

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|---|
| <p>1</p> <p>9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> | <p>2</p> <p>9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p>Purim Begins</p> | <p>3</p> <p>9:00 Morning Musical, FL 9:30 Table Word Puzzles C 10:00 Exercise & Strength 1:00 Wii Bowling, C 1:30 Hand & Foot, FL 2:00 Afternoon Stroll, L 3:00 Music Lovers, C 5:30 Evening Movie, FL</p> | <p>4</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>5</p> <p>Medical Transportation 9:30 Table Word Puzzles C 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p> | <p>6</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Adult Coloring, C 2:00 Birthday Celebration With Carol Hendrickson, DR 5:30 Evening Movie, FL</p> | <p>7</p> <p>10:00 Morning Exercise, DR 2:00 Entertainment with Steve Ryals, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> |
| <p>8</p> <p>9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> <p>Daylight Saving Time Begins</p> | <p>9</p> <p>9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>10</p> <p>9:00 Morning Musical, FL 9:30 Table Word Puzzles C 10:00 Exercise & Strength 11:00 Food & Fashion Crossroads Mall, DR 1:30 Hand & Foot, FL 2:00 Afternoon Stroll, L 5:30 Evening Movie, FL</p> | <p>11</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Crafty Creations, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>12</p> <p>Medical Transportation 9:30 Table Word Puzzles C 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 1:30 Activity Talk, C 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p> | <p>13</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Applebee's, L 1:00 Afternoon Stroll, L 2:00 Entertainment with Jim & Beth, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>14</p> <p>10:00 Morning Exercise, DR 1:30 Sip ~ Paint With Areta, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> |
| <p>15</p> <p>9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> | <p>16</p> <p>9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>17</p> <p>9:00 Morning Musical, FL 9:30 Table Word Puzzles C 10:00 Exercise & Strength 2:00 Entertainment with Memphis Bells, DR 1:30 Hand & Foot, FL 2:00 Afternoon Stroll, L 3:00 Music Lovers, C 5:30 Evening Movie, FL</p> | <p>18</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>19</p> <p>Medical Transportation 9:30 Table Word Puzzles C 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 1:30 Food Committee With Josh, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:00 Evening Movie, FL</p> | <p>20</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Adult Coloring, C 2:00 Happy Hour with Jon Pressman, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p>Spring Begins</p> | <p>21</p> <p>10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> |
| <p>22</p> <p>9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> | <p>23</p> <p>9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>24</p> <p>9:00 Morning Musical, FL 9:30 Table Word Puzzles C 10:00 Exercise & Strength 1:00 Wii Bowling, C 1:30 Hand & Foot, FL 2:00 Afternoon Stroll, L 3:00 Music Lovers, C 5:30 Evening Movie, FL</p> | <p>25</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo Bash, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>26</p> <p>Medical Transportation 9:30 Table Word Puzzles C 10:00 Catholic Services, FL 1:00 Chef Demo With Josh, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p> | <p>27</p> <p>9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 11:00 Lunch Outing-Crab Season, L 1:00 Adult Coloring, C 2:00 Entertainment with Hank Blumenthal, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>28</p> <p>10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> |
| <p>29</p> <p>9:00 Morning Musical, C 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> <p>Palm Sunday</p> | <p>30</p> <p>9:00 Hot Mocha Social, C 9:30 Table Word Puzzles C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Resident Meeting-Come Share your Ideas, DR 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> | <p>31</p> <p>9:00 Morning Musical, FL 9:30 Table Word Puzzles C 10:00 Exercise & Strength 1:00 Wii Bowling, C 1:30 Hand & Foot, FL 2:00 Afternoon Stroll, L 3:00 Music Lovers, C 5:30 Evening Movie, FL</p> | | | | |

March 2026
THE MONTHLY GAZETTE

*"Spring is when you feel like whistling,
even with a shoe full of slush."*

—Doug Larson



Animal of the Month – Bottlenose Dolphin

Bottlenose dolphins are highly intelligent, social mammals that live in temperate and tropical waters worldwide. These super swimmers can be found in shallow coastal waters as well as deeper water in the Atlantic, Pacific, and Indian oceans. They use echolocation and herding techniques to hunt and gather prey, which includes a range of fish, squid, octopus, and crustaceans. These majestic creatures have gray, streamlined bodies that can grow to between six and 13 feet long and weigh between 330 and 1,430 pounds. Named for their short snouts, they can



swim up to 22 miles per hour and use a complex language of squeaks, whistles, and clicks to communicate. Research has also shown that they can recognize themselves in the mirror. Bottlenose dolphins live between 40 and 60 years. They sleep by resting one side of their brains at a time so that they can keep breathing while they slumber.

Special Days

World Wildlife Day
March 3

International Women's Day
March 8

St. Patrick's Day
March 17

**Spring Equinox
(Beginning of Spring)**
March 20

Palm Sunday
March 29

Doctors' Day
March 30

Flower – Daffodil



While we tend to think primarily of the vibrant yellow trumpeted flower, *daffodil* is actually the official common name for all members of the genus *Narcissus*, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.

Birthstone – Aquamarine



March's birthstone is aquamarine. These semiprecious stones are renowned for their striking pale-to-medium-blue color, which can also contain a hint of green. However, the clear blue ones fetch the highest prices. Found in Serbia, the United States, Myanmar, and Brazil, they get their name from the Latin *aqua marina*, meaning "seawater." They are associated with safe passage over water, eternal youth, purity, and protection. Ancient Egyptians put them in tombs to ensure a safe journey to the afterlife.



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

March 6th @ 2:00 PM Birthday Celebration with Carol Hendrickson

March 7th @ 2:00 PM Entertainment with Steve Ryals

March 10th @ 11:00 PM Let's do Lunch at Crossroads Mall

March 13th @ 11:00 AM Lunch Outing- Applebee's

March 13th @ 2:00 PM Happy Hour with Jim & Beth

March 14th @ 1:30 PM Sip ~ Paint with Areta

March 17th @ 2:00 PM Entertainment with Memphis Bells

March 19th @ 1:30 PM Food Committee with Josh

March 20th @ 2:00 PM Happy Hour with Jon Pressman

March 27th @ 11:00 PM Lunch Outing- Crab Season

March 27th @ 2:00 PM Entertainment with Hank Blumenthal

Enjoy Scenic Drives with Dianna every Monday