

March

2019

WELLSPRINGS



Newsletter

2104 W Idaho Ave, Ontario OR 97914

(541) 889-3020

Happy St. Patrick's Day



Sunday March 17th

Wear the Green!

Corn Beef and Cabbage and Red Potatoes.

Plan to have lunch with your resident at 12:00 sharp. \$5.00 per guest. Please pay in advance, there will not be anyone there to receive the money on that day.

Please make a reservation by March 10th so the kitchen can prepare enough for all. Call Wellsprings at 541-889-3020.

Coming Soon

Easter Egg Hunt and
Petting Zoo

April 20th at
Wellsprings at 2:30 pm

Children 7 and under



St Patrick's Day

On St. Patrick's Day most Americans claim to be Irish for a 24-hour period. It's not a bank holiday, but it's a holiday people take very seriously. It has a long history, but all the traditions and customs have changed over time — some of which are unexpected. Here are a few fascinating facts about St. Patrick's Day you might not know.

Just about everyone knows you have to wear green on St. Patrick's Day or you'll get pinched. There are many explanations on how this came about. One theory is that it's worn by fairies and immortals and by farmers to help their crops grow. Another reason is that the Irish tricksters —leprechauns— can't see you if you're wearing green. If you're not wearing green they can see you and they'll pinch you. A more plausible explanation is that St. Patrick used the three leaves on a shamrock to explain the Holy Trinity so people started wearing green shamrocks.

Here's a little known fact about the leprechauns: they're protected by European law to prevent extinction. The leprechaun is on a list of items in an area near Carlingford, Ireland designated to preserve the community's heritage, culture and folklore. It is on a site where a leprechaun was allegedly spotted in 1989.

For St. Patrick's, corned beef and cabbage grace the plates of revelers, but you won't find it in Ireland. It's actually an Irish-American dish derived from an Irish tradition. In Ireland, they eat bacon and cabbage. Their bacon is a bit different from what we are familiar with. It's "back bacon" which is a traditional British cut. It's boiled along with cabbage and other root vegetables. Pigs and cabbage were easy to procure in Ireland, but cows were not. When Irish immigrants started to settle in America, beef was what was available. free meal of corned beef and cabbage. Others say early Irish immigrants were drawn to their Jewish comrades' corned beef because it was comparable

**Happy
St. Patrick's
Day!**

Valentine Winners



**Ms. Valentine
Lyla**



**Mr. Valentine
John**

Decorated Door Prize

Winners



**Most Romantic
Margaret**



**Most Humorous
Lucille**


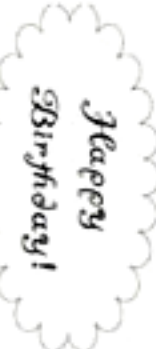


**Most Traditional
Betty A**



March 2019

AE Artistic Expressions
 CC Community Connection
 CE Continuing Education
 LL Lifestyle & Leisure
 PE Physical Engagement
 SS Spiritual Support

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:30 CE Current Events & Dominos 1:30 Bingo 2:30 Friday Matinee	2 3:00 Popcorn and a Movie
3 3:00 SS Sunrise Christian Church	4 8:00 Coffee & Chat 9:30 CE Current Events & Dominos 1:30 LL Bingo 2:25 AE Craft for Meals on Wheels	5 8:00 Coffee & Chat 9:30 LL Fitness Fun 1:30 Manicures 2:45 Farkle	6 Ash Wednesday 8:00 Coffee & Chat 10:15 CC Book Mobile 2:30 Book Club	7 8:00 Coffee & Chat 9:30 Dominos 1:30 Golf 2:30 Resident Choice	8 8:00 Coffee & Chat 9:00 Shopping at Walmart 1:30 Bingo 2:30 Friday Matinee	9 3:00 Popcorn and a Movie	
10 3:00 SS Sunrise Christian Church	11 8:00 Coffee & Chat 9:30 CE Current Events & Dominos 1:30 LL Bingo 2:45 Hand Spa	12 8:00 Coffee & Chat 9:30 Dominos 1:30 Manicures 2:45 AE Art to Share	13 8:00 Coffee & Chat 2:30 Book Club	14 8:00 Coffee & Chat 9:30 LL Fitness Fun 1:30 CC <u>Alkens Children Visit</u> 2:30 Farkle	15 8:00 Coffee & Chat 9:30 Residents Choice 1:30 Bingo 2:30 Friday Matinee	16 3:00 Popcorn and a Movie	
17 Happy St Pat's 3:00 SS Sunrise Christian Church 	18 8:00 Coffee & Chat 9:30 CE Current Events & Dominos 1:30 LL Bingo 2:45 AE Art to Share	19 8:00 Coffee & Chat 9:30 Dominos 1:45 Manicures 2:45 CC Cooking Club	20 Spring Begins 8:00 Coffee & Chat 2:45 CC <u>Gen State Fiddlers</u>	21 8:00 Coffee & Chat 9:30 LL Fitness Fun 1:30 Manicures 2:45 Farkle	22 8:00 Coffee & Chat 9:30 Current Events & Dominos 1:30 Resident Choice 2:30 Friday Matinee	23 3:00 Popcorn and a Movie	
24 3:00 SS Sunrise Christian Church	25 8:00 Coffee & Chat 9:30 Resident Council 1:30 AE Door Craft 2:45 Dance	26 8:00 Coffee & Chat 9:30 Dominos 11:30 CC <u>Out to Lunch</u> 1:30 Manicures 2:45 Country Store	27 8:00 Coffee & Chat 2:30 Book Club	28 Happy Birthday 8:00 Coffee & Chat 9:30 PE Fitness Fun 1:30 Manicures 2:45 Golf	29 8:00 Coffee & Chat 9:30 CE Current Events & Dominos 1:30 LL Bingo 2:30 Friday Matinee	30 3:00 Popcorn and a Movie	
31 3:00 SS Sunrise Christian Church						3-29 Illo S	