

April 1st Ivy Noorlander

April 8th Linda Wilson

April 11th Bernice Browning

April 11th Ernie Lisonbee

April 14th John West

April 17th Margaret Maki turning 100 years old!

April 25th Joyce Adair

April 28th Ginger Clark



FOOD BITES

Nutritious, sweet-conscious diets for seniors focus on satisfying cravings with nu-

trient-dense, lower-sugar options like dark chocolate-dipped strawberries, Greek yogurt parfaits, and baked fruits with cinnamon. These alternatives provide antioxidants, fiber, and protein while avoiding refined sugar overload, supporting heart health and managing blood sugar.

Nutritious "Sweet" Options for Seniors

Dark Chocolate: 70% or higher cocoa offers antioxidants for heart health.

Fruit-Based Treats: Baked apples or pears with cinnamon, or simply fresh, ripe fruit, satisfy cravings with natural sweetness.

- **Greek Yogurt Parfaits:** Layers of Greek yogurt (high protein) with berries provide a creamy, nutritious treat.

- **Homemade Trail Mix:** A mix of unsalted nuts, seeds, and dark chocolate chips offers healthy fats and fiber.

Frozen Treats: Sorbet or frozen yogurt are lighter alternatives to traditional ice cream

Strategies for Managing Sweet Cravings

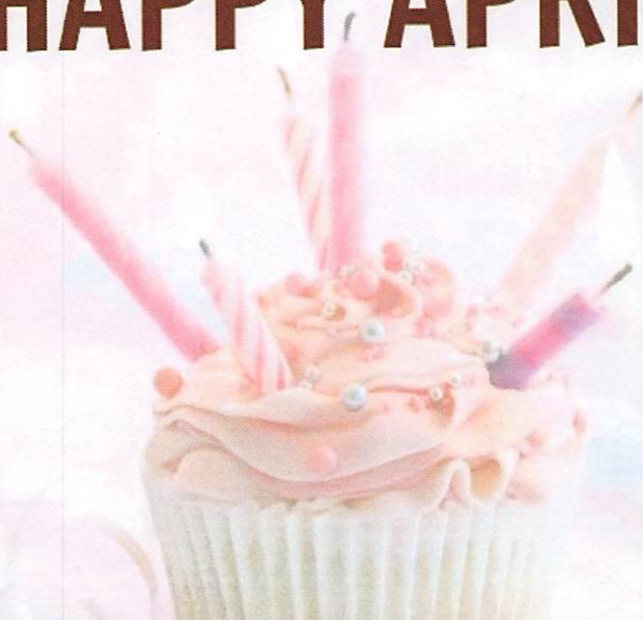
Pair Sweets with Nutrients: Ensure the snack includes protein or fiber (e.g., apple slices with peanut butter) to avoid blood sugar spikes.

Incorporate Nutritious Ingredients: Use natural sweeteners like honey or maple syrup instead of white sugar.

- **Address Underlying Deficiencies:** Constant cravings for sweets may indicate a need for more complex carbohydrates, magnesium, or zinc in the diet.

Monitor Portions: Moderation is key, especially for seniors with diabetes.

HAPPY APRIL



BIRTHDAYS!

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Congregate lunches are served Mon, Tue, Wed, & Friday. Lunch is served promptly at noon. Please be on time. If you are under 60 years of age, the price is \$6. If you are 60 or older it is a suggested donation of \$2.50. We would love to have you join us for lunch. Please call at least the day before so we can prepare enough. (435) 259-6623



Grand Assets Newsletter
April 2026

I hope everyone is acclimating to the time change. Spring is here, bringing greenery & lovely flowers. House finches are singing loudly at their delight of warmer weather. Jeeps and red rock peepers are in full force! Easter is almost here. The Grand Center will do something fun as always. The coloring contest winner is Don Tuft. Congratulations! Some people enjoyed coloring so much they asked to do another contest.

Helen M Knight school is looking for volunteers Monday-Thursday from 1:30-2pm to help kindergarten kids practice letters and words using flash cards. Please contact Melissa Roy at roy_m@ggrundschools.org or call HMK @ 259-7350.

We are planning our next progressive dinner. We will be focusing on appetizers, salads and desserts. It will be held on Thursday, April 9th. For more info and sign up at the center.

Margaret Maki is turning 100 years old Friday, April 17th. We are planning a party for her at 11am on said date. You can send a card here @ 182 N 500 W or come to the Grand Center and wish her birthday blessings. If you would like to stay for lunch, please make reservations 2 days in advance at 259-6623.

A new resource guide is soon available to view. Thank you to Charlotte and Linda for making this available in print copy.

Have a very beautiful month of April.

Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



APRIL



Word Search

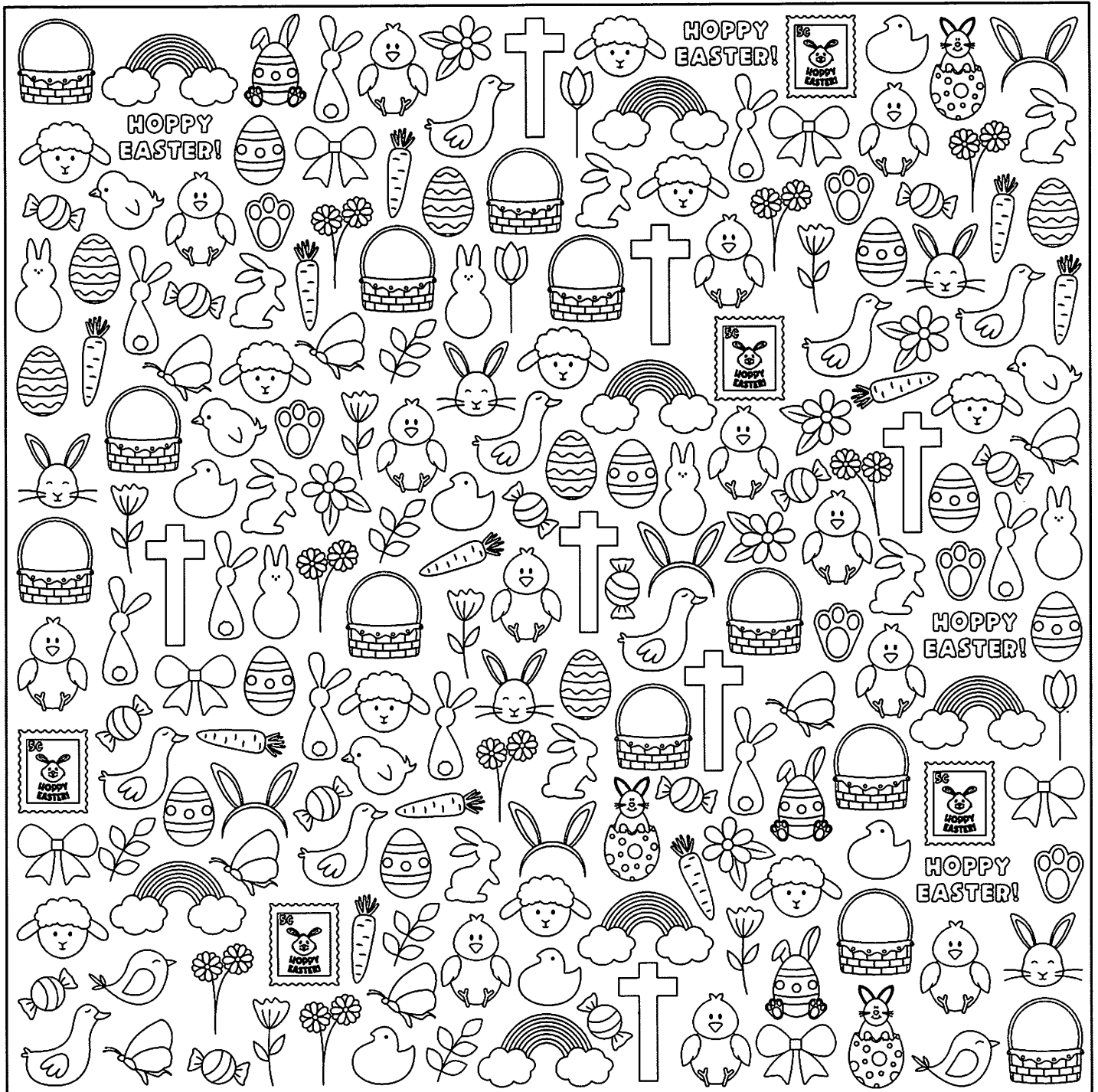
APRIL	H	T	J	N	I	B	O	R	K	F	C	K	K	K	M	M	L
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EARTHWORM	W	X	A	L	L	E	L	S	W	O	S	T	U	Q	L	R	A
EASTER	K	V	R	I	W	E	B	O	W	E	E	T	P	O	N	D	L
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KITE	P	I	M	B	R	A	L	L	I	P	R	E	T	A	C	C	M
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





























- ROBIN
- SPROUT
- SEEDLINGS
- SUNSHINE
- SHOWERS
- TULIP
- SPRING
- UMBRELLA



EASTER I SPY



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