

Spiritual Care in our Chapel

Mon. Mar. 3, 11:00am Protestant Service & Communion

Tues. Mar. 4, 11, 18, 25 3:30pm Catholic Mass

Weds, Mar. 5 Distribution of Ashes, Chapel

Sat. Mar. 15, 10:00am St. Therese Music

Eucharistic Service

Mondays in March 6:00pm Rosary, Chapel

“This is the day the Lord has made. Let us rejoice and be glad in it.” Psalm 118:24

Notable Highlights

Docuseries: Secrets of the Blue Zone

Every Friday in March at 11:00am, Theater

This stunning series takes you countries to learn food secrets of how to live a longer, healthier life.

Paint and Sip

Thursday, Mar. 13 at 1:30pm, Community Rm

We will be painting Santorini, Greece while sippin’ something delicious. Sign up required.

Preschool Parade and Resident Social

Monday Mar. 17 at 10:00am, Lobby

St. Therese preschoolers, dressed for Saint Patrick’s Day, will parade thru the community, then **Shamrock Shakes at 3:00pm, Club Lounge.** Wear your best Green! Erin Go Bragh!

Food Demonstration

Wednesday, Feb. 19 at 1:30pm, Club Lounge

Chef Max will wow you with his food demo!

Flower Arranging on the 1st Day of Spring

Thursday, Mar. 20 at 10:00am, Club Lounge
Fresh flowers will be provided for you to create an arrangement in your own vase. Sign Up!

Our Own Greek Party

Weds, March 26 at 1:45pm, Community Rm

Enjoy the sights, sounds, and tastes of the Greek Islands at DHW as we march into Spring!

Happy Birthday to All!

March 11-Barb Kleppe #123

March 14-Mary K. McDonald #104

March 17-Carole Anderson #239

March 19-Joan Byers #121

March 19-Wanda Rohm #213

March 24-Jerry Riach #224

March 31-Arlette Egan #245

March 27 @ 3:00pm Birthday Social-Club Lounge

Chief Joseph (hero) – March 3, 1840

Knute Rockne (coach) – March 4, 1888

Liza Minnelli (actress/singer) – March 12, 1946

Albert Einstein (scientist) – March 14, 1879

Jerry Lewis (actor) – March 16, 1926

Moms Mabley (comedian) – March 19, 1894

Marcel Marceau (mime) – March 22, 1923

Aretha Franklin (singer) – March 25, 1942

Warren Beatty (actor) – March 30, 1937

On the Bus!

Please sign up for these outings in the Bistro. Meet in the lobby.

Target/Cub Shopping

Mar. 5, 12, 19, at 10:30am

Lunch Outing to Bachmans on

Lyndale, Mar. 6 at 10:45am

Target/Aldi’s Shopping

Mar. 26 at 10:30am

Your Voice Heard:

Mar. 5 Resident Council @ 1:15pm

Mar. 25 Calendar Planning

Mar. 27 Reflections on Faith

March 2025

Deephaven Woods

Independent and Assisted Senior Living

March Music

MacPhail Concert Hour

“Trio Monette”

**Monday, March 3 at 1:00pm-
Chapel**

**Dinner Music with Rita on the
Piano**

**Tuesday, March 11 at 5:00pm-
Dining Room**

**MacPhail Unwrapping Music—
Carole King!**

**Thursday, March 20 at 1:00pm-
Community Room**

March Movies

“Hidden Figures”

**Tuesday, March 4 at 1:00pm-
Theater**

“Secondhand Lions”

**Monday, March 10 at 1:00pm
Theater**

“My Big Fat Greek Wedding”

**Tuesday, March 11 at 7:00pm
Theater**

“Irish Wish”

**Monday, March 17 at 1:00pm
Theater**

“My Big Fat Greek Wedding 2”

**Tuesday, March 11 at 7:00pm
Theater**

“Erin Brockovich”

**Monday, March 31 at 1:00pm
Theater**

Drum Circle for Wellness



Drumming can help reduce tension, stress, and anxiety while improving focus and developing creativity and community. Smiling Drums Studio instructor Marisa, who is certified in wellness based HealthRHYTHMS protocol, will facilitate the session with a comfortable “follow the leader” style. Group members will have the opportunity to be creative, to have fun, and build connections through rhythms and beats. No previous musical background necessary, it is accessible to virtually all people!

Tuesday, March 11, 1:30pm Community Room
Limited to 20 participants so sign-up is required.

Staff:

Dylan Thompson – Executive Director

Courtney Harchi– Director of Health Services

Dwight Miller – Environmental Services Director

Max Loff- Culinary Director

Chris Benson– Sales and Outreach Director

Katy Swanson – Life Enrichment Director

Everyday Shakespeare

In his play *Julius Caesar*, William Shakespeare warned, “Beware the Ides of March” (March 15). Lucky for all lovers of the bard that Shakespeare Week falls from March 24 to March 30.



Shakespeare Week was begun in 2014 by the Shakespeare Birthplace Trust in England. Its goal is to make Shakespeare delightful, not dull. His works are part of the curriculum for half of the world’s schoolchildren. For many, the writings

of Shakespeare are remembered as difficult, mandatory high school reading. But, in Shakespeare’s day, his plays were considered bawdy, coarse, and boisterous, and theaters were often dirty, loud, and very crowded—some holding crowds of up to 3,000 people. A three-hour play was considered a rollicking good time. Shakespeare knew his audience.

Though many now consider Shakespeare’s plays to be examples of great literature, a part of high culture, or difficult to understand, Shakespeare wrote to his audience—many of whom were common folks just like himself. He was sure to include plenty of jokes, fights, love triangles, and off-color remarks.

Shakespeare has seeped into our everyday life. Many common expressions were written by Shakespeare, including:

- “Wild goose chase” (*Romeo and Juliet*)
- “Seen better days” (*As You Like It*)
- “Off with his head.” (*Richard III*)
- “Good riddance.” (*Troilus and Cressida*)
- “Knock, knock! Who’s there?” (*Macbeth*)
- “Break the ice.” (*The Taming of the Shrew*)

Utter one of these phrases between March 24 and March 30, and you might be celebrating Shakespeare Week without even knowing it.

Paws on the Trail

Mushers begin the “Last Great Race” across the Alaskan wilderness on March 1. The word *Iditarod* comes from the native northwestern Alaskan language and means “distant place.” It’s the name of a city, a river, a trail, and the famous roughly 1,100-mile dogsled race.

Not just any dog can compete in the race. Only dog breeds accustomed to the cold, such as Alaskan Malamutes and huskies, are allowed to race. In 1980, musher John Suter entered with a team of European poodles; many of the dogs were dismissed at checkpoints along the way with frozen feet. In 1990, rules for accepted dog breeds were established.

Frigid temperatures aren’t the only threat to a dogsled team. Massive moose have been known to charge at racers. To ensure the health and well-being of the dogs, they are treated like all-star athletes and are accompanied by veterinarians. The last team to cross the finish line receives the Red Lantern Award, named after the lantern that remains lit until the final dog arrives.

A Tale of Two Names



Istanbul or Constantinople? The largest city in Turkey has struggled with its name for centuries. The Greek colonist Byzas founded the city as Byzantium around 700 BC. It was renamed Constantinople in AD 330,

when Roman emperor Constantine made it the capital of the Roman Empire. The name persisted until 1453, when the city was overtaken by the Ottoman Turks and renamed Istanbul. Yet most Turks, even in an official capacity, referred to the city as *Kostantiniyye*—which many still confused with Constantinople. It wasn’t until March 28, 1930, that the Turkish Postal Service decreed it would no longer send mail to any place addressed as Constantinople. It has been Istanbul ever since.

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most

spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March.

The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the “samurai class” joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan’s unofficial national flower.

The blossoming of the cherry trees also ushers in an entire season of hanami parties. Many rush to parks and reserve spots, relaxing under the blossoming trees with blankets. The most popular spot in the country for hanami is Tokyo’s Ueno Park, where there are more than 1,000 flowering cherry trees. Japan’s best hanami location may be the mountaintop town of Yoshino, where thousands of cherry trees burst into bloom and a veil of pink flowers resembling clouds slowly floats down the mountainside. The tiny lanes of this sleepy village become packed with visitors.

America’s most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.’s Tidal Basin to enjoy the cherry blossoms ever since.

Full-Court Frenzy

The “Road to the Final Four” begins Tuesday, March 18. Sixty-eight of the country’s best men’s college basketball teams will compete in a three-week tournament known as March Madness, or the Big Dance. With so many games to follow, it’s common for fans to watch several games at once across channels.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. The NBA draft takes place three months after the tournament, and a player’s performance during March Madness can impact their draft prospects. While the focus is on team play, standout individual performances still draw attention. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected—a “Cinderella” team overcoming the odds to deliver a victory.

Barbie Beyond the Box



On March 9, 1959, the Mattel toy company unveiled the first Barbie doll at the American Toy Fair. Ruth Handler, cofounder of Mattel, was inspired to create the doll after observing her daughter prefer paper dolls of adult women over baby dolls. Barbie became the first adult doll for kids—and the star of the first TV ad aimed at children. While Barbie has faced criticism for promoting gender stereotypes and unrealistic body proportions, the toy has generated over \$1.5 billion in sales.

In 2023, Barbie’s cultural impact reached new heights with the release of the *Barbie* movie, directed by Greta Gerwig. The film’s vibrant visuals, sharp humor, and exploration of identity captivated audiences worldwide, cementing Barbie’s status as both a toy and a cultural icon.