

The Highlands

Gracious Retirement Living

129 E. Main Street • Westborough, MA 01581 • Phone (508) 898-3000 • www.seniorlivinginstyle.com

MARCH 2019

THE HIGHLANDS STAFF

Managers.....NED & MARY GRADY

Assistant Managers KEITH & BARBARA
WALKER

Executive Chef..... DAN ALLEN

Sous Chef NELLIE FARBER

Activity Coordinator BONNIE ABIMERHI

Maintenance MIKE O'BRIEN

Bus DriverDAVE ALLMAN

TRANSPORTATION

Monday & Friday, 10 a.m. and 2 p.m.:

Shopping, Banking and Errands — Local Area

Tuesday, 10 a.m. to 2 p.m.:

Medical Appointments — Worcester Area

Wednesday, Time TBD:

Wednesday Outing Day

Thursday, 10 a.m. to 2 p.m.:

Medical Appointments — Framingham Area

Friday, 8:45 a.m.: St. Luke Parish

HAWTHORN
SENIOR LIVING

This is the beginning of a new day.

I can waste it or use it for good.

What I do today is important because I am exchanging
a day of my life for it.

When tomorrow comes, this day will be gone forever,
leaving in its place something I have traded for it.

I want it to be a gain, not a loss;

good, not evil;

success, not failure —

in order that I shall not regret the price I paid for
it today.

(Author unknown)



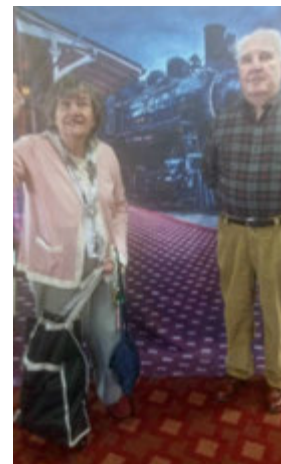


Highland Happenings

This past month found us in the midst of our Great Hawthorn Express Adventure. We have had so much fun and have enjoyed great culinary and cultural learning experiences. Chef Nellie went above and beyond and indulged us every week with delicious foods from each country. She prepared an amazing array of foods for our kickoff party. It was literally like stepping into a European market where every imaginable food was before your eyes. We had an array of German sausages, onion tarts, risotto balls, prosciutto-wrapped asparagus, German pretzels, homemade cannolis, raspberry mousse, Gluhwein (apple tea) ... the list goes on. Everyone left full and beyond happy with the amazing party. In the weeks that followed, we had a former tour guide come in and give us super informative lectures and virtual tours through each country. We played trivia relevant to each country and had a lot of fun and friendly competition. Some of our residents in Sheila's painting class had great fun coloring the ornate international costume of France and in arts and crafts we made some bejeweled "I left my heart in Paris" brooches. Our manager Ned "enlightened" us each week with proverbs spoken in each respective language. It has been an incredible journey filled with adventure and so many delicious tidbits of both knowledge and food! Right in the midst of this great adventure, our New England Patriots took us on yet another

fabulous and fun journey ... right to another Super Bowl win! On Super Bowl Sunday, we had a fun-filled pizza supper to celebrate both the game and our arrival in Italy. After dinner, many headed straight to the movie theater and cheered on our champion Patriots, who did not disappoint! What a great night.

As we enter this month, let us keep in our minds that spring begins, and before we know it, all will be new again. Days will be longer, soon the buds of spring flowers will appear. In the spirit of spring's promise, let us be grateful for all our memories of days past and the promise of many fun adventures ahead here at The Highlands.



Sheila and John getting ready to board The Hawthorn Express



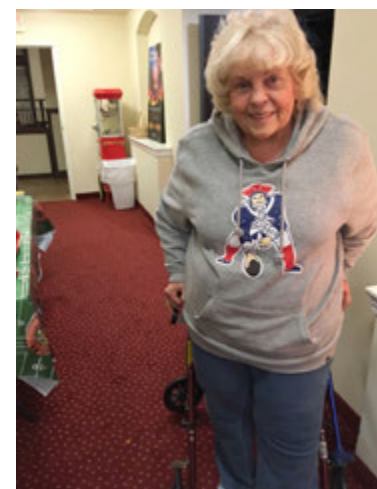
Our German week trivia team. Hooray for Eileen, our winner! Herzliche Glückwunsche!



All aboard. Nancy checking in passengers



Mangia!



Carol ready to cheer on our champion Patriots



The New England Patriots, Our Champions:

Oh, when the saints, I mean the Pats, go marching
in ...

Oh, when those Pats go marching in ... I'll be glad to be
from New England when those Pats go marching in!

What the heck, how does any one football team keep
getting to and winning so many Super Bowls?

Putting a stop to all those charging Chiefs, raving
Broncos, and raiding Bengals takes quite a toll!

They need to run faster than a Jet, block charging
Jaguars, swim like Dolphins, and throw a few
Hail Marys,

All while jumping up in the air, getting jabbed in the
face, and pummeled to the ground — just watching
on TV is gut-wrenching and scary.

It's not an easy feat to be such a great team making it
past all those obstacles year in and year out.

The analysts just keep upping their stats until some
began to wonder and maybe even doubt ...

So, people started asking how is this team in red,
white and blue so Kraffy?

Even though they could see it with their own eyes
playing out on the field, they started talking nasty ...

Some haters looking for subversive reasons started
talking 'bout deflation.

It didn't stop those patriotic souls from just doing their
usual work of success and domination.

You see they have a few tools in their box they can turn
to when needed.

If Gronk isn't out long catching a pass, he'll use all his
might to block so White can succeed him.

Have you seen that guy in the sky flying through all
those boulders? It's not Superman, it's Edelman!

And then there are those bulldozers Burkhead, Michel
and some White lightning, yeah, man!

And oh yeah, have you seen Patterson run past every
obstacle from the punt catch to the end zone?

Not to mention all the defensive guys who block,
push, and sack quarterbacks till they need to
phone home?

And if all those fellas don't make you understand, oh,
what the heck ...

Have you heard of the stoic machine in charge of them
all, a fella called Belichick?

He's fond of changing things up when things aren't
going so well to stop any fan frowns.

So, instead of just throwing the ball one way, they start
playing catch on the field and making a few more
1st downs.

What can you say when you find out that nothin' that
was going on was shady?

Oh, just that maybe he's getting too old, that old goat
they call Tom Brady.

So, yeah, we're proud to be from New England and
have the Patriots as our home team.

They do one run from the land, then two throws from
the sea, until a touchdown and a field goal is by
all seen!

And on a Sunday coming soon when "Oh, Say Can You
See" loudly sings,


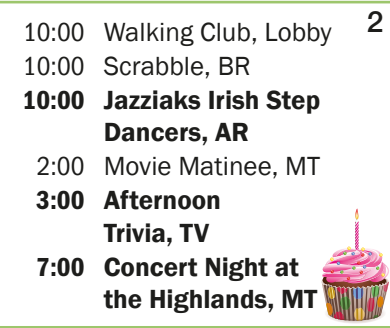
They'll be sized up once again, but this time, it will be
for a set of new rings!

Go Patriots! Go Pats! Go Belichick, Brady, Gronkowski,
Develin, Hogan and Slater!

And please don't ask how they keep doing it, and don't
be a hater — it's so much more fun to be a Gillette
Stadium tailgater!

So, let's all join in support of Patriot's Nation
And come February 3rd, please don't change
that station!

Written by Lynn Mikelis (Carol Gaschnig's daughter)

MARCH 2019		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h3>Birthdays</h3> <div>Herb Yood, 2nd</div> <div>Jackie Martin, 2nd</div> <div>Catherine Rosseti, 7th</div> <div>Pat Wade, 17th</div> <div>Laura Berenson, 18th</div> <div>Annette Melanson, 29th</div>								
<h3>Locations</h3> <div>Activity Room, AR</div> <div>Billiards Room, BR</div> <div>Bistro, Bistro</div> <div>Chapel, CH</div> <div>Computer Center, CC</div> <div>Dining Room, DR</div> <div>Exercise Room, EX</div> <div>Front Lobby, Lobby</div> <div>Library, LB</div> <div>Movie Theater, MT</div> <div>Private Dining Room, PDR</div> <div>TV Room, TV</div>		<div>9:30 Morning Worship and Communion, CH 3</div> <div>10:00 Walking Club, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>4:00 Cathy Pringle, Voice Studio Concert, DR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 4</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Arts & Crafts, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Painting with Sheila, AR</div> <div>7:00 Movie Night, MT</div>	<div>MARDI GRAS 5</div> <div>9:30 Morning Stretch, AR</div> <div>10:00 Rummikub, BR</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Mindfulness Meditation, AR</div> <div>11:00 Short Story Reading and Discussion, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 St. Paddy's Tea & Talk, AR</div> <div>4:00 Cocktail Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>ASH WEDNESDAY 6</div> <div>9:30 Morning Stretch, AR</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Encompass Blood Pressure Clinic, Bistro</div> <div>10:30 Accessories and Beyond Sale, Lobby</div> <div>11:30 Outing, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Catholic Communion Service, CH</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 7</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Knitting Group, BR</div> <div>10:00 Scrabble, TV</div> <div>10:15 Debating Great Ideas, AR</div> <div>11:00 Ask the Librarian, LB</div> <div>11:15 Book Chat Book Club, LB</div> <div>11:30 Mindfulness Meditation, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Beanbag Baseball, AR</div> <div>4:00 Happy Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 8</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Bridge, LB</div> <div>10:15 Chair Volleyball, AR</div> <div>11:00 Bible Study Group, CH</div> <div>2:00 Rummikub, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Chair Yoga, AR</div> <div>7:00 Movie Night, MT</div>	<div>10:00 Walking Club, Lobby 9</div> <div>10:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Afternoon Trivia, TV</div> <div>7:00 Concert Night at the Highlands, MT</div>
<h3>Community Wellness</h3> <div>Encompass Healthcare Home Care Provider</div> <div>413-732-8700</div> <div>Nursing, physical, occupational and speech therapy.</div>		<div>DAYLIGHT SAVING TIME BEGINS 10</div> <div>10:00 Walking Club, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 11</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Make a Micro Greenhouse, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Mystery Activity: Come Be Surprised!, AR</div> <div>2:00 Painting with Sheila, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 12</div> <div>10:00 Health Talk with Encompass, AR</div> <div>10:00 Rummikub, BR</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Mindfulness Meditation, AR</div> <div>11:00 Short Story Reading and Discussion, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Dan Hart Entertains, AR</div> <div>3:00 St. Paddy's Tea & Talk, AR</div> <div>4:00 Cocktail Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 13</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Highlands' Speakers Group, AR</div> <div>11:30 Outing, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Catholic Communion Service, CH</div> <div>3:00 St. Patrick's Day Trivia, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 14</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Knitting Group, BR</div> <div>10:00 Scrabble, TV</div> <div>10:15 Debating Great Ideas, AR</div> <div>11:00 Ask the Librarian, LB</div> <div>11:00 Resident Meeting with Chef Dan, AR</div> <div>11:30 Mindfulness Meditation, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Mr. DJ '50s Quiz Show, AR</div> <div>4:00 Happy Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 15</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Bridge, LB</div> <div>10:15 Chair Volleyball, AR</div> <div>11:00 Bible Study Group, CH</div> <div>2:00 Rummikub, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Chair Yoga, AR</div> <div>7:00 Movie Night, MT</div>	<div>10:00 Walking Club, Lobby 16</div> <div>10:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Afternoon Trivia, TV</div> <div>7:00 Concert Night at the Highlands, MT</div>
<h3>Houseworkers</h3> <div>617-928-1010</div> <div>In-home care, companionship, errands, post hospital care.</div>		<div>ST. PATRICK'S DAY 17</div> <div>9:30 Morning Worship & Communion, CH</div> <div>10:00 Walking Club, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>4:00 Celebrate St. Paddy's Day with P.E. James, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 18</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Arts & Crafts, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Ron Falong Presents Ireland, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 19</div> <div>10:00 Rummikub, BR</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Mindfulness Meditation, AR</div> <div>11:00 Short Story Reading and Discussion, AR</div> <div>2:00 Resident Meeting, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 St. Paddy's Tea & Talk, AR</div> <div>4:00 Cocktail Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>SPRING BEGINS 20</div> <div>9:30 Morning Stretch, AR</div> <div>10:00 Walking Club, Lobby</div> <div>11:30 Outing, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Catholic Communion Service, CH</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 21</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Knitting Group, BR</div> <div>10:00 Scrabble, TV</div> <div>10:15 Debating Great Ideas, AR</div> <div>11:00 Chef Dan Makes Kale Chips!, AR</div> <div>11:00 Ask the Librarian, LB</div> <div>11:30 Mindfulness Meditation, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Beanbag Baseball, AR</div> <div>4:00 Happy Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 22</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Bridge, LB</div> <div>10:15 Chair Volleyball, AR</div> <div>11:00 Bible Study Group, CH</div> <div>2:00 Rummikub, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Chair Yoga, AR</div> <div>7:00 Movie Night, MT</div>	<div>10:00 Walking Club, Lobby 23</div> <div>10:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Afternoon Trivia, TV</div> <div>7:00 Concert Night at the Highlands, MT</div>
<div>Maenzo's Hair Design at The Highlands</div> <div>508-873-3386</div> <div>Open Tuesdays-Saturdays. Roller sets Tuesdays and Saturdays. Manicurist is available on Tuesdays.</div>		<div>24</div> <div>10:00 Walking Club, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 25</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Arts & Crafts, AR</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Mystery Activity: Come Be Surprised!, AR</div> <div>2:00 Painting with Sheila, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 26</div> <div>10:00 Rummikub, BR</div> <div>10:00 Walking Club, Lobby</div> <div>10:15 Mindfulness Meditation, AR</div> <div>11:00 Short Story Reading and Discussion, AR</div> <div>2:00 Dave G. Entertains, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 St. Paddy's Tea & Talk, AR</div> <div>4:00 Cocktail Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 27</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Highlands' Speakers Group, AR</div> <div>11:30 Outing, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>2:00 Catholic Communion Service, CH</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 28</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Knitting Group, BR</div> <div>10:00 Scrabble, TV</div> <div>10:15 Debating Great Ideas, AR</div> <div>11:00 Ask the Librarian, LB</div> <div>11:30 Mindfulness Meditation, AR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Beanbag Baseball, AR</div> <div>4:00 Happy Hour, AR</div> <div>7:00 Movie Night, MT</div>	<div>9:30 Morning Stretch, AR 29</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Bridge, LB</div> <div>10:15 Chair Volleyball, AR</div> <div>11:00 Bible Study Group, CH</div> <div>2:00 Rummikub, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Chair Yoga, AR</div> <div>7:00 Movie Night, MT</div>	<div>30</div> <div>10:00 Walking Club, Lobby</div> <div>10:00 Scrabble, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Afternoon Trivia, TV</div> <div>7:00 Concert Night at the Highlands, MT</div>
		<div>31</div> <div>9:30 Morning Worship & Communion, CH</div> <div>10:00 Walking Club, Lobby</div> <div>2:00 Movie Matinee, MT</div> <div>4:00 Bingo, AR</div> <div>7:00 Movie Night, MT</div>						



Eat Your (Anti-Aging) Veggies!

There's a reason that "eat your vegetables" is a familiar phrase in American culture. Veggies might not be everyone's favorite food, but they're some of the most important ingredients required for a healthy diet.

Children may turn up their noses at Brussels sprouts (although not without a fight from mom), but seniors can't afford to avoid vegetables in their regular diet. The nutrients they provide translate into real health and lifestyle benefits.

Here are a few you should try to keep in regular rotation in your diet.

1. Eggplant

Eggplants contain an antioxidant called nasunin that protects brain cells from damage. They can help keep your mind and memory stronger longer. The amount of nasunin in eggplants with darker skin is especially high, so keep an eye out for the color of those you buy, and keep the skin on when you eat them for best results.

Eggplants can also help bring down cholesterol levels and improve blood flow. That makes them good for the heart and the brain — both of which have a pretty important role to play in your day-to-day enjoyment of life.

More veggies that are good for mind and memory: For even more brain-boosting benefits, consider broccoli, which is packed with vitamin K that's good for improving brainpower, and tomatoes, which have antioxidants like lycopene that are also known to help.



Fuel your body with veggies!

2. Mushrooms

Mushrooms are a powerful ingredient for combating disease. They help strengthen your white blood cells, which are then better at warding off sickness. Some people believe they can help reduce tumor growth as well.

From cancer to the common cold, mushrooms can be used as a tool to boost your immune system and give you more sick-free days.

More veggies for a stronger immune system: Asparagus and broccoli are both packed with antioxidants and vitamins that also build up your immune system.

3. Spinach

Remember when you were young and full of energy? You may not be able to count on the kind of full, active days that were once the norm, but you can do something simple to up your energy: eat spinach.

Spinach is rich in iron, which makes sure your body tissues get the oxygen they need. It also gives a good dose of vitamin C, which helps your body recover more quickly from the signs of stress, which cause fatigue.

More energy-boosting veggies: Being a complex carbohydrate, sweet potatoes also have a reputation for increasing energy. Snacking on edamame can

also help, as it's high in fiber and protein.

4. Kale

Not having enough calcium can lead to bone mass. That can have some pretty serious health implications, making minor falls into medical emergencies. Luckily, kale provides both vitamin K and calcium. Add a few healthy doses of kale to your diet each week and you won't have to worry as much about the strength of your bones.

More veggies that strengthen bones: Pretty much any leafy greens are good for this, so the list of alternatives is long — collard greens, turnip greens, okra, Chinese cabbage, dandelion greens, mustard greens and broccoli.

5. Beets

With that deep purple coloring, you have to figure beets deliver a strong dose of nutrients. They're high in fiber and iron, making them useful for improving your digestion. Between the various vitamins and antioxidants they offer, they can also help fight off cancer, reduce inflammation, and lower your blood pressure.

More vegetables for better digestion: Zucchini, artichokes and peas are all also high in fiber, and can help you keep your digestive system working right.

Eating a certain food will not cure a disease or prevent dementia, but a healthy diet packed with lots of veggies certainly has many benefits. Try to focus on foods that lend themselves to both physical and cognitive health.



15 Things You Might Not Know About St. Patrick's Day

1. **We Should Really Wear Blue:** Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.
2. **Saint Patrick Was British:** Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late 4th century.
3. **The Irish Take Saint Patrick's Day Seriously:** As you might expect, Saint Patrick's Day is a huge deal in his old stomping grounds. It's a national holiday in both Ireland and Northern Ireland.
4. **So Do New Yorkers:** New York City's Saint Patrick's Day Parade is one of the world's largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot — the parade still doesn't allow floats, cars, or other modern trappings.
5. **Chicago Feels Lucky, Too:** New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get the river to a suitably festive shade!
6. **It Used to Be a Dry Holiday:** For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant that the nation's pubs were closed for business on March 17th. (The one exception went to beer vendors at the big national dog show, which was always held on Saint Patrick's Day.) In 1970, the day was converted to a national holiday and the stout resumed flowing.
7. **It's the Thought That Counts:** Not every city goes all-out in its celebratory efforts. From 1999 to 2007, the Irish village of Dripsey proudly touted that it hosted the Shortest Saint Patrick's Day Parade in the World. The route ran for 26 yards between two pubs. Today, Hot Springs, Arkansas claims the title for brevity — its brief parade runs for 98 feet.
8. **There's a Reason for The Shamrocks:** How did the shamrock become associated with Saint Patrick?

According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.



9. **Cold Weather Helped Saint Patrick's Legend:** In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard — according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the "snakes" Saint Patrick drove away were likely metaphorical.
10. **There's No Corn in that Beef:** Corned beef and cabbage, a traditional Saint Patrick's Day staple, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."
11. **The World Runs Up Quite a Bar Tab:** All of the Saint Patrick's Day revelry around the globe is great news for brewers. A 2012 estimate pegged the total amount spent on beer for Saint Patrick's Day celebrations at \$245 million. And that's before tips to pubs' bartenders.
12. **It Could have Been Saint Maewyn's Day:** According to Irish legend, Saint Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed his name to Patricius after becoming a priest.
13. **There Are No Female Leprechauns:** Don't be fooled by any holiday decorations showing lady leprechauns. In traditional Irish folk tales, there are no female leprechauns, only nattily attired little guys.
14. **But the Leprechaun Economy Is Thriving:** Another little-known fact from Irish lore: Leprechauns earned that gold they're guarding. According to legend, leprechauns spend their days making and mending shoes. It's hard work, so you can't blame them for being territorial about their pots of gold.
15. **The Lingo Makes Sense:** You can't attend a Saint Patrick's Day event without hearing a cry of "Erin go Bragh." What's the phrase mean? It's a corruption of the Irish Éirinn go Brách, which means roughly "Ireland Forever."



129 E. Main Street
Westborough, MA 01581

A photograph of an older couple hiking in a scenic landscape at sunset. The couple is seen from the back, walking away from the camera. They are both wearing backpacks. The man is wearing a dark jacket and glasses, and the woman is wearing a light-colored jacket. They are walking on a dirt path that leads through a grassy field towards a line of trees. The sky is filled with warm, golden light from the setting sun, creating a soft glow over the entire scene.

**SPRING INTO ACTION
& SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

The Highlands
Gracious Retirement Living

508-898-3000