Bucket hats, visors
- 2000s:** Beanie, trucker hats
- 2010s:** Fascinators

# "This Month In History"

## APRIL

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

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

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

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

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

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

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

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

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