

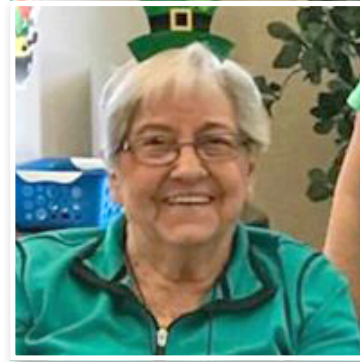
Football Pool Winner!

Congratulations, Jim Hawes, our Assisted Living Football Pool Winner.



Symbols of Luck

Since the beginning of civilization, people have used various symbols to bring them good luck.



Four-leaf clover: Irish legend claims this green plant will bring luck — if a person can spot the rarity. Scientists say the odds of finding a four-leaf clover in the wild are 1 in 10,000.

Ladybug: These insects, recognized by their bright red bodies with black spots, are beneficial to farmers and gardeners because they feast on plant-eating pests, which may be why many cultures admire “lucky ladybugs.”

Horseshoe: Ancient folklore was full of mischievous fairies who were afraid of metal, so people hung iron horseshoes above their doors to keep them away. Some believe that hanging a horseshoe with the ends pointed up collects good fortune; others say that pointing the ends down allows luck to flow onto those below it.

Penny: You’ve probably heard the saying, “Find a penny, pick it up, and all day long you’ll have good luck.” The coin is said to be lucky only if found face side up.



Rainbow: Legend has it that a pot of gold can be found at the end of a rainbow, explaining why the colorful sight is a sign of good fortune.

The Bagpipe Tradition

Their distinctive sound is often heard at St. Patrick’s Day parades, and they are often associated with the traditions of Ireland and Scotland, but bagpipes have played a part in many world cultures.



Most historians believe the wind instrument was developed thousands of years ago in the Middle East, with evidence of it in ancient Egyptian history, then the Greek and Roman empires. In the Middle Ages, bagpipes spread to the rest of Europe, where they provided music at outdoor gatherings. Immigrants brought bagpipes to America.

There are dozens of types of bagpipes, but most work in a similar manner. The piper blows air through a mouthpiece, and the air is pushed through a bag into several pipes. One pipe has finger holes used to play the melody, and other pipes produce a constant harmonizing tone.

The Scottish created the Great Highland bagpipe, the most familiar form of the instrument today. Its loud, high-pitched tone can be heard up to 10 miles away. It was used during wartime to lead troops into battle and relay messages.

Across the world, military forces and police and fire departments have adopted the tradition of including pipe bands in formal ceremonies.

The bagpipe is the national instrument of Scotland.

Dear Residents, Families and Friends

Top o’ the mornin’ to ya! We are getting in the swing of a whole month of Irish fun! Every March 17, thousands of people march in Irish pride parades, eat green clover-shaped cookies and quaff frosty mugs of green beer in celebration of St. Patrick’s Day, but do you really know who St. Patrick was and why he is celebrated?

Patrick was born in AD 387 just south of Hadrian’s Wall in Britain, which was part of the Roman Empire (that’s right, he wasn’t Irish!). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland. Many stories are told in connection with St. Patrick. The three-leaf clover



was said to be used by the saintly bishop to explain the Trinity to the pagans, which is why it is such a common St. Patrick’s Day symbol.

We have many fun events planned this month like our “Luck O’ the Irish” on March 12, at 6 p.m. We have our Employee Appreciation Happy Hour on March 1. Outings for March will include Tierney’s and Braum’s. Also, please join our daily exercise classes that take place in our Lobby (special thanks to Legacy Rehab and Lifeway Hospice).

May your troubles be less and your blessings be more, and nothing but happiness come through your door!

Cheers,

Erin Montgomery
Executive Director



ASSISTED LIVING
AL#010063

MARCH 2019

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays


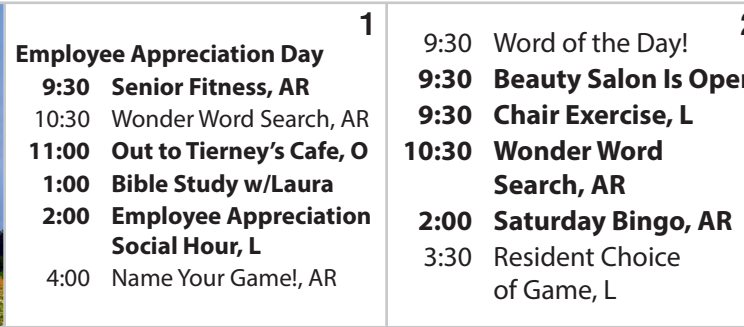
- James Long, 7th
- Carole Wilson, 11th
- Ruth Ruffins, 18th
- Virginia Fields, 26th

Transportation Schedule

- Monday, 10 a.m.**
Grocery Stores
- Tuesday, 10 a.m.**
Walmart
- Wednesday, 10 a.m.**
Post Office/Bank
- Thursday, 10 a.m.**
Walmart
- Friday, TBA**
Field Trips/Outing

“Despite the forecast,
live like it’s spring.”
— Lilly Pulitzer

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
7:30 The Truth in Love (TV Channel 7), L 3	9:30 Exercise w/ Legacy, AR 4	MARDI GRAS 5	ASH WEDNESDAY 6	9:00 Chair Exercise, L 7	Employee Appreciation Day 1	9:30 Word of the Day! 2
8:30 New Covenant Baptist Church, L	10:00 The Prize is Right and Snack Social, L	9:30 Senior Fitness, AR	9:30 Tone Those Bones, AR	9:45 Christian Service w/Rev. Mark, L	9:30 Senior Fitness, AR	9:30 Beauty Salon Is Open
8:30 In Search of the Lord's Way (TV KTXA Channel 12), L	10:00 Dollar Tree, O	9:30 Beauty Salon Is Open	10:00 Post Office/Bank, O	10:00 Shopping at Walmart, O	10:30 Wonder Word Search, AR	9:30 Chair Exercise, L
2:00 Church Service w/ Rob Harrison, L	1:30 Legacy Social, L	10:00 Catholic Communion	10:15 Word of the Day!, L	1:00 Giant Crossword Puzzle, L	1:00 Bible Study w/Laura	10:30 Wonder Word Search, AR
3:00 Cinema Sundays, L	2:00 Sassy Senior Bingo w/Lifeway, AR	1:00 Movie & Snack, L	1:30 Card Club, AR	1:30 Hearing Aid Clinic, AR	2:00 Employee Appreciation Social Hour, L	2:00 Saturday Bingo, AR
	4:00 Adult Coloring Club, AR	2:00 Fancy Nails & Hand Massage, AR	2:00 Snack Attack Bingo, AR	2:30 Art Expression, AR	4:00 Name Your Game!, AR	3:30 Resident Choice of Game, L
		2:00 Mardi Gras Social, L	4:00 Trivia, L	4:00 Rowdy Ring Toss, L		
		3:00 Game of Choice, L				
DAYLIGHT SAVING TIME BEGINS 10	11	Girl Scout Birthday 12	9:30 Tone Those Bones, AR 13	Potato Chip Day 14	Wear Green Day 15	9:30 Word of the Day! 16
7:30 The Truth in Love (TV Channel 7), L	9:30 Exercise w/Legacy, AR	9:30 Senior Fitness, AR	10:00 Post Office/Bank, O	9:00 Chair Exercise, L	9:30 Senior Fitness, AR	9:30 Beauty Salon Is Open
8:30 New Covenant Baptist Church, L	10:00 The Prize is Right and Snack Social, L	9:30 Beauty Salon Is Open	10:15 Spelling Bee, L	9:45 Christian Service w/Rev. Mark, L	10:30 Wonder Word Search, AR	9:30 Chair Exercise, L
8:30 In Search of the Lord's Way (TV KTXA Channel 12), L	10:00 Shopping at Big Lots, O	9:45 Blood Pressure Clinic w/ Life Way Hospice, L	1:00 Chicken Foot (Dominoes), AR	10:00 Shopping at Walmart, O	11:00 Out to Braum's, O	10:30 Wonder Word Search, AR
2:00 Church Service w/ Rob Harrison, L	2:00 Sassy Senior Bingo w/Lifeway, AR	10:00 Catholic Communion	1:30 Card Club, AR	1:00 Giant Crossword Puzzle, L	1:00 Bible Study w/Laura	2:00 Saturday Bingo, AR
2:00 Gospel Hour w/Andy, L	4:00 Wonder Word Search, AR	1:00 Popcorn/Movie, L	2:00 Snack Attack Bingo, AR	1:30 Hearing Aid Clinic, AR	2:00 Hug Me for Luck Social Hour, L	3:30 Resident Choice of Game, L
3:00 Cinema Sundays, L		3:00 Game of Choice, L	3:00 Town Hall Meeting, L	2:30 Art Expression, AR	4:00 Name Your Game!, AR	
		6:00 Luck of the Irish (Main Event), L		3:30 Ring Toss of Fire, L		
ST. PATRICK'S DAY 17	18	9:30 Senior Fitness, AR 19	SPRING BEGINS 20	Memory Day 21	Wear Spring Colors 22	9:30 Word of the Day! 23
7:30 The Truth in Love (TV Channel 7), L	9:30 Exercise w/ Legacy, AR	9:30 Beauty Salon Is Open	9:30 Tone Those Bones, AR	9:00 Chair Exercise, L	9:30 Senior Fitness, AR	9:30 Beauty Salon Is Open
8:30 New Covenant Baptist Church, L	10:00 The Prize is Right and Snack Social, L	10:00 Shopping at Walmart, O	10:00 Post Office/Bank, O	9:45 Christian Service w/Rev. Mark, L	10:00 "Family Feud," L	9:30 Chair Exercise, L
8:30 In Search of the Lord's Way (TV KTXA Channel 12), L	10:00 Dollar Tree, O	10:30 Catholic Communion	10:15 Word of the Day!, L	10:00 Shopping at Walmart, O	10:30 Wonder Word Search, AR	10:30 Wonder Word Search, AR
2:00 Church Service w/ Rob Harrison, L	2:00 Sassy Senior Bingo w/Lifeway, AR	1:00 Movie & Snack, L	1:30 Card Club, AR	1:00 Storytelling Club, L	1:00 Bible Study w/Laura	2:00 Saturday Bingo, AR
3:00 Cinema Sundays, L	4:00 Adult Coloring Club, AR	2:00 Fancy Nails & Hand Massage, AR	2:00 Snack Attack Bingo, AR	2:30 Art Expression, AR	2:00 Spring Fling Social Hour, L	3:30 Resident Choice of Game, L
		3:00 Game of Choice, L	4:00 Trivia, L	4:00 Rowdy Ring Toss, L	4:00 Name Your Game!, AR	
7:30 The Truth in Love (TV Channel 7), L 24	9:30 Exercise w/ Legacy, AR 25	9:30 Senior Fitness, AR 26	9:30 Tone Those Bones, AR 27	9:00 Chair Exercise, L 28	29	9:30 Word of the Day! 30
8:30 New Covenant Baptist Church, L	10:00 The Prize is Right and Snack Social, L	9:30 Beauty Salon Is Open	10:00 Post Office/Bank, O	9:45 Christian Service w/Rev. Mark, L	9:30 Senior Fitness, AR	9:30 Beauty Salon Is Open
8:30 In Search of the Lord's Way (TV KTXA Channel 12), L	10:00 Out to Tom Thumb, O	10:00 Shopping at Walmart, O	10:15 Spelling Bee, L	10:00 Shopping at Walmart, O	10:30 Wonder Word Search, AR	9:30 Chair Exercise, L
2:00 Church Service w/ Rob Harrison, L	2:00 Sassy Senior Bingo w/Lifeway, AR	10:30 Catholic Communion	1:30 Card Club, AR	1:00 Giant Crossword Puzzle, L	1:00 Bible Study w/Laura	10:30 Wonder Word Search, AR
3:00 Cinema Sundays, L	4:00 Wonder Word Search, AR	1:00 Popcorn/Movie, L	2:00 Snack Attack Bingo, AR	1:30 Art Expression, AR	2:00 Birthday Bash, L	2:00 Saturday Bingo w/the Episcopal Church, L
		3:00 Game of Choice, L		3:30 Ring Toss of Fire, L	4:00 Name Your Game!, AR	3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 31						
8:30 New Covenant Baptist Church, L						
8:30 In Search of the Lord's Way (TV KTXA Channel 12), L						
2:00 Church Service w/ Rob Harrison, L						
3:00 Cinema Sundays, L						