

Issue 4

APRIL 2023

Your "GOOD TO KNOW" Many Mansions Resident Info Newsletter for APRIL

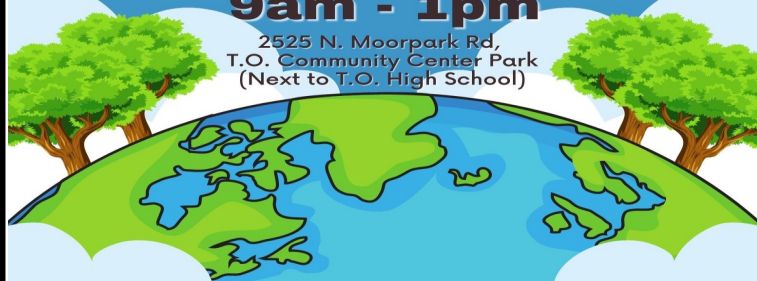
SPRING NEWS

A Free Community Event Celebrating the Environment

ARBOR EARTH DAY
Celebration

April 15, 2023
9am - 1pm

2525 N. Moorpark Rd,
T.O. Community Center Park
(Next to T.O. High School)



Environmental Workshops - Kids Activities - Compost & Plant Giveaways - Live Music - Raffles and More!



www.toaks.co/earthday



Is spring cleaning a tradition?

A Tradition of Renewal
With roots that trail through neurochemistry, religion, spirituality, and healthy living, spring cleaning is a popular practice that, given its prevalence, could even be considered a global rite.

What is the history behind spring cleaning ?

In Persian culture, spring cleaning traces back 3,000 years ago to a spring tradition called khaneh tekani. This translates to "shaking the house." It was believed that sweeping up dust and removing clutter from one's home would prevent ill-fortune in the upcoming year.

APRIL APRIL FOOLS 1ST

APRIL DAY OF HOPE 5TH

APRIL EASTER 9TH

APRIL EARTH DAY 22ND

APRIL WORLD DANCE DAY 29TH

NATIONAL DAYS

Be like the flower,
turn your faces to
the sun.
Kahlil Gibran



BLACK BEAN QUESADILLA


Ingredient Checklist:

- (1) One can black beans, rinsed**
- (2) 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack**
- (3) 1/2 cup of prepared salsa - divided**
- (4) Four 8-inch whole-wheat tortillas**
- (5) Two teaspoons canola oil - divided**
- (6) One avocado diced**

Step 1: Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Step 2: Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 1 quesadilla and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadilla. Serve the quesadillas with avocado and the remaining salsa.

FREE ONLINE LEARNING CLASSES—EASY VIDEO ACCESS—FUN TOPICS



Host a Session Stories Pricing Jobs Help Log In [Sign Up](#)

[Home](#) [Calendar](#) [My Schedule](#) [Categories](#) [Series](#) [Guides](#) [Club*](#)


go to: www.getsetup.com

Enhance your skills with interactive classes designed for older adults

Join over 4 million people learning something new every day

[Sign Up Now](#) [How It Works](#)

*No Credit Card Required





















GetSetUp

Host a Session Stories Pricing Jobs Help Log In [Sign Up](#)

[Home](#) [Calendar](#) [My Schedule](#) [Categories](#) [Series](#) [Guides](#) [Club*](#)

Chat

 Aging in Place	 Art	 Business	 Communication	 Cooking	 Creativity
 Financial Planning	 Government	 Health	 Hiring and Jobs	 Languages	 Music
 Performing Arts	 Photography	 Social	 Social Hours	 Technology	 Travel



RESIDENT SPOTLIGHT

**Yvette R. & Randy C.
@ Peppertree**



When we first met, we were both homeless and struggling with addiction. Our addiction lasted 7 and 10 years. In 2019, around Christmas time, we decided to start getting clean. Between now and then, we've completed probation successfully and also completed the GED program. In the summer of 2022 we were given the opportunity to live at Many Mansions, which made getting on our feet so much easier. I am able to work and come home every day to a comfortable home. Our kids come and visit whenever they want and have their own rooms to sleep in. Without the help of Many Mansions we would not be where we are at today. We started at the bottom and now we are here!