

Cadgewith Farms Community News

April 2018

Note From Vice President

March was a relatively calm month. It snowed a little and the sun shined more often. In addition, we changed to Daylight Savings time. The time change will allow us to have daylight longer in the evenings. April is a time for new beginnings. The grass will become green and flowers will start to rise and blossom. Spring is a wonderful season with beauty and awe. Please continue to check on your neighbors and if you see them wave or stop by for a chat.

I hope everyone had a blessed Easter. The snowbirds will be arriving home and activities will be in abundance.

The last soup luncheon until next January 2019 hosted by Bob and Beverly Vondale was held on March 8th. The soups and dishes were great. Thank you to the Vondale's for their hard work in organizing this event. Great job!

We had a pancake breakfast on March 17th hosted by Jack and Shirley Tingle. The Tingles are planning another pancake breakfast for April 21st. The cost is \$4.00 a person. Thanks Jack and Shirley for all your hard work. If you can attend the breakfast please join us and share conversation and the company of your friends and neighbors.

We are thankful for all the residents for making this a wonderful place to live and have fun.

If you have new ideas for events or questions please contact a board member or me. Cindy Shaw at 517-819-7410.

Pet Lovers

When you are out walking your pets, please be courteous to your neighbors and pick up after your dogs. We have had several resident's complaints that dog walkers are not picking up after their pets. It is the dog owner's responsibility to pick up after their dog. Please be respectful and a responsible pet owner and take care of your mess.

Weed and Feed

Spring is around the corner and we are getting ready to do the Weed and Feed application in April. This is something that we do once a year at no cost to our residents.

We mailed out postcards to everyone in the community. Just drop it off to the office or drop box to get on the list. You can also just call the office to get on the list at 517-371-1101 during regular business hours

It does have a return date of Friday April 6, 2018. After this date we will no longer be adding anyone to the list. We only order enough for those who turn in their cards, so after this date we will not be able to do yours.



APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Bible Study 10 AM 2222 St. Ives N Water Shut off 9 AM	Men and Women Breakfast, Flapjack 8 AM Bingo 2 PM		No CF Board Meeting until May 3, 2018	Men's Breakfast 8 AM Family Tree, Dewitt	NO Coffee and Chat Until Spring
8	9	10	11	12	13	14
	Bible Study 10 AM 2222 St. Ives N		Potluck Meat Furnished 5:30 PM	Men's Breakfast 8 AM Family Tree, Dewitt		
15	16	17	18	19	20	21
	Bible Study 10 AM 2222 St. Ives N	Bingo 2 PM	Ladies Breakfast 8:30 AM Flapjacks	Men's Breakfast 8 AM Family Tree, Dewitt Euchre 7—9 PM	Pancake Breakfast 8—10 AM \$4.00 at Door	
22	23	24	25	26	27	28
	Bible Study 10 AM 2222 St. Ives N			Men's Breakfast 8 AM Family Tree, Dewitt		
29	30					
	Bible Study 10 AM 2222 St. Ives N					

Coffee & Chat

Again, no Coffee & Chat until the Spring. We will provide dates once it has been decided.



Soup and Sandwich

We would like to take a moment to thank Bob Vondale for organizing the Soup and Sandwich Luncheon for Winter of 2018.

There was a great turn out each and every luncheon. Many new faces to the community came out to join in the fun. We are happy to welcome everyone new and also our previous residents.

Thanks again, for all of those who came out this year and brought all of the yummy sides to go along with the homemade soups that were provided.

Euchre

Please note that Euchre Party will be held on Friday April 20, 2018 from 7– 9 pm. We are back to regular times with spring around the corner. We hope to see everyone there.

Well Update

Finally, we are at the final stage of our well reconstruction! This has been a long process and we thank everyone for their patience and understanding. Our two new water storage tanks are being connected to the wells in March. There will be a service interruption at that time. A notification will be posted in the mail stations & front office lawn sign, when that is about to take place so please keep an eye out.

We still do not have an exact date yet, please just be prepared when we post it on the sign.

Pancake Breakfast

Back by popular demand and with each successful event, we will be holding a All You Can Eat Pancake Breakfast on Saturday April 21, 2018 from 8 am - 10 am in the Cadgewith Farms Clubhouse.

Everyone is welcome. You can bring your family and friends to come and join us. The cost of the breakfast is \$4.00 and it includes pancakes, eggs, OJ, and coffee.

This is a great opportunity for those of you that are still working during the week to come and hang out to socialize with the residents.

If the weather is bad we will not be holding a breakfast, please make sure you watch the weather to make sure that we decent weather.

Association Meetings

There will not be any Cadgewith Farms Association meetings until Thurs. May 3, 2018. Members of the Board should be home this month so we look forward to seeing everyone and hearing everyone's ideas

Neighborhood Watch

Residents.... Please slow down when driving through the community. Also slow down driving in and out of the community. There is a speed limit of 15 MPH and with the weather getting warmer there will be more and more people out walking. So please slow down.

Also when walking your dogs at night it would be nice if residents would wear light colored or one of the reflective vest. This will help people see you when you are walking.

Please do not put your garbage out on Sunday night. We have had recent sightings of raccoons and possums tearing up the bags of trash while we are on patrol on Sunday nights. Having trash out this early will attract more critters. Please put your trash out on Monday mornings, the trash truck does not come into the park until after 1 pm on Monday's, so there is plenty of time to get it out. If you will be gone please get with one of your neighbors to help you take out your trash.

Pam Jackson,
Neighborhood Watch Coordinator

Get Outside! Senior Activities to Enjoy this Spring

The change of season to the warmer weather offers the perfect opportunity to get out of the house for a bit on a daily basis. Here are a few fun spring activities for the elderly that allow you to get active, improve your mood and even promote social interaction with others:

Do some gardening. [Gardening](#) is undoubtedly one of the best spring activities for seniors. Even if you have some limited mobility, modifications can be made to allow you to participate in many garden activities. Pulling weeds and planting flowers increases your physical activity levels by improving flexibility and endurance. Gardening has mental health benefits, too; it can relax you, reduce your stress and give you a rewarding feeling of accomplishment.

Start a daily walking routine. Walking is one of the [best exercises for seniors](#), and spring is the perfect season to head outside and enjoy a walk through the neighborhood or nearby park. If you can, find a buddy to walk with to help make this a social activity you look forward to daily.

- **Start spring cleaning tasks.** Did you know clutter can increase your stress levels? It's true! Getting organized is a great spring cleaning chore, so take a few days and start going through the storage spaces in your home and clearing out some of the items you no longer need on a daily basis. You can even get family members to help and share memories as you go through your belongings. Plus, they can help you make some decisions about what to keep and what to donate, sell or throw away.

Enjoy a picnic in the park. Pack a picnic basket with some snacks, grab a blanket and find a grassy area to sit outside and simply bask in the sun to get some much-needed [vitamin D](#) (just don't forget the sunscreen!). Or, enjoy lunch on your favorite patio at your senior living community or local restaurant.

- **Feed the birds.** Bird-watching is a stimulating activity many seniors enjoy. Head to a park and feed the ducks and geese some cracked corn, or hang a bird feeder outside your window to enjoy watching them feast right in the comfort of your home.