



MARCH 2026

Spring's Favorite Bird

The red-breasted robin is a familiar sign that spring is coming. Welcome the new season with these rockin' robin facts:

- As the weather warms, you'll see many robins returning from their winter homes, but not all robins migrate. They're just harder to see in winter, since they mostly stay nestled in the trees.
- American robins are the largest members of the thrush family of birds, which includes bluebirds and nightingales. Males and females are almost identical, but males tend to be more brightly colored.
- The idiom "the early bird gets the worm" definitely applies to robins. They're often spotted eating earthworms out of the ground during the morning hours. The birds also love berries, and at feeders, they prefer suet and mealworms to birdseed.
- Impressive singers, robins' best-known tune is their wake-up call of "cheer up, cheer up, cheerily." Dawn is their noisiest time, but they'll tweet throughout the day, and are among the last songbirds heard before sunset.
- Robins build their nests on tree branches and on the ground. Their pale blue eggs are so recognizable that there is a trademarked color called "robin's egg blue."
- The birds are very social and will roost in large groups. In some areas, a single flock can consist of a quarter million robins!
- The American robin is the state bird of Connecticut, Michigan and Wisconsin.
- In some Native American tribes, robins are symbols of peace and protection, and they are valued as hardworking and nurturing.

CHANGE
YOUR
CLOCKS



MARCH 2026

Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

Assisted Living Locations.

Activity Room AR
AL Courtyard ALC
AL Parking Lot ALPL

Monthly Birthdays

Staff

1-Steller Harding
1-Lucy Robbins
18-Karen Kelley

Residents

17- Gail Kerrigan
28 - Peggy Huddleston

Turn Around, Bright Eyes

It's a total eclipse of the moon on March 3, starting at about 6 a.m. EST.

*"If one is lucky, a solitary fantasy can totally transform one million realities."
—Maya Angelou*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Bible Study w/Alicia 10:00 Inspirational Morning Movie 10:00 Word Games w/ Kyle Amity Hospice 11:30 Lunch 2:00 Puzzle Corner	2 10:00 Daily Chronicle 10:00 Word Games w/ Kyle Amity Hospice 10:30 Exercise w/ Angel Legacy 10:30 Rosary w/ Renna 11:30 Lunch	3 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Feeling Good As You Age & Shamrock Shakes w/Legacy 3:00 Laurie's Fun Cart 3:00 Texas Independence Day Trivia	4 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Women's History Game 2:00 Horseshoes 2:00 Tranquil Touch: Nail Spa & Chat w/Shawn 3:30 Blessings w/ Alicia & Dave	5 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Devotional w/ Kyle Amity Hospice 1:30 Scrabble 2:00 I Love Lucy Trivia 3:00 Sip And Smile Hydration Cart/ station	6 Employee Appreciation Day 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Rummikub 2:00 Open House 3:00 Laurie's Fun Cart 3:00 St. Patrick's Day Craft	7 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Midday Movie Residents' Choice 3:00 Sip & Smile Hydration Cart/Station
8 Daylight Saving Time Begins 9:30 Bible Study w/Alicia 10:00 Inspirational Morning Movie 10:00 Word Games w/ Kyle Amity Hospice 11:30 Lunch 2:00 Puzzle Corner	9 10:00 Daily Chronicle 10:00 Word Games w/ Kyle Amity Hospice 10:30 Exercise w/ Angel Legacy 10:30 Rosary w/ Renna 11:30 Lunch 3:00 Sip & Smile Hydration Cart/Station	10 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Reminiscing: All About Cars 2:30 Uno 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart	11 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Resident Council 2:00 Tranquil Touch: Nail Spa & Chat w/Shawn 2:30 Piano Pleasures w/Dominique 3:00 Sip & Smile Hydration Cart/Station 3:30 Blessings w/ Alicia & Dave	12 7:30 Omelet Station w/Chef Rey 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Devotional w/ Kyle Amity Hospice 2:00 Scattergories 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart 3:00 Uno	13 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:00 Outing: Cracker Barrel 11:30 Lunch 1:00 Who Am I Trivia 2:00 Name Five Game 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart 3:00 Uno	14 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Midday Movie Residents' Choice 3:00 Sip & Smile Hydration Cart/Station
15 9:30 Bible Study w/Alicia 10:00 Inspirational Morning Movie 10:00 Word Games w/ Kyle Amity Hospice 11:30 Lunch 2:00 Puzzle Corner	16 10:00 Daily Chronicle 10:00 Word Games w/ Kyle Amity Hospice 10:30 Exercise w/ Angel Legacy 10:30 Rosary w/ Renna 11:30 Lunch 3:00 Sip & Smile Hydration Cart/Station	17 Happy St. Patrick's Day 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 St. Patrick's Day Party & Photo Booth 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart	18 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Jeopardy! 2:00 Tranquil Touch: Nail Spa & Chat w/Shawn 3:00 Sip & Smile Hydration Cart/Station 3:00 Cranium Crunches 3:30 Blessings w/ Alicia & Dave	19 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Devotional w/ Kyle Amity Hospice 1:30 Family Feud 2:00 Mint Chocolate Chip Clusters 3:00 Sip & Smile Hydration Cart/Station 3:30 Spring Fling Party!	20 First Day of Spring 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Outing: Bucee's 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart 3:00 Spring Fling Craft	21 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Midday Movie Residents' Choice 3:00 Sip & Smile Hydration Cart/Station
22 9:30 Bible Study w/Alicia 10:00 Inspirational Morning Movie 10:00 Word Games w/ Kyle Amity Hospice 11:30 Lunch 2:00 Puzzle Corner	23 10:00 Daily Chronicle 10:00 Word Games w/ Kyle Amity Hospice 10:30 Exercise w/ Angel Legacy 10:30 Rosary w/ Renna 11:30 Lunch 3:00 Sip & Smile Hydration Cart/Station	24 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Monopoly 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart	25 Baseball Opening Day 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 The Price Is Right! 2:00 Tranquil Touch: Nail Spa & Chat w/Shawn 3:00 Sip & Smile Hydration Cart/Station 3:00 Rangers Watch Party! 3:30 Blessings w/ Alicia & Dave	26 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Devotional w/ Kyle Amity Hospice 1:30 Door Hanger Craft 2:30 Memory Joggers 3:00 Sip & Smile Hydration Cart/Station	27 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 My Fair Lady Trivia 2:00 Popcorn & Movie: My Fair Lady 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart	28 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Midday Movie Residents' Choice 3:00 Sip & Smile Hydration Cart/Station
29 9:30 Bible Study w/Alicia 10:00 Inspirational Morning Movie 10:00 Word Games w/ Kyle Amity Hospice 11:30 Lunch 2:00 Puzzle Corner	30 10:00 Daily Chronicle 10:00 Word Games w/ Kyle Amity Hospice 10:30 Exercise w/ Angel Legacy 10:30 Rosary w/ Renna 11:30 Lunch 3:00 Sip & Smile Hydration Cart/Station	31 9:15 Walmart Shopping (O) 10:00 Daily Chronicle 10:30 Fitness: Sit And be Fit 11:30 Lunch 1:00 Bingo 2:00 Reminiscing Fun: 20 Questions About Your 20s 3:00 Sip & Smile Hydration Cart/Station 3:00 Laurie's Fun Cart				



Celebrate Irish Poets

Wearing green and rocking shamrocks for St. Patrick's Day on March 17 is all the rage, but have you ever thought about celebrating by browsing through some Irish poetry? World Poetry Day is also observed this month, on the 21st. Celebrate both of these fun holidays by learning more about a few famous Irish poets.

W.B. Yeats. One of the greatest poets of the 20th century, Yeats published over 30 poetry collections and won the Nobel Prize for literature in 1923. He followed a traditional style that focused on rhythm and cadence. As a lover of his country, he mostly wrote poems with Irish settings and subjects.

Seamus Heaney. Poems with deeply meaningful and beautiful verses were a specialty of Heaney's. Though he didn't want to be a political spokesman, his work reflected contemporary Irish issues. His rhymes were unpredictable yet his words were clear and textured, earning him the Nobel Prize in literature in 1995 and two American Ireland Fund Literary Awards—given to Irish writers who reflect the literary traditions of their heritage.

Eavan Boland. Both a poet and a professor at Stanford University, Boland was one of the primary female voices in Irish literature for decades, writing of women's experiences in both everyday life as well as throughout her country's history. Her accomplishments include a Lannan Foundation Literary Award in Poetry and an American Ireland Fund Literary Award, both received in 1994.

