

The Worthington Happenings

MARCH 2025



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MARCH

*Marching into Ancient Egypt
Dull Sphinx, Jove keep thy five wits!
Thy sight is growing blear;
Rue, myrrh, and cummin for the
Sphinx—
Her muddy eyes to clear!”—
The old Sphinx bit her thick lip,—
Said, “Who taught thee me to
name?
I am thy spirit, yoke-fellow,
Of thine eye I am eyebeam.*

*“Thou art the unanswered question;
Couldst see they proper eye,
Always it asketh, asketh;
And each answer is a lie.
So, take thy quest through nature,
It through thousand natures
ply;
Ask on, thou clothed eternity;
Time is the false reply.”*

- Ralph Waldo Emerson "The Sphinx"

WELCOME TO MARCH

Did you know the sun sets directly over the right shoulder of the Great Sphinx of Giza during the Spring Equinox on March 20th. This suggests that the Ancient Egyptians may have intentionally aligned the monument to mark the changing seasons. Therefore, we are turning back time to explore the land of pyramids and pharaohs in March.

We're getting "Sphinx-y with it" this Spring. Join us every Monday for an interactive and hands on exploration of Egypt. We will have movies, documentaries, food, crafts, and puzzles that all have to do with Ancient Egypt. You really don't want to miss the fun!

Also, in the month of March, we will be celebrating Women's History Month. Every Friday afternoon, join us in the Activities Room to explore the great women of US History. We will have interactive discussions about the impact these women had on our life.

INTERNATIONAL WOMEN'S DAY

International Women's Day is celebrated annually on March 8th. It is a specific day for the advancement of women worldwide. The day honors the achievements of women across all aspects of life-social, economic, cultural, and political – while also advocating for gender equality. Gloria Steinman has stated, “The story of women's struggle for equality belongs to no single feminist, nor to any one organization but to the collective efforts of all who care about human rights.” Women have advanced society over countless generations and have played an integral part in the betterment of society, therefore, we must honor their accomplishments and help them continue the fight. Please take the time to call your daughters, granddaughters, nieces, sisters, and friends and encourage them to continue the fight for a better society across the globe.

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

– Anne Frank

“Alone we can do little, together we can do so much.”

- Helen Keller

Please be in solidarity with women all over the world on Saturday, March 8th and wear purple. Just know that our Dining room will be decked out in purple for the occasion. We will certainly do our part to celebrate women all month long.

ASH WEDNESDAY

Join the Chaplain, Rebecca Mcfee on Ash Wednesday, March 5th to observe Ash Wednesday. **Rebecca will be conducting a service in the Townhall at 3:30 pm**

SPECIAL FEATURES AT THE WORTHINGTON

KEVIN COOK – WILDLIFE WINDOW NATURE SERIES

Join Kevin for the 3rd installment of his nature series **on March 13th at 10 am in the AR.** This year's theme Colography: The Nitty-Gritty Colorado is a fun and unique way to look at Colorado history and nature mixed. In March, Kevin will talk about Maps and Mappers. Kevin says, “Maps serve as tools that help interpret and explain aspects of Earth's fundamental attributes. Geography offers various themes for mapping. Some maps focus on landscape features, some on climate patterns, and others on ecosystems. This program will highlight the people who made maps meaningful.”

Also remember our fun guy, Jim Willard, will be here the following **Thursday at 11 am** to take you down memory lane with music, facts and trivia of years gone by. Join him in the AR, it's always a blast.

KATE NORTON- THE SHAME THAT WOMEN FEEL

In honor of Women's month, we will be examining the trials and tribulations that women and girls in underdeveloped countries experience when they have their menstruation cycle. A lack of tampons and pads often keep menstruating students out of school. The thought of shaming themselves with blood-stained clothes makes life difficult. Kate will be here to talk about a program called Huru International that helps provide kits of six washable pads along with other necessities to girls in these nations. **Come on Wednesday, March 5th at 2:30 pm** so that Kate can explain what the program is and how we may help.



PALLIATIVE CARE DISCUSSION WITH HOSPICE AND JUDY HAWKINSON

Join Judy Hawkinson, resident, and members of hospice talk about palliative care and the necessity of it. Palliative care is a type of medical care that improves quality of life and reduces suffering for people with serious illness. Come and learn what opportunities that you have here in Northern Colorado for this type of care if an occasion rises in which you may need it. They will also answer questions about hospice care versus palliative care. **The talk will be on March 13th at 1:30 pm in the Activities Room.**

GREAT COURSES WITH REBECCA

Once again Rebecca will be here on Thursday afternoons to explore a lecture series through Great Courses. This time, however, she will be presenting the US Books that changed the World. Since the development of the written language, books have played a central role in our culture. They've entertained, they've instructed, they've inspired. But can a book change the course of history? The answer is, resoundingly, yes! Join Rebecca as she presents 4 American books that had a major impact on history. **She will be in the Activities Room on Thursday at 2:30 pm.**

DECIPHERING HISTORICAL DOCUMENTS

Hey everybody, we are starting a workshop where we will be deciphering and figuring out what historical documents say. The US National archives is asking for help in deciphering thousands of cursive written documents dating back to the civil war and beyond. Computer programs have failed to correctly translate these documents properly since there is so much diversity in handwriting. Therefore, they need human eyes to do it, especially older adults who are better versed in the art. **Please come to these workshops starting March 13th at 11am in the Activities room.** The first meeting will be an overview of the program and how it works and who it benefits then in the following meetings we will get down to work by translating the documents. If you have an interest in helping, please join us.

OUT TO LUNCH: THE MAYOR OF OLD TOWN

Please come and join us for our monthly out to lunch. This month we are going to The Mayor of Old Town, which is known as Fort Collins's premier craft beer hall and pub food. As the Mayor of Old Town states, “Welcome to The Mayor of Old Town, Fort Collins' premier craft beer hall. With 100 beers on draft and diverse cocktail and wine selections, The Mayor offers a vast array of beverages to complement their elevated pub fare. Their talented team aims to create memorable dining experiences for every palate. So, whether you yearn for a casual gathering with friends or an intimate dining adventure, The Mayor of Old Town is the perfect host, delivering impeccable service and an ambiance that radiates warmth and camaraderie.”

Please sign up so there is enough room on the van as spaces are limited.

ST. PATRICK'S PARTY

Join us on St. Patrick's Day for a get together of everything green. **Put on your best green outfit and your best smile and join us for a St. Patrick's Party. See you in the Dining Room at 2:30 pm on March 17th.** We are having a unique party with beer, bingo and fun. No money needed; all you need is luck. We are providing great prizes, such as Walmart gift card, restaurant gift card, flowers, wine, and other great things. Come and find your pot of gold.

Also note that **on Friday, March 7th** we will be having Musical entertainment honoring St Paddy's day.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2025

The Worthington



1
9 am Exercise – AR
10 am Bingo – TH
11 am Wii Bowling – AR
2 pm Movie – AR
7 pm Movie – AR

2
2 pm Movie – AR
7 pm Movie – AR

3
DR. MIKE IS HERE!
9 am Tai Chi Chih – AR
10 am Hangman – TH
11 am Quiddler – AR
1:30 pm Book Club (Feb Book) – PDR
2:30 pm Egyptian Culture Doc- AR
7 pm TV Series - AR

4
Fat Tuesday
7:30 – 9:30 am – Pancake Breakfast Bar
9 am Exercise – AR
10 am Current Events – TH
11 am Hymn Sing – TH
1:30 pm New Orleans Mardi Gras Doc - AR
2:45 pm Bingo - TH

5
Ash Wednesday
9 am Walmart Run
9 am Exercise - AR
10 am Wii Bowling – AR
11 am Exercise w/ Erin – AR
2:30 pm Speaker Kate Norton: The Shame that Women Feel- AR
3:30 pm Ash Wednesday Service with Rebecca – TH
7 pm TVSeries-AR

6
9 am Yoga – AR
10 am Ambassador’s Meeting - SR
11:30 am Out to Lunch
2:30 pm Great Courses with Rebecca – AR
3:30 pm M & M - AR
6:30 pm Prayer Group - PDR

7
8:45 am King Soopers Run
9 am Exercise with Diane - AR
10 am Coffee & News – PDR
11 am Exercise with Brynn- AR
1:30 pm Women in History Doc Series – AR
2:30 pm Entertainment with Alexia Wildish-DR
7 pm Movie - AR

8
International Women’s Day!
9 am Exercise – AR
10 am Bingo – TH
11 am Wii Bowling – AR
2 pm Movie – AR
7 pm Movie – AR

9
Daylight Saving Time Begins
2 pm Movie – AR
7 pm Movie – AR

10
9 am Tai Chi Chih – AR
10 am Crossword – TH
11 am Quiddler – AR
1:30 pm Egyptian Queens Doc - AR
7 pm TV Series - AR

11
9 am Exercise with Erin – AR
10 am Current Events – PDR
11 am Hymn Sing – TH
1:30 pm Scrabble- AR
2:45 pm Bingo – TH

12
Bermuda Shorts Day
9 am Exercise - AR
10 am Wii Bowling – AR
11 am Exercise w/ Erin – AR
1:30 pm Doc on Bermuda – AR
2:30 pm St. Patrick’s Day Craft and Fun - AR
7 pm TV Series - AR

13
9 am Exercise – AR
10 am Kevin Cook – AR
11 am Deciphering Historical Documents - AR
1:30 pm Palliative Care Discussion with Hospice and Judy - AR
2:30 pm Great Courses with Rebecca – AR
3:30 pm Drumming w/ Sherri - AR
6:30 pm Prayer Group - PDR

14
9 am Exercise with Diane - AR
10 am Coffee & News – PDR
11 am Exercise with Brynn- AR
1:30 pm Women in History Doc Series – AR
2:30 pm Beer Tasting Fun – TH
7 pm Movie - AR

15
9 am Exercise – AR
10 am Bingo – TH
11 am Wii Bowling – AR
2 pm Movie – AR
2:30 pm Wine Social - TH
7 pm Movie – AR

16
2 pm Movie – AR
7 pm Movie – AR

17
St. Patrick’s Day!
9 am Tai Chi Chih – AR
10 am Hangman – TH
11 am Quiddler - AR
1:30 pm Egyptian Life Doc - AR
2:30 pm St. Patricks’ Day Party - TH
7 pm TV Series - AR

18
9 am Exercise with Erin- AR
10 am Current Events – PDR
11 am Hymn Sing – TH
1:30 pm Tech Corner - AR
2:45 pm Bingo – TH

19
9 am Exercise - AR
10 am Wii Bowling – AR
10:30 am Trip to MOA
11 am Exercise w/ Erin – AR
1:30 pm Mission of Capistrano Doc - AR
2:30 pm Music with Ruth and Ester - DR
7 pm TV Series - AR

20
Springs Begins!
9 am Yoga – AR
10 am Deciphering Historical Documents - AR
11 am Jim Willard - AR
12- 2 pm Out for Pizza
2:30 pm Great Courses with Rebecca – AR
3:30 pm M & M - TH
6:30 pm Prayer Group - PDR

21
10 – 11 am BLOOD PRESSURE CLINIC
8:45 am King Soopers Run
9 am Exercise with Diane - AR
10 am Coffee & News – PDR
10 am Exercise with Brynn – AR
1:30 pm Women in History Doc Series – AR
2:30 pm Darts and Beer Fun - AR
7 pm Movie - AR

22
9 am Exercise – AR
10 am Bingo – TH
11 am Wii Bowling – AR
2 pm Movie – AR
7 pm Movie – AR

23
2 pm Movie – AR
7 pm Movie – AR

24
9 am Tai Chi Chih – AR
10 am Crossword – TH
11 am Quiddler – AR
1:30 pm Egyptian Wildlife Doc – AR
3 pm Scenic Ride - Lobby
7 pm TV Series - AR

25
9 am Exercise with Erin- AR
10 am Current Events – PDR
11 am Hymn Sing – TH
1:30 pm Tech Corner - AR
2:45 pm Bingo - TH

26
9 am Exercise - AR
10 am Wii Bowling – AR
11 am Exercise w/ Erin – AR
1:30 pm Ballon Animal Fun – AR
2:30 pm Birthday Party – DR/TH
7 pm TV Series - AR

27
9 am Yoga- AR
10 am Deciphering Historical Documents – AR
11 am Spring Craft - AR
1:30 pm Townhall meeting in TH
2:30 pm Great Courses with Rebecca – AR
3:30 pm Drumming - AR
6:30 pm Prayer Group - PDR

28
8 am Men’s Breakfast - PDR
9 am Exercise with Diane - AR
10 am Coffee & News – PDR
11 am Exercise with Brynn – AR
1:30 pm Women in History Doc Series - AR
2:30 pm Green Shamrock Shakes - DR
7 pm Movie - AR

29
9 am Exercise – AR
10am Bingo – TH
11 am Wii Bowling – AR
2 pm Movie – AR
2:30pm Wine Social – TH
7 pm Movie – AR

30
2 pm Movie – AR
7 pm Movie – AR

31
9 am Tai Chi Chih – AR
10 am Hangman – TH
11 am Quiddler – AR
1:30 pm Egypt’s Pyramids Doc - AR
2:30 pm Book Club (March Book) - PDR
7 pm TV Series - AR



All activities are subject to change.

MARCH MADNESS

March Madness is here again! **The selection starts on March 16th.** We will be sponsoring a bracket here at the Worthington with everyone invited to play. When the teams are announced we will be putting the brackets in your box along with the instructions. Join in on March Madness, it is fun to keep track of the bracket's progress. Hopefully our own CSU will be playing in the bracket. Look for more info as we get closer to the event.

TECH CORNER

By popular demand we will be having two tech tutorial classes in March. If you have questions concerning how your I-pad and I-phone works, your computer, your Samsung phone, the cloud, how to use your grocery apps and your TV, this is the class for you. Join Kasie Goler, Andrew, Denise and others on various dates as they explain modern tech gadgets in lay terms. **The first class is on March 18th at 1:30 pm followed by March 25th at 1:30pm.** Remember to bring your gadgets with you.

MUSIC WITH RUTH AND ESTHER

Come join Esther Parsons, resident, and her friend Ruth as they entertain us with an afternoon show. There will be much piano playing and singing to fill up the afternoon. **They will be performing in the Dining Room on March 19th at 2:30 pm.** Also, this month Maureen Lutz will be at the monthly wine social **on March 15th** to perform and Scott Jensen will be at the Birthday party **on March 26th** to entertain. Make sure you mark the calendar with these dates and come on out and have some fun.



TRIPS IN MARCH

- March 5th at 9 am – Walmart Run
- March 6th at 11:30 am – Out to Lunch:
The Mayor of Old Town
- March 7th at 8:45 am – King Soopers Run
- March 9th at 10:30 am – Museum of Art/
Remember Me Exhibit
- March 20th at 12 pm – Out for Pizza/ Crazy Carl's
- March 21st at 8:45 am – King Soopers Run
- March 24th at 3 pm – Scenic Ride

DOCUMENTARIES OF THE MONTH

MONDAY SERIES :

- Egypt, Our theme for the month. Join us on Mondays to explore this fascinating culture
- March 3rd at 1:30 pm - Egyptian Culture
 - March 10th at 2:30 pm - Egyptian Queens
 - March 17th at 1:30 pm - Egyptian Life
 - March 24th at 1:30 pm - Egyptian Wildlife
 - March 31st at 1:30 pm - Egypt's Pyramids

WEDNESDAY SERIES

- March 12th at 1:30 pm – Documentary on Bermuda, in honor of Bermuda shorts day. You can wear your shorts for fun !!!!
- March 19th at 1:30 pm – Mission of Capistrano Documentary

WOMEN'S HISTORY MONTH SERIES

Fridays at 1:30 pm, to celebrate Women's history we will be watching the series 'The Ascent of Women, a 10,000 Year History. The series uncovers key stories of women that have made and changed human history from 10,000 BCE to present day.

- March 3: Civilization
- March 10: Separation
- March 17: Power
- March 24: Revolution

Hope to see you there for the celebration of women's accomplishments.



TAKE NOTE:

DAYLIGHT SAVINGS TIME BEGINS

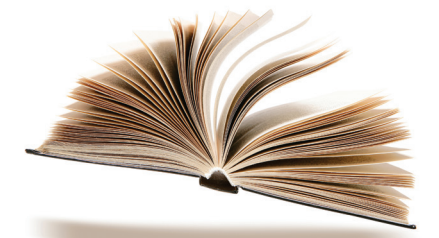
Just a reminder that the first Sunday in March kicks off Daylight Savings Time. **On March 9th at 2 am, the clocks will spring ahead one hour.** This is great news because it will give us one more hour of glorious daylight to enjoy! **DO NOT forget to change your clock before you retire to bed!**



SPRING FORWARD

Set your clock an hour ahead

Book Club Members: Please note that there will be two book clubs this month since February didn't have enough days to get everything in. **On March 3rd, Monday at 1:30 pm** we will discuss our February selection (*The Violin Conspiracy*) and then hand out the book for March. **Then on March 31st we will meet again to discuss the March selection.**



Men's winter breakfast set up



Superbowl Sunday fun



Sweetheart contest display



Ruth Potter and friend



Visiting with HR on Valentines day



Residents gathered in red for the Valentine show



Extra-terrestrial day



Out to tea



Brynn, exercise instructor joins in on Valentine fun