Wishing everyone a very Happy Easter that is filled with plenty of love and happiness.

From Management & Staff
MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

Easter already—I know I say this often—but where has the time flown!!

By the time you read this newsletter, Father Jacob would have already left for Burma where he is looking to retire to. Although our version of retirement differs, Father Jacob is looking to work with people who he can help. We will still be conducting Mass on a monthly basis. Please put in your diaries the 1st Sunday of the month when Catholic Mass will be conducted.

The Easter Themed High Tea was a huge success, thank you to Cinzia for all the amazing work she does in the background, it is appreciated by Elders, families and volunteers. Josh will commence a new activity of Advanced Art Group. Josh’s background & interest is in art, he has been commissioned to create art works for people, he has quite the artistic talent.

Steve from Senior Style will be here on 24th April for in house Shopping of Clothes for both Men & Women, Night Wear and Undergarments. Prices are very good, this is a request via Elders. As usual we have a jammed packed month of activities, with specific activities catering to Elders who enjoy a smaller group and specific to their abilities, yet still remain challenging, that may not be listed.

ANZAC DAY service will again be on the day itself this year. For any Elders who have served in the forces we ask that you bring in their medals to enable them to be a focus for our service. Along with family members who may also wear medals of family members. The theme for 2018 commemorates the final campaigns on the Western Front.

Cinzia is planning a spectacular High Tea to coincide with Prince Harry & Meghan Markle’s wedding on May 19th. There is a request poster on Page 25, we would like to borrow Wedding Themed Items for this event. Elders are already getting excited by the Royal wedding and chatting to Cinzia about their own weddings. We would appreciate you looking through wedding items stored for us to borrow for a big display. This truly will be a big afternoon, so pencil in the date.

FLU VACCINE—Winter will soon be upon us with a recommendation from the Health Department for Elders to have their Flu Vaccine plus all who may be in contact with the Elderly. We would like to encourage Family, Friends & Visitors to consider having a Vaccine for the protection of our Elders. Trinity Manor has a vaccination program for Staff & Volunteers. More information is on Page 31.

VOLUNTEER BUS DRIVER & VOLUNTEER REQUIRED FOR SCENIC DRIVES WITH JOSH:
We are seeking a 2nd Volunteer Bus driver to assist in planned outings & excursions. These form an important part of keeping Elders connected with the external community.
You do not need a special bus licence, all outings you will be accompanied by a Lifestyle Team Member.
Josh is seeking a Volunteer to assist him with fortnightly scenic bus drives for Elders that a short bus drive would be suitable, at times stopping at a local park to take in the scenery.

From a Risk Assessment point of view the Lifestyle Division policy is to have a secondary person / volunteer to accompany a Lifestyle team member for all outings. If you are able to assist or know of someone who would like to know more, for a non committal meeting please do not hesitate to speak with Jessie.

A reminder to Check out ‘Weekly Activities Planners’ - as well as – ‘Special Event Posters on our Communal Bulletin Boards and at Reception to keep up with all the latest happenings. Ask any time for Copies of Elder Photos – these can be printed on demand; to give to family and friends.

As always we welcome Family & Elder input in new Activities we could introduce in 2018. We love feedback and suggestions! Remember to look us up on Facebook and give us a big thumbs up! We hope you enjoy the April newsletter.
Recreational Activities for April 2018

- View ‘Weekly Lifestyle Activity Planner’ for Activity Details on Bulletin Boards
- View ‘Special Event Posters’ displayed at Reception & on Bulletin Boards
- View ‘Extra Activities’ in 1st Floor Dining Room
- Suitable Activities offered in Garden Court in the Morning and Afternoons

SUNDAY 1ST — EASTER SUNDAY MASS — 3.00pm — Reflection Room
MONDAY 2ND — EASTER MONDAY — Mini Activities & Companionship with Care Staff all day
TUESDAY 3RD — BEAUTY THERAPY SERVICES WITH FRAN
TUESDAY 3RD — GYM GROUP WITH PHYSIO — 10.30—11.30pm — Gymnasium
TUESDAY 3RD — SENSORY EXPERIENCE — 11.00am—11.30am — Reflection Room
TUESDAY 3RD — PHYSICAL ACTIVITIES — 11.00—11.30am — Monomeath
TUESDAY 3RD — DOCUMENTARY SHOWN — 1.30—3.00pm — Reflection Room
WEDNESDAY 4TH — GYM GROUP WITH PHYSIO — 10.30—11.00pm — Gymnasium
WEDNESDAY 4TH — HAIRDRESSERS HERE TODAY — Beauty Salon — Lower Ground Floor
WEDNESDAY 4TH — READING GROUP — 9.30—11.30am — Lower Ground Floor
WEDNESDAY 4TH — SCENIC BUS OUTING x2 Groups — 9.30am—11.30am
WEDNESDAY 4TH — BINGO — 1.30—2.30pm — Reflection Room
WEDNESDAY 4TH — COMMUNION & RELIGIOUS PROGRAM with ELENA — 3.30—4.00pm — Reflection Room
THURSDAY 5TH — CARPET BOWLS — 10.30—11.30am — Lower Ground Floor
THURSDAY 5TH — MOVIE OF THE WEEK — 1.30—3.00pm — Reflection Room
THURSDAY 5TH — BY INVITATION — COFFEE & CONVERSATION with KATH (Volunteer) — New Activity — 2.00—3.00pm — Royal Lounge Room
FRIDAY 6TH — TAI CHI — 10.30—11.30am — Reflection Room
FRIDAY 6TH — KNIT N NATTER with JOAN, JUNE & BETTY — 2.00—3.00pm — Reflection Room
FRIDAY 6TH — GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) — 3.00pm — Monomeath

MONDAY 9TH — SIT DANCE EXERCISE GROUP — 10.30—11.30pm — Reflection Room
MONDAY 9TH — OMEGA POTTS — MUSIC THERAPIST — 1.30—2.30pm — 1st Floor Dining Room
MONDAY 9TH — BOOK READING CLUB WITH CHRIS (VOLUNTEER) — 1.30—2.30pm — Reflection Room
TUESDAY 10TH — GYM GROUP WITH PHYSIO — 1.00—11.00pm — Gymnasium
TUESDAY 10TH — SENSORY EXPERIENCE — 11.00am—11.30am — Reflection Room
TUESDAY 10TH — PHYSICAL ACTIVITIES — 11.00—11.30am — Monomeath
TUESDAY 10TH — MOVIE OF THE WEEK — 1.30—3.00pm — Reflection Room
WEDNESDAY 11TH — GYM GROUP WITH PHYSIO — 10.30—11.00pm — Gymnasium
WEDNESDAY 11TH — HAIRDRESSERS HERE TODAY — Beauty Salon — Lower Ground Floor
WEDNESDAY 11TH — READING GROUP — 9.30—11.30am — Lower Ground Floor
WEDNESDAY 11TH — PHYSICAL & COGNITIVE ACTIVITIES — 11.00—11.30am — Monomeath
WEDNESDAY 14TH — BINGO — 1.30—2.30PM — Reflection Room
THURSDAY 15TH — CARPET BOWLS — 10.30—11.30am — Lower Ground Floor
THURSDAY 15TH — JANE STAMP ENTERTAINS (NEW ENTERTAINER) — 1.30—2.30PM — Lower Ground Floor
THURSDAY 15TH — STAFF MEETING — 12.30—2.30pm
FRIDAY 15TH — TAI CHI — 10.30—11.30AM — Reflection Room
FRIDAY 15TH — LEATHER WORKSHOP WITH PETER — 1.30—3.00pm — Reflection Room
FRIDAY 15TH — GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) — 3.00pm — Monomeath
MONDAY 17TH — SIT DANCE EXERCISE GROUP — 10.30am—11.30am—Reflection Room
MONDAY 17TH — ADVANCED ART GROUP with JOSH & Chris — New Activity — 1.30—3.00pm—Reflection Room

TUESDAY 17TH — BEAUTY THERAPY SERVICES WITH FRAN
TUESDAY 17TH — GYM GROUP WITH PHYSIO — 10.30—11.30pm—Gymnasium
TUESDAY 17TH — SENSORY EXPERIENCE — 11.00am—11.30am—Reflection Room
TUESDAY 17TH — PHYSICAL ACTIVITIES — 11.00—11.30am—Monomeath
TUESDAY 17TH — DOCUMENTARY SHOWING — 1.30—3.00pm—Reflection Room

WEDNESDAY 18TH — GYM GROUP WITH PHYSIO — 10.30—11.00pm—Gymnasium
WEDNESDAY 18TH — HAIRDRESSERS HERE TODAY — Beauty Salon — Lower Ground Floor
WEDNESDAY 18TH — SCENIC BUS OUTING x2 Groups — 9.30am—11.30am

THURSDAY 19TH — CARPET BOWLS with JANINE — 1.30—2.30pm—Lower Ground Floor
THURSDAY 19TH — MOVIE OF THE WEEK — 1.30—3.00pm—Reflection Room

FRIDAY 20TH — TAI CHI — 10.30—11.30am—Reflection Room
FRIDAY 20TH — KNIT N NATTER with JOAN, JUNE & BETTY — 2.00—3.00pm—Reflection Room
FRIDAY 20TH — GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) — 3.00pm—Monomeath

MONDAY 23RD — BINGO — 10.30am—11.30am—Reflection Room
MONDAY 23RD — OMEGA POTS — MUSIC THERAPIST — 1.30—2.15PM—1st Floor Dining Room
MONDAY 23RD — BOOK READING CLUB WITH CHRIS (VOLUNTEER) — 1.30—2.30pm—Reflection Room

TUESDAY 24TH — GYM GROUP WITH PHYSIO — 10.30—11.30pm—Gymnasium
TUESDAY 24TH — SENSORY EXPERIENCE — 11.00am—11.30am—Reflection Room
TUESDAY 24TH — PHYSICAL ACTIVITIES — 11.00—11.30am—Monomeath
TUESDAY 24TH — MOVIE OF THE WEEK — 2.30—3.30pm—Reflection Room
TUESDAY 24TH — STEVE FROM SENIOR STYLE IN HOUSE SHOPPING HERE TODAY — 1.30—3.00PM—Lower Ground Floor

WEDNESDAY 25TH — ANZAC DAY SERVICE with JESSIE & VOLUNTEERS — Commencing at 11.00am—Reflection Room

THURSDAY 26TH — CARPET BOWLS with JANINE — 1.30—2.30pm—Lower Ground Floor
THURSDAY 26TH — ADVANCED ART CLASS with Josh — 1.30—3.00pm—Reflection Room
FRIDAY 27TH — TAI CHI — 10.30—11.30am—Reflection Room
FRIDAY 27TH — CLASSICAL MUSIC with PETA (Volunteer) + SINGING GUESTS — 1.45—2.45—Reflection Room
FRIDAY 27TH — GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) — 3.00pm—Monomeath

MONDAY 30TH — SITDANCE CLASS — 1.30—2.30pm—Reflection Room
MONDAY 30TH — HIGH TEA WITH CINZIA, CHRIS & GABBY — JAZZ THEME — 2.00—3.00pm
The wait was over, our friends from the Youth Group visited for the first time this year. We always look forward to singing hymns with them, listening to their encouraging words but what we enjoy the most is spending time sitting and chatting with these young men and women.
Pastor Sam attends to accompany the youth group. Here he is with Joan.

Betty is all smiles as she enjoys the morning.

Robert is joined by Pastor Sam’s wife, they were able to converse in his own Chinese dialect.

Marj enjoys their visits always ready with a happy smile.
A change of venue, just for once, of our Book Reading Club and no one skipped a beat.

Hosted and run by our Volunteer, Chris, we enjoyed our afternoon, as usual, with an exciting read and discussion of the subject at hand. Followed with Afternoon Tea what a perfect way for a group Book Lovers to spend an afternoon.
There was plenty of excitement from all as we prepared for shooting an Advert for Trinity Manor and which, when ready will be shown at both Balwyn and Rivoli Cinema’s.

With our stars at the ready it was a fabulous morning to see how a commercial is filmed. Stavros Sakellaris was the professional on the day who took quite a lot of photos and video too.

Everyone will have the opportunity to view the Advert once completed with several showings at our own Trinity Cinema to be organised. Watch this space ……………..
June & Barbara assist Cinzia in getting Fresh Flowers together for the shoot.

Do You See What I See?

Matt In His Chef’s Hat Get’s A Look In.
We wait to see which pictures and video will be selected for the Advert. Thank you to all Elders for your patience.
High Tea

Easter

The First Chocolate Easter Egg—made in 1873 in England
Blanka, George & Gaby enjoy Sweet & Savoury Treats

Maria and Marianna enjoy the table with a View of our Sensory Garden

The Boys are happy—check out their beaming smiles!

Helen and Kay sip daintily
Easter Display of my own Easter Egg Collection: includes Vintage Paper Mache Eggs, hand painted Egg Ornaments on my ‘Easter Tree’ and new to the Collection a woven sculptured gumnut tree branch nest

Wilma, Renee and Franca always look forward to our special High Tea Occasions—Aldo can’t hide his heightened excitement!
Sharing my research about Easter: The History, Rituals And Culture around the World. We’re never too old to learn
EASTER IS... All things Chocolate

‘Before & After’

EASTER IS... Decorative Eggs

Dyed Hen’s Eggs then Hand Painted

Intricately carved Hen’s eggs

Hand Painted Hen’s egg
EASTER IS...An important Spiritual time - but also time for Celebration

IN GERMANY: Blessing of animals and people on St George Day — Part of a Folk Festival

IN HUNGARY: Girl running from the Douche Guys on Easter Monday. A Ritual where the Girls are doused with water and yet the Boys get gifts of food and Chocolate!

IN MEXICO: The Custom of Village Processions, dressed in Costume. Here a Little girl is dressed as an Angel on Holy Saturday

RUSSIA: Children carry Candles during Easter Services
Great to catch up with Peta as she once again challenges our musical knowledge in selecting a composer and their music to listen to. Peta has a vast knowledge of the works and stories behind the pieces that she selects or which Elders request.
All held in our serene Reflection Room, individual Cheese Platters & wine certainly lends into these afternoons.
Mora celebrated her Birthday with a visit from her Granddaughter AND Great Granddaughter Lucy.

Another 4 generations - Stuart, daughter Bobbie, grandson Simon and great grand-daughter Lily.

Maj, who works as a Care Manager also introduced her son to us all, joining his big sister.

Yamkala, one of our Care Staff Members introduces her son, he will have 2 big brothers to look out for him.

Connie with her Granddaughter AND brand new Great Granddaughter
Father Jacob introduces us to Father James who is our new priest presiding over Sunday Mass at 3.00pm. Father Jacob is travelling to Burma and will reside there for the next several months.

Welcome Father James

Marj enjoying Discussions with Gavin

Trinity welcomes all faiths; we thank Gavin from 7th Day Adventists who is welcomed each Friday afternoon, delivering conversations with Elders of Bible Stories and Messages.

Gavin brought his beautiful mother with him recently, lovely to meet her again.
Rhythm of Daily Life...

Meet Kath, our Volunteer, who will be hosting and running our newest activity—Coffee & Conversations with Kath, which is a casual gathering, because talk of limitless possibilities is great for the soul.
Omega Potts, our Music Therapist brings out the best in us. Aldo certainly enjoys the music.

The challenging activity of Snakes & Ladders. Interesting Facts about this game: The game was initially devised to teach Hindu principle of virtue, represented by the ladders, and evil represented by snakes.

By encouraging Elders to be part of this activity it assists in Elders to follow rules of the game, patterns and make decisions from information they receive; psychologists state that we can help improve memory, speech and fine motor skills.
Ha! I finally found a ‘Mystery Item’ to stump Helen!

Helen holds the Pumpkin I brought in for ‘Show ‘N Tell’
Nobody believed me when I told them that it was a real pumpkin!
   Ciao Chinsia

"Turk's Turban" Pumpkin
... Have you ever seen one?

Indian Sikh - famous for their many and distinctive turbans

Sikhism is a religion that originated in the Punjab region of the Indian subcontinent about the end of the 15th century
They say it is never too late to exercise. Our two Marjorie’s—103 & 100 respectively prove this statement as they join Khang in with our Fun & Fitness Group.

Kay & Barbara talk about the merits of Teddy Bears.

I recall my blue teddy, what are your memories?

Barbara assists Usha in unraveling some wool, getting it ready for our Knitting Group.
‘WEDDING GOWNS & WEDDING REGALIA’
THROUGH THE AGES
THE EXHIBITION ~ MAY 19TH 2018

Our Elders Share their Wedding Day Stories, Photos, & their treasured Family Heirlooms including their ‘Wedding Gowns and other items from that special day’

QUEEN VICTORIA – WORE THE FIRST ‘WHITE WEDDING DRESS’ IN 1840

WEDDING PORTRAIT – ‘1916’

ARE YOU CURIOUS? – WELL GET EXCITED! – IT WILL BE THE BLOCK BUSTER EVENT OF 2018

- A CALL TO ASK FOR YOUR ASSISTANCE-

WE WOULD LIKE TO BORROW WEDDING THEMED ITEMS FOR THIS AUSPICIOUS EVENT. THE TRINITY MANOR ELDERS HAVE ALREADY BEEN CHATTING TO ME – SO WE WOULD APPRECIATE IT IF YOU WOULD LOOK THROUGH YOUR WARDROBES, UP IN THE ATTIC, OR IN THOSE STORAGE BOXES IN THE GARAGE AND SEE WHAT YOU FIND . . .

and then call ME! (CHINSIA – Event Co-Ordinator)

♦ THIS EVENT IS TO CO-INCIDE WITH THE ROYAL WEDDING OF PRINCE HARRY

♦ THIS EXHIBITION WILL BE LAUNCHED AT A ‘SPECIAL HIGH TEA’

ALL FAMILY AND FRIENDS ARE INVITED
WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

Email: to my human assistant—Jessie from Lifestyle
jessiebainbridge@trinitymanor.com.au

FLOWERS THAT EVEN DARWIN CAN'T EXPLAIN

Dancing Girls (ImpatiensBequaertii)

Laughing Bumble Bee Orchid
(Ophrysbbomyblifora)

Swaddled Babies (AnguloaUniflora)

White Egret Orchid
(HabenariaRadiata)

Sent through by Peta M.
Birthdays in the Month of APRIL 2018

Frank C.  17th  Maria L.  20th
Lorli R.  28th  Dawn L.  30th

An ecstatic Mora who loves her card, surrounded with family.

This was the start of a 3 day long birthday celebration for Renee

Helen celebrates her birthday with Janine, our Volunteer, plus Elders & Staff
Aldo with his lovely wife, Franca, surrounded by family & friends.

Aldo celebrated his birthday with Elders & Staff with another fabulous cake—it was yummy!!!
Morrie and his wife, Angela had a great family birthday get together.
Trinity Manor has an active Health and Safety Program and has systems in place to identify and eliminate/control hazards. If an elder or visitor identifies a hazard please inform staff verbally or complete an Improvement Form for us to follow up. Please ensure your own safety and that of other elders and staff by being mindful of closing doors behind you.

Staff have been trained for emergency procedures. In the event of an emergency, for example fire, follow staffs instructions. Emergency practice drills are conducted each year. You may be asked if you would like to participate.

Trinity Manor is well protected with its advanced and extensive fire detection and fire fighting installations. However, it is recommended that you familiarise yourself with the fire exit locations.

If you hear fire alarm sounding, please await instructions from a staff member.

Please remember in the event of a fire:

♦ **DO NOT USE THE LIFTS**
♦ **REMAIN CALM**
♦ **PRESS THE NURSE CALL BUTTON TO ATTRACT THE ATTENTION OF A STAFF MEMBER**

If you are evacuated, please:

♦ **Remain calm**
♦ **Leave all belongings behind you**
♦ **Follow the instructions of the staff member**
♦ **Go to the designated assembly area and await further instructions**
♦ **Any visitors or family with an Elders at the time of a Fire or Emergency are also requested to remain in your room and await instructions from staff to ensure an ordered response to emergency procedures.**

Please note, for Nursing Only Queries:

Direct Phone number for Care Manager Ground Floor is 9091 5244

Direct Phone number for Care Manager First Floor is 9091 5299

Main Reception Number for all other General Enquiries is 9091-5200

**BOOKING OF CAFÉ WESTBURY**

It is wonderful to see families celebrate special occasions with their Elder. As a reminder to everyone, for 3 or more people, we do require you to use the Café Area and fill a booking form. You can have our wonderful Chef prepare food for you or you can bring in your own delights.

This is for the convenience towards other Elders whilst they go about their day to day activity.

So please, for 3 or more people celebrating, we do ask you to book and use the Café Area; note this does incur a cleaning charge.

For a booking form just ask Joseph Chacko or Lifestyle Staff who will be able to organize one to be either e-mailed or collected.

**VISITORS SIGN IN BOOK**

**LOCATED AT RECEPTION**

Visitors are reminded that **ALL** visitors need to sign the visitor's book on your way IN and OUT of the facility. Not only will this enable us to account for everyone in the case of an emergency, such as fire, but it is an OH&S requirement. The book is located in the entrance foyer.
We love to see relatives and visitors join Elders for a meal.

However, a reminder for you—please remember that we require you to order your meal a minimum of 2 hours prior to a Lunch or Dinner Meal and collect a Meal Voucher to present to catering staff. You can book days ahead too!!

All Elders are served their meals first then those that have pre-ordered their meals.

In not ordering prior to a meal we cannot guarantee that there will be a meal there for you and hence cause disappointment.

Please help us to enable you to have an enjoyable meal at Trinity Manor.

Influenza affects people of all ages, especially the elderly.

Our Elders are susceptible to the flu due to health reasons & in some cases medications that can reduce their immune system.

We request Family & Friends to consider having a Flu Vaccine for the protection of our Elders.

Should you have a slight sniffle please reconsider visiting as even a sniffle has the ability for an Elder to be affected.

Trinity Manor does have a flu vaccination program for Staff & Volunteers.

Elders must be signed out whenever they leave the facility and signed back when you return.

See Care Manager for appropriate form based in Elders file.

If visitors bring food for the Elders, please see the Care Manager first, as specific forms in Elders files must be completed.

High Risk foods like meat, fish and dairy will be discarded if not eaten immediately.

Cooked food brought in, again, must be eaten immediately and cannot be stored.

Non-perishable items such as biscuits, must be in a sealed container, labeled and must be dated if kept in the Elders room.

We ask Visitors not to give brought in food to other Elders not only because of the food safety requirements but because the resident may have a medical condition or allergies that may prevent them from eating the food including the possibility that they may choke.

Deepdene Pharmacy is the Pharmacy Group who supplies all medications. Drop in and see them, they are a friendly group and they are just up the road on the corner of Pretoria St and Whitehorse Road.

For Queries Contact: 9817 2018
The **Easter Bunny** (also called the **Easter Rabbit** or **Easter Hare**) is a folkloric figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behavior at the start of the season of Eastertide.[1] The Easter Bunny is sometimes depicted with clothes. In legend, the creature carries colored eggs in his basket, candy, and sometimes also toys to the homes of children, and as such shows similarities to Santa Claus or the Christkind, as they both bring gifts to children on the night before their respective holidays.

The custom was first mentioned in Georg Franck von Franckenau's *De ovis paschalibus*[^3] ("About Easter Eggs") in 1682, referring to a German tradition of an Easter Hare bringing Easter eggs for the children.

### Symbols

#### Rabbits and hares

The hare was a popular motif in medieval church art. In ancient times, it was widely believed (as by Pliny, Plutarch, Philostratus, and Aelian) that the hare was a hermaphrodite. The idea that a hare could reproduce without loss of virginity led to an association with the Virgin Mary, with hares sometimes occurring in illuminated manuscripts and Northern European paintings of the Virgin and Christ Child. It may also have been associated with the Holy Trinity, as in the three hares motif.[4][7] Eggs, like rabbits and hares, are fertility symbols[^8] of antiquity

#### Eggs

In addition, Orthodox churches have a custom of abstaining from eggs during the fast of Lent. The only way to keep them from being wasted was to boil or roast them, and begin eating them to break the fast.[citation needed] As a special dish, they would probably have been decorated as part of the celebrations. Later, German Protestants retained the custom of eating colored eggs for Easter, though they did not continue the tradition of fasting.

Eggs boiled with some flowers change their color, bringing the spring into the homes, and some over time added the custom of decorating the eggs. Many Christians of the Eastern Orthodox Church to this day typically dye their Easter eggs red,[13] the color of blood, in recognition of the blood of the sacrificed Christ (and, of the renewal of life in springtime). Some also use the color green, in honor of the new foliage emerging after the long-dead time of winter. The Ukrainian art of decorating eggs for Easter, known as *pysanky*, dates to ancient, pre-Christian times. Similar variants of this form of artwork are seen amongst other eastern and central European cultures.

[^3]: De ovis paschalibus
[^4]: ^[13]: ^[citation needed]