





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>   </div> <div> <div>March</div> <div>2024</div> </div>						
<div> <div>3</div> <div> 9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR </div> </div>	<div> <div>4</div> <div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 10:30 Flower Workshop, L 1:00 WII Bowling, C 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>5</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Baking with Joy, C 2:00 Presentation with Kent Morgan-Route 66, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>6</div> <div> 9:30 Morning Exercise, DR 10:00 Shopping- Target, L 1:00 Bloody Mary Drink & Trivia, C 2:00 Crafty Creations With Dianna, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>7</div> <div> Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Table Hockey, LR 2:00 Strike up the Band, LR 3:00 Exercise & Strength, DR 5:30 Evening Movie, L </div> </div>	<div> <div>1</div> <div> 10:00 Morning Exercise, DR 10:30 Mini GM Horse Visit, LR 1:00 Nature Hour, LR 2:00 Birthday Celebration Sandra, DR 5:30 Evening Movie, LR </div> </div>	<div> <div>2</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>10</div> <div> 9:00 Morning Musical Movie, LR 10:00 Nail Care, LE 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, L <small>Ramadan Begins Daylight Saving Time Begins</small> </div> </div>	<div> <div>11</div> <div> 9:00 Latte Social, LR 10:00 Morning Exercise, DR 10:30 Flower Workshop, L 1:00 WII Bowling, C 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>12</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 12:00 Swing Dance-North Bellevue Senior Center, L 1:00 Novari Primary Care 3:00 Afternoon Musical, LR 3:00 Checkers, C </div> </div>	<div> <div>13</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 1:00 Afternoon Musical, LR 2:00 Entertainment with Primo Kim, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>14</div> <div> Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Food Committee, DR 2:00 Strike up the Band, LR 3:00 Exercise & Strength, DR 5:30 Evening Movie, L </div> </div>	<div> <div>15</div> <div> 10:00 Morning Exercise, DR 1:00 Nature Hour, LR 2:00 Happy Hour with Jon Pressman, DR 5:30 Evening Movie, LR 6:00 Table Games </div> </div>	<div> <div>16</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>17</div> <div> 9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR <small>St. Patrick's Day</small> </div> </div>	<div> <div>18</div> <div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 10:30 Flower Workshop, C 1:00 WII Bowling, C 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>19</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Activity Meeting, DR 2:00 Chef Demo with Jonny, C 3:00 Table Games, C 5:30 Evening Movie, LR </div> </div>	<div> <div>20</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping-Bartells, L 1:00 Bloody Mary Drink & Trivia, C 2:00 Bingo, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>21</div> <div> Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Table Hockey, LR 2:00 Strike up the Band, LR 3:00 Exercise & Strength, DR 5:30 Evening Movie, L </div> </div>	<div> <div>22</div> <div> 10:00 Morning Exercise, DR 1:00 Nature Hour, LR 2:00 Happy Hour with David & Lynn 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>23</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR <small>Purim Begins</small> </div> </div>
<div> <div>24</div> <div> 9:00 Morning Musical Movie, LR 10:00 Nail Care, LE 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR <small>Palm Sunday</small> </div> </div>	<div> <div>25</div> <div> 9:00 Latte Social, LR 10:00 Morning Exercise, DR 10:30 Flower Workshop, C 1:30 Resident Meeting, DR 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>26</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:30 Craft Corner with Joy, C 2:00 Knitting & Crocheting With Easter, C 3:00 Sing Along with Joy, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>27</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 11:00 Traveling Library, L 1:00 Bloody Mary Drink & Trivia, C 2:00 Bingo Bash, DR 5:30 Evening Movie, LR 6:00 Dementia Support Group, PD </div> </div>	<div> <div>28</div> <div> Medical Transportation 10:00 Catholic Services, LE 1:00 Novari Primary Care 1:00 Foot Care with Dr. Gorey, LE 1:00 Beauty Time, C 2:00 Table Hockey, LR 3:00 Exercise & Strength, DR </div> </div>	<div> <div>29</div> <div> 10:00 Morning Exercise, DR 1:00 Photos with Easter Bunny, LR 2:00 Happy Hour Bingo, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>30</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>31</div> <div> 9:00 Morning Musical Movie, LR 1:00 Bean Bag Toss, LR 2:00 Bingo, DR 5:30 Evening Movie, LR <small>Easter Sunday</small> </div> </div>	<div>  <div> <div>Assisted Living</div> </div>  </div>					

March 2024 THE MONTHLY GAZETTE

"March brings breezes, loud and shrill,
to stir the dancing daffodil."

~ Sara Coleridge



Tree of the Month – Ash

Ash is the common name for Fraxinus trees, which are part of the olive and lilac family. These trees (and the leaves they drop) benefit the soil by raising the pH and making more nutrients available in the ground. Ash trees grow in fertile, moist soil across Europe, Africa, Asia, and North America, in climates as diverse as those of Nova Scotia, Florida, Texas, and Minnesota. They can be identified by their compound leaves, which have five to nine leaflets each. Additionally, ash tree leaflets, branches, and buds always grow opposite one another. Ash wood has a



variety of uses, including for furniture, baseball bats, hockey sticks, and oars. It is not suitable for exterior building projects, as it becomes perishable when exposed to the elements or it is in contact with the ground. In Norse mythology, the ash tree is considered sacred and symbolizes magic, life, strength, wisdom, healing, and balance.

Special Days

Daylight Saving Time Begins
March 10

St. Patrick's Day
March 17

First Day of Spring
March 19

Purim Begins
March 23

Holi (Hindu Spring Festival)
March 25

Easter
March 31

Flower – Daffodil



The cheerful daffodil is associated with spring because it's one of the first flowers to bloom. *Daffodil* is the common name for all members of the genus *narcissus*. In the language of flowers, daffodils symbolize chivalry, respect, modesty, and faithfulness. It is the birth flower for March and represents new beginnings. Most daffodils are yellow, but varieties include pink, lime green, and a mix of yellow and white. They often grow in large clusters, covering lawns and entire hillsides.

Birthstone – Aquamarine



The birthstone for March is the aquamarine. This gorgeous gemstone gets its name from the Latin term *aqua marina*, meaning "sea water." It's an apt name considering the aquamarine's sparkling turquoise color, which ranges from pale to medium blue. Blue aquamarines are the rarest and most valuable. The green stones are sometimes changed to blue by heating them in an electric furnace at 842°F (450°C). Most aquamarines are found in Brazil.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Happy Birthday:

Sheila H 3/01

David W 3/03

Mary D 3/26

3/01/24 @ 2:00 PM

Birthday Celebration with Sandra Walker

3/05/24 @ 2:00 PM

Presentation with Kent Morgan

3/06/24 @ 2:00 PM

Crafty Creations with Dianna

3/08/24 @ 2:00 PM

Happy Hour with Hank Blumenthal

3/12/24 @ 12:00 PM

Swing Dance-North Bellevue Senior Center

3/13/24 @ 2:00 PM

Entertainment with Primo Kim

3/15/24 @ 2:00 PM

Happy Hour with Jon Pressman

3/19/24 @ 2:00 PM

Chef Demo with Jonny

3/22/24 @ 2:00 PM

Happy Hour with David & Lynn

3/25/24 @ 1:30 PM

Resident Meeting-Come Share your Ideas

3/27/24 @ 11:00 AM

Traveling Library

3/27/24 @ 2:00 PM

Bingo Bash

3/27/24 @ 6:00 PM

Dementia Support Group

3/29/24 @ 2:00 PM

Happy Hour Bingo

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