

# CAMELLIA GARDENS

## Gracious Retirement Living

16 Digital Way • Maynard, MA 01754 • Phone (978) 243-2085 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### MARCH 2021

## CAMELLIA GARDENS

Managers.....CANDY & TONY ALESSI  
Assistant Managers ..... KALYN &  
PATRICK KATHEEDER  
Executive Chef .....SAMAR KHOURY  
Activity Coordinator ..... RACHEL ORTIZ  
Maintenance ..... BILLY ROSS  
Bus Driver .....RICK MCLAUGHLIN

## TRANSPORTATION

<b>Monday,</b> <b>10 a.m.-12 p.m.:</b> <b>Acton:</b> Walgreens, DCU, Acton Urgent Care	<b>Wednesday,</b> <b>2-3:30 p.m.: Maynard:</b> CVS, Citizen's, Middlesex Bank
<b>Monday, 2-3:30 p.m.:</b> <b>Stow:</b> Osco, Citizen's Fidelity, BoA ATM	<b>Friday, 10 a.m.:</b> <b>Stow:</b> Osco, Citizen's Fidelity, BoA ATM
<b>Tuesday &amp; Thursday,</b> <b>8:30 a.m.-3 p.m.:</b> Appointments	<b>Friday, 2 p.m.: Acton:</b> Walgreens, DCU, Acton Urgent Care

**HAWTHORN**  
SENIOR LIVING

## Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadownillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

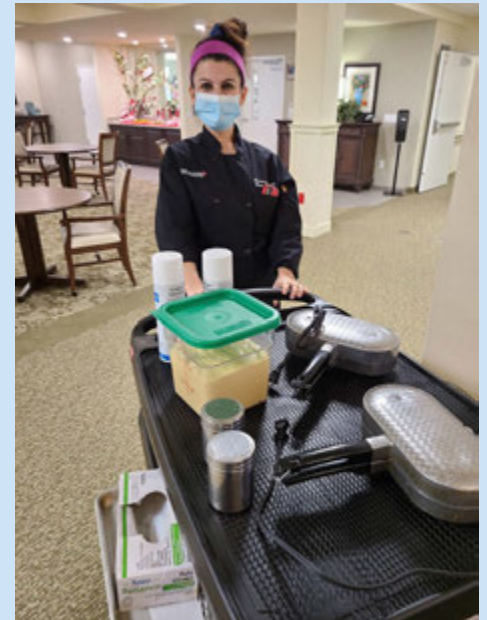
Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.





## Chef's Corner with Pizzelles

Pizzelles are a traditional Italian waffle cookie. Chef Samar used Tony's mom's recipe to make delicious cookies for our residents to enjoy.



## Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

**Choose a motivational phrase** — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

**Spend time with upbeat people** — We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

**Assume the best** — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

**Focus on solutions** — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

**Practice gratitude** — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.



*Don't Worry, Be Happy*



## Welcome Your New Activity Coordinator!

Hi everyone,

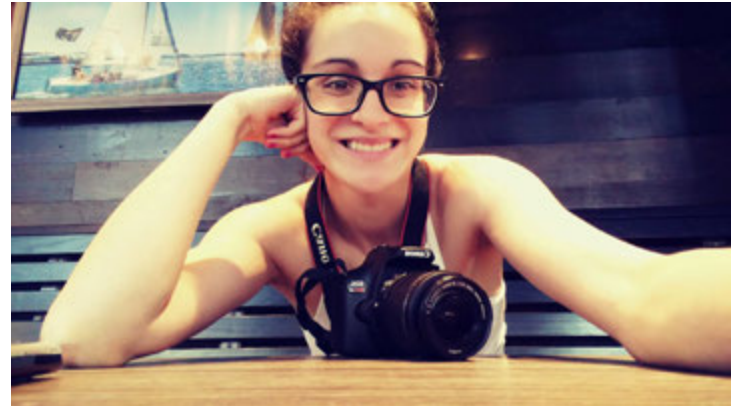
My name is Rachel Ortiz, and I am very excited to be one of the newest members of Camellia Gardens!

### **A little about me:**

I was born and raised in Western Massachusetts in a little town called Orange to a Christian family. I have worked as an Activities Coordinator for the past two and a half years. I am a lifelong movie buff and some of my favorite actors/actresses are Paul Newman, Audrey Hepburn, Sophia Loren and Stewart Granger. I have a sweet tooth and love to bake. I also love to bowl, play pool, swim, sing and dance. One of my biggest passions in life is trivia, and I was on a very successful trivia league for a few years. I am happy to say I now host trivia on Wednesday nights and am very proud of all the useless information I have stored.

I am an open book, so if there is anything you would like to know about me, feel free to ask. I look forward to meeting each and every one of you and working together to make every day as special and fulfilling as possible!

I am an open book, so if there is anything you would like to know about me, feel free to ask. I look forward to meeting each and every one of you and working together to make every day as special and fulfilling as possible!



Sincerely,

*Rachel O.*

## With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.



Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.

# MARCH 2021

## Birthdays

Pam Thomas, 3rd  
Chris Hulswit, 4th  
Nettie Watson, 15th  
Bob Collagan, 19th  
George Schaffer, 19th  
David Angileri, 20th  
Annette Melanson, 29th  
Jack Kero, 30th

## Anniversaries










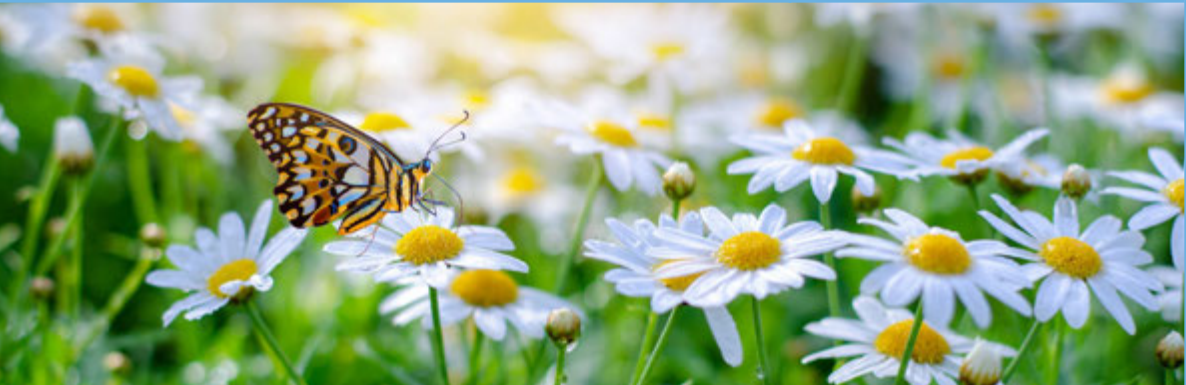
Joe & Lorraine  
Nadeau, 3/6/2020

## Locations

4th Floor Patio, 4P  
Activity Room, AR  
Atrium, AT  
Billiard Room, BR  
Bistro, BI  
Dining Room, DR  
Fire Pit, FP  
Gardens, GD  
Gym, GYM  
Library, LIB  
Main Lobby, LB  
PC Area, PC  
Pergola Courtyard, CY  
Private Dining Room, PDR  
Sanctuary, SAN  
Theater, TR  
TV Room, TV

Stop in the Reading Room any time over the weekend to pick up word games and puzzles to complete at your leisure.

All Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Chair Exercises, AR <sup>1</sup> 10:00 Refreshments, BI 11:00 Hand Massages & Manicures, AR 2:00 Movie Matinee, TR 2:05 Bingo, AR <b>3:00 Ice Cream Social Hour, BI</b> 7:00 Movie, TR	9:30 Exercise Bands, AR <sup>2</sup> <b>9:30 Blood Pressure Clinic, AR</b> 10:00 Refreshments, BI 10:30 TED Talks & Discussion, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR	9:30 Chair Exercise with Rachel, AR <sup>3</sup> 10:00 Refreshments, BI 11:00 Technology Help, AR 2:00 Bridge Club, AR 2:00 <i>Movie &amp; Popcorn, TR</i> 3:00 All About the First Ladies, SAN  7:00 Movie, TR	9:30 Exercise Bands, AR <sup>4</sup> 10:00 Refreshments, BI 10:30 Croquet, AR 11:00 Veterans' Club, SAN 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Billiards and Beverages, BR  7:00 Movie, TR	9:30 Chair Exercises, AR <sup>5</sup> 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Arthritis Exercise with Polymer Clay, AR 2:00 Movie Matinee, TR 2:05 Bingo, AR 4:00 Book Club, LIB 4:30 Welcoming Shabbat, SAN 7:00 Movie, TR	9:30 Word Games, LIB <sup>6</sup> 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR 
9:30 Word Games, LIB <sup>7</sup> 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>8</sup> 10:00 Refreshments, BI 11:00 Hand Massages & Manicures, AR 2:00 Movie Matinee, TR 2:05 Bingo, AR <b>3:00 Ice Cream Social Hour, BI</b> 7:00 Movie, TR	9:30 Exercise Bands, AR <sup>9</sup> 10:00 Refreshments, BI 10:30 TED Talks & Discussion, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR	9:30 Chair Exercise with Rachel, AR <sup>10</sup> 10:00 Refreshments, BI 11:00 Technology Help, AR 2:00 <i>Movie &amp; Popcorn, TR</i> 2:00 Bridge Club, AR 3:00 All About the First Ladies, SAN 7:00 Movie, TR	9:30 Exercise Bands, AR <sup>11</sup> 10:00 Refreshments, BI 10:30 Croquet, AR 11:00 Veterans' Club, SAN 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Billiards and Beverages, BR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>12</sup> 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Arthritis Exercise with Polymer Clay, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 4:00 Book Club, LIB 7:00 Movie, TR	9:30 Word Games, LIB <sup>13</sup> 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR <b>2:00 Jewelry Party Hosted by Celma, BI</b> 7:00 Concert Series, TR
<b>DAYLIGHT SAVING TIME BEGINS</b> <sup>14</sup> 9:30 Word Games, LIB 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>15</sup> 10:00 Refreshments, BI 11:00 Hand Massages & Manicures, AR 2:00 Movie Matinee, TR 2:05 Bingo, AR <b>3:00 Ice Cream Social Hour, BI</b>  7:00 Movie, TR	9:30 Exercise Bands, AR <sup>16</sup> <b>9:30 Blood Pressure Clinic, AR</b> 10:00 Refreshments, BI 10:30 TED Talks & Discussion, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR	<b>ST. PATRICK'S DAY</b> <sup>17</sup> 9:30 Chair Exercise with Rachel, AR 10:00 Refreshments, BI 11:00 Technology Help, AR 2:00 Bridge Club, AR 2:00 <i>Movie &amp; Popcorn, TR</i> 3:00 All About the First Ladies, SAN 7:00 Movie, TR	9:30 Exercise Bands, AR <sup>18</sup> 10:00 Refreshments, BI 10:30 Croquet, AR 11:00 Veterans' Club, SAN 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Billiards and Beverages, BR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>19</sup> 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Arthritis Exercise with Polymer Clay, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 4:00 Book Club, LIB  7:00 Movie, TR	<b>FIRST DAY OF SPRING</b> <sup>20</sup> 9:30 Word Games, LIB 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR 
9:30 Word Games, LIB <sup>21</sup> 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>22</sup> 10:00 Refreshments, BI 11:00 Hand Massages & Manicures, AR 2:00 Movie Matinee, TR 2:05 Bingo, AR <b>3:00 Ice Cream Social Hour, BI</b> 7:00 Movie, TR	9:30 Exercise Bands, AR <sup>23</sup> 10:00 Refreshments, BI 10:30 TED Talks & Discussion, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR 7:00 Movie, TR	9:30 Chair Exercise with Rachel, AR <sup>24</sup> 10:00 Refreshments, BI 11:00 Technology Help, AR 2:00 Bridge Club, AR 2:00 <i>Movie &amp; Popcorn, TR</i> 3:00 All About the First Ladies, SAN 7:00 Movie, TR	9:30 Exercise Bands, AR <sup>25</sup> 10:00 Refreshments, BI 10:30 Croquet, AR 11:00 Veterans' Club, SAN 2:00 Movie Matinee, TR 3:00 Knitting Club, AT 3:00 Billiards and Beverages, BR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>26</sup> 10:00 Refreshments, BI 10:30 Mini Golf, AR 11:00 Arthritis Exercise with Polymer Clay, SAN 2:00 Movie Matinee, TR 2:05 Bingo, AR 4:00 Book Club, LIB 7:00 Movie, TR	9:30 Word Games, LIB <sup>27</sup> 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Concert Series, TR
9:30 Word Games, LIB <sup>28</sup> 10:00 Virtual Sunday Mass, TR 10:00 Refreshments, BI 11:00 Morning Meditation, TR 2:00 Movie Matinee, TR 7:00 Movie, TR	9:30 Chair Exercises, AR <sup>29</sup> 10:00 Refreshments, BI 11:00 Hand Massages & Manicures, AR 2:00 Movie Matinee, TR 2:05 Bingo, AR <b>3:00 Ice Cream Social Hour, BI</b>  7:00 Movie, TR	9:30 Exercise Bands, AR <sup>30</sup> <b>9:30 Blood Pressure Clinic, AR</b> 10:00 Refreshments, BI 10:30 TED Talks & Discussion, TR 2:00 Movie Matinee, TR 3:00 Arts & Crafts, AR  7:00 Movie, TR	9:30 Chair Exercise with Rachel, AR <sup>31</sup> 10:00 Refreshments, BI 11:00 Technology Help, AR 2:00 Bridge Club, AR 2:00 <i>Movie &amp; Popcorn, TR</i> 3:00 All About the First Ladies, SAN 7:00 Movie, TR			



## Butterfly Fast Facts

To celebrate Butterfly in the Sky Day on March 14th, we have put together five fun facts about butterflies.

1. Butterfly wings are actually transparent. How you may ask? Well, a butterfly's wings are covered by thousands of tiny scales, and these scales reflect light in different colors.
2. Butterflies have taste receptors on their feet to help them find their host plants and locate food.
3. Butterflies live on an all liquid diet. Their main food source is nectar.
4. Butterflies are unable to fly if they are cold. Their bodies need to be at the ideal body temperature of 85 degrees in order for them to fly.
5. Butterflies are nearsighted; however, they can see an array of colors! They are even able to see ultraviolet color not noticeable to the human eye.



## The Origin of March Madness

Today, the term March Madness is synonymous with the NCAA Basketball Tournament, but the nickname was first used to describe another basketball tournament — the annual Illinois High School Association tournament. Coach and educator Henry V. Porter is credited with coining the phrase in a 1939 essay for the Illinois Interscholastic magazine, titled “March Madness.”

Describing a typically “afflicted” basketball fan, Porter wrote:

“In everyday life, he is a sane and serious individual trying to earn enough to pay his taxes. But he does a Jekyll-Hyde act when the spell is on him ... The thud of the ball on the floor, the slap of hands on leather, the swish of the net are music in his ears ... He is biased, noisy, fidgety, boastful and unreasonable — but we love him for his imperfections ... The writer’s temperature is rising. The thing is catching. It’s got me! Gimme that playing schedule!”

The nickname March Madness was picked up by Illinois sportswriters, who embraced the new moniker throughout the “Golden Age” of the Illinois high school basketball tournament in the 1940s and 1950s.

March Madness was not used to describe the NCAA Tournament until 1982, when Brent Musburger, a CBS reporter, used the term during the telecast of a tournament game. Musburger said he got the name from a Chicago auto dealer who did announcements for the local high school tournament. College basketball fans and the media have been using the term ever since.

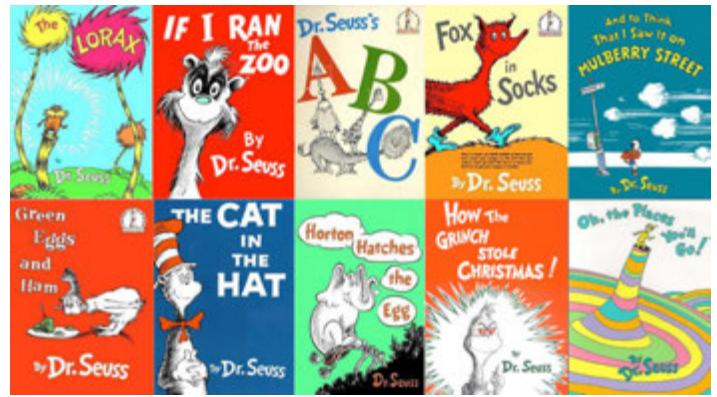
Today, after a court battle over the ownership of the term, March Madness is co-owned by the NCAA and IHSA through the March Madness Athletic Association.





## The Cat in the Hat Day

Theodor Seuss Geisel was born on March 2nd, 1904. Better known as Dr. Seuss, the creator of rhyming books for children received the Pulitzer Prize in 1984 for his contribution to the education and enjoyment of children and their parents.



## The Days of March

### **March 1st** — World Compliment Day

It is the most positive day of the year! Show your appreciation with words instead of gifts. Pay someone a compliment today or head over to the Activity Room to display your compliments on the white board!

### **March 8th** — International Women's Day

This is a global day celebrating the economic, political and social achievements of women in the past, present and future.

### **March 14th** — Pi Day

This is Pi Day because the digits in this date correspond with the first 3 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.

### **March 15th** — Ruth Bader Ginsburg Day

The Supreme Court justice was born on this day in 1933. Ruth Bader Ginsburg was appointed during President Clinton's administration in 1993.

### **March 16th** — March Madness Tournament Begins

The first round of the NCAA Basketball Tournament is held today and tomorrow. Check out the schedule and follow along with your favorite team. The 2021

tournament will conclude with the Final Four games played out in New Orleans.

### **March 17th** — St. Patrick's Day

The Feast of St. Patrick is a cultural and religious celebration held on this date, which is the traditional death of St. Patrick, the foremost patron saint of Ireland.

### **March 20th** — Spring Equinox

Spring begins today! The sun will be moving north across the celestial equator.

### **March 27th** — Passover Begins at Sundown

The Jewish holiday of Passover begins on this day at sundown. The Passover commemorates the Hebrew's liberation of slavery in Egypt and the "passing over" of the forces of destruction.

### **March 28th** — Palm Sunday

Palm Sunday marks the beginning of Holy Week. Palms are often passed out at churches in memory of the procession of Jesus into Jerusalem.

### **March 30th** — Jeopardy! Day

One of the most popular game shows of all time, Jeopardy! debuted on NBC on this day in 1964. After a nine-year hiatus, Jeopardy! was revived by CBS in 1984, which is when Alex Trebek took over hosting. Alex Trebek died in November 2020.

**CAMELLIA GARDENS**  
Gracious Retirement Living

16 Digital Way  
Maynard, MA 01754



## **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.

**CAMELLIA GARDENS**  
Gracious Retirement Living

**978-243-2085**