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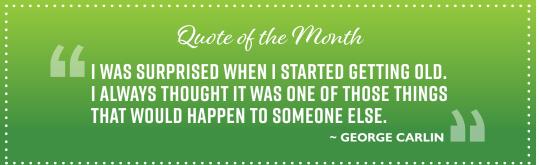


# THE HISTORY OF EARTH DAY

Earth Day is an annual celebration that takes place on April 22 to raise awareness for the need to protect Earth's natural resources for future generations. But how did it come to be? The stage was set for the environmental movement with the publication in 1962 of "Silent Spring," Rachel Carson's bestselling book that sold more than half a million copies in 24 countries. It raised public concern for the environment and the links between pollution and public health.

Gaylord Nelson, a junior senator from Wisconsin, established the first Earth Day on April 22, 1970. Earth Day was the push Americans needed and not long after, Congress passed major initiatives that became the foundation of the nation's environmental laws: the National Environmental Act, the Clean Air Act, the Clean Water Act and the Endangered Species Act.

In 1990, Earth Day went global and mobilized more than 200 million people in 141 countries to bring the fight for the environment to the world stage.



## MARY ANN AND SALLY: BEST FRIENDS SINCE FIRST GRADE

Easy to smile and laugh, American House Lakeshore residents Mary Ann and Sally met at St. Ambrose Catholic Grade School in Grosse Pointe Park, Michigan. As the two shortest students in their class, they were chosen to lead processions in first grade together and have been best friends ever since.

The two friends spent 12 years together at school. They went their separate ways for a while as Mary Ann attended Hotel-Dieu Hospital School of Nursing in Windsor, Canada, and became a nurse and Sally went to the

University of Detroit Mercy before she went to work in the sales offices at the popular radio station CKLW.

Their friendship was so contagious even their husbands got along great and the two families often traveled together. They took trips to Ireland and Spain and lived close to each other when they spent their winters in Florida. Mary Ann and Sally claim they've never had a fight and understand each other completely. How? By listening to each other through life's ups and downs. It also helps, they said, to start young!



INSPIRING A HAPPIER, HEALTHIER YOU.

MOUNT PROSPECT ASSISTED LIVING

**APRIL 2025** 

# THE JAPAN WORLD EXPOSITION

The Japan World Expo was held in Osaka between March 15 and September 13 in 1970. Its theme was "Progress and Harmony for Mankind" with four pillars for participants to consider: how to have a richer life and achieve better health, how to utilize nature in a more prosperous way, how to design a better everyday life and how to mutually understand each other on a deeper level.

The Expo was the first World's Fair held in Japan and Asia and was designed by architect Kenzo Tange. It featured The Symbol Zone to inspire the center of future cities. It attracted international attention for its moving walkways and the iconic Tower of the Sun, a 229-foot structure with three faces that represented the past, present and future.



With over 64 million visitors, The Expo remains one of the most well-attended World's Fairs in history. It showcased early versions of technologies like mobile phones, the first-ever IMAX film and a time capsule that was created and not set to be opened until the year 6970. In 2025, the World Expo will return to Osaka.

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## **APRIL 2025 EVENTS**

- Zumba- 1st & 3rd Wednesdays
- Happy Hour w/ Honeybee3 (4/4)
- Beer Tasting Social (4/7)
- Music w/ George N. (4/9)
- Family Night Event (4/10)

- Resident Council (4/16)
- Easter Sunday (4/20)
- Resident Town Hall (4/23)
- LE Calendar Discussion (4/30)

# **NEVER LOSING HOPE**

The journey to understand and support Parkinson's disease research takes center stage during Parkinson's Awareness Month 2025. The event was originated to honor the birth of Dr. James Parkinson, who first described the disease in

1817, and today it underscores the importance of research and support for those afflicted by the disease. Parkinson's is a neurodegenerative disorder of the nervous system and was originally described based on a set of motor symptoms, namely: tremor while at rest, slowness of movement and increased muscle tone or rigidity.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Zi E	)ril 20	25		
LOCATIO	N KEY	OI APRIL FOOLS' DAY  10:00a Sit and Be Fit THR	02  10:00a Workout with Paxxon Th	03  IR 10:00a Sit and Be Fit THR	04  10:00a Workout with Paxxon THR	05 10:00a Sit and Be Fit THR
2LI 2 <sup>nd</sup> Floor Library MCC Memory Ca AR Activity Room MCG Memory Ca B Bistro Courtyard BPA Bistro Patio MCK Memory Ca LO Lobby MCL Memory Ca	re Garden Sunroom PD Private Dining re Kitchenette THR Theater	10:30a Daily Chronicle 11:00a Wheel of Fortune THR 1:00p Bob Newhart: Off The Record THR 2:00p Craft Collective: Origami AR	<ul><li>10:30a Daily Chronicle</li><li>10:45a Zumba with Elizabeth S. The</li></ul>	10:30a   Daily Chronicle	10:30a       Daily Chronicle         11:00a       Jeopardy       THR         1:00p       Bingo!       AR         3:00p       Happy Hour w/ Honeybee3 B         4:00p       Sunset Stretch       THR	10:30a Daily Chronicle 11:00a Tech Savvy with Savannah AR 1:00p Artist's Studio AR 3:00p Rummikub & Games AR 4:00p Sunset Stretch THR
06	07	08	09	10	11	12 PASSOVER
9:30a Virtual Mass: Holy Name Cathedral THR 10:00a Sit and Be Fit THR 10:30a Daily Chronicle 1:00p Board Game Cafe AR 3:00p Travelogue THR 4:00p Sunset Stretch THR 6:00p Movie Night THR	10:00a Workout with Paxxon THR 10:30a Daily Chronicle 11:00a Parkinson's & Pals with EJ THR 1:00p Bingo! AR 2:00p Tea & Tidbits 2LI 3:00p Hops & Cheers: Beer Day Tasting 4:00p Sunset Stretch THR 6:00p Evening Card Games AR	10:30a Daily Chronicle 11:00a Wheel of Fortune THR 1:00p Craft Collective: Cherry Blossom Door Signs AR 2:00p BINGO STORE AR 3:00p Gospel Singing w/ Sterling THR	10:30a Daily Chronicle 10:45a George N. Music Ministry THR 1:00p Book Club with Rachel 1:00p Bingo! 3:00p Happy Hour 4:00p Sunset Stretch	10:30a Daily Chronicle 11:00a Price is Right THR 1:00p Great Courses w/ Clay B. THR 2D 2:00p Hummers & Strummers B 3:30p Ambassador's Society Meeting PD 4:00p Sunset Stretch THR	10:30a       Daily Chronicle         11:00a       Jeopardy       THR         1:00p       Bingo!       AR         3:00p       Happy Hour       B         4:00p       Sunset Stretch       THR	10:00a Sit and Be Fit THR 10:30a Daily Chronicle 11:00a Tech Savvy with Savannah AR 1:00p Artist's Studio AR 3:00p Rummikub & Games AR 4:00p Sunset Stretch THR 6:00p Movie Night THR
13 PALM SUNDAY	14	15 TAX DAY	16	17	18 GOOD FRIDAY	19
9:30a Virtual Mass: Holy Name Cathedral THR 10:00a Sit and Be Fit THR 10:30a Daily Chronicle 1:00p Board Game Cafe AR 1:30p Mass w/ Father John Hoffman THR 3:00p Travelogue THR 4:00p Sunset Stretch THR 6:00p Movie Night THR	10:30a Daily Chronicle 11:00a Parkinson's & Pals with EJ THR 1:00p Bingo! AR 2:00p Tea & Tidbits 2LI 3:00p Active Games: Ladder Toss THR	1:00p Garden Club AR 2:00p Zazen Meditation Class THR 4:00p Sunset Stretch THR 6:00p Group Crosswords AR	10:30a Daily Chronicle 10:45a Zumba with Elizabeth S. The Bingo! A Resident Council Meeting The Service Servic	AR         1:00p         Great Courses w/ Clay B.         THR           IR         2:00p         Bunco         AR           B         3:30p         Ambassador's Society Meeting PD           IR         4:00p         Sunset Stretch         THR	10:30a       Daily Chronicle         11:00a       Jeopardy       THR         1:00p       Bingo!       AR         3:00p       Happy Hour       B	10:00a Sit and Be Fit THR 10:30a Daily Chronicle 11:00a Tech Savvy with Savannah AR 1:00p Artist's Studio AR 3:00p Rummikub & Games AR 4:00p Sunset Stretch THR 6:00p Movie Night THR
20 EASTER	21	22 EARTH DAY	23	24	25	26
9:30a Virtual Mass: Holy Name Cathedral THR 10:00a Sit and Be Fit THR 10:30a Daily Chronicle 11:00a Easter Scripture and Hymns THR 1:00p Board Game Cafe AR 3:00p Travelogue THR 4:00p Sunset Stretch THR	10:00a Workout with Paxxon THR 10:30a Comfort Dog Visit THR 11:00a Parkinson's & Pals with EJ THR 1:00p Bingo! AR 2:00p Tea & Tidbits 2LI 3:00p Active Games: Seated Volleyball THR 4:00p Sunset Stretch THR 6:00p Evening Card Games AR	10:30a Daily Chronicle 11:00a Wheel of Fortune THR 1:00p Garden Club AR 2:00p Learner's Lecture: Intro to Japanese AR 4:00p Sunset Stretch THR	10:30a       Daily Chronicle         11:00a       Family Feud       TI         1:00p       Bingo!       Image: Bingo!       Image: Bingo!         2:00p       Resident Town Hall       TI         3:00p       Happy Hour	AR         1:00p         Great Courses w/ Clay B.         THR           IR         2:00p         Bunco         AR           B         3:30p         Ambassador's Society Meeting PD           IR         4:00p         Sunset Stretch         THR	10:30a Daily Chronicle 11:00a Jeopardy THR 1:00p Bingo! AR 3:00p Birthday Happy Hour w/ Jan & Gino B	10:30a Daily Chronicle 11:00a Tech Savvy with Savannah AR 1:00p Artist's Studio AR 3:00p Rummikub & Games AR 4:00p Sunset Stretch THR
27	28	29	30		BIRTHDAYS	
10:00a Sit and Be Fit <b>THR</b> 10:30a Daily Chronicle	4:00p Sunset Stretch <b>THR</b>	10:30a Daily Chronicle 11:00a Wheel of Fortune THR 1:00p Garden Club AR 2:00p Sushi and Sake Social B 3:00p Gospel Singing w/ Sterling THR	10:30a Daily Chronicle 11:00a Family Feud Th 1:00p Bingo! 2:00p LE Calendar Discussion 3:00p Happy Hour 4:00p Sunset Stretch Th	Nancy W 4/13 Cecy R 4/19 Mary Ann H 4/22 Jean C 4/28		