

THE Sungarden TIMES



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Welcome to our
community!

*We offer - Assisted Living -
Memory Care - Respite Stays*

Our Staff

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Easter: A Celebration of Hope and New Beginnings

Every spring, millions of people around the world celebrate Easter, a holiday that marks the arrival of the season and a time of renewal. As winter comes to an end and flowers begin to bloom, Easter naturally fits with the feeling of fresh starts and new beginnings. While it is widely enjoyed today as a cultural celebration filled with family gatherings, festive meals, and colorful traditions, it also has roots in Christian history.



In Christianity, Easter marks the resurrection of Jesus Christ, which believers say happened three days after he died. This event is seen as a symbol of hope, renewal, and new life, and it remains one of the most important parts of the Christian faith.

For many people, even those who do not celebrate Easter in a religious way, this idea of new beginnings is still an important theme of the holiday.

One interesting aspect of Easter is that the date changes every year. Unlike holidays with fixed dates, Easter is determined by the lunar calendar. It falls on the first Sunday after the first full moon following the spring equinox, which is around March 20 or 21. Because of this rule, Easter can occur anywhere between late March and late April. This method of choosing the date has been used for many centuries and helps connect the holiday to the natural cycles of the Earth and the arrival of spring.

Easter is also connected to a period called Lent, which lasts for about 40 days. During this time, some people choose to focus on personal goals, reflection, or self-discipline. They might give up certain habits, try to improve themselves, or spend more time thinking about what is important in their lives. The final days leading up to Easter are sometimes called Holy Week, though today many people focus more on the seasonal and social aspects of the holiday.





Easter is well known for its many fun and colorful traditions. One of the most popular customs is decorating Easter eggs. Eggs have long symbolized new life and rebirth, making them a perfect symbol for both spring and the themes connected to Easter. In many cultures, eggs are dyed bright colors, painted with detailed patterns, or even turned into small works of art. In some places, people carefully design eggs using traditional techniques that have been passed down for generations.

Easter egg hunts are another favorite activity, especially for children. During these events, eggs are hidden in yards, parks, or homes, and children search for them, often competing to find the most. Sometimes the eggs are filled with candy, small toys, or surprises. These activities bring excitement and joy, while also encouraging families and communities to spend time together outdoors.



Another well-known symbol of Easter is the Easter Bunny. According to folklore, the Easter Bunny delivers eggs and treats to children on Easter morning. This tradition is believed to have started in Germany and was later brought to other countries by immigrants. Over time, the Easter Bunny became a widely recognized and loved figure, especially in the United States. Today, it often appears in decorations, greeting cards, and holiday events, adding a playful and imaginative element to the celebration.

Food is also an important part of Easter traditions. Families often gather for special meals that bring everyone together. These meals may include dishes such as ham, lamb, bread, vegetables, and a variety of desserts. In some cultures, certain foods have special meanings related to spring or new beginnings. For example, sweet breads and pastries are often prepared as a way to celebrate the end of winter and the start of a new season. Sharing a meal allows families to connect, relax, and enjoy each other's company.

In addition to food and activities, many people decorate their homes for Easter. Common decorations include pastel colors, flowers, baskets, and images of eggs or rabbits. These decorations help create a cheerful and welcoming atmosphere that reflects the brightness of the season. Stores, neighborhoods, and public spaces may also join in, making Easter feel like a community-wide celebration.

Today, Easter is observed in many different ways around the world. For some people, it includes religious traditions such as church services. For others, it is mainly a cultural holiday that celebrates the arrival of spring through activities, decorations, and time spent with loved ones. In many places, these different aspects are blended together, creating a holiday that is both meaningful and fun.



As winter fades and spring begins, Easter reminds people of the beauty of change and the importance of new beginnings. Whether through long-standing traditions, cultural celebrations, or simple moments spent with family and friends, the holiday continues to bring joy and meaning to people across generations. Its mix of history, symbolism, and celebration makes Easter a unique and lasting part of life in many cultures around the world.

While we enjoy the festivities of Easter, let's not forget about Earth Day and think about ways to care for the planet. Observed on April 22, Earth Day began in 1970 in the United States to raise awareness about environmental issues and inspire people to take action to protect the environment. Over the years, it has grown into a global movement that encourages individuals, communities, and organizations to work together for a healthier planet.

People celebrate Earth Day in many ways, including planting trees, cleaning up neighborhoods, recycling, conserving water and energy, and learning about environmental issues such as pollution, climate change, and wildlife protection. Even small daily choices like using reusable items, turning off unused lights, or walking instead of driving it all adds up and makes a meaningful difference over time.

By caring for the Earth not just on one day, but every day, we help preserve its beauty, resources, and natural habitats for future generations. Earth Day reminds us that everyone has a role to play in creating a cleaner, safer, and more sustainable world.



About Our Community..

Sungarden Terrace is an assisted living community that has been open since July of 2000. We strive to offer a wide variety of activities to promote positive experiences through social interaction and success. We pride ourselves on having a “home-like” atmosphere where everyone feels like family, and we are so grateful for all of you.

Meal Times

(may differ on holidays and special events)

Breakfast is served at 8:00am

Lunch is served at 12:00pm

Dinner is served at 5:00pm



Blessed with Diversity

At Sungarden Terrace we pride ourselves for being rich in diversity. Our staff and residents span decades of age and wisdom, from twenty years old to a spry ninety-nine. We speak several languages, hail from a variety of countries, have different educations, talents and experiences. Some of us know city life, while others reminisce about living on farms, growing food and raising animals. How wonderful to be with people we genuinely care for, who continue to help us grow and learn as we share stories about our lives.

In this beautiful time of Spring, I am made aware that this year, Ramadan, Lent and Passover are occurring very close to each other. Our diversity is once again on display as we recognize the different religions that our staff and residents practice. But sometimes what appears to be differences, once explored, remind us we have more similarities than we initially thought. Lent, Ramadan and Passover are all sacred, reflective seasons focused on spiritual renewal, increased charity, and a deep devotion to God. Common themes include fasting, self-discipline, communal prayer and a temporary detachment from worldly desires. All are designed to foster gratitude, empathy and closer community bonds.

With Spring comes new growth, revival and rejuvenation. Enjoy the new growth and budding flowers as you visit at Sungarden. And may we all continue to honor and love each other, as every spiritual path teaches.

Susan O'Shaughnessy



Here are **individual choices that have the biggest environmental impact:**

- Drive less (walk, bike, carpool, or use public transit).
- Fly less — airplanes create a lot of emissions.
- Eat less meat, especially beef.
- Eat more home-cooked meals and waste less food.
- Reduce home energy use (heating, cooling, electricity).
- Switch to renewable energy if possible.
- Buy fewer new things and use items longer.
- Buy second-hand items instead of new.
- Use reusable bags and bottles instead of buying new ones.
- Reduce food waste.
- Use water wisely. (Take shorter showers to save water and heating.)
- Support eco-friendly companies and products.
- Vote and support environmental policies.



Big changes in **transportation, food, and energy** make the **largest difference** in lowering our bills and reducing pollution at the same time.



 **A few highlights from our St. Patrick's Day luncheon at Sungarden Terrace** 
 Great food, plenty of smiles, and wonderful company made for an unforgettable day! We even enjoyed a special performance by traditional Irish dancers, adding an extra touch of magic to the celebration. Feeling grateful to have shared such a joyful time with amazing people!



If you have any questions or would like to schedule a tour, Please contact Cassie Hammond at (619) 464 - CARE (2273)
 Our Website is Sungardenterrace.com