

VILLA NEWS

The Hummingbird

By Patty Shoults, Resident Services Coordinator



Hummingbirds are the smallest birds in the bird group. They can hover in mid-air by rapidly flapping their wings 12-90 times per second. They can also fly backwards! They are the only group of birds able to do so. Hummingbirds drink nectar, a sweet liquid inside flowers. You can make your own nectar with a Hummingbird feeder. You use white granulated sugar and water, (1 cup sugar to 4 cups water). Nectar is a poor source of nutrients, so Hummingbirds meet their needs for protein by preying on insects and spiders.

As you walk around the grounds be looking for the red Hummingbird feeders some of the residents have put out. If you sit and watch for awhile, you may see on the Hummingbirds. Mr. Hoon has already spotted one this year!

Don't forget the bird club meets on Thursdays at 2 pm out on the deck. I'll see you there!

Wacky Wordies Answers

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| 1. Mother-in-law | 7. Eye shadow |
| 2. Double date | 8. Footloose & fancy free |
| 3. A night out on the town | 9. Wash up before dinner. |
| 4. Keeping p with the Joneses | 10. Endless love |
| 5. Long stemmed roses | 11. Step-mother |
| 6. Live it up a little | 12. War between the sexes |