

April 2026

Foreword

As the saying goes, “April showers bring May flowers!” It’s both thrilling and uplifting to see the weather gradually warming up, even if it comes with a little rain.

We are now operating normally with K4. Moving into April, residents will not find May events listed (except for recurring ones) until the arrival of the May calendar in their mailboxes. Additionally, residents should be able to register for events and access the directory without any issues. We recognize that some Villa residents are still facing challenges. Kenna will be available at the Villa, in Sandie’s Office, from 12:30 PM to 4 PM on Wednesday, April 1st, to offer assistance.

April Highlights - *Independent Living*

EVERY Saturday - Shopping Shuttle

April 7 - Zoomobile Presentation at VCDC

April 10 - “Les Mis N’at” by RCBB at Carson Middle School

April 11 - Pet Donation Drive and Cookie Sale (Villa Clubhouse)

Villa

April 6 - Resident Association Meeting

April 8 - Free Auction w Michelle

April 15 - Resident Birthday Luncheon

April 22 - Happy Hour / Entertainment

April 28 - Importance of Intergenerational Presentation by Kenna

Terrace Place

April 7 - Resident Association meeting

April 10 - Happy Hour

April 16 - Special Meal

April 23 - Intergenerational Cooking Class

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REFLECTING BACK ON MARCH



FOR MORE IMAGES FROM THIS PAST MONTH, VISIT "VINCENTIAN VILLA" OR "TERRACE PLACE" ON FACEBOOK

IMPORTANT INFORMATION

For your convenience, a single number has been created to reach your provided services. The number is **412.536.8700**. Please follow the prompts below.

Press “1” for Emergency Maintenance

Press “2” for Transportation

Press “3” for Housekeeping

Press “4” for Terrace Place Office

Press “5” for Villa Office

Press “6” for Melia

Press “7” for Kenna

Press “8” for Unconventional Kitchen

In the case of a medical emergency, push the button on your pendant or call 9-1-1.

Bill Pay

To pay bills online, go to Vincentian.us and choose Make a Payment in the top right hand corner. Select your location. Log in using the online ID found on your billing statement. For any questions related to your billing statement or how to pay, contact Ben Flory at 412-660-1564.

Transportation

Please note that while Sandie schedules initial transportation, you must call your driver when you are ready to return.

Meal Ordering

Meals can be ordered online at order.toasttab.com/online/unconventional-kitchen or by downloading the app Local By Toast on your phone or tablet.

Unconventional Kitchen

If you have an issue with a meal, you can contact the kitchen until 1:00pm at **412-348-0188**. Any messages after that will be returned the next day.

BRAIN GAME



- APRIL
- BLOSSOM
- BREEZE
- BUD
- BULBS
- BUNNY
- BUTTERFLY
- CHICK
- DAFFODIL
- EASTER
- EGGS
- GRASS
- GREEN
- HATCH
- JUNE
- MARCH
- MAY
- NEST
- PUDDLE
- RAINBOW
- ROBIN
- SEASON
- SHOWERS
- SUNSHINE
- THAW
- TULIP
- UMBRELLA

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

F	T	L	Y	T	O	I	B	R	J	K	V	S	B	G	M	U	M	M
A	A	E	J	F	D	L	O	F	U	M	S	O	T	A	F	V	Z	H
U	L	H	P	U	D	D	L	E	P	A	E	E	Y	S	D	T	B	E
S	B	L	U	B	Q	L	F	R	R	Z	T	G	Y	T	H	A	W	U
L	X	Z	B	U	N	N	Y	G	K	Q	B	W	G	F	R	Q	X	M
W	M	S	H	O	W	E	R	S	G	B	L	O	S	S	O	M	C	B
P	W	U	M	P	N	V	A	R	Q	T	G	E	F	G	D	X	Z	R
F	T	N	K	A	K	H	V	H	E	K	P	B	R	E	T	S	A	E
G	E	S	W	O	R	O	B	I	N	C	O	F	R	J	M	P	J	L
M	Y	H	M	L	Y	C	L	L	J	I	Z	B	H	E	D	U	Z	L
N	N	I	Q	Q	I	U	H	I	T	H	R	U	T	Z	E	T	W	A
L	E	N	U	H	S	X	Z	D	U	C	Z	T	P	S	N	Z	Q	A
R	Y	E	Y	Y	N	N	M	O	L	H	N	T	Z	B	E	X	E	F
O	A	U	R	I	U	O	D	F	I	G	E	E	H	G	A	N	Q	T
W	P	I	J	G	G	K	S	F	P	P	J	R	J	I	A	S	A	M
K	R	J	N	Z	B	E	X	A	Y	B	C	F	J	H	A	T	C	H
B	I	S	U	B	U	X	M	D	E	B	F	L	Y	W	M	B	B	H
X	L	M	B	N	O	A	C	T	J	S	U	Y	H	B	H	G	Y	F
X	X	I	J	W	E	W	R	D	V	E	D	D	K	A	A	W	H	M

UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living April Luncheon

MENU



Lemon Chicken Breast
Pasta Carbonara
Roasted Vegetables
Lemon Blueberry Dessert Bar

Please RSVP by ****Wednesday, April 9th at Noon**** if you wish to attend, as we need to provide a final headcount to the Unconventional Kitchen. Kindly note, there will be no takeout options available, and late sign-ups will not be accepted. To double check that you are signed up, you may call Kenna before the deadline. As a courtesy to your neighbors, we hope you will attend if you are signed up! Thank you.



Easter Specials



EASTER COOKIE TRAY



EASTER DINNER

Unconventional Kitchen
8200 McKnight Road
Pittsburgh, PA
15237

Pickup Hours:
Monday – Friday: 2 p.m. – 6 p.m.
Saturday – Sunday: 9 a.m. – 5 p.m.



ORDER TODAY
UNCONVENTIONALKITCHEN.US



WELLNESS CENTER

Stay Steady: Fall Prevention Tips for Seniors

As we age, the risk of falling increases, but falls are not inevitable. Simple adjustments in routines, exercise, and home safety can help seniors reduce their risk of injury while maintaining independence. Factors contributing to falls include muscle weakness, poor balance, and medications causing dizziness. Cluttered walkways, loose rugs, and poor lighting at home also create hazards. Understanding these risks is crucial for prevention.

Exercises to Improve Balance and Strength

Regular physical activity is vital for fall prevention. Simple home exercises, including standing on one foot, sit-to-stand movements, walking heel to toe, and gentle leg lifts can increase coordination and balance. Consult a doctor before starting any new exercise routine.

Creating a Safer Home Environment

Most falls happen at home, so it's essential to remove hazards. Keep floors clear of clutter, ensure adequate lighting in key areas, and use night lights to reduce tripping risks, especially at night.

The importance of Proper Footwear

Footwear plays a major role in balance and stability. Choosing well-fitted, supportive, non-slip shoes can make everyday movements safer and more comfortable.

Managing Medications and Vision

Medications can sometimes cause side effects like dizziness, drowsiness, or low blood pressure, all of which can contribute to falls. Vision also plays a crucial role in staying steady.

A Proactive Approach Can Help

Preventing falls requires a proactive approach, but small changes can make a significant difference. Incorporating balance and strength exercises, making simple home modifications, wearing proper footwear, all contribute to a safer, more independent lifestyle.