

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>9:00 Morning Musical Movie, LR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>2</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Who's The Genius with Barb, AR</b> 6:00 Evening Movie, LR</p>	<p><b>3</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>1:00 Northwest Geriatrics</b> <b>1:30 Scenic Drive, L**</b> 3:00 Sing Along, LR 6:00 Evening Movie, LR</p>	<p><b>4</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-Dollar Tree, L**</b> <b>2:00 Bingo Bash, DR</b> 6:00 Evening Movie, LR</p>	<p><b>5</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Northwest Geriatrics</b> <b>2:00 Strike Up The Band, LR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p><b>6</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:30 Round Table w/Jane, DR</b> 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Birthday Celebration with Sandra Walker, DR</b> 6:00 Evening Movie, LR</p> 	<p><b>7</b></p> <p>10:00 Morning Exercise, DR <b>1:00 Pet Visit with Anubi, LR</b> <b>2:00 Entertainment with Ron Herring, DR</b> 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>8</b></p> <p>9:00 Morning Musical Movie, LR <b>2:00 DOXA Church Group Activities, LR</b> 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p> <p><small>Daylight Saving Time Begins</small></p>	<p><b>9</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Music Lovers with Barb, LR</b> 6:00 Evening Movie, LR</p> <p><small>Purim Begins</small></p>	<p><b>10</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>12:30 Swing Dance North-Bellevue Senior Center, L**</b> <b>1:00 Northwest Geriatrics</b> 6:00 Evening Movie, LR</p>	<p><b>11</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-Wal-Mart L**</b> <b>2:00 Red Hat Club, DR</b> 6:00 Evening Movie, LR</p>	<p><b>12</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Northwest Geriatrics</b> <b>2:00 Centennial Celebration, DR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p><b>13</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Happy Hour with Gary Lee Hood, DR</b> 6:00 Evening Movie, LR</p>	<p><b>14</b></p> <p>10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>15</b></p> <p>9:00 Morning Musical Movie, LR <b>10:30 Sunday Worship Service, AR</b> 2:30 Leprechaun Races, PD 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>16</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 World Travel with Barb, AR</b> 6:00 Evening Movie, LR</p>	<p><b>17</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>1:00 Northwest Geriatrics</b> <b>2:00 St. Patrick's Party With Lenny, DR</b> 6:00 Evening Movie, LR</p> <p><small>St. Patrick's Day</small></p>	<p><b>18</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-Bartell's, L**</b> <b>2:00 St. Patty's Beer Tasting, DR</b> 6:00 Evening Movie, LR</p>	<p><b>19</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Northwest Geriatrics</b> <b>2:00 Strike Up The Band, LR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p> <p><small>Spring Begins</small></p>	<p><b>20</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Happy Hour with Jon Pressman, DR</b> 6:00 Evening Movie, LR</p>	<p><b>21</b></p> <p>10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>22</b></p> <p>9:00 Morning Musical Movie, LR <b>2:00 DOXA Church Group Activities, LR</b> 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>23</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Getting To Know You with Barb, LR</b> 6:00 Evening Movie, LR</p>	<p><b>24</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>11:00 Lunch Outing-Ricardo's, L**</b> <b>1:00 Northwest Geriatrics</b> <b>2:00 Presentation: Age Related Memory Loss, DR</b> 6:00 Evening Movie, LR</p>	<p><b>25</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-QFC, L**</b> <b>1:30 Cooking Demo with Chef John, DR</b> 3:00 Trivia Club, IC 6:00 Evening Movie, LR</p>	<p><b>26</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Foot Care: Dr. Gorey Sign up at Front Desk</b> <b>1:00 Northwest Geriatrics</b> <b>2:00 Strike Up The Band, LR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p><b>27</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Happy Hour with Hank Blumenthal, DR</b> 6:00 Evening Movie, LR</p>	<p><b>28</b></p> <p>10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>29</b></p> <p>9:00 Morning Musical Movie, LR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>30</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Life Issues with Barb, AR</b> 6:00 Evening Movie, LR</p>	<p><b>31</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>1:00 Northwest Geriatrics</b> 2:00 Brain Fitness Games, LR <b>3:00 Resident Meeting Come Share your Ideas, AR</b> 6:00 Evening Movie, LR</p>	 <p><b>March 2020</b> <b>Assisted Living</b></p>			



March 2020

# THE MONTHLY GAZETTE



*"March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling..."*

~ Lucy Maud Montgomery

## Tree of the Month – Maple

Maple is the common name for the 128 tree and shrub species of the Acer genus. These plants are native to Asia, Europe, Africa, and North America and can live from 100 to well over 400 years. Maples do best in sandy or clayey soil, and have brown or gray bark and dense and fibrous root systems that prevent the growth of any other vegetation beneath them.



Most varieties are deciduous with leaves that change from green to brilliant shades of red, orange, and yellow.

Maple trees are known for their lightly serrated leaves and unique opposite leaf arrangement. They produce small red, green, yellow, or orange flowers. Its seeds, called samaras (or whirlybirds), spin as they fall in the wind.

Sugar, black, and red maple trees are prized for their sap, which can be boiled down to make sweet maple syrup—and then enjoyed over pancakes.

### Special Days

**Daylight Saving Time Begins**  
March 8

**International Women's Day**  
March 8

**Purim Begins at Sunset**  
March 9

**St. Patrick's Day**  
March 17

**Spring Begins in the Northern Hemisphere**  
11:49 p.m. EDT  
March 19



## 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

Welcome:

Jinnie B      Mary I      John R

### Happy Birthday

**Paul P 3/12      Eileen C 3/13**  
**Roy N 3/13      Mary D 3/26**

3/06 @2:30 PM

3/06 @10:30 AM

3/07 @2:00 PM

3/10 @12:30 PM

3/11 @ 2:00 PM

3/12 @2:00 PM

3/13 @2:30 PM

3/17 @2:00 PM

3/18 @2:00 PM

3/20 @2:30 PM

3/24 @11:00 AM

3/24 @2:00 PM

3/25 @1:30 PM

3/27 @2:30 PM

Birthday Celebration with Sandra Walker

Round Table with Jane

Entertainment with Ron Herring

Swing Dance North-Bellevue Senior Center

Red Hat Club

Centennial Celebration

Happy Hour with Gary Lee Hood

St. Patrick's Party with Lenny

St. Patty's Beer Tasting

Happy Hour with Jon Pressman

Lunch Outing- Ricardo's

Presentation: Age Related Memory Loss

Cooking Demo with Chef John

Happy Hour with Hank Blumenthal