



Park Visalia

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

March 2023

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

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

MARCH 2023

Lightfinder

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! 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Event Planners 3:00 Alpha & Nathan Performance 6:00 Netflix & Relax	2 Cat in the Hat Day! 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 From Scratch- Baking w/ John 3:00 Karaoke Social 6:00 Thursday Board Games
5 Facetime Family and Friends-All Day- Ipads Available 10:00 Lightfinder Walking Team 10:30 Songs of Worship 11:00 Neighborhood Church -via Live Stream 11:30 Daily Chronicles 1:30 Table Talk 2:30 Poetry Times	6 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Monday Matinee 2:30 Table Talk 3:30 Bean Bag Toss 6:00 Spectrio Share Games	7 Worm Moon 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Event Planners- Decorations 2:30 Let's Travel to Ireland 3:30 Tuesday Tunes- Oldies Sing-A-Long 6:00 You Can Puzzle Too!	8 10:00 Lightfinder Walking Team 10:30 Food for Thought Meeting 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Event Planners 3:30 Fancy Fingers 6:00 Netflix & Relax	9 Happy Birthday Barbie 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 From Scratch- Baking w/ John 3:00 Karaoke Social 6:00 Thursday Board Games
12 Daylight Saving Begins Facetime Family and Friends-All Day- Ipads Available 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 10:30 Songs of Worship 11:00 Neighborhood Church -via Live Stream 11:30 Daily Chronicles 1:30 Table Talk	13 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Monday Matinee 2:30 Table Talk 3:30 Bean Bag Toss 6:00 Spectrio Share Games	14 Potato Chip Day 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Event Planners- Decorations 2:30 Let's Travel to Ireland 3:30 Tuesday Tunes- Oldies Sing-A-Long 6:00 You Can Puzzle Too!	15 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Event Planners 3:30 Fancy Fingers 6:00 Netflix & Relax	16 Outdoor Sports Day 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 From Scratch- Baking w/ John 3:00 Karaoke Social 6:00 Thursday Board Games

Updated 3.2.23
 Schedule is subject to change at anytime.



Community News

Friday	Saturday
3 0:00 Lightfinder Walking Team 0:30 Resident Council-Lightfinders 1:30 Daily Chronicles 1:30 EZ Does It- Craft-Ireland 3:30 Vinyl Times & Mocktails 6:00 Spectrio Share Games	4 Facetime Family and Friends-All Day-Ipads Available 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Pen Pals 2:30 Ez Does It Mind Exercise 4:30 Sing Fit
10 Old People Are Cool Day 0:00 Lightfinder Walking Team 0:30 Movers and Shakers- Chair Exercise 1:30 Daily Chronicles 1:30 EZ Does It- Craft-Ireland 3:30 Vinyl Times & Mocktails 6:00 Spectrio Share Games	11 Facetime Family and Friends-All Day-Ipads Available 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Pen Pals 2:30 Ez Does It Mind Exercise 4:30 Sing Fit
17 St. Patrick's Day 0:00 Lightfinder Walking Team 0:30 Movers and Shakers- Chair Exercise 1:30 Daily Chronicles 1:30 EZ Does It- Craft-Ireland 3:00 St. Patrick's Day Pub- (B) 6:00 Spectrio Share Games	18 Facetime Family and Friends-All Day-Ipads Available 10:00 Lightfinder Walking Team 10:30 Movers and Shakers- Chair Exercise 11:30 Daily Chronicles 1:00 Pen Pals 2:30 Ez Does It Mind Exercise 4:30 Sing Fit

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.

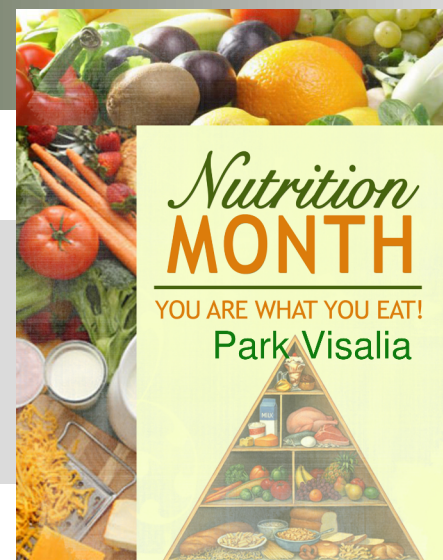
St. Patrick's Day Pub will be up and ready to serve a nice cold Guinness or Shamrock Shake!

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.



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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