

The Worthington Happenings

MARCH 2026



900 Worthington Circle
Fort Collins, CO
970-490-1000

ADMINISTRATOR
Andrew Baker

**ACTIVITY
DIRECTOR**
Denise Kidd

CHEF
Andrew Daigle

**DINING ROOM
SUPERVISOR**
Venus Ortiz

**ENVIRONMENTAL
SERVICES**
Carlos Medina

OFFICE MANAGER
Alyssa Robinson



MARCH IS HERE

What will it be like? Like a lion or a lamb? March is considered a transitional month that features both spring and winter weather. The weather is unpredictable, fast-changing, and windy. The month is named after the Roman god of war, Mars, as it was historically the time to resume military campaigns. In the oldest Roman calendar, March was the first month of the year. March 20th marks the Vernal Equinox, when the sun crosses the celestial equator and marks the official beginning of spring.

This month we are celebrating everything green because *March is officially Green Month*. Every Tuesday we will visit all things green. March is also National Women's History Month, so we will be focusing on the greatness of women. Then of course we will celebrate the Irish and St. Patrick's Day, along with basketball and March Madness. Join us this month for a fun-filled time.

MARCH

*The sun is nervous
As a kite
That can't quite keep
Its own string tight.*

*Some days are fair
And some are raw,
The timid earth
Decides to thaw.*

*Shy buds peek
From twigs on trees,
And robins join
The chickadees.*

*Pale crocuses
Poke through the ground
Like noses come
To sniff around.*

*The mud smells happy
On our shoes,
We still wear mittens
Which we lose.*

JUST FOR FUN – FACTS ABOUT MARCH

- March was once the first month of the year
- March has two birthstones: aquamarine and bloodstone
- Two birth flowers: daffodils and jonquils
- March is the most popular month for both basketball and vasectomies
- The Ides of March led to Caesar’s downfall
- *Daylight Saving Time begins, bringing more daylight*
- The Vernal Equinox creates a nearly 50-50 split of day and night

WOMEN’S HISTORY MONTH

Women’s History Month is a celebration of women’s contributions to history, culture, and society. It has been observed annually in March since 1987. The month is dedicated to reflecting on the often-overlooked contributions of women to U.S. history.

The celebrations grew out of a week-long celebration organized by the school district of Sonoma, California in 1978. Presentations were given at dozens of schools, and hundreds of students participated in a “Real Woman” essay contest. A parade was held in Santa Rosa, California that year. A few years later, the idea caught on in other communities around the country and led to our month long celebration that we currently observe.

In 1980, President Carter designated the first week of March to honor women. Congress followed suit the next year and established it as a national celebration. Six years later, the celebration expanded from a week-long event to a month-long observance. March 8th is also a global celebration of the economic, political, and social achievements of women. In 1975, the United Nations began sponsoring International Women’s Day.

The 2026 Women’s History Month theme is:

“Leading the Change: Women Shaping a Sustainable Future.”

THROUGHOUT THE MONTH OF MARCH, WE WILL CELEBRATE THE ACCOMPLISHMENTS OF WOMEN.

REQUEST TO RESIDENTS

To celebrate women at The Worthington, we are asking residents to bring in a photo of a woman who has been meaningful or influential in your life. Tell us why she mattered to you. All of our lives are shaped by strong women: mothers, daughters, grandmothers, sisters, aunts, teachers, nurses, coaches, and more.

Bring your photo during the first week of March along with your explanation. We will create a display on the Galleria Wall so everyone can see your personal female hero.

THANK YOU FOR ALWAYS PARTICIPATING!

Thank you for participating in Bubble Gum Day. With that small one-day fundraiser, **we were able to collect \$60 for Ms. Withrow’s first-grade classroom at Shepardson Elementary.** The funds will go toward new library books that stay in the classroom. Also, thank you for participating just for fun in the Super Bowl Football Squares game. It was well received, with four different winners who collected \$25 each for their winnings. **We would like everyone to take a chance and play March Madness with us.** Directions and brackets will be shared in the middle of March when the madness begins.

SILVER CONNECTIONS:

Silver Connections is a book that is a directory of The Worthington residents. It holds information about each resident and is designed so that you can get better acquainted with your follow neighbor. We need help in keeping the book up to date and in print. If you are interested in helping with this program, please inform Alyssa at the Front desk or Pat Winters.

DAYLIGHT SAVING TIME

Hooray, it’s time for more daylight. After a long stretch of early sunsets and dark afternoons, March brings a small but powerful shift that signals spring is finally on the way. **On March 8th at 2 a.m., we “spring ahead”** and move our clocks forward one hour, giving us brighter evenings, more time outdoors, and a welcome boost of sunshine at the end of the day. While losing an hour of sleep can feel like a challenge at first, the extra daylight often lifts moods, encourages activity, and helps us ease into the new season. We will give everyone a friendly heads-up before the change takes place, so no one misses a beat.



SPRING FORWARD
SET YOUR CLOCKS AHEAD AN HOUR

WORTHINGTON HAPPENINGS

GARDEN CLUB

Have you been waiting for a reason to get your hands in the soil and welcome the warmer days ahead? For all residents, new and returning, we invite you to start thinking about joining our Garden Club. More than just planting vegetables, the club brings neighbors together to share ideas, enjoy fresh air, and watch something grow from the ground up. Each year, members help design the garden, choose what to plant, and work together to maintain and tend to the vegetables throughout the season. Whether you have years of gardening experience or simply enjoy being outdoors, there is a place for you. **If you are interested, Garden Club’s first meeting will be in April** so we can begin planning and get everything ready for planting in May.

MONDAY IS WOMEN’S DAY

Take a moment to celebrate strength, resilience, and the incredible impact of women throughout history and within our own community. **Monday is Women’s Day at The Worthington**, a time to honor the stories, achievements, and lasting influence of mothers, daughters, sisters, friends, and leaders who have shaped our lives. Join us as we recognize the power of women through connection, reflection, and shared appreciation. Come ready to celebrate, listen, and be inspired. **Come and join us every Monday** with a documentary about an inspirational woman.

Monday, March 2nd at 2:30 pm - Eleanor Roosevelt

Monday, March 9th at 2:30 pm – Ruth Bader Ginsburg

Monday, March 16th at 3 pm – Fly with Me (About Pioneering Women that became the first flight attendants in the sky)

Monday, March 23rd at 2:30 pm – Poisoned Ground: The Tragedy of Love Canal (Housewives become activist when neighborhood water becomes poisoned)

Monday, March 30th at 2:30 pm – Coco Channel Unbuttoned

WOMEN IN BROADWAY AT THE WORTHINGTON

Step into the spotlight and celebrate the powerful voices and unforgettable performances of women who have shaped Broadway through the years. Join us at The Worthington for Women in Broadway, a series of shows highlighting iconic songs, legendary performers, and the stories behind the stage lights **at 2:00 pm and 2:30 pm in the AR on Fridays.** Whether you love classic show tunes or simply enjoy an afternoon filled with music and nostalgia, this program promises memorable moments, familiar melodies, and a touch of theatrical magic. Come take a seat, enjoy the rhythm, and let Broadway come to you. Please come and join us!

Friday, March 6th at 2 pm – My Fair Lady

Friday, March 13th at 2 pm – Little Women

Friday, March 20th at 2:30 pm – Kendra (Take a break from Broadway to enjoy a special in house music performance by Kendra)

Friday, March 27th at 2:30 pm – Hetty Feather

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL PIG DAY 2 pm Movie – AR 7 pm Movie – AR 1	DR. MIKE IS HERE 9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Yoga with Yvonne – AR 2:30 pm Eleanor Roosevelt Doc - AR 3:30 pm Reskin Medical Seminar - AR 7 pm Nature Series - AR 2	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am The Men Who Tries to Feed the World Doc - AR 1 pm Rummikub – AR 2:45 pm Bingo - TH 3	8:30 am Walmart Run 9 am Stretch – AR 10 am Reader’s Group - AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2 pm Scrabble - AR 7 pm TV Series - AR 4	9 am Exercise with Erin – AR 10 am Ambassador’s Meeting - SR 11:30 am – 2 pm Out to Lunch: William Olivers Publick House 2:30 pm Green Craft - AR 3:30 pm M and M - TH 5	9 am King Soopers Run 9 am Exercise with Diane – AR 10 am Coffee and News – PDR 11 am Triopoly – AR 2 pm Women in Broadway: My Fair Lady - AR 7 pm Movie - AR 6	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 7
INTERNATIONAL WOMEN’S DAY DAYLIGHT SAVINGS BEGINS 2 pm Movie – AR 7 pm Movie – AR 8	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Yoga with Yvonne – AR 2:30 pm Ruth Bader Ginsburg Doc - AR 7 pm Nature Series - AR 9	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Green Gemstones Doc - AR 1 pm Scopa – AR 2:45 pm Bingo - TH 10	9 am Stretch – AR 10 am Reader’s Group - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Marjorie Morningstar: Russia - AR 3:30 pm Scenic Ride 7 pm TV Series - AR 11	9 am Exercise with Erin – AR 10 am Kevin Cook – AR 11 am Word Spiel - TH 2 pm Chocolate Fun with Michelle (Cook) - TH 3:30 pm Fit Group Exercise - TH 12	9 am Exercise with Diane – AR 10 am Coffee and News – PDR 11 am Triopoly – AR 1 pm Elderhaus workshop – AR 2 pm Women in Broadway: Little Women - AR 7 pm Movie - AR 13	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 14
2 pm Movie – AR 7 pm Movie – AR 15	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Yoga with Yvonne – AR 2 pm Joel (Bus Driver) Performing - DR 3 pm Fly with Me Doc - AR 7 pm Nature Series - AR 16	ST. PATRICK’S DAY 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Ireland Doc - AR 1:45 pm St. Patrick’s Day Fun - AR 2:45 pm Lucky Bingo - TH 17	9 am Stretch – AR 10 am Reader’s Group - AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2:30 pm Dollar Store Trip 7 pm TV Series - AR 18	9 am Exercise with Erin – AR 10 am Word Spiel - TH 11 am Jim Willard - AR 1:30 pm Duchess Tea Room Trip 3:30 pm M and M - TH 19	SPRING BEGINS 9 am King Soopers Run 9 am Exercise with Diane - AR 10 – 11 am Blood Pressure Clinic 10 am Coffee and News – PDR 11 am Triopoly – AR 2:30 pm Kendra Music - AR 7 pm Movie - AR 20	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 2:30 pm Wine Social - TH 7 pm Movie - AR 21
2 pm Movie – AR 7 pm Movie – AR 22	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Yoga with Yvonne – AR 2:30 pm Poisoned Ground: The Tragedy of Love Canal Doc - AR 7 pm Nature Series - AR 23	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Amphibians Doc - AR 1 pm Rummikub – AR 2:45 pm Bingo - TH 24	9 am Stretch – AR 10 am Reader’s Group - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Birthday Party - DR 7 pm TV Series - AR 25	9 am Exercise with Erin – AR 10 am Dispatches from the Forest Owls - AR 11:30 am Trip to 3 Square Art 2 pm Townhall Meeting - TH 3:30 pm Fit Group Exercise - TH 26	9 am Exercise with Diane – AR 10 am Coffee and News – PDR 11 am Book Club - PDR 1:30 pm Jeopardy – TH 2:30 pm Women in Broadway: Hetty Feather - AR 7 pm Movie - AR 27	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 28
PALM SUNDAY 2 pm Movie – AR 7 pm Movie – AR 29	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – AR 1:30 pm Yoga with Yvonne – AR 2:30 pm Coco Channel Unbuttoned Doc - AR 7 pm Nature Series - AR 30	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Statue of Liberty Doc - AR 1 pm Scopa – AR 2:45 pm Bingo - TH 31				

WORTHINGTON SPECIAL ACTIVITIES

OUT TO LUNCH: WILLIAM OLIVER'S PUBLIC HOUSE

Please join us for a special lunch trip on **Thursday, March 5th**. This month we will travel to William Oliver's Public House. We have over 400 whiskies from England, Ireland, Northern Ireland, Scotland, Canada, Mexico, India, and more. If you aren't into whisky, we also carry a full-range of spirits. However, if it ain't whiskey, then it's Colorado. All our gin, rum, vodka, brandy, absinthe, and tequila are made by Colorado-owned companies. We serve beer exclusively made in Colorado (most of our taps feature beer brewed within 20 miles of the pub), spirits crafted in Colorado, and whiskey from all over the world. Our menu is what you might call bacon-centric. We hand-cut thick slices of applewood smoked bacon and use it liberally on nearly everything. Wish you had more bacon? No problem, you can add bacon to everything on the menu. Including cocktails! If you aren't a meat-eater don't worry, we've still got you covered. We have several vegetarian and vegan options. Including our vegetarian red-bean chili made from scratch using an old family recipe. **Please sign up quickly since this is always a popular event.**

CHOCOLATE MAKING FUN WITH MICHELLE (COOK)

Got a sweet tooth? **Join us at 2 pm for Chocolate Fun** with Michelle, from the kitchen, a deliciously interactive afternoon designed to satisfy your cravings and spark a little joy. From rich flavors to fun conversation, this event is all about enjoying chocolate in a relaxed and social setting. Whether you love classic treats or simply want to spend time with friends, come ready to indulge, laugh, and experience a little sweetness together. **Please Sign up as we will need to know how much we need to supply!**

KEVIN COOK

Kevin will be at the Worthington for his 3rd installment of his Colorado Nature series. This installment is entitled "Aren't Animals Supposed to Eat Plants!?" and he said, "We use "herbivory" to describe eating habits of animals that consume plants, but we don't have a companion term to describe plants that eat animals...even though we have at least six, maybe seven, of them growing in Colorado!" **Please come and join the experience on March 12th at 10 am.** 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.

ELDERHAUS WORKSHOP PRESENTATION

Elderhaus Workshop, a program of Elderhaus Adult Day Program, is creating meaningful days for adults living with dementia through hands on, community focused projects. Volunteers play a vital role by working alongside participants, providing guidance, companionship, and encouragement. If you are looking for a fulfilling way to stay active and give back, join us for an upcoming presentation to learn how you can be part of something truly impactful. **Come and see the presentation on Friday, March 13th at 1pm in the AR.**

MARJORIE MORNINGSTAR TRAVELOGUE: RUSSIA

Ready to travel the world without packing a suitcase? **Join us at The Worthington at 2:30 pm for Marjorie Morningstar.** She will be taking you to an engaging cultural presentation that offers a closer look at the history, traditions, and everyday life of Russia. Whether you enjoy history, learning about global cultures, or simply spending an afternoon discovering something new, this is a wonderful opportunity to expand your horizons. Come curious, bring a friend, and enjoy a meaningful afternoon of conversation and exploration together.

ST. PATRICK'S DAY FUN

Feeling lucky? **St. Patrick's Day Fun is coming to The Worthington on March 17th at 1:45 pm**, and you're invited to join the celebration. Wear your favorite green outfit, bring your festive spirit, and get ready for an afternoon filled with laughter, music, and a little Irish charm. It's the perfect chance to gather with friends, share smiles, and make new memories together. Don't miss this cheerful springtime event!



DISPATCHES FROM THE FOREST

Join us for a nature program on Thursday, March 26th at 10 am
Presented by Tim O'Hara. Tim has a bachelor's degree in Natural Resource Management and a master's degree in psychology. His nature-educational programs cover many interesting topics, but this program will be dedicated to "*Silent Hunters of the Night - Owls*." Tim will help you uncover the secrets of these raptors. See you there.

JOEL COMES TO PERFORM

Once again, join us for an afternoon of lively entertainment with Joel and his band as he brings familiar tunes, toe-tapping rhythms, and plenty of personality to the community. Many of you remember the wonderful energy he shared during his last visit, and by popular request he is returning for another engaging performance filled with music, laughter, and sing-along moments. Whether you enjoy classic melodies, relaxing live music, or simply spending time with friends, this is a great opportunity to unwind and enjoy a welcoming social atmosphere.

Join us in the Dining Room (DR) at 2 pm on Monday, March 16th for a fun and uplifting musical afternoon. Bring a friend, settle in, and get ready to enjoy a performance that is sure to brighten your day.

RESKIN MEDICAL

Tara Arrieta, a specialist for Reskin Medical, will be here on Monday, March 2nd at 3:30 pm for seniors with concerns pertaining to skin wounds that can result from pressure ulcers, decubitus ulcers, or diabetic wounds. **They are experts in the treatments of wounds.** Come and join us!

DOCS OF THE MONTH - GREEN THEME!

Ready to learn something new, spark conversation, and explore the world from a comfortable seat? **Join us each Tuesday at 11 am** for our Docs of the Month series that all have to do with something green. These engaging documentaries are selected to inspire curiosity, encourage discussion, and offer a window into fascinating topics from around the globe.

Tuesday, March 3rd at 11 am – The Man Who Tries to Feed the World

Tuesday, March 10th at 11 am – Green Gemstones

Tuesday, March 17th at 11 am – Ireland

Tuesday, March 24th at 11 am – Amphibians
Come relax, watch, and enjoy an enriching morning with friends as we discover something new together.

TRIPS OF THE MONTH

Wednesday, March 4th at 8:30 am - Walmart Run

Thursday, March 5th at 9 am – Out to Lunch:
William Oliver's Public House

Friday, March 6th at 9 am – King Soopers Run

Wednesday, March 11th at 3:30 pm – Scenic Ride

Wednesday, March 18th at 2:30 pm – Dollar Store
Trip

Thursday, March 19th at 1:30 pm – Duchess Tea
Room Trip

Friday, March 20th at 9 am – King Soopers Run

Thursday, March 26th at 11:30 am – Trip to Three
Square Art Gallery



Baking bread with Michelle.



Baking bread with Michelle.



Mardi Gras pancake breakfast.



The Girl Scouts came to us to sell cookies.



Superbowl squares, Julie was one of our winners.



Helping out with our lobby puzzle.



Yuriko donates for Bubblegum day.



Olympic Opening ceremony, Rebecca and Alyssa win minute-to-win-it games.



Just hangin' in the lobby.