

# THIV APRIL E-BLAST

## Event Reminders

### April 7

This Friday (tomorrow) will be the first **Friendly First Fridays at Four** gathering in Manny's Park. Join your neighbors for a happy hour at 4 PM. Bring a chair and your beverage of choice and meet some new people!

### April 13, 11 AM, Manny's Park

Join Jennifer Zielke for **Laughter Yoga**. Numerous studies show the health benefits of laughter, so come and laugh with your neighbors for no reason. You'll enjoy the endorphin surge and will leave feeling energized. No yoga poses, no mats on the ground. Come and give it a try! Men, you're encouraged to come!

### From Your Landscape Committee

Coming Soon!

A unique Native Plant Healing Garden is being created along the Garden Trail off Camino del Monte across from Manny's Park. It will contain plants that have helped heal indigenous people for millennia by inhaling their volatile oils, according to international author & University of Arizona professor Gary Paul Nabhan, featured in Arizona Highways magazine (Feb. 2023). Some known benefits from inhaling the volatile oils include sleep improvement, lower blood pressure, decrease in inflammation, antioxidation, antidepressive, etc. You will be able to sit & meditate by these plants or simply walk around to benefit. Often there is no noticeable odor. The wonderful aroma after monsoon rains is a composite of several native plants as mentioned in Nabhan's book "The Desert Smells Like Rain". Plan on spending a few minutes or a few hours enjoying this amazing & beautiful area in which we live.