

# The Hayden Herald



HAYDEN VILLAGE  
CENTER

Hayden Village Center-Senior Services | 680 Oak St., Franklin, VA | (757) 517-2904 | [www.ssseva.org](http://www.ssseva.org)



## Celebrating April

**Habitat Awareness Month**

**Jazz Appreciation Month**

**Card and Letter Writing  
Month**

**April Fools' Day**  
*April 1*

**Easter**  
*April 4*

**Draw a Bird Day**  
*April 8*

**Ramadan Begins**  
*April 12*

**Scrabble Day**  
*April 13*

**World Amateur Radio Day**  
*April 18*

**Earth Day**  
*April 22*

**Kiss of Hope Day**  
*April 24*

**International Dance Day**  
*April 29*

## A Hayden "Hello"

We are excited to welcome 3 new residents here at Hayden Village! We are also happy to report that The Hayden Village Center will be opening the Congregate Wellness Program in May!

More great news is that we have started to welcome our residents to participate in all the activities in-person and are allowing the public 60+ as well.

Masks are required and temperature checks will be done upon arrival of all activities and programs here at the Center, so that we can keep everyone safe.

We are having a call-in registration for all activities. Just give Kenya a call and let her know that you would like to take part in the virtual and/or in-person activities.

Warmer weather is on its way, and we will be starting a Della Hayden Community Garden soon! For those interested, we are planning a grand gardening event that will take place in the back of the Center. Just call Kenya to get involved today!

Kenya can be reached at **(757) 222-4527** or [kmorton@ssseva.org](mailto:kmorton@ssseva.org) to register for all programs and activities.

See everyone soon!

*Crystal P. Bynum*  
Director of Hayden Village



### Important Notices

**COVID Response:** Masks required, covering your nose and mouth at all times.

Temperature check and questionnaire upon entry to the Center.

## An Olympian Task

On April 6, 1896, the first modern Olympic Games opened in Athens, Greece, nearly 1,500 years after they had been banned by the Roman



Emperor Theodosius I. The ancient games were a tribute to the Greek god Zeus. Theodosius,

a Christian ruler, abolished the games as part of his campaign against paganism. It wasn't until 1894 that the Frenchman Pierre de Coubertin suggested reviving the competition. The 79 delegates in attendance unanimously approved the proposal, and the International Olympic Committee (IOC) was formed.

What drove De Coubertin to revive the lost tradition of the Olympic Games? In 1890, he paid a visit to the Wenlock Olympian Society, organizers of the annual Wenlock Olympian Games, held in Shropshire, England. These games were spearheaded by local doctor William Penny Brookes, a man who believed that sports and physical competition were as necessary for one's self-improvement as morality and education. Brookes organized the first Wenlock Olympian Games in 1850 as a mixture of athletics (such as running, hurdles, quoits, football, and bicycle racing on penny farthings) and traditional country games like blindfolded wheelbarrow races and even an "Old Women's Race" where the senior participants could win a pound of tea. Perhaps the most important aspect of the games was their egalitarianism. Aristocrats and working classes alike were invited to participate, for Brookes keenly felt that athletics and friendly competition could improve the entire town and community.

De Coubertin was deeply inspired by what Brookes had accomplished in Shropshire, and he modeled the IOC after Brookes' Wenlock Olympian Society. Although those very first Olympic Games in Athens featured 280 athletes from 13 nations, the games lacked popular support. Not until 1924 were the first truly successful Summer Olympics held in Paris. After the first Winter Olympics were held later that year, De Coubertin felt his work was finally done, and he retired as IOC president in 1925.

## Unnatural History

If ever there was a day to believe in magic and hope for the impossible, it is April 9, Unicorn Day. Unicorns have not entered our collective imagination from myth or legend but from natural history. Various ancient Greek historians recorded the existence of unicorns. The Indus Valley Civilization emblazoned the unicorn on official seals, and a unique animal known as a *re'em*, which many believe to be a unicorn, is even mentioned in the Bible. Even Leonardo da Vinci mentioned them in his famed notebooks. Modern-day scientists may have something in common with these scientists of centuries past. Researchers have discovered evidence of a giant hairy rhino that roamed the grasslands of Eurasia as recently as 39,000 years ago. This Ice Age relic survived long enough to live alongside humans. Scientists speculate that this "Siberian unicorn" might very well have been the origin of many unicorn myths that pervaded so many ancient cultures.

## Every Day Is Earth Day



On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America's passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, President Nixon had created the Environmental Protection Agency, and shortly thereafter Congress passed the Clean Air Act and Clean Water Act. It's been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses.

## Activities & Programs at Hayden

### **B-I-N-G-O** **Virtual & In-Person**

Dates: **Thursdays**

Time: 1:00 p.m. to 2:00 p.m.

\*Registration Required

\*\*In-person spaces are limited

During Bingo participants can only play 1 bingo card at a time for each game played during the activity time.

We are having a call-in registration for this activity. This activity will be facilitated in-person and on a Zoom platform.

Call Kenya, Hayden Program Coordinator and let her know that you would like to take part in virtual BINGO.



Please call **(757) 222-4527** to register for this activity



## **Teatime at Ten**



Date: **Tuesdays**

Time: 10:00 a.m. to 11:00 a.m.

\*Registration Required

Teatime at Ten is a social- time activity with Trivia, Daily Dose of the Date and Time to Spill the Tea!

We are having a call-in registration for this activity. We will be facilitating this activity in-person and on the Zoom platform.

Please call **(757) 222-4527** to register for this activity.

## **Zumba Gold (Chair) - Virtual**

Date: April 14<sup>th</sup>, 2021

Time: 12:00 p.m. to 1:00 p.m.

Live virtual Zumba Gold® (chair) fitness classes to help improve and enhance the quality of life for older adults. This activity was made possible by a community partnership between Senior Services and NewMan Fitness Foundation. Please call **(757) 222-4527** to register for this activity.





## Additional Programs

### FREE Tech Help for Ages 60+

The *HealthWise Program* helps seniors become more tech-savvy. Participants in the program will be assigned a virtual tech coach who will help guide them on how to use their tablet or computer features such as Wifi, Zoom, Telehealth, Email, Birdsong App, and more. This program is a partnership between Senior Services of Southeastern Virginia, Westminster Canterbury on the Chesapeake Bay, Primeplus Senior Centers, and EVMS recognizable cartoon characters of all time?

Participants must:

- Be willing to commit to 2 Sessions a week for about 3 months.
- Have access to a Wireless Connection (Wi-Fi)
- Have a Tablet or Desktop/Laptop with a camera (*Option to borrow one from Senior Services*)

This program is FREE and done virtually. To register, contact Lucy Fyfe at [757-524-1646](tel:757-524-1646).

## The Career Corner

Come be a part of the Senior Services Family!

Now hiring **Drivers** and a **Wellness Center Coordinator** at our Franklin location.

Apply online at [www.ssseva.com/careers](http://www.ssseva.com/careers)



## April Birthdays

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

Marvin Gaye (singer) – April 2, 1939  
Eddie Murphy (comedian) – April 3, 1961  
Sterling K. Brown (actor) – April 5, 1976  
Jackie Chan (actor) – April 7, 1954  
Al Green (singer) – April 13, 1946  
Julie Christie (actress) – April 14, 1940  
Charlotte Brontë (writer) – April 21, 1816  
Barbra Streisand (entertainer) – April 24, 1942  
Ella Fitzgerald (singer) – April 25, 1917  
Willie Nelson (musician) – April 29, 1933

## Snack Cake Super Stardom



James Dewar started working at Illinois' Continental Baking Company in the 1920s as a delivery boy, hawking pastries from a horse-drawn cart. By 1930, he had risen to plant manager, and on April 6 of that year, he created the most famous snack cake the world has ever known, the Twinkie. Before the cakes were called Twinkies, they were Little Shortcake Fingers, pre-packaged strawberry-filled shortcakes that were available only during the short strawberry-harvest season. The idle factory equipment drove Dewar to invent a new, still nameless, yellow sponge cake filled with banana crème. While on his way to a marketing meeting, Dewar passed a billboard advertising Twinkle Toe Shoes. He had found the Twinkies name, and the rest is snack cake history.