



The month of April gets its name from the Latin word *aperio*, meaning “to open [bud],” because plants really begin to grow now.

- **April 1** is All Fools’ Day—otherwise known as “**April Fools’ Day**.” [Where did this silly day come from?](#)
- **April 12** is the start of **Passover**, which begins at sundown.
- **April 18** is **Good Friday**. [Learn more about Good Friday.](#)
- **April 20** is Easter Sunday. (May 5 is Orthodox Easter.) [Did you know that Easter’s date is related to the full Moon?](#)
- **April 22** is **Earth Day**. To celebrate, see some [Earth Day ideas and activities.](#)



FOCUS ON FITNESS

Physical Wellness Month is celebrated in April every year. This time of the year, everyone is encouraged to check on themselves and observe a healthy lifestyle. From exercising and eating healthy to unwinding, there are a lot of simple activities you can do for a fit body and a sound mind. It’s also time to explore different ways to improve your daily habits.

Get enough exercise - Research has shown that individuals include at least 30 minutes of exercise in their daily activities during this month. Why not join in and change your fitness routine during Physical Wellness Month?

Do the 30-day water challenge - Drinking water and staying hydrated for 30 days is a popular movement during Physical Wellness Month. The 30-day water challenge is a popular trend on social media where individuals eliminate sodas, juices, caffeine, and alcohol from their diet. Individuals who participate in this challenge note a significant improvement in their digestion and decreased stress levels.

Explore healthy options - The golden rule of staying healthy is being mindful of what you eat. During Physical Wellness Month, start exploring different healthy recipes such as vegan options, low-sugar foods, and high-fiber meals.

By National Wellness

TENNIS BALL RECYCLING

With your assistance the club has kept 19,400 tennis balls out of US landfills! Isn't that incredible?

Your commitment to the environment has truly made a difference.

Thank you once again for being a vital part of our mission. Let's continue to make the world a greener place, one tennis ball at a time.



TENNIS HAPPENINGS



Junior Friday Night Play

April 25th 6:30 - 8:30 pm

Ascension 1 & 2 (Beginner & Intermediate)

\$15 per member / \$20 per non-member.

Pizza and Beverages included.

Sign up in the lobby at the club by April 24.



RIDDLE ME THIS



This month's riddle:

Question: Why did the phlebotomist get fired?



Last month's riddles:

What do you get when you cross a shamrock with poison ivy?

Answer: A rash of good luck

Why should you never iron a shamrock?

Answer: Because you shouldn't press your luck!