

Tickle your funny bone with some "dad jokes"

I told my mom I'd call her later, but she said she prefers "mom".
 I put my old car in reverse and thought, "Wow, this really takes me back."
 Why does a chicken coop only have two doors? Because if it had four it would be a sedan.
 Finally, my winter fat is gone. Now I have spring rolls.
 I adopted a dog from a blacksmith. As soon as I brought him home, he made a bolt for the door.
 I told a bad chemistry joke once. I got no reaction.
 I've never been a fan of facial hair. But now it's growing on me.
 Did you hear about the guy who ate a frog? He's probably going to croak.

Terese is now a Notary Public. If you ever in need of having something notarized, please schedule a time with her. The charge for this is \$5/document.



Welcome to our newest friend and resident who joined us in February #106 Joyce



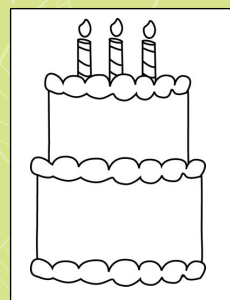
Happy Birthday to...

Residents

Shirley S- 3rd Barb C- 9th
 Roger L- 11th Carolyn M- 14th
 Shirley S- 15th Dorothy J- 18th
 Bev K- 19th

Staff

Brittanie S- 3rd Melissa G- 4th
 Victoria A- 6th Ethan B- 7th
 Patrice S- 9th Angie M- 10th
 Emily A- 11th Megan A- 13th
 Isabelle L- 22nd Brendan T- 22nd
 Christina S- 27th



Word Scramble Key

clover
 Patrick
 leprechaun
 pot of gold
 rainbow
 bagpipes
 green
 shamrock
 gold coins
 charms
 emerald
 saint

"March is the month God created to show people who don't drink what a hangover is like."

Garrison Keiler

Wacky Wordies Key

*A Fist Full of Dollars
 *The Good, the Bad, and the Ugly
 *Close Encounters of the Third Kind
 *The Pink Panther
 *Return of the Pink Panther
 *Twelve Angry Men
 *The Green Mile



Keystone Chronicle

Keystone Place at LaValle Fields | 14602 Finale Ave N, Hugo MN 55038 | 651.888.6557



ACTIVITIES

Wed. 5- Mardi Gras Dress Up Day and Happy Hour a 3:30
Fri. 7, 10:30- Lunch outing to Orchid
Tues 11, 2:00- Wine Tasting with Terese
Thurs 13, 2:30- Passport to Egypt
Fri 14, 3:30- St. Patrick's Dress Up Day and Guest Happy Hour
Tues 18, 2:00- Wild Life Safari visit
Thurs 20, 2:30- All Resident Meeting
Fri 21, 9:30- American Swedish Institute and lunch at Fika
Tues 25, 2:00- Cooking with Bill
Tues 25, 4:00- Caregiver Support Group
Thurs 27, 2:30- Alan Anderson presentation
Fri 28, 10:30- Spring décor shopping at TJ-Maxx and Home Goods followed by lunch at Café Zupas

Did you know...

- the way it smells after it rains is called petrichor
- the plastic or metallic coating at the end of your shoelace is an aglet
- the sound of a rumbling stomach is actually called a wamble
- the cry of a newborn is called vagitus
- the day after tomorrow is called overmorrow
- the wired cage that holds the cork in a bottle of champagne is a muslete
- the space between our nostrils is the columella nasi
- the armhole in clothes, where the sleeve is sewn, is the armscye
- the dot over an "i" is a tittle
- the metallic device used to measure your feet at the shoe store is a Brannock device
- kissing under the mistletoe is firkytoodling
- the condition of finding it difficult to get out of bed in the morning is called dysania
- the utterly sick feeling you get after eating or drinking too much is crapulence
- the tiny plastic table placed in the middle of a pizza box is called a box tent
- illegible handwriting is griffonage
- clothing or finery that is seen as frivolous or foolish is frippery

Daylight Savings Time

Saturday, March 8th remember to set your clocks ahead an hour before heading to bed.



The Luck 'o the Irish Word Scramble

- vreocl _____
- iartcpk _____
- cehrpuenla _____
- tpo fo odgl _____
- nirobwa _____
- ppgbiesa _____
- nreeg _____
- kharsocm _____
- dgol icnos _____
- rhmacs _____
- reeldma _____
- inats _____



IRISH Scattergories: Write down a word for each category that begins with the letters in the word **LUCK**.

	Green Food	Something Gold	Name for a Leprechaun
L			
U			
C			
K			



Never iron a four-leaf clover.
You don't want to press your luck!

We're all a wee-bit Irish on St. Patrick's Day.

Wackie Wordies- Movies

Can you decipher these and come up with a movie title?

fi\$\$st

The Teh The

encounterencounterencounter

PANTHER

ANGRY MAN ANGRY MAN
ANGRY MAN ANGRY MAN
ANGRY MAN ANGRY MAN
ANGRY MAN ANGRY MAN
ANGRY MAN ANGRY MAN
ANGRY MAN ANGRY MAN

THE MILE

March Madness

T	N	E	S	D	H	P	D	Y	S	E	H	E	S
O	E	R	H	K	R	C	O	W	N	K	S	C	N
U	H	N	S	O	S	I	I	A	O	S	H	E	S
R	F	P	F	U	L	S	B	R	F	A	L	S	P
N	D	R	T	K	H	E	L	B	M	A	N	N	A
A	D	E	F	E	N	S	E	P	L	B	R	E	S
M	O	D	P	P	B	M	I	E	O	E	I	F	S
E	H	U	I	E	W	O	O	H	E	E	M	F	L
N	A	N	C	D	N	U	O	B	E	R	E	O	O
T	N	K	U	S	S	E	H	C	A	O	C	S	E
H	K	C	H	B	R	A	C	K	E	T	S	P	A
E	H	I	N	S	N	S	U	T	S	N	H	O	E
H	P	P	L	A	Y	E	R	S	E	R	U	O	N
O	S	R	E	Z	Z	U	B	H	E	S	H	H	R

- REBOUND
- TOURNAMENT
- SWISH
- PASS
- DEFENSE
- HOOPS
- PLAYERS
- DUNK
- BRACKETS
- COACHES
- DRIBBLE
- OFFENSE
- BUZZER
- CHAMPIONSHIP



Why Handwashing Is So Important and Effective

The Centers for Disease Control and Prevention says handwashing is an important step in staying healthy all year long, and especially during the winter when conditions are ripe for the spread of disease. Many diseases and conditions are spread by not washing hands with soap and clean running water.

You should wash your hands frequently, and especially after using the toilet, during and after preparing food, before eating, before touching your nose, eyes or mouth (including handling dentures), after sneezing, coughing or blowing your nose, and when you arrive home from shopping or being in high-traffic public areas.

Senior Safety Guidelines for Strength Training

- o Get the green light to proceed with an exercise regime before beginning.
- o Start out slowly, even using just body weight to provide resistance. Resistance exercises can include squats, crunches, modified pushups, planks, and lunges.
- o When you are ready to move on to something else, consider resistance bands as an alternative to free weights.
- o Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly.
- o Strength training with a friend or family member can provide motivation and keep you on target to meet your goals.
- o Your first strength session should only last 10-15 minutes.

KEY Associate of the Month

Christina S. is an overnight RA and she was nominated by Mary Ann because:

"Christina is kind, caring, and professional with the person she is working with. She made me feel better knowing she was there with me, Thank you, Christina."

