

Park Visalia

3939 West Walnut Avenue, Visalia, CA 93277
(559) 358-2289 • @ParkVisaliaSeniorLiving

March 2023

Resident Birthdays

Dorothy S.- March 2
Marion D.- March 8
Jo Ann M.- March 9
Betty B.- March 10
Letha C.- March 12
Ray S.- March 14
Patty H.- March 17
Jan J.- March 21
Richard C.- March 28
Oleta C.- March 29

Employee Birthdays

Alexis P.- March 1
Mariah G.- March 2
Sabina C.- March 3
Amanda C.- March 12
Ashley L.- March 30

Greetings from the Driver's Desk....

Hello every one.....Here we arewith the "Ides of March" upon us" A soothsayer bids you beware the ides of March."

If you studied Shakespeare at all in high school or college — and let's be honest, you know you did, even if you forgot — the phrase may ring a bell.....A little Julius Squeezer history....

"Beware the ides of March."

Julius Caesar was immensely popular with the people of Rome - the people, as in the masses. He managed a massive expansion of the Roman republic and attained the title of emperor, essentially dictator for life, in 44 B.C.E. While the people loved him, many in the Roman Senate did not.

As many as 60 conspirators are suspected to have taken part in the plot to kill Caesar. For sure 40 senators stabbed him, reportedly 23 times, in the halls of the senate where Caesar's bodyguards were not allowed.

So what do "ides" have to do with anything?

It is less about prophecy and really just a simple word for a description. In Latin, the phrase Ides of March is "Idus Martias." According to Dictionary.com, the phrase "ides of March" is usually the middle of the month, the timing of the first full moon. The "ides" were the times the full moon fell on the 15th. That's not every month, it's actually March, May, July and October. It's the 13th day on the other months. In that era (and beyond) the full moon was storied for its own omens. That could be why it's got such significance in the prophecy in Shakespeare's play.

It is that assassination of Caesar that gives the day its superstitious vibe. Caesar had taken over as dictator of the empire until his death. The senators, who thought they would return to the republic of old, had not counted on the love the people of Rome had for Caesar. A civil war broke out in the **wake** of Caesar's death, and the actual republic as they knew it was effectively dead at that point.

The play is known for its quotes, from this one, to the final words of Caesar, in the play at least, "Et tu, Brute?" Translated, "And you, Brutus?" If you remember your studies, Brutus was a friend of Caesar's who joined the conspiracy and added to the 23 cuts.

However, like the soothsayer and the line "beware the ides of March," Caesar likely never uttered those words. But they make for great drama.

.....Some of you were able to get out and about this past weekend.....we will be doing more week / weekend trips.... Another week or so and we**"SPRING FORWARD"**.....YIPPEE.....as the weather begins to get more human friendly we can do more outside activities.....then summer just around the corner.....Looking forward to..... "St Patrick's Day".....celebrations.....Our very own

"MOLLY O'MARETINEZ "with her Leprechaun socks.....and cooking the immortal corn beef with a Guinness Glaze.....and heramazing....."BY GOLLY MS. MOLLY'S IRISH STEW"with a desert delight.....Our occupancy is still climbing thank you AMAZING AMY.....remember your referrals are worth plenty of loot off of your rent.....and please remember the dining room is open seating.....Don't forget to give your "fave rave".....recipes to Molly.....Lloyds.....Chicken casserole was "chickmendous".....

That's all for now folks.....see you in April.....

Martin

MARCH 2023

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday
Birthdays 3/1 - Alexis P. 3/2 - Dorothy S. 3/2 - Mariah G. 3/3 - Sabina C. 3/8 - Marion D. 3/9 - Jo Ann M. 3/10 - Betty B. 3/12 - Letha C. 3/12 - Amanda C. 3/14 - Ray S.	Birthdays 3/17 - Patty H. 3/21 - Jan J. 3/28 - Richard C. 3/29 - Oleta C. 3/30 - Ashley L. 3/31 - Faye G.		1 Peanut Butter Lovers Day! 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Stroll in the Park-Meet in Lobby 12:00 Daily Chronicles-(DR) 1:30 Wii Games-(TR) 3:30 Alpha & Nathan Performance-(B)	2 Cat in the Hat Day! 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Stroll in the Park-Meet in Lobby 12:00 Daily Chronicles-(DR) 1:30 Thing 1 & 2 Craft 3:00 Lightfinder Karaoke Party 6:00 Evening News-(B)
5 9:00 Morning News-(B) 9:30 Catholic Services-(AR) 10:00 Everyday Life with Joyce Meyers-(TR) 11:15 Exercise 1 & 2-(WC) 12:00 Daily Chronicles-(DR) 1:30 Stroll in the Park-Meet in Lobby 6:00 Evening News-(B)	6 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Let's Travel to Ireland-(AR) 12:00 Daily Chronicles-(DR) 1:30 Craft Corner- Pot of Gold Mobile(AR) 3:00 PV Bingo - (AR) 6:00 Evening News-(B)	7 Worm Moon 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Water Colors- Pot of Gold 12:00 Daily Chronicles-(DR) 1:30 Linked Senior-Spin and Solve-(TR) 2:30 Event Planners-(AR) 3:00 Find the Worm	8 Wii Wednesday!! 9:00 Morning News-(B) 10:00 Chair Exercise 1 & 2-(WC) 10:30 Food for Thought Meeting(TR) 12:00 Daily Chronicles-(DR) 1:30 Wii Games-(TR) 2:30 Color Me Happy-(AR) 6:00 Evening News-(B)	9 Happy Birthday Barbie 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Stroll in the Park-Meet in Lobby 12:00 Daily Chronicles-(DR) 1:30 The History of Barbie-(TR) 3:00 Pam Stanley Live-
12 Daylight Saving Begins 9:00 Morning News-(B) 9:30 Catholic Services-(AR) 10:00 Everyday Life with Joyce Meyers-(TR) 11:15 Exercise 1 & 2-(WC) 12:00 Daily Chronicles-(DR) 1:30 Stroll in the Park-Meet in Lobby 6:00 Evening News-(B)	13 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Let's Travel to Ireland-(AR) 12:00 Daily Chronicles-(DR) 1:30 Craft Corner- Tissue Paper Clover (AR) 3:00 PV Bingo - (AR) 6:00 Evening News-(B)	14 Potato Chip Day 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Paint Brushes-Rainbow 12:00 Daily Chronicles-(DR) 1:30 Linked Senior-Spin and Solve-(TR) 2:30 Event Planners-(AR) 3:30 One Potato, Two	15 Wii Wednesday!! 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Greetings in the Courtyard 12:00 Daily Chronicles-(DR) 1:30 Wii Games-(TR) 2:30 Color Me Happy-(AR) 6:00 Evening News-(B)	16 Outdoor Sports Day 9:00 Morning News-(B) 10:00 Chair Exercise 1-(WC) 10:30 Chair Exercise 2-(WC) 11:15 Stroll in the Park-Meet in Lobby 12:00 Daily Chronicles-(DR) 1:30 Croquet in the Park 3:00 Lightfinder Karaoke Party 6:00 Evening News-(B)

Updated 3/2/23
Schedule is subject to change at any time.



Community News

Assisted Living- & Fabulous

Resident Council Meeting will be the first Friday of

the month... March 3rd @ 10:30 AM.

Food 4 Thought will be held on Wednesday, March 8th @ 10:30 AM.

St. Patrick's Day Pub will be up and ready to serve a nice cold Guinness or Shamrock Shake!

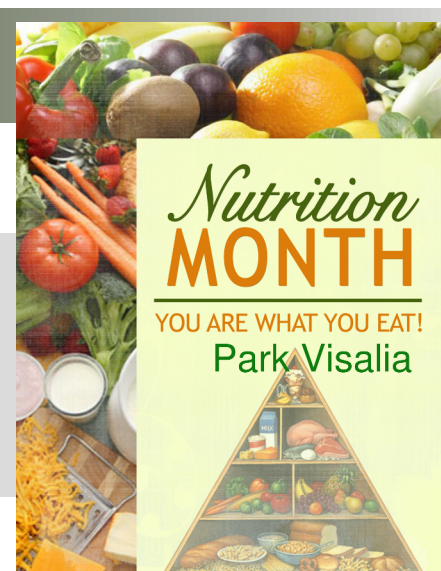
March 17th @ 3:00 PM in the Bistro.

This month is Nutrition Month so be mindful in your choices...

"YOU ARE WHAT YOU EAT"

Park Visalia is happy to announce Healthy Hands exercise class with the Healthy Seniors Program. Check your calendar for dates and times.

Friday	Saturday
<p>00 Morning News-(B)</p> <p>00 Exercise 1 & 2- (WC)</p> <p>00 Resident Council- TR</p> <p>00 Daily Chronicles- (DR)</p> <p>00 Pen Pals- (TR)</p> <p>00 Healthy Hands- (TR)</p> <p>00 Happy Hour- Virgin Margarita-(B)</p> <p>00 Evening News- (B)</p>	<p>4</p> <p>9:00 Morning News-(B)</p> <p>10:00 Chair Exercise 1- (WC)</p> <p>10:30 Chair Exercise 2- (WC)</p> <p>11:00 Weekend Bingo- Lucky Bucks</p> <p>12:00 Daily Chronicles- (DR)</p> <p>1:30 Stroll in the Park- Meet in Lobby</p> <p>2:30 Color Me Happy- (AR)</p> <p>6:00 Evening News- (B)</p>
<p>00 People Are Cool</p> <p>00 Morning News-(B)</p> <p>00 Chair Exercise 1- (WC)</p> <p>00 Chair Exercise 2- (WC)</p> <p>00 Daily Chronicles- (DR)</p> <p>00 Pen Pals- (TR)</p> <p>00 Healthy Hands- (TR)</p> <p>00 Happy Hour- Lime Sherbert Punch-(B)</p> <p>00 Evening News- (B)</p>	<p>11</p> <p>9:00 Morning News-(B)</p> <p>10:00 Chair Exercise 1- (WC)</p> <p>10:30 Chair Exercise 2- (WC)</p> <p>11:00 Weekend Bingo- Lucky Bucks</p> <p>12:00 Daily Chronicles- (DR)</p> <p>1:30 Stroll in the Park- Meet in Lobby</p> <p>2:30 Color Me Happy- (AR)</p> <p>6:00 Evening News- (B)</p>
<p>St. Patrick's Day</p> <p>00 Additional red Nose</p> <p>00 Morning News-(B)</p> <p>00 Chair Exercise 1- (WC)</p> <p>00 Chair Exercise 2- (WC)</p> <p>05 Find the Pot of Gold Search</p> <p>00 Daily Chronicles- (DR)</p> <p>00 Party Planners- Setup</p> <p>00 St. Patrick's Day</p>	<p>18</p> <p>9:00 Morning News-(B)</p> <p>10:00 Chair Exercise 1- (WC)</p> <p>10:30 Chair Exercise 2- (WC)</p> <p>11:00 Weekend Bingo- Lucky Bucks</p> <p>12:00 Daily Chronicles- (DR)</p> <p>1:30 Stroll in the Park- Meet in Lobby</p> <p>2:30 Color Me Happy- (AR)</p> <p>6:00 Evening News- (B)</p>



PARK VISALIA

ASSISTED LIVING • MEMORY CARE



Park Visalia
BEAUTY BY ESTHER SOTO

CUT	
Women	\$25.00
Men	\$20.00
HAIR COLOR	
\$50.00 SHORT HAIR	
\$50.00 & UP FOR LONG HAIR	
\$85.00 & UP COLOR and HIGHLIGHTS	
PERM	
\$65.00 REGULAR	
\$85.00 WITH WASH & CURL	

Business Hours:
9:30 AM-2:30 PM

Monday, Tuesday, Wednesday and Friday

For more info:
625-3388

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