

Happenings

MARCH 2025



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MARCH IS WOMEN'S HISTORY MONTH!

This month we have some special things planned to honor the contributions of women in healthcare today and throughout history! Downstairs by reception there is a banner where people can learn about women in medicine and write notes of appreciation to female staff. We will also be having a panel on the 14th asking the female residents to share accomplishments and photos from their lives, to be displayed on the bulletin board in the library.

If you have any special stories or memories to share of influential women in your life, submit them to our activities department to be included in a future newsletter! Recipes, photographs, and other memories may also be shared.

MARCH BABIES!

Join us for some cake and live music on **the 28th** while we recognize our monthly birthdays! Here are the birthdays for long-term care:

Nancy H. - March 11

Janet W. - March 12

ST. PATRICK'S DAY JOKES!

Share some of these with your loved ones and see if you can get a smile from them worth more than a pot o' gold! **Don't forget to join us for our St. Patrick's Day Social with special green treats on the 17th!**

Q: What do you call an Irish Spider?

A: Paddy long legs!

Q: How can you tell if an Irishman is having a good time?

A: He's Dublin over with laughter!

Q: How old are leprechauns?

A: So old they can remember when rainbows were black and white.

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.

Q: Why are leprechauns concerned about global warming?

A: They're really into green living!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MARCH 2025

Centre Avenue - Health & Rehab Facility



1

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Bingo
 1:30pm The Crown Watch Party

2

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Sunday Service
 2pm Social Hour: Everything Goes "E"

3

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Birding Club: Making Suet!
 10:30am Aromatherapy
 1:30pm Grief Reminiscing Group with Anne
 6pm Movie Night: The Great Samuri

4 Fat Tuesday/Mardi Gras

9am Morning News
 9:30am Stretch and Energize
 10:30am Bingo
 1:30pm Pet Therapy (1st Floor)
 2pm Mardi Gras Social with King Baby Cake!
 3pm Catholic Communion Room Visits
 4:30pm Dinner Music with Donna (2nd Floor Dining Room)

5 Ash Wednesday

9am Morning News
 9:30am Chair Yoga
 10:30am Ash Wednesday Room Visits
 10:30am Pet Therapy (2nd Floor)
 1pm Book Cart (1st Floor)
 1:30pm Brain Games/Trivia Packets
 2pm Manicures (LTC)

6

9am Morning News
 9:30am Stretch and Energize
 10:30am Real Talk with Catherine
 2:30pm St. Patrick's Crafting Group

7

9am Morning News
 9:30am Stretch and Energize
 10:15am Sing-A-Long with Kendra Hansen
 1:30pm Rosary Prayer Group
 2:00pm Painting Club
 3pm Book Cart (2nd Floor)

8

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Bingo
 1:30pm The Crown Watch Party

9

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Sunday Service
 1:30pm Outdoor Wheelchair Walks (1st Floor)

10

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Bingo
 10:30am Aromatherapy
 1:30pm Bible Study with Peter
 6pm Movie Night: The Quiet Man

11

9am Morning News
 9:30am Stretch and Energize
 10:30am Classical Violin Duet
 1:30pm Pet Therapy (1st Floor)
 1:30pm Brain Games/Trivia Packets
 2pm Manicures (LTC)
 3pm Catholic Communion Room Visits

12

9am Morning News
 9:30am Chair Yoga
 10:30am Real Talk with Catherine
 10:30am Pet Therapy (2nd Floor)
 1pm Book Cart (1st Floor)
 1:30pm Painting Club

13

9am Morning News
 9:30am Stretch and Energize
 10:30am Resident Council
 2:30pm Ice Cream Social with Josh Long

14

9am Morning News
 9:30am Stretch and Energize
 10:30am Creative Arts
 1:30pm Reminiscing Group
 3pm Book Cart (2nd Floor)

15

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Bingo
 1:30pm The Crown Watch Party

16

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Sunday Service
 2pm Social Hour: Everything Goes "F"

17 St. Patrick's Day

9am Morning News
 9:30am Stretch and Energize
 10:30am St. Patty's Day Trivia and Treats
 10:30am Aromatherapy
 1:30pm Happy Hour with Music Hosted by Alysia Kraft
 6pm Movie Night: The O'Briens

18

9am Morning News
 9:30am Stretch and Energize
 10:30am Bingo
 1:30pm Pet Therapy (1st Floor)
 1:30pm Brain Games/Trivia Packets
 1:30pm Manicures (LTC)
 2pm Scenic Drive
 3pm Catholic Communion Room Visits

19

9am Morning News
 9:30am Stretch and Energize
 10:30am Real Talk with Catherine
 10:30am Pet Therapy (2nd Floor)
 1pm Book Cart (1st Floor)
 2pm Music with Marc Friedland

20 Spring Equinox

9am Morning News
 9:30am Chair Yoga with Springtime Guided Meditation
 10:30am Music with Susan
 1:30pm Painting Club

21

9am Morning News
 9:30am Stretch and Energize
 10:30am Jeopardy!
 12:00pm Fast Food Order-In
 3pm Book Cart (2nd Floor)

22

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Bingo
 1:30pm The Crown Watch Party

23

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Sunday Service
 1:30pm Outdoor Wheelchair Walks (2nd Floor)

24

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Music Bingo
 10:30am Aromatherapy
 1:30pm Communion with Peter
 6pm Movie Night: Spencer's Mountain

25

9am Morning News
 9:30am Stretch and Energize
 10:30am Bingo
 1:30pm Pet Therapy (1st Floor)
 2pm Manicures (LTC)
 3pm Catholic Communion Room Visits

26

9am Morning News
 9:30am Chair Yoga
 10:30am Real Talk with Catherine
 10:30am Pet Therapy (2nd Floor)
 1pm Book Cart (1st Floor)
 1:30pm Painting Club

27

9am Morning News
 9:30am Catholic Communion
 10:45am Stretch and Energize
 1:30pm Social Hour with Therapy Cat, Lulu!

28

9am Morning News
 9:30am Stretch and Energize
 10:30am Creative Arts
 2pm Birthday Celebration with music by Uno, Dos, Tracz
 3pm Book Cart (2nd Floor)

29

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Bingo
 1:30pm The Crown Watch Party

30

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Sunday Service
 2pm Social Hour: Everything Goes "G"

31

9am Morning News
 9:30am Stretch and Strengthen
 10:30am Giant Crossword
 10:30am Aromatherapy
 2pm Ramadan Educational Seminar
 6pm Movie Night: My Cousin Vinny



Contact the Activities Department at Ext. 531
 LTC = Long Term Care Residents

All activities are subject to change.

OTHER SPECIAL EVENTS

Please be sure to join us for our Mardi Gras Social on the 4th!

People will be decked out with masks, beads, and will get King Baby Cake while we go over Mardi Gras trivia. If you get the baby, we'll crown you and announce you as "King for a Day!" It's a fun tradition made popular in New Orleans.

For the Catholics in our community, we will be doing room-to-room visits for Ash Wednesday.

Lastly, **please join us on the 21st** for our fast food dine-in! This is a lunch where we will pick up food from a local fast food restaurant and bring it back for a lunch in the Activities Room! Advanced reservation is required along with lunch funds by 3/19.



Chocolate strawberry making always gets a huge turnout! Two years in a row it's been even more popular than our Valentine's party.



Bev poses at our Valentine's Day Social with her treat and one of the special Valentines shared by a local first grade class.



Eleshba, our Activities Assistant from Pakistan, returned from her visit home with henna ink to do a social with the residents! Residents got to pick from a number of simple designs, try a refreshing floral drink popular during the warmer weather in Pakistan, and listen to Punjabi music.



Leeann proudly poses with the chocolate covered strawberries she made!

Eliza, our activities assistant from Hong Kong, put together an elaborate presentation on the cultural traditions surrounding the Lunar New Year! Residents got to sample celebratory foods, watch dances, learn about the decor and gifts traditionally given, and learn about their Chinese Zodiac Animal! There was even a raffle, where the residents got prizes. Vivian won this handmade origami fish!

