



The Birdsong

Quail Park of Granbury Monthly Newsletter



MARCH

Holidays

1st - Mardi Gras

2nd - Ash Wednesday

- Texas Independence day

13th - Daylight Savings Time

17th - St. Patrick's Day

19th - Holi

23rd - National Puppy Day

29th - National Vietnam War
Veterans Day

31st - National Crayon Day

WHAT IS HOLI?

Holi is a popular ancient Hindu festival, also known as the "Festival of Love", the "Festival of Colours" and the "Festival of Spring".

The festival celebrates the eternal and divine love of Radha Krishna



Fun Events at Quail Park you don't want to miss!

3/1

9:30 AM Hope Singers
2:00 PM Mardi Gras
Party

3/4

10 AM - Crochet Club
1:30 PM - Play 42
3 PM - Bean Bag
Baseball

3/9

11:30 AM
Chilis Lunch
Outing

3/14

1:30 PM - Bus tours
around Granbury and
Braums Ice cream
6 PM - Sing Along

3/17

2:30 PM
St. Patrick's Day
party with DJ Jim

3/23

11:30 AM - Garcias
Lunch outing
3PM - Coke Floats

3/29

10 AM - Mimosas
3:30 PM - Crafts
6 PM - Bible Study

3/31

10 AM - Putt Putt
2:30 PM - Thirsty
Thursdays!

Memory Care Cottage Special Events

3/1

10:30 AM Hope Singers
1:30 PM Mardi Gras
Party

3/9

11 AM - Ladies Tea
1:30 PM - Mini Golf
3:30 PM - Float Social

3/17

10 AM - St. Patrick's
Day Party
3:30 PM - Popcorn
Social

3/29

10:30 - Men's Coffee
1:30 PM - Craft Corner
4 PM - Active Minds

Be sure to check the Activity Calendar for more fun activities happening at Quail Park this month!

HAPPY BIRTHDAY!

3/1 - Ken M.

3/2 - Jean C.

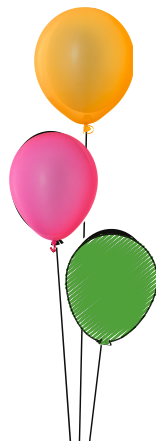
- Ethel R.

3/3 - Glen L.

- Tom M.

3/10 - Bernice P.

3/27 - Joann C.





*A message from our
Executive Director*



I'm a huge basketball fan. Our daughter played year-round basketball. When she first started playing, I knew nothing about sports. I thought when a player made a basket that it was a field goal. I know! I was a terrible sports fan and didn't know the game at all. Over the many years she played, I learned so much and I absolutely LOVE college basketball most.

March Madness is coming soon!

March Madness refers to that time of year (usually mid-March through the beginning of April) when the National Collegiate Athletic Association (NCAA) men's and women's college basketball tournaments are held. Why is it madness? That term somehow captures the excitement that swirls around the sports world as tournament time approaches. In the weeks leading up to the "Big Dance," as it is called, hundreds of college basketball teams from all over the United States fight to earn a spot in the tournament.

This year I won't be celebrating March Madness. I am choosing this year to celebrate "**March Gladness**" instead. I will try to capture the excitement that swirls around my daily life. Every day, I will remember the things in my life that am glad for.

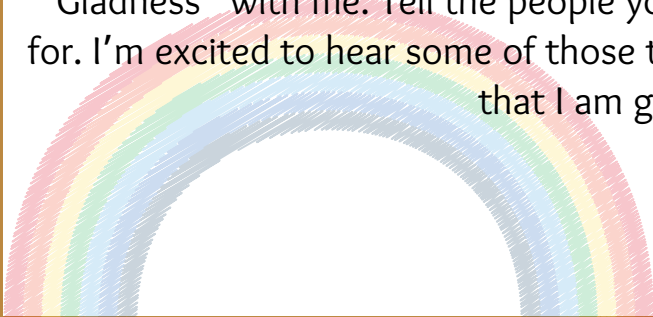
I am glad that God has blessed me with a wonderful family, great children, a loving husband, and a very happy life. I am glad I have a job that I absolutely love and that I get to be around people that I love every day! I am glad I was raised in a Christian home where I knew that my life here is temporary and there is an eternal life waiting for me where I will be healthy, whole and with my mom again. I am glad I know the power of prayer and have the gift of love in my daily life. I am glad that you are here with me and that I have gotten the opportunity to know and love each of you!

There are so many things to be glad about. I hope you will join me in celebrating "March Gladness" with me. Tell the people you encounter around you the things that you are glad for. I'm excited to hear some of those things!! I hope you always know how loved you are and that I am glad to have you in my life!

Psalm 118:24

LOVE,

Cheri





*What's Cooking with
our Executive Chef*

IRISH POTATO BITES

Prep time: 20 MINS

Cook time: 20 MINS

Total time: 40 MINS



INGREDIENTS

- 20 Red potatoes, small (golf ball size)
- 1/2 cup Corned beef
- 1/4 cup Cheddar cheese, , shredded
- 1 tablespoon Butter, melted
- 1/8 teaspoon Salt
- Sour cream, (optional)

DIRECTIONS

1. Fill a large pot with water and bring it to a boil.
2. Add potatoes and boil until they are fork tender.
3. Preheat oven to 400°F
4. Once potatoes are cooked and have cooled, cut each one in half and cut a small slice off of the rounded end so the potato can sit up.
5. Scoop out the inside of each potato half saving the potato insides in a bowl.
6. Add cheese, corned beef, butter to the bowl with the saved potato insides.
7. Salt mixture to taste. Also sprinkle some salt over the potato halves.
8. Scoop mixture into potato halves and then place them on a baking sheet.
9. Place baking sheet in oven for 10 minutes.
10. Remove from oven and serve with a dollop of sour cream.

NUTRITION

serving: 5bites, calories: 106kcal, carbohydrates: 13g, protein: 4g, fat: 5g, saturated fat: 2g, cholesterol: 17mg, sodium: 233mg, potassium: 300mg, fiber: 1g, vitamin a: 100iu, vitamin c: 18.2mg, calcium: 40mg, iron: 0.7mg

WHAT'S HAPPENING IN THE NEIGHBORHOOD?



COMING SOON!

New Resident T-Shirts
available for purchase
with the Quail Park Logo.

FIND OUT MORE INFORMATION ON THIS AND OTHER HAPPENINGS
AT THE **RESIDENT COUNCIL MEETING 3/16 AT 1:30 PM**



Bible verse of the month

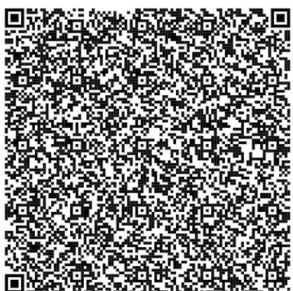
"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Philippians 4:8, ESV



EMPLOYEE OF THE MONTH!

Congratulations Kim F. for your
outstanding work and care for our
residents!



WE WANT TO HEAR FROM YOU!

we would be honored to have you
review our community! Simply scan
the QR Code and tell us how we're
doing!

MEET OUR NEW WELLNESS DIRECTOR!



VALERIE WHITE

She may be new to you but she is family to us!

Valerie started her Quail Park journey in 2010 when she became the Wellness Director for Quail Park of Granbury! Over the years, her success took her to becoming the Executive Director of Quail Park Granbury to being the Regional Director of Quality Assurance for ALL of the Quail Park communities! Valerie received her nursing degree at the State University New York at Potsdam and continued her graduate education through Excelsior College of Albany, NY. Valerie still does work for her role in Quality Assurance but she is happy to be back serving the community and people she loves.

March is National Nutrition Month – Kick it off with 5 Tips to Boost Your Health

1. **Eat breakfast every day.** Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities.
2. **Plan as many home-cooked meals as you can.** They usually have fewer calories and cost less than typical meals eaten at restaurants.
3. **Eat plenty of fruits and vegetables.** Half of your plate at each meal should be vegetables or fruits
4. **Beware of sweetened drinks.** Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.
5. **Choose food sensibly when eating out.** Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out, or nutrition information listed on the menu, ask.

What's Your Leprechaun Name?

Take The First Letter of Your Name...

A - Apple	J - Jiggy	S - Sprinkles
B - Bailey	K - Klutzy	T - Tinker
C - Crusty	L - Lucky	U - Ulysses
D - Dublin	M - Mickey	V - Varnacle
E - Emmet	N - Nicknack	W - Woozy
F - Fluffy	O - Ollie	X - Xobee
G - Goldy	P - Punchy	Y - Yowzer
H - Hairy	Q - Quill	Z - Zolo
I - Ipsy	R - Ruxbin	

...And Add The Month You Were Born

January - O'Flurry

February - McKissyFace

March - GreenToes

April - O'Fortune

May - McRainbow

June - McSkiddles

July - McSweaty

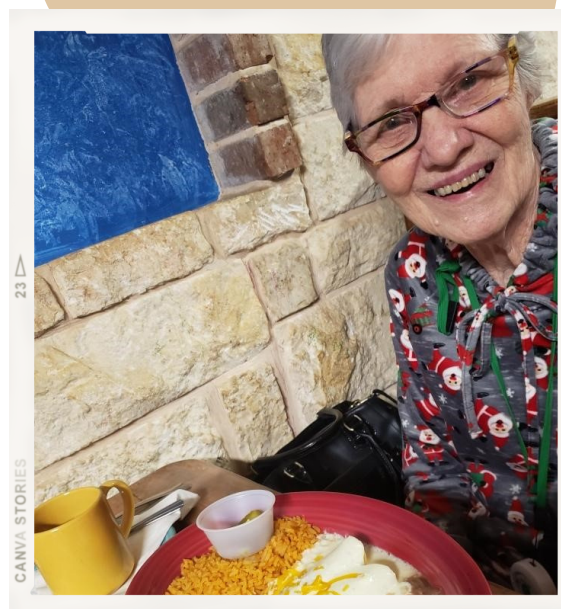
August - WishyPants

September - ShammyTumbles

October - McScaryPots

November - O'Wee

December - BellyCharm



My Monthly Journal

Reminders / Notes

Crabby Road

Crabby Road

It's OK to pretend we're Irish on St. Patrick's Day. We pretend we're GOOD on Christmas don't we?



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An Active lifestyle is a Healthy Lifestyle

Place a checkmark next to the activities you did this month!

- | | |
|--|--|
| <input type="checkbox"/> Played Bingo | <input type="checkbox"/> Visited with a Friend |
| <input type="checkbox"/> Read a Book | <input type="checkbox"/> Visited with Family |
| <input type="checkbox"/> Worked on a Puzzle | <input type="checkbox"/> Attended Church |
| <input type="checkbox"/> Happy Hour | <input type="checkbox"/> Gardened |
| <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> Enjoyed the sunshine |
| <input type="checkbox"/> Exercise | |
| <input type="checkbox"/> Walked around the building | |
| <input type="checkbox"/> Attended a live performance at Quail Park | |