



LifeArt Community Resource Center  
25 Roxbury Street  
Keene, NH 03431

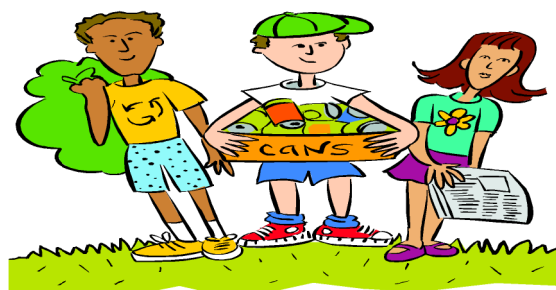


NON PROFIT ORG  
U.S. POSTAGE PAID  
KEENE, NH 03431  
PERMIT NO. 54



# April News From LifeArt

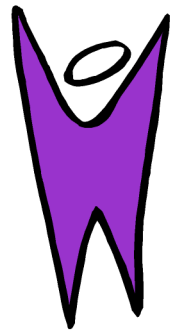
Bringing People Together to Foster  
Positive Action in an Inclusive Community





# LifeArt Community Resource Center

25 Roxbury St. Keene, NH 03431  
Telephone 603-357-1456



## LifeArt News For April

Volume 8 Issue 4

OPEN TO THE PUBLIC

April 2008

### Mission Statement

*Working as an extended family, we bring together our creativity, enthusiasm, and dreams to serve the community through positive action and spirit. Reaching into our own hearts and out to others, we find a sense of purpose, by creating opportunities for learning, and teaching that build new relationships. We value relationships that support teamwork, diversity, confidence building and risk taking.*

Newsletter Team:

Marie Moody, Jessica O'Connor,  
Jeannine Snyder, Lee Mackenzie,  
Scott Stone, John Castor,  
Linda Hewey, Aron St. Peter  
and Ricky King

### Earth Day

LifeArt is looking for volunteers and Team Leaders to help us celebrate Earth Day. On Monday, April 21st at 10:30am (weather permitting) we will be sprucing up the parking lot and alley, cleaning out the window boxes, raking the flower bed at the YMCA, and planting seeds. Pizza will be served for lunch. Please contact Marie at 357-1456 to sign up.



### Winter Blues Got You Down?

Get off the couch and put on your dancing shoes!



Monadnock Developmental Services is sponsoring a Spring Fling Dance at Keene Parks and Recreation Center on Saturday, April 5th from 6-8:30pm. Please bring a drink or snack to share. This activity is a non-alcoholic event for age 18 and older.



### Attention Ladies

Has the Winters cold and dry heat made your hands and nails look dull and dry? Stop by LifeArt on Monday, April 7th & 14th between 1:00 and 2:00 and give your hands and nails a mini makeover. We will supply the emery boards, nail polish, and hand lotion. If you have a favorite nail color, please feel free to bring it with you.



### Bingo

Come and try your luck at Bingo. Anya Schwabe and Liberty Poitras are looking for people to join them on Tuesday, April, 8th & 22nd from 10:30-11:30. No money? No problem, we play for the fun of it!



### Cooking Class



Cook breakfast with Tom Brannigan on Saturday, April 19th. Classes run from 10:00-1:30. Sign up early, as this class fills up fast. Please stop by or call LifeArt at 357-1456 to reserve your spot.

# Basketball

Portsmouth New Hampshire is hosting the state-wide Special Olympic Basketball Tournament on April 12th & 13th. The 2 day event offers 4 levels of competition: Full court, Three on three (half court), unified, and individual skills. For more information please contact Jeanna Durant at 352-3622 or Pete Tenney at 242-6426.

## Wish List

LifeArt is in need of the following items: Bird cage, Large cooking pots (canning size) baking pans-11X14, cupcake tins, Large frying pans, everyday spoons, and a cutting board. Thank you.

Piano Concert  
Featuring  
Hollie Lynch

On  
Friday, April 18th  
from 3:00-4:30pm  
At LifeArt  
Refreshments will  
be served.



## LifeArt Activities

Qi Gong: A gentle but powerful form of exercise. The movements are simple, easy to execute, and very relaxing. Downstairs from LifeArt at the YMCA. Every Tuesday from 11:00-12:00.

Beginners Texas Hold'em Poker: April 1 & 15th from 12:30-2:00pm. No experience needed.

Bingo: Try your luck at Bingo, no money is needed. Tuesday, April 8th & 22nd from 10:30-11:30. Run by Anya Schwabe and Liberty Poitras.

Game Time: A chance to get together with new or old friends playing a game or building a puzzle. Tuesday, April 8th & 22nd from 1:00-2:30.

Chair Yoga: This is a gentle stretch class with participants seated in their chairs or standing. Join Mary Frost on April 2nd, 16th, and 30th from 10:30-11:30am.

Beginners Karaoke: Come sing solo or with your friends. Wednesdays from 1:00-2:00pm.

Monadnock Action Group: Meets Wednesday, April 2nd and 16th from 4:00-5:30pm.

Womens Group: Come learn and share with a wonderful group of supportive women. Wednesday, April 9th and 23rd from 4:00-5:30pm. Contact Jessica O'Connor at 357-1456.

Community Singers: Open singing group, no experience necessary, come for the joy of it. Thursdays from 10:45-11:45. Directed by Barbara Kauppi.

Community Drummers: Open percussion group, no experience necessary. Thursdays from 1-2:30pm. Located downstairs from LifeArt at the YMCA. Run by Barbara Wilson of From the Heart Studio in Gilsum.

Cheshire County Structured Storytelling: Creating and sharing various stories about heroism and humor. Every Thursday from 5:30-9pm. For more info call Ben Grant at 603-283-6601.

In the News: Looking for fun activities in your area? Looking for a job? Your local newspaper can be an excellent resource. Join Lee Mackenzie on Friday, April 4th and 18th from 11-12.

Fun Night: Meet new friends or get together with old ones and enjoy a night of fun. Run by Aron St. Peter and Norm Voudrien. Fridays from 5:00-8:00pm.

# April Fools Day

Unlike most of the non foolish holidays, the history of April Fool's Day, sometimes called All Fool's Day, is not totally clear. There really wasn't a first April Fool's Day" that can be pinpointed on the calendar. Some believe it sort of evolved simultaneously in several cultures at the same time, from celebrations involving the first day of spring.

The closest point in time that can be identified as the beginning of this transition was in 1582, in France. Prior to that year, the new year was celebrated for eight days, beginning on March 25. The celebration culminated April 1. With the reform of the calendar under Charles IX, The Gregorian Calendar was introduced, and New Years Day was moved to January 1.

However, communications being what they were in the days when news traveled by foot, many people did not receive the news for several years. Others, the more obstinate crowd, refused to accept the new calendar and continued to celebrate the new year on April 1. These backward folk were labeled as "fools" by the general populace. They were subject to some ridicule, and were often sent on "fools errands" or were made the butt of other practical jokes. This harassment evolved, over time, into a tradition of prank-playing on the first day of April. The tradition eventually spread to England and Scotland in the eighteenth century. It was later introduced to the American colonies of both the English and French. April Fool's Day thus developed into an international fun fest, so to speak, with different nationalities specializing in their own brand of humor at the expense of their friends and family.

In Scotland, for example, April Fool's Day is actually celebrated for two days. The second day is devoted to pranks involving the posterior region of the body. It is called Taily Day. The origin of the "Kick me" sign can be traced to this observance.

Mexico's counterpart of April Fool's Day is actually observed on December 28. Originally, the day was a sad remembrance of the slaughter of the innocent children by King Herod. It eventually evolved into a lighter commemoration involving pranks and trickery.

Pranks performed on April Fool's Day range from the simple, (such as saying, "your shoe's untied.") to the elaborate. Setting a roommate's alarm clock back an hour is a common gag. Whatever the prank, the trickster usually ends it by yelling to his victim, "April Fool!"

Practical jokes are a common practice on April Fool's Day. Sometimes, elaborate practical jokes are played on friends or relatives that last the entire day. The news media even gets involved. For instance, a British short film once shown on April Fool's Day was a fairly detailed documentary about "spaghetti farmers" and how they harvest their crop from the spaghetti trees.

April Fool's Day is a "for-fun-only" observance. Nobody is expected to buy gifts or take their "significant other" out to eat in a fancy restaurant. Nobody gets off work or school. It's simply a fun little holiday. But a holiday on which one must remain forever vigilant, for he may be the next April Fool!

(This article is a reprint from <http://wilstar.com/holidays/aprilfool.htm>)