## **Football** Pool Winner!

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



## 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.

# 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.



B

**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.



## 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** 

EWISVILLE

<u>'STATES</u> Senior Living at Ease SUNDAY

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

Rob Harrison, L 3:00 Cinema Sundays, L

2:00 Church Service w/

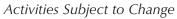
				SI A					
7:30	The Truth in Love 3		Evercico w/ 4	MARDI	GRAS 5	ASH WEI	DNESDAY 6	0.00	Chair Francia
7.50	(TV Channel 7), L	9:30	Exercise w/ 4 Legacy, AR	9:30	Senior Fitness, AR		Tone Those	9:00	Chair Exercis
8:30		10.00	The Prize is Right	9:30	<b>Beauty Salon Is Open</b>		Bones, AR	9:45	Christian Ser
	Baptist Church, L	10.00	and Snack Social, L	10:00	Shopping at Walmart, O	10:00	-		w/Rev. Mark,
8:30		10:00		10:30	Catholic Communion	10:15	Word of the Day!, L	10:00	Shopping at
	Lord's Way (TV KTXA	1:30	Legacy Social, L	1:00	Movie & Snack, L	1:30	Card Club, AR		Walmart, O
	Channel 12), L		Sassy Senior Bingo	2:00	Fancy Nails & Hand	2:00	Snack Attack	1:00	Storytelling
2:00	Church Service w/ Rob Harrison, L	2.00	w/Lifeway, AR	2.00	Massage, AR Mardi Gras Social I	2.00	Bingo, AR	2:30	Art Expressio
3.00	Cinema Sundays, L	4:00	Adult Coloring Club, AR	<b>2:00</b> 3:00	<b>Mardi Gras Social, L</b> Game of Choice, L	4.00	Trivia, L		Rowdy Ring T
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	HT SAVING TIME BEGINS <b>10</b> The Truth in Love		11	Girl Scou 9:30	t Birthday 12 Senior Fitness, AR	9:30		Potato C	
7:30	(TV Channel 7), L	9:30	Exercise w/Legacy, AR	9:30	Beauty Salon Is Open		Bones, AR	9:00	
8:30		10:00	The Prize is Right	9:45	Blood Pressure Clinic w/	10:00	· · · · · · · · · · · · · · · · · · ·	9:45	Christian Service w/Rev. Mark, L
	Baptist Church, L		and Snack Social, L		Life Way Hospice, L	10:15	Spelling Bee, L	10:00	Shopping at Wal
8:30	In Search of the Lord's Way (TV KTXA Channel 12), L	10:00		10:00	Shopping at Walmart, O Catholic Communion	1:00		1:00	Giant Crossword
2:00		2:00	Sassy Senior Bingo	<b>10:30</b> 1:00	Popcorn/Movie, L		(Dominoes), AR		Puzzle, L
	Rob Harrison, L	4:00	<b>w/Lifeway, AR</b> Wonder Word Search, AR	3:00	Game of Choice, L	1:30	Card Club, AR	1:30	Hearing Aid Clin
2:00		4:00	wonder word Search, An	6:00	Luck of the Irish	2:00	Snack Attack Bingo, AR	2:30	Art Expression, A
3:00	Cinema Sundays, L				(Main Event), L	3:00	Town Hall Meeting, L	3:30	Ring Toss of Fire, I
ST. PATR	RICK'S DAY 17	9:30	Exercise w/ 18	9:30	Senior Fitness, AR 19	SPRING	BEGINS 20	Memor	y Day
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7:30	The Truth in Love		Legacy, AR	9:30	Beauty Salon Is Open	9:30	Tone Those	9:00	Chair Exercise,
7:30	(TV Channel 7), L	10:00	<b>Legacy, AR</b> The Prize is Right	9:30 10:00	Beauty Salon Is Open Shopping at	9:30	Tone Those Bones, AR		Chair Exercise, Christian Servi
7:30 <b>8:30</b>	(TV Channel 7), L <b>New Covenant</b>	10:00			Beauty Salon Is Open Shopping at Walmart, O				
8:30	(TV Channel 7), L New Covenant Baptist Church, L	10:00 <b>10:00</b>	The Prize is Right and Snack Social, L		Shopping at		Bones, AR		Christian Servi w/Rev. Mark, L
8:30	(TV Channel 7), L <b>New Covenant Baptist Church, L</b> In Search of the Lord's Way		The Prize is Right and Snack Social, L <b>Dollar Tree, O</b>	10:00	Shopping at Walmart, O	10:00	Bones, AR Post Office/Bank, O	9:45	Christian Servi
<b>8:30</b> 8:30	(TV Channel 7), L <b>New Covenant</b> <b>Baptist Church, L</b> In Search of the Lord's Way (TV KTXA Channel 12), L	10:00	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo	10:00 10:30	Shopping at Walmart, O Catholic Communion Movie & Snack, L	<b>10:00</b> 10:15	<b>Bones, AR</b> <b>Post Office/Bank, O</b> Word of the Day!, L	9:45	Christian Servi w/Rev. Mark, L Shopping at
<b>8:30</b> 8:30	(TV Channel 7), L <b>New Covenant Baptist Church, L</b> In Search of the Lord's Way	10:00 2:00	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo w/Lifeway, AR	<b>10:00</b> <b>10:30</b> 1:00	Shopping at Walmart, O Catholic Communion	<b>10:00</b> 10:15 1:30	<b>Bones, AR</b> <b>Post Office/Bank, O</b> Word of the Day!, L Card Club, AR	9:45 10:00	Christian Servi w/Rev. Mark, L Shopping at Walmart, O
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8:30 8:30 2:00 3:00	(TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love 24	10:00 2:00	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo w/Lifeway, AR Adult Coloring Club, AR Exercise w/ 25	<b>10:00</b> <b>10:30</b> 1:00 <b>2:00</b> 3:00	Shopping at Walmart, O Catholic Communion Movie & Snack, L Fancy Nails & Hand Massage, AR	<b>10:00</b> 10:15 1:30 2:00 4:00	Bones, AR Post Office/Bank, O Word of the Day!, L Card Club, AR Snack Attack Bingo, AR	9:45 10:00 1:00 2:30 4:00 9:00	Christian Servi w/Rev. Mark, L Shopping at Walmart, O Storytelling Cl Art Expression Rowdy Ring Tos Chair Exercise
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8:30 8:30 2:00 3:00 7:30 8:30 8:30 2:00 3:00 7:30	(TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L Mew Covenant Saft (TV Channel 7), L Mew Covenant Saft (TV Channel 7), L Mew Covenant	10:00 2:00 4:00 9:30 10:00 10:00 2:00	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo w/Lifeway, AR Adult Coloring Club, AR Exercise w/ 25 Legacy, AR The Prize is Right and Snack Social, L Out to Tom Thumb, O Sassy Senior Bingo w/Lifeway, AR Wonder Word	10:00 10:30 1:00 2:00 3:00 9:30 9:30 10:00 10:30 1:00	Shopping at Walmart, O Catholic Communion Movie & Snack, L Fancy Nails & Hand Massage, AR Game of Choice, L 26 Senior Fitness, AR Beauty Salon Is Open Shopping at Walmart, O Catholic Communion Popcorn/Movie, L	10:00 10:15 1:30 2:00 4:00 9:30 9:30 10:00 10:15 1:30	Bones, AR Post Office/Bank, O Word of the Day!, L Card Club, AR Snack Attack Bingo, AR Trivia, L 27 Tone Those Bones, AR Post Office/Bank, O Spelling Bee, L Card Club, AR Snack Attack	9:45 10:00 2:30 4:00 9:00 9:45 10:00 1:00 2:30	Christian Servi w/Rev. Mark, L Shopping at Walmart, O Storytelling Cl Art Expression Rowdy Ring Tos Chair Exercise Christian Serv w/Rev. Mark, L Shopping at Walmart, O Giant Crosswo Puzzle, L Art Expression
8:30 8:30 2:00 3:00 7:30 8:30 8:30 2:00 3:00 7:30 8:30	(TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L State of the Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L	10:00 2:00 4:00 9:30 10:00 10:00 2:00	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo w/Lifeway, AR Adult Coloring Club, AR Exercise w/ 25 Legacy, AR The Prize is Right and Snack Social, L Out to Tom Thumb, O Sassy Senior Bingo w/Lifeway, AR Wonder Word	10:00 10:30 1:00 2:00 3:00 9:30 9:30 10:00 10:30 1:00	Shopping at Walmart, O Catholic Communion Movie & Snack, L Fancy Nails & Hand Massage, AR Game of Choice, L 26 Senior Fitness, AR Beauty Salon Is Open Shopping at Walmart, O Catholic Communion Popcorn/Movie, L	10:00 10:15 1:30 2:00 4:00 9:30 9:30 10:00 10:15 1:30	Bones, AR Post Office/Bank, O Word of the Day!, L Card Club, AR Snack Attack Bingo, AR Trivia, L 27 Tone Those Bones, AR Post Office/Bank, O Spelling Bee, L Card Club, AR Snack Attack	9:45 10:00 2:30 4:00 9:00 9:45 10:00 1:00 2:30	Christian Servi w/Rev. Mark, L Shopping at Walmart, O Storytelling Cl Art Expression Rowdy Ring Tos Chair Exercise Christian Serv w/Rev. Mark, L Shopping at Walmart, O Giant Crosswo Puzzle, L Art Expression
8:30 8:30 2:00 3:00 7:30 8:30 8:30 2:00 3:00 7:30 8:30	(TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's May (TV KTXA) Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L In Search of the	10:00 2:00 4:00 9:30 10:00 10:00 2:00	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo w/Lifeway, AR Adult Coloring Club, AR Exercise w/ 25 Legacy, AR The Prize is Right and Snack Social, L Out to Tom Thumb, O Sassy Senior Bingo w/Lifeway, AR Wonder Word	10:00 10:30 1:00 2:00 3:00 9:30 9:30 10:00 10:30 1:00	Shopping at Walmart, O Catholic Communion Movie & Snack, L Fancy Nails & Hand Massage, AR Game of Choice, L 26 Senior Fitness, AR Beauty Salon Is Open Shopping at Walmart, O Catholic Communion Popcorn/Movie, L	10:00 10:15 1:30 2:00 4:00 9:30 9:30 10:00 10:15 1:30	Bones, AR Post Office/Bank, O Word of the Day!, L Card Club, AR Snack Attack Bingo, AR Trivia, L 27 Tone Those Bones, AR Post Office/Bank, O Spelling Bee, L Card Club, AR Snack Attack	9:45 10:00 2:30 4:00 9:00 9:45 10:00 1:00 2:30	Christian Servi w/Rev. Mark, L Shopping at Walmart, O Storytelling Cl Art Expression Rowdy Ring Tos Chair Exercise Christian Serv w/Rev. Mark, L Shopping at Walmart, O Giant Crosswo Puzzle, L Art Expression
8:30 8:30 2:00 3:00 7:30 8:30 8:30 2:00 3:00 7:30 8:30	(TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L In Search of the Lord's Way (TV KTXA Channel 12), L Church Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L State of the Service w/ Rob Harrison, L Cinema Sundays, L The Truth in Love (TV Channel 7), L New Covenant Baptist Church, L	<ul> <li>10:00</li> <li>2:00</li> <li>4:00</li> <li>9:30</li> <li>10:00</li> <li>10:00</li> <li>2:00</li> </ul>	The Prize is Right and Snack Social, L Dollar Tree, O Sassy Senior Bingo w/Lifeway, AR Adult Coloring Club, AR Exercise w/ 25 Legacy, AR The Prize is Right and Snack Social, L Out to Tom Thumb, O Sassy Senior Bingo w/Lifeway, AR Wonder Word	10:00 10:30 1:00 2:00 3:00 9:30 9:30 10:00 10:30 1:00	Shopping at Walmart, O Catholic Communion Movie & Snack, L Fancy Nails & Hand Massage, AR Game of Choice, L 26 Senior Fitness, AR Beauty Salon Is Open Shopping at Walmart, O Catholic Communion Popcorn/Movie, L	10:00 10:15 1:30 2:00 4:00 9:30 9:30 10:00 10:15 1:30	Bones, AR Post Office/Bank, O Word of the Day!, L Card Club, AR Snack Attack Bingo, AR Trivia, L 27 Tone Those Bones, AR Post Office/Bank, O Spelling Bee, L Card Club, AR Snack Attack	9:45 10:00 2:30 4:00 9:00 9:45 10:00 1:00 2:30	Christian Servi w/Rev. Mark, L Shopping at Walmart, O Storytelling Cl Art Expression Rowdy Ring Tos Chair Exercise Christian Serv w/Rev. Mark, L Shopping at Walmart, O Giant Crosswo Puzzle, L Art Expression

MONDAY

TUESDAY

WEDNESDAY

6 9:00 Chair Exercise, L



	THURSDAY		FRIDAY	SATURDAY		
		9:30 10:30 11:00 1:00	1 ee Appreciation Day Senior Fitness, AR Wonder Word Search, AR Out to Tierney's Cafe, O Bible Study w/Laura Employee Appreciation Social Hour, L Name Your Game!, AR	9:30 9:30 10:30 2:00	2 Word of the Day! Beauty Salon Is Open Chair Exercise, L Wonder Word Search, AR Saturday Bingo, AR Resident Choice of Game, L	
9:45	Chair Exercise, L 7 Christian Service w/Rev. Mark, L		8 Name Pride Day Senior Fitness, AR "Family Feud," L	9:30 9:30	9 Word of the Day! Beauty Salon Is Open Chair Exercise, L	
	Shopping at Walmart, O	10:30	Wonder Word Search, AR		Wonder Word Search, AR	
<b>1:00</b> <b>2:30</b> 4:00	<b>Storytelling Club, L</b> <b>Art Expression, AR</b> Rowdy Ring Toss, L	<b>1:00</b> 4:00	<b>Bible Study w/Laura</b> Name Your Game!, AR	3:30	<b>Saturday Bingo, AR</b> Resident Choice of Game, L	
9:00 9:45	w/Rev. Mark, L	9:30	reen Day 15 Senior Fitness, AR Wonder Word Search, AR	9:30	16 Word of the Day! Beauty Salon Is Open Chair Exercise, L	
10:00 1:00 1:30 2:30 3:30	Shopping at Walmart, O Giant Crossword Puzzle, L Hearing Aid Clinic, AR Art Expression, AR Ring Toss of Fire, L	<b>11:00</b> <b>1:00</b> <b>2:00</b> 4:00	Out to Braum's, O	2:00	Wonder Word Search, AR Saturday Bingo, AR Resident Choice of Game, L	
Memor 9:00 9:45 10:00 1:00 2:30 4:00	y Day 21 Chair Exercise, L Christian Service w/Rev. Mark, L Shopping at Walmart, O Storytelling Club, L Art Expression, AR Rowdy Ring Toss, L	9:30 10:00	Spring Fling Social Hour, L	9:30 9:30 10:30	23 Word of the Day! Beauty Salon Is Open Chair Exercise, L Wonder Word Search, AR Saturday Bingo, AR Resident Choice of Game, L	
9:00 9:45 10:00 1:00 2:30 3:30	Chair Exercise, L28Christian Servicew/Rev. Mark, LShopping atWalmart, OGiant CrosswordPuzzle, LArt Expression, ARRing Toss of Fire, L	<b>9:30</b> 10:30 <b>1:00</b> <b>2:00</b> 4:00	29 Senior Fitness, AR Wonder Word Search, AR Bible Study w/Laura Birthday Bash, L Name Your Game!, AR	9:30 9:30 9:30 10:30 2:00 3:30	Word of the Day! 30 Beauty Salon Is Open Chair Exercise, L Wonder Word Search, AR Saturday Bingo w/the Episcopal Church, L Resident Choice of Game, L	