

I would like to thank Pat B. for doing the morning exercise for all of the Residents. She does an excellent job and is appreciated so much.

Why We Celebrate St. Patrick's Day

You may not have any Irish blood in your lineage, but that probably hasn't stopped you from adding a little green to your ensemble each year on March 17.

In the United States, the occasion has become synonymous with all things green—from clothing to beer to green-tinted meals. But what makes us drum up the luck o' the Irish annually?

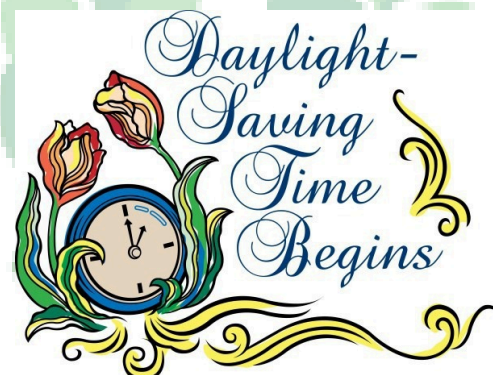
St. Patrick's Day, celebrated on March 17, is the feast day named in honor of, you guessed it. St. Patrick, the patron saint of Ireland. While he is known to have converted the Irish to Christianity by the hundreds, there's a great deal of lore surrounding the man himself. For example, legend has it he drove snakes out of Ireland and embraced the force of the shamrock to explain the Trinity (that would be the Father, the Son, and the Holy Spirit). For this reason the Irish celebrated him and later immigrants brought this revelry to the United States and beyond.

Today, St. Patrick's Day is largely an excuse to belly up to the nearest bar, especially in the United States.

(Article courtesy of ReadersDigest.com)



TASTE & TELL-Build your own pizza! We used English muffins as our "crust". Each resident had the choice of pizza sauce, mozzarella cheese, pepperoni, pineapple and olives! We toasted them to perfection in the toaster oven. A fun delicious activity! We will definitely be adding this as a regular to our snack schedule!



Daylight Saving Time, also colloquially referred to as "daylight savings," begins on the second Sunday in March. That means you need to move your clocks ahead one hour at 2 a.m. Sunday, March 14, 2021, and we "lose" an hour of sleep as we "spring forward."



March 2021

Flagstone Senior Living

3325 Columbia View Drive
The Dalles, OR 97058



Employee of the Month goes to Sadie C.- Sadie has such a great smile and the Residents love her. Always happy, pleasant and a great greeting. Thank you for all of your hard work, you are so appreciated!

EMPLOYEE BIRTHDAYS

Debbie R.-----1st Lemaima T.-----1st
Dyanna D.-----14th Karees R.-----15th

We wish you a happy birthday and many more!!!!

RESIDENTS
Pat B.-----9 Years
Lanelle P.-----9 Years Carol G.----- 6 Years
Pat & Ray G.---- 6 Years Shirley W.----- 5 Years
Tommy B.----- 3 Years Yvonne H.----- 3 Years
Marylou C.-----2 Years Bill & Maxine T.-2 Years
Vickie W.----- 2 Years Jeffery P. -----2 Years
Audrey S.----- 2 Years Beatrice D. -----1 Year

EMPLOYEES
Dyanna D.-----2 Years
Sharon N.-----2 Years Destiny H.-----2 Years
Connie P.-----1 Year Bob W.-----1 Year

RESIDENT BIRTHDAYS

Leon M.-----4th Harold N.-----10th
Buzz J.-----10th Charles G.-----16th
Ellen S.-----16th Joan N.-----18th
John S.-----25th Roberta C.-----25th
Maureen H.-----29th
Ray G.-----31st

Resident & Employee Anniversaries

March 2021
In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday Debbie R. & Lemaima T. 9:15 PE Exercise Video 10:00 LL Snack & Coffee 1:00 CE Weekly Word Search 2:00 LL Snack Attack W/Chris & Sandra "Tea with Friends" 3:00 PE Fitness Fun Balloons & Noodles 3:30 AE Creative Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 10:30 SS Church Services "Live Stream" (Calvary Baptist) 1:00 AE Pencil Art Coloring 2:00 LL Snack and Relax 3:00 PE Sit and Be Fit 3:30 AE Stick Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Paper Craft 1:00 CE Reading Circle "Chicken Soup for the Soul" 2:00 LL Snack and Relax 3:00 PE Fitness Fun Balloon & Noodles 3:30 LL Musical Moments 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Manicures 1:00 CE Hangman 2:00 LL Snack and Relax 3:00 PE Parachute Fitness 3:30 AE Yarn Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Watercolor Painting 1:00 CE Spot The Difference Game 2:00 LL Snack and Relax 3:00 AE Fancy Friday (Nails & Hair) 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 CE Funny Riddles 1:00 LL Game Time 2:00 LL Snack and Relax 3:00 PE Wild Walkers 5:00 LL Evening Movie
9:15 PE Exercise Video 10:00 SS Calvary Baptist Church Live on YouTube 10:00 LL Snack & Coffee 1:00 SS Sunday Church Service (RR) 2:00 LL Snack and Relax 3:00 AE Fun Crafts 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 12:45 CC Rides with Debbie 1:00 CE Weekly Word Search 2:00 LL Snack Attack W/Chris & Sandra "Italian Soda's" 3:00 PE Fitness Fun Balloons & Noodles 3:30 AE Creative Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 1:00 AE Pencil Art Coloring 2:00 LL Snack and Relax 3:00 PE Sit and Be Fit 3:30 AE Arts & Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Paper Craft 1:00 CE Reading Circle "Chicken Soup for the Soul" 2:00 LL Snack and Relax 3:00 PE Fitness Fun Balloon & Noodles 3:30 LL Musical Moments 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Manicures 1:00 CE Hangman 2:00 LL Snack and Relax 3:00 PE Sit & Be Fit 3:30 AE Yarn Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Watercolor Painting 1:00 CE Spot The Difference Game 2:00 LL Snack and Relax 3:00 AE Fancy Friday (Nails & Hair) 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 CE Funny Riddles 1:00 LL Game Time 2:00 LL Snack and Relax 3:00 PE Wild Walkers 5:00 LL Evening Movie
Daylight Saving Time Begins Happy Birthday Dyanna D, 9:15 PE Exercise Video 10:00 SS Calvary Baptist Church Live on YouTube 10:00 LL Snack & Coffee 1:00 SS Sunday Church Service (RR) 2:00 LL Snack and Relax 3:00 AE Fun Crafts 5:00 LL Evening Movie	Happy Birthday Karees R. 9:15 PE Exercise Video 10:00 LL Snack & Coffee 12:45 CC Rides with Debbie 2:00 LL Snack Attack W/Chris & Sandra "Popcorn & Wizard of Oz" 3:00 PE Fitness Fun Balloons & Noodles 3:30 AE Creative Craft 5:00 LL Evening Movie	Ellen S. Birthday 9:15 PE Exercise Video 10:00 LL Snack & Coffee 10:30 SS Church Services "Live Stream" (Calvary Baptist) 1:00 AE Pencil Art Coloring 2:00 LL Snack and Relax 3:00 PE Sit and Be Fit 3:30 AE Arts & Craft 5:00 LL Evening Movie	St. Patrick's Day 9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Paper Craft 1:00 LL St. Patty's Day Party 2:00 LL Snack and Relax 3:00 PE Fitness Fun Balloon & Noodles 3:30 LL Musical Moments 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Manicures 1:00 CE Hangman 2:00 LL Snack and Relax 3:00 PE Sit & Be Fit 3:30 AE Yarn Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Watercolor Painting 1:00 CE Spot The Difference Game 2:00 LL Snack and Relax 3:00 AE Fancy Friday (Nails & Hair) 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 CE Funny Riddles 1:00 LL Game Time 2:00 LL Snack and Relax 3:00 PE Wild Walkers 5:00 LL Evening Movie
9:15 PE Exercise Video 10:00 SS Calvary Baptist Church Live on YouTube 10:00 LL Snack & Coffee 1:00 SS Sunday Church Service (RR) 2:00 LL Snack and Relax 3:00 AE Fun Crafts 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 12:45 CC Rides with Debbie 1:00 CE Weekly Word Search 2:00 LL Taste & Tell W/Chris & Sandra "Cupcake decorating" 3:00 PE Fitness Fun Balloons & Noodles 3:30 AE Creative Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 10:30 SS Church Services "Live Stream" (Calvary Baptist) 1:00 AE Pencil Art Coloring 2:00 LL Snack and Relax 3:00 PE Sit and Be Fit 3:30 AE Arts & Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Paper Craft 1:00 CE Reading Circle "Chicken Soup for the Soul" 2:00 LL Snack and Relax 3:00 PE Fitness Fun Balloon & Noodles 3:30 LL Musical Moments 4:30 LL Waffles for Dinner 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Manicures 1:00 CE Hangman 2:00 LL Snack and Relax 3:00 PE Sit & Be Fit 3:30 AE Yarn Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Watercolor Painting 1:00 CE Spot The Difference Game 2:00 LL Snack and Relax 3:00 AE Fancy Friday (Nails & Hair) 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 CE Funny Riddles 1:00 LL Game Time 2:00 LL Snack and Relax 3:00 PE Wild Walkers 5:00 LL Evening Movie
9:15 PE Exercise Video 10:00 SS Calvary Baptist Church Live on YouTube 10:00 LL Snack & Coffee 1:00 SS Sunday Church Service (RR) 2:00 LL Snack and Relax 3:00 AE Fun Crafts 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 12:45 CC Rides with Debbie 2:00 LL Snack Attack W/Chris & Sandra "Ice Cream Sundaes" 3:00 PE Fitness Fun Balloons & Noodles 3:30 AE Creative Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 10:30 SS Church Services "Live Stream" (Calvary Baptist) 1:00 AE Pencil Art Coloring 2:00 LL Snack and Relax 3:00 PE Sit and Be Fit 3:30 AE Arts & Craft 5:00 LL Evening Movie	9:15 PE Exercise Video 10:00 LL Snack & Coffee 11:00 AE Paper Craft 1:00 CE Reading Circle "Chicken Soup for the Soul" 2:00 LL Snack and Relax 3:00 PE Fitness Fun Balloon & Noodles 3:30 LL Musical Moments 5:00 LL Evening Movie	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support		Healthy Snacks & Hydration offered throughout each day!