



IN THIS MONTH'S NEWSLETTER

*April at a Glance*

We thrilled to be squarely in springtime, and we're welcoming the fresh air and fresh starts that come along with it—from our weekly Walking Club and a local growing workshop to tips for small tweaks that level up your routine. We're also featuring standout March memories and highlighting a feline friend and a cheerful neighbor. We look forward to connecting with you throughout this invigorating season!

LAST MONTH AT ARDEN

*March Snapshot*

From St. Patrick's Day festivities and pickleball to a retro sock-hopping dance party and an abundance of gatherings where we laugh and mingle, we ushered in spring with plenty of activity last month!



HAPPENING IN HUNTERSVILLE

*Create in Community*

SUNDAY, APRIL 7<sup>TH</sup> AT 1:30 PM

Venture out for a **Boozy Bonsai Workshop** at Birkdale Commons that's all about small trees and big fun! Bring a neighbor and tag-team one project, or plant your own and meet a new friend.



RESIDENT SPOTLIGHT

*Joyful Jim*



Chances are you've seen Jim Doud's friendly smile or experienced his willingness to lend a helping hand. Jim is known for bringing great energy wherever he goes, whether it's joining community events, chatting with neighbors, or simply spreading positivity. His kindness and community spirit make Arden an even better place to live!

## DAILY RITUAL

### Memory Lane

Pick one old photo and write down the story behind it—where it was taken, who was there, what was happening that day. Before you know it, you'll be showcasing a personal memory archive to neighbors and loved ones.

## PET OF THE MONTH

### Hi to Kai!

Kai is a four-year-old orange tabby known for his sweet and loving demeanor—he never turns down a good snuggle. Whether he's lounging around or soaking up attention, Kai exudes warmth and charm.



## QUICK REFRESH

### Step Outside

When your day feels stressed, step outside for just two minutes. Look at something far away—trees, clouds, rooftops. Shifting your focus to distance relaxes eye muscles and signals your brain to slow down—a tiny reset that works surprisingly well.

## Weekly Lineup

AT ARDEN AT HUNTERSVILLE

SUNDAYS AT 6:30 PM

Settle in for a lively **Poker Club** night.

MONDAYS AT 10 AM

Start your morning with good conversation at **Coffee Social Hour**.

TUESDAYS AT 10 AM

Stay sharp and curious at **Tech Tuesday**.

TUESDAYS AT 6 PM

Get moving and feel the energy at **Dance Fitness**.

WEDNESDAYS AT 11 AM

Tap into your creativity with **Art with Maggie**.

WEDNESDAYS AT 4 PM

Test your knowledge at **Trivia Night**.

THURSDAYS AT 10 AM

Enjoy fresh air and great company with **Walking Club** at the Downtown Greenway.

FRIDAYS AT 11 AM

Build strength and confidence at **Strong & Steady**.

SATURDAYS AT 10 AM

Kick off your weekend with **Strength Fitness**.

SATURDAYS AT 11 AM

Keep learning and creating with **CPCC Classes**.


SEE THE FULL APRIL CALENDAR


ARDEN AT HUNTERSVILLE

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