

Rittenhouse Village

AT SPRING CREEK - MEMORY CARE

3450 Wagon Wheel Road • Garland, TX 75044

Early Opening Day

It's been said that the true sign of spring is the sound of a bat on a ball. This year, baseball fans will hear that familiar sound on Thursday, March 29, the earliest opening day in MLB history. And for the first time since 1968, all 30 teams will start action on the same day.

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.

Remember When: Silly Putty

During World War II, a rubber shortage prompted a search for a synthetic substitute. When a chemical engineer at General Electric combined boric acid and silicone oil, the result was a bouncy, stretchy material. It wasn't a good rubber replacement, but it was entertaining to play with. A toy marketer packaged 1-ounce balls of the putty in plastic eggs and sold them for a dollar apiece, and Silly Putty became one of the most popular toys of the 20th century.

Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

March 2018



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier. The 90th Oscars ceremony takes place on March 4.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.

March 2018

Twice in a Blue Moon

A rare occurrence happens on March 31. The night sky will host the second full moon of the month, called a blue moon. Even more unusual is that January also had a blue moon, making two in one year.

Walk for Health

With spring just ahead, it's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits.

The Start of Schwan's

March 18, 1952, marks the birth of the Schwan's Company food delivery business. On that day, Marvin Schwan loaded a van with his family's homemade ice cream and sold it directly to farm families in western Minnesota.

Finding a Four-Leaf Clover

According to Irish legend, a four-leaf clover is said to bring good luck. What are the odds of finding the fabled variety? The chances of spotting one are 1 in 10,000, say scientists.

A Cheesy Occasion

They're the crunchy, cheesy snacks that leave your fingers a bright shade of orange. Grab a napkin and dig into a bag of them on March 5, National Cheese Doodle Day.

Sunday	Monday	Tuesday
<i>March</i>		
All Programs Are Subject to Change Due to Circumstances Beyond Our Control. Thank You for Your Understanding.		
		
<p>Oscar Night 4 9:30 Morning Coffee Social (D) 10:00 Sunday Stretches (A) 10:30 Corner Stone Baptist Church (A) 11:00 History of the Oscars (FL) 1:00 Heart to Heart (BL) 1:45 Walk N' Talk 2:15 Brown Derby Paintings (A) 4:00 Holistic Relaxation and Hand Massages (BL) 7:00 Oscars (FL)</p>	<p>9:00 Coffee and Chat (D) 9:15 Let's Get Physical (A) 10:00 Monday Morning Sing-along (FL) 10:30 Our Daily Bread (BL) 1:30 Celebrity in an Envelope (FL) 2:00 Your Inner Artist (A) 3:00 Courtyard Strolls (C) 3:30 Malt Shop Shakes (D) 4:00 Let's Chat (FL) 6:00 Memory Card Sharks (FL)</p>	<p>Oreo Cookie Day! 6 9:30 Coffee and Chat (FL) 10:00 Let's Get Physical (A) 10:30 Dear Abby (FL) 1:00 Heart to Heart Moments (BL) 2:00 Tasting Party! Oreo Creations! (D) 3:00 Oreo Cookie Facts (D) 3:30 Courtyard Stroll (C) 4:00 Holistic Relaxation (BL) 6:00 Memory Card Sharks (FL)</p>
<p>9:30 Morning Coffee Social (D) 11 10:00 Sunday Stretches (A) 10:30 Corner Stone Baptist Church (A) 11:00 Balloon Volleyball (A) 1:00 Heart to Heart (BL) 1:45 Walk N' Talk 2:00 Afternoon Matinee & Munchies (FL) 4:00 Holistic Relaxation and Hand Massages (BL)</p>	<p>Plant a Flower Day 12 9:00 Coffee and Chat (D) 9:15 Let's Get Physical 10:00 Green Thumb Flower Planting (C) 10:30 Manicures & A Movie (FL) 10:30 Our Daily Bread (BL) 1:30 Malt Shop Shakes (D) 2:00 Your Inner Artist (A) 3:00 Courtyard Strolls (C) 3:30 Peaceful Pampering (BL) 6:00 Memory Card Sharks (FL)</p>	<p>9:30 Coffee and Chat (A) 13 10:00 Let's Get Physical (A) 10:30 Hula Hoop Basketball (A) 1:00 Heart to Heart (BL) 1:30 Pet Therapy With Bear! (FL) 2:00 Tuesday Cooking Club: Soft Pretzel Balls! (D) 3:00 Hangman Word Game (FL) 3:30 Courtyard Stroll (C) 4:00 Name That Tune! (FL) 6:00 Memory Card Sharks</p>
<p>9:30 Morning Coffee Social (D) 18 10:00 Sunday Stretches (A) 10:30 Corner Stone Baptist Church (A) 11:00 Balloon Volleyball (A) 1:00 Heart to Heart Moments (BL) 1:45 Walk N' Talk 2:00 Afternoon Matinee (FL) 4:00 Holistic Relaxation and Hand Massages (BL)</p>	<p>9:00 Coffee and Chat (D) 19 9:15 Let's Get Physical (A) 10:00 Noodleball (A) 10:30 Monday Morning Sing-along (FL) 10:30 Our Daily Bread (BL) 1:30 Shamrocks Minty Shakes Social! (D) 3:00 Courtyard Strolls (C) 3:30 Fold & Sort (BL) 4:00 Let's Chat (FL) 6:00 Memory Card Sharks (FL)</p>	<p>International Earth Day 20 9:30 Coffee and Chat (A) 10:00 Let's Get Physical (A) 10:30 Hula Hoop Basketball (A) 1:00 Heart to Heart (BL) 2:00 International Earth Day Gardening Club (C) 3:00 Fun Facts About Nature! (C) 3:30 Courtyard Stroll (C) 4:00 Holistic Relaxation (BL) 6:00 Name That Tune! (FL)</p>
<p>9:30 Morning Coffee Social (D) 25 10:00 Sunday Stretches (A) 10:30 Corner Stone Baptist Church (A) 11:00 Chair Hockey (A) 1:00 Heart to Heart Moments (BL) 1:45 Walk N' Talk 2:00 Afternoon Waffle Social! (D) 4:00 Holistic Relaxation and Hand Massages (BL)</p>	<p>9:00 Coffee and Chat (D) 26 9:15 Let's Get Physical 10:00 Noodle Ball! (A) 10:30 Manicures & A Movie (FL) 10:30 Our Daily Bread (BL) 1:30 Malt Shop Shakes! (D) 2:00 Your Inner Artist (A) 3:00 Courtyard Strolls (C) 3:30 Memories in the Making (BL) 4:00 Let's Chat (FL) 6:00 Memory Card Sharks (FL)</p>	<p>27 9:30 Coffee and Chat (A) 10:00 Let's Get Physical (A) 10:30 Sing Your Heart Out! (FL) 1:00 Heart to Heart (BL) 2:00 This Day in History (FL) 3:00 Flower Collages (A) 3:30 Courtyard Stroll (C) 4:00 Holistic Relaxation (BL) 6:00 Name That Tune! (FL)</p>

Wednesday	Thursday	Friday	Saturday
<p>Activity Location Indicators (A)= Activity Room (BL)= Back Living Room (C)= Courtyard (D)= Diner (DR)= Dining Room (FL) = Front Living Room</p>	<p>Purim 1 9:30 Coffee and Chat (A) 10:00 Sit and Stretch (A) 10:30 Purim Traditions (FL) 1:00 Heart to Heart (BL) 2:00 Purim Celebration! (A) 3:00 Courtyard Strolls (C) 4:00 Bingo! (A) 6:00 Thursday Evening Hot Topics (FL)</p>	<p>2 9:30 Coffee and Chat (A) 10:00 Friday DJ Dance Party (A) 10:30 What's New: Daily Chronicle (A) 1:00 Heart to Heart (BL) 2:00 Ice Cream Friday Social (D) 3:00 Walking Warriors! 4:00 Veggie Peelers' Club (D) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p>3 9:30 Saturday Morning Coffee Clutch (A) 10:00 Let's Get Physical (A) 10:30 Name That Famous Person! (A) 1:00 Heart to Heart (BL) 2:00 Let's Reminisce (FL) 3:00 Afternoon Refreshments (FL) 3:30 Walking Warriors 4:00 Sharing Compliments (FL) 6:00 Word Search Fun (A)</p>
<p>7 9:30 Morning Coffee Social (A) 10:00 Wake and Shake Workout (A) 10:30 Balloon Volleyball! (A) 1:00 Bible Study (FL) 1:30 Heart to Heart (BL) 2:00 Baker's Club: Shamrock Cookie Decoration (D) 3:30 Let's Chat! (FL) 4:00 Holistic Relaxation (BL) 6:00 Puzzle Me This (A)</p>	<p>International Women's Day 8 9:30 Coffee and Chat (A) 10:00 Chair Zumba (A) 10:30 Biography of Gloria Steinem (FL) 1:00 Heart to Heart (BL) 2:00 Women's Day Crafting Corner (A) 3:00 Courtyard Strolls (C) 4:00 Let's Chat (C) 6:00 Thursday Evening Hot Topics (FL)</p>	<p>9 9:30 Coffee and Chat (A) 10:00 Fifties Fun Workout! (A) 10:30 What's New: Daily Chronicle (A) 1:00 Heart to Heart (BL) 1:30 Cooking Corner: Chocolate Molds (D) 2:00 Ice Cream Social (D) 3:00 Walking Warriors! 4:00 Peaceful Pampering (BL) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p>10 9:30 Saturday Morning Coffee Clutch (A) 10:00 Let's Get Physical (A) 10:30 Musical Memories (A) 1:00 Heart to Heart (BL) 2:00 Let's Reminisce (FL) 3:00 Afternoon Tea (D) 3:30 Walking Warriors 4:00 Sharing Compliments (FL) 6:00 Word Search Fun (A)</p>
<p>14 9:30 Morning Coffee Gathering (A) 10:00 Wake & Shake Workout (A) 10:30 Manicures & More (D) 1:00 Heart to Heart (BL) 2:00 Luck of the Irish Sing-along (FL) 3:00 Walking Warriors 3:30 Shamrock Bingo! (A) 4:00 Miss Manners (FL) 6:00 Your Inner Artist (A)</p>	<p>15 9:30 Coffee and Chat (A) 10:00 Sit and Stretch (A) 10:30 The Categories Game! (A) 1:00 Heart to Heart (BL) 2:00 Pencils to Paper: Still Life (A) 3:00 Courtyard Strolls (C) 4:00 Let's Chat (C) 6:00 Thursday Evening Hot Topics (FL)</p>	<p>National Panda Day 16 9:30 Coffee and Chat (A) 10:00 Friday Flexes (A) 10:30 What's New: Daily Chronicle & Panda Facts (A) 1:00 Heart to Heart (BL) 2:00 Ice Cream Friday Social (D) 3:00 Walking Warriors! 3:30 Panda Paintings (A) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p>St. Patrick's Day 17 9:30 Saturday Coffee Club (A) 10:00 Let's Get Physical (A) 11:00 St. Patty's Day Parade (FL) 1:00 Heart to Heart (BL) 2:00 St. Patty's Junk Drawer Detective (FL) 3:00 Luck O' The Irish Social(D) 3:30 Walking Warriors 4:00 Sharing Compliments (FL) 6:00 Match Up! (A)</p>
<p>World Poetry Day 21 9:30 Coffee & Go (A) 10:00 Wake & Shake (A) 10:30 Manicures & More (D) 1:00 Heart to Heart Moments (BL) 2:00 Poetry Jams (FL) 3:30 Walking Warriors 3:00 This Letter, That Letter (FL) 4:00 Miss Manners (FL) 6:00 Table Games (A)</p>	<p>22 9:30 Coffee and Chat (A) 10:00 Chair Zumba (A) 10:30 Biography of Andrew Lloyd Webber (A) 1:00 Heart to Heart (BL) 2:00 Thirsty Thursday: Mocktails & Music (D) 3:00 Courtyard Strolls (C) 4:00 Afternoon Bingo! (C) 6:00 Thursday Evening Hot Topics (FL)</p>	<p>National Chip and Dip Day 23 9:30 Coffee and Chat (A) 10:00 Friday DJ Dance Party (A) 10:30 What's New: Daily Chronicle, Salsa Fast Facts (A) 1:00 Heart to Heart (BL) 2:00 Mocktails, Chips & Dips! (D) 3:00 Walking Warriors! 4:00 Peaceful Pampering (BL) 6:00 Gospel Songs & Sing-a-longs (FL)</p>	<p>Crazy About Crafts Day! 24 9:30 Saturday Morning Coffee Clutch (A) 10:00 Let's Get Physical (A) 10:30 Name That Famous Person! (A) 1:00 Heart to Heart (BL) 2:00 Crafters' Cove: Potato Paintings! (A) 3:30 Walking Warriors 4:00 Sharing Compliments (FL) 6:00 Junk Drawer Detective (A)</p>
<p>Black Forest Cake Day 28 9:30 Morning Coffee Chat (A) 10:00 Wake & Shake (A) 10:30 This Letter, That Letter (A) 1:00 Heart to Heart Moments 2:00 Black Forest Cake Social (D) 3:30 Walking Warriors 4:00 Miss Manners (FL) 6:00 Word Search Hangman (A)</p>	<p>Coca-Cola Day 29 9:30 Coffee and Chat (A) 10:00 Balloon Volleyball (A) 10:30 Fast Facts: Coca-Cola (A) 1:00 Heart to Heart (BL) 2:00 Thirsty Thursday: Coke Tasting (D) 3:00 Courtyard Strolls (C) 4:00 Let's Chat (C) 6:00 Thursday Evening Hot Topics (FL)</p>	<p>Good Friday 30 9:30 Coffee and Chat (A) 10:00 Friday DJ Dance Party (A) 10:30 The Symbolic Egg: Spiritual Prayer & Songs (A) 1:00 Heart to Heart (BL) 2:00 Ice Cream Friday Social (D) 3:00 Walking Warriors! 4:00 History of Good Friday (FL) 6:00 Your Inner Artist (A)</p>	<p>Passover 31 9:30 Saturday Coffee Club (A) 10:00 Let's Get Physical (A) 10:30 Name That Famous Person! (A) 1:00 Heart to Heart (BL) 2:00 Can You Picture This? (FL) 3:00 Passover Seder Stars (A) 3:30 Walking Warriors 4:00 Sharing Compliments (FL) 6:00 Four Questions & More (FL)</p>



Cereal Sensations

Invented as a digestive aid in the 1800s, cereal soon became a staple at the breakfast table. Get the scoop on when these popular cereals hit store shelves.

Decade	Cereals
1890s	Shredded Wheat, Grape-Nuts
1900s	Kellogg's Corn Flakes, Post Toasties
1910s	Bran Flakes, All-Bran
1920s	Rice Krispies, Wheaties
1930s	Chex, Kix
1940s	Cheerios, Raisin Bran
1950s	Frosted Flakes, Special K
1960s	Cap'n Crunch, Froot Loops, Life
1970s	Fruity Pebbles, Count Chocula, Nature Valley Granola
1980s	Cinnamon Toast Crunch, Honey Bunches of Oats, Mueslix
1990s	Puffins, Marshmallow Alpha-Bits, Reese's Puffs

"This Month In History"

MARCH

1852: The first illustration of Uncle Sam appears in a political cartoon in the New York Lantern, a weekly newspaper.

1904: Author Theodor Geisel, known to the world as Dr. Seuss, is born in Springfield, Mass. Each year near his birth anniversary, Read Across America Day is observed to celebrate Seuss' work and encourage children to read.

1910: As part of the growing scouting movement, the Camp Fire organization

is founded as a national program for girls. In 1975, it became a coed group.

1922: Converted from a cargo ship, the USS Langley is commissioned as the Navy's first aircraft carrier.

1933: "King Kong" premieres in New York City with record-breaking ticket sales. The movie's groundbreaking special effects garnered rave reviews.

1942: The first five Tuskegee Airmen graduate from the flying school in Alabama and earn their wings as U.S. Army Air Corps pilots.

1961: After an appeal in his inauguration address to "ask not what your country can do for you, ask what you can do for your country," President John F. Kennedy establishes the Peace Corps volunteer program.

1970: Conway Twitty releases "Hello Darlin'." The No. 1 hit became the country music legend's signature song.

1980: In one of the biggest cliffhangers in TV history, America was left wondering "Who shot J.R.?" after the season-ending episode of the prime-time soap opera "Dallas."

1993: Janet Reno is sworn in as the first female U.S. attorney general.

2012: Encyclopaedia Britannica announces it will no longer publish printed versions of its iconic reference books.

2016: Astronaut Scott Kelly returns to Earth after a record 340-day mission aboard the International Space Station.