



## Eat, Drink, And Be Irish—St. Patrick’s Day Fun!

“Kiss me I’m Irish” the Leprechaun said...  
 As shamrocks and gold coins danced in his head.  
 A bit of malarkey and lots of green beer...  
 Make no mistake, brings all some great cheer.  
 May your blessings outnumber the shamrocks that grow...  
 And may trouble avoid you wherever you go.  
 A four leaf clover will bring luck your way...  
 Especially if you join us on St. Paddy’s Day!  
 Wear your green and join our special St. Patrick’s Day Thursday Night LIVE! There will be food and fun for everyone and we will enjoy some of your favorite Irish tunes. Invite your neighbor to join you for this very special celebration....everyone is sure to leave feeling a bit more Irish!



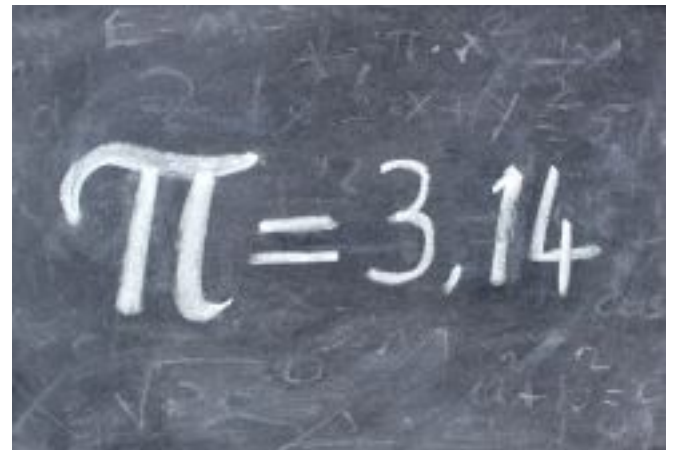
## Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick’s Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer’s disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.

## MARCH 2026

## National Pi Day & Albert Einstein’s Birthday

It’s Pi Day because the digits in this date correspond with the first three digits of pi (3.14). The first Pi Day was organized in 1988 by physicist Larry Shaw, who worked at the San Francisco Exploratorium. The original celebration consisted of Exploratorium staff walking around in a circle and eating pies. We won’t be walking around in circles, but how about some Pi Day fun? How about an Albert Einstein look-alike contest (his birthday also falls on March 14!)? Let’s see who can memorize and recite the most digits of pi. We are looking forward to seeing you there!



## Springtime Adventures

Spring is here, and we’re excited! We have several outings planned, and we’d love to have you join us as we celebrate the season. Look for spring events on the calendar, and remember to sign up at the front desk to reserve your spot on the bus.

**MARCH 2026**

**Locations**

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH
Sign Up Required	SU
Patio	P

**Birthdays**

5th	Danny Webster
16th	Bruce Williamson
18th	Billie Kunkel
19th	Harold Callahan

**Staff**

**Birthdays**

1st	Lucy Robbins
18th	Karen Kelley

**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."

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Movie: Road To Bali (TH)</b> <b>3:00 Handi-Crafters Hangout (L)</b> 3:00 Resident Choice Card Games (B) 4:00 Puzzle Club (R66)	2 <b>8:00 Graff Mobile Podiatry &amp; Wound Care (SU-PLOT)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>3:00 Texas Independence Day Trivia (B)</b> <b>4:00 Country Store Open 4PM-5PM</b>	3 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) <b>2:30 Taste Test Tuesday (B)</b>	4 9:45 Blood Pressure Checks w/ Legacy (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 1:30 New Resident Orientation (B) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Bingo Bonus: Word Games (CR) 4:00 Country Store Open 4PM-5PM	5 9:20 Walmart (O) <b>2:00 Thursday Thinkers: Jeopardy! (CR)</b> <b>3:15 Sips, Snacks, and Serenade: Dominique on Piano (L)</b>	6 <b>10:30 Bible Study with Rev. Dr. Laymon (CR)</b> 1:30 Book Club (LL) <b>2:30 Craft: Bunny Bottoms (CR - SU)</b>	7 <b>10:00 Movie: A Walk in the Clouds (TH)</b> 10:00 Rummikub (FR) <b>1:30 Euchre</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
8 Daylight Saving Time Begins <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Movie: The Statler Brothers Farewell Concert (TH)</b> 3:00 Resident Choice Card Games (B) 4:00 Puzzle Club (R66)	9 <b>10:30 Monday Morning Makers: Quick Spring Craft (B)</b> <b>1:30 Classic Car Trivia (B)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>2:30 Sweets &amp; Sunshine (Patio)</b> <b>4:00 Country Store Open 4PM-5PM</b>	10 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) <b>2:30 Town Hall Meeting (CR)</b> <b>3:30 Sips, Snacks, and Serenade: Music by Tony Macaroni (L)</b>	11 9:45 Blood Pressure Checks w/ Legacy (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 2:00 Name That Tune: TV Themes (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Bingo Bonus: Tongue Twister with a Twist! (B) 4:00 Country Store Open 4PM-5PM	12 9:20 Walmart (O) <b>10:00 Zumba Seated &amp; Standing Exercise (CR)</b> <b>1:30 Art: Painting w/ Bailey (CR-SU)</b> <b>3:30 Thursday Thinkers: Password (B)</b>	13 <b>10:30 Bible Study with Rev. Dr. Laymon (CR)</b> <b>11:00 Outing: Lunch @ Cracker Barrel (O-SU)</b> <b>2:00 AL Open House - All IL Residents Invited!</b> <b>4:00 Pi Day Contest (B)</b>	14 Pi Day <b>10:00 Movie: Emma (TH)</b> 10:00 Rummikub (FR) <b>1:30 Euchre</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
15 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Movie: Hello, My Name is Doris (TH)</b> 3:00 Resident Choice Card Games (B) 4:00 Puzzle Club (R66)	16 <b>1:30 Rock Painting (CR)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>2:30 Tea &amp; Armchair Travel: Ireland</b> <b>4:00 Country Store Open 4PM-5PM</b>	17 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) <b>3:00 St. Patrick's Day Party! (CR)</b>	18 9:45 Blood Pressure Checks w/ Legacy (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:30 Bible Study (CR) 2:30 Food Committee w/ Chef Ray (DR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Bingo Bonus: Who, What, When Trivia (CR) 4:00 Country Store Open 4PM-5PM	19 9:20 Walmart (O) <b>1:30 Shamrock Shakes: Feeling Good As You Age w/ Legacy (CR)</b> <b>3:30 Spring Fling Party!</b>	20 First Day of Spring <b>10:30 Bible Study with Rev. Dr. Laymon (CR)</b> <b>1:00 Outing: Buc-ee's (O-SU)</b> <b>3:00 Racing with Rhonda (CR + 16 quarters)</b>	21 <b>10:00 Movie: My Fair Lady (TH)</b> 10:00 Rummikub (FR) <b>1:30 Euchre</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
22 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Movie: Undercover Angel (TH)</b> 3:00 Resident Choice Card Games (B) 4:00 Puzzle Club (R66)	23 <b>10:30 Monday Morning Makers: Quick Spring Craft (B)</b> 2:00 Misc. Errands (O) 2:00 Spades (B) <b>3:00 Craft: Make Your Own Sugar Scrub w/ Rhonda (CR)</b> <b>4:00 Country Store Open 4PM-5PM</b>	24 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi (CR)</b> 1:30 Hand and Foot (FR) <b>2:00 Joy Ride: Braum's (O-SU + \$5)</b> 2:00 Spades (B) 2:00 UNO (B) <b>5:30 Dining In: Olive Garden (SU+\$10)</b>	25 9:45 Blood Pressure Checks w/ Legacy (CR) <b>10:00 Fitness: Strength Class w/ Legacy (CR)</b> 10:00 Post Office / Bank/ Library (O) 10:00 Vendor: You Are Beautiful Boutique (L) 10:30 Bible Study (CR) 3:00 Bingo (CR) 3:00 Mexican Train (CR) 4:00 Bingo Bonus: Finish the Phrase (CR) 4:00 Country Store Open 4PM-5PM	26 9:20 Walmart (O) <b>2:00 Thursday Thinkers! Cranium Crunches (B)</b> <b>3:00 Baseball Opening Day / Rangers Watch Party (R66)</b>	27 <b>10:00 Outing: Trader Joe's &amp; Lunch (O-SU)</b> <b>10:30 Bible Study with Rev. Dr. Laymon (CR)</b> <b>3:00 Make Pine Cone Bird Feeders (B-SU)</b>	28 <b>10:00 Movie: Cocoon (TH)</b> 10:00 Rummikub (FR) 12:00 Flower Mound Senior Center Craft Fair (self transport) <b>1:30 Euchre</b> 2:00 Billiards (R66) 2:00 Cool, Calm, and Colorful (B) <b>3:00 Bingo (B)</b> 4:00 Uno (B)
29 <b>10:00 Community Church (CR)</b> 1:30 Bridge Club (B) <b>2:00 Movie: Cocoon The Return (TH)</b> 3:00 Resident Choice Card Games (B) 4:00 Puzzle Club (R66)	30 2:00 Misc. Errands (O) <b>2:00 Sing-a-long: Favorite Hymns (CR)</b> 2:00 Spades (B) <b>4:00 Country Store Open 4PM-5PM</b>	31 9:20 Walmart (O) 10:00 Catholic Communion (B) <b>10:00 Fitness: Tai Chi (CR)</b> 1:30 Hand and Foot (FR) 2:00 Spades (B) 2:00 UNO (B) <b>3:00 Craft: Hymnal Page Cross (CR-SU)</b>				

# Mad for March Madness

From bragging rights to heartbreaking busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some March Madness trivia to add to your tourney talk:

- The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.
- The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.
- Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.
- The odds of filling out a perfect bracket—that is, correctly picking the winner of every game—is 1 in 9.2 quintillion. One quintillion is a 1 followed by 18 zeroes, or you could think of it as "a million trillion"!
- Each team is ranked, or seeded, within its region. In 1985, the No. 8-ranked Villanova Wildcats became the lowest-seeded team to win the tournament.
- Only once did all conference No. 1 seeds advance to the Final Four. In 2008, the Kansas Jayhawks won what many called the most predictable March Madness ever.
- Another first-and-only occurred in 2018, when a No. 16-seeded school (Maryland-Baltimore County) defeated a No. 1 seed (Virginia) in the opening round.
- UCLA has won the tournament 11 times, more than any other school.

# Armchair Travels: Cliffs of Moher

Ireland has no shortage of breathtaking tourist attractions, but the Cliffs of Moher top most travelers' lists. Situated on the west coast of County Clare, the cliffs are a genuine wonder of nature. The drop of 700 feet from a flat meadow down to the Atlantic Ocean offers an awe-inspiring view, making boats in the water look like children's toys. With binoculars, you can observe more than 20 bird species that reside in the crags along the cliffs, including the Atlantic puffin.

# Brain Bender: Rabbit Riddle

A farmer has three rabbit hutches lined up in a row. Each hutch is a different color—red, yellow or green. Originally, the number of rabbits in the green hutch was twice as large as the number of rabbits in the yellow hutch. However, the farmer recently took five rabbits out of the left-side hutch and gave them to the local school to be classroom pets. Then he took half of the rabbits that remained in the left-side hutch and moved them to the red hutch.

Based on this information, do you know what color the left-side hutch is?

