

Stuffed With Oreo Facts

With its white creme filling sandwiched between two chocolate wafers, the Oreo is the world's best-selling cookie. Indulge in these facts about the iconic treat:

- Oreos debuted in March 1912.
- A classic Oreo has a specific cookie-to-creme ratio: 71 percent crunchy cookie and 29 percent creamy filling.
- The Double Stuf variety actually has 1.86 times more creme filling than the original cookie.

- About 40 billion Oreos are produced worldwide each year. Lined up, they would circle Earth about five times.
- It takes 59 minutes to make one Oreo.
- Half of Oreo eaters say they pull apart the cookie before eating it or dunking it in milk.
- Dozens of flavors have been introduced in recent years, including s'mores, cherry cola, birthday cake and key lime pie.

On a Roll

There was a time when a pair of roller skates, a rink and some friends were the ingredients for countless hours of fun.

Shoes with wheels were around in the early 1700s, but the first recorded roller skate invention came from John Joseph Merlin in the 1760s. The eccentric inventor decided to debut his skates at a fancy ball in London but crashed upon entering.

Early skates were constructed with wheels attached in a straight line, and poor designs made turning and stopping nearly impossible. In 1863, James Plimpton revolutionized the pastime when he created the quad skate, which had two parallel pairs of wheels that could pivot, allowing a skater to easily make turns and maneuver. Roller-skating took off, and roller rinks were built to cater to the growing craze.

In the 1950s, roller rinks became social hubs for millions of people enjoying more leisure time in the thriving post-war economy. Roller-skating carhops delivered food at drive-in restaurants.

A roller revolution occurred during the disco music craze of the 1970s, and rinks played the latest dance beats. Inline skates, with a better design than earlier versions, rolled into action in the 1980s.

Pigs in Pop Culture

Intelligent, cute and pleasantly pink, pigs are beloved barnyard animals. Go hog wild with this roster of popular oinkers:

Porky Pig — Sporting a suit jacket and bow tie, this animated star with a sweet stutter and shy demeanor was created in 1935. Porky closes nearly every Looney Tunes cartoon with his signature line, "That's all, folks!"

Piglet — He's Winnie-the-Pooh's best friend in author A.A. Milne's classic series. Despite his small size and fearful personality, Piglet always musters the courage to help Pooh and the gang from the Hundred Acre Wood.

Miss Piggy — This diva hams it up on "The Muppet Show" stage, never missing an opportunity to showcase her beauty, vocal chops, karate skills and devoted affection for Kermit the Frog.

Wilbur — Since his debut in E.B. White's 1952 book "Charlotte's Web," Wilbur has captured the hearts of readers of all ages. Among his many fans is the spider Charlotte, whose plan to save Wilbur's bacon is the focus of the classic tale.

Babe — After he's won by a farmer at a county fair, this polite and clever piglet is adopted by a border collie and learns to herd sheep. Based on Dick King-Smith's 1983 tale, the 1995 movie "Babe" was a surprise hit and nominated for a best picture Oscar.

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MARCH 2019

The Bagpipe Tradition

Their distinctive sound is often heard at St. Patrick's Day parades, and they are often associated with the traditions of Ireland and Scotland, but bagpipes have played a part in many world cultures.

Most historians believe the wind instrument was developed thousands of years ago in the Middle East, with evidence of it in ancient Egyptian history, then the Greek and Roman empires. In the Middle Ages, bagpipes spread to the rest of Europe, where they provided music at outdoor gatherings. Immigrants brought bagpipes to America.

There are dozens of types of bagpipes, but most work in a similar manner. The piper blows air through a mouthpiece, and the air is pushed through a bag into several pipes. One pipe has finger holes used to play the melody, and other pipes produce a constant harmonizing tone.

The Scottish created the Great Highland bagpipe, the most familiar form of the instrument today. Its loud, high-pitched tone can be heard up to 10 miles away. It was used during wartime to lead troops into battle and relay messages.

Across the world, military forces and police and fire departments have adopted the tradition of including pipe bands in formal ceremonies.

The bagpipe is the national instrument of Scotland.

Aim to Be Wellderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal.

A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the wellderly.

A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.



MARCH 2019



Locations

- Activities Room, AR
- Activities Room Hallway, AH
- Court Yard, CY
- Dining Room, DR
- Game Room, GR
- Independent Living Activities Room, IA
- Independent Living Dining Room, IL
- Outing, O
- Patio, P
- Windsor Room, WR

Transportation Schedule

- Thursday, 11:10 a.m.
- Lunch Outings
- Thursday, 2 p.m.
- Trip: Scenic Ride
- Sunday, 2 p.m.
- Trip: Scenic Ride

“Despite the forecast,
live like it’s spring.”
— Lilly Pulitzer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>9:00 Sunday School, IA 3</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness & Moves, AR 4</div> <div>10:30 News and Views, AR</div> <div>11:00 March Word Games, AR</div> <div>2:00 Music w/James Curry and Mardi Gras Fun, IL</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>MARDI GRAS 5</div> <div>10:00 Physical Games (Golf), AR</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:00 Nature Plant Making, AR</div>	<div>ASH WEDNESDAY 6</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Women Singers, AR</div> <div>11:00 Hot Cocoa and Reminiscing, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Art Expression, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games (Golf), AR 7</div> <div>10:30 February Reminiscing, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:30 At the Movies (Women in History), AR</div>	<div>10:00 Jazzy Exercise, AR 1</div> <div>10:30 Book Club & Chat w/ Doughnuts, AR</div> <div>11:00 Art Expression (Spring Scene), AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:30 TGIF Social w/ Trivia, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>10:00 Coupons Picking, AR 2</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA 3</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness & Moves, AR 4</div> <div>10:30 News and Views, AR</div> <div>11:00 March Word Games, AR</div> <div>2:00 Music w/James Curry and Mardi Gras Fun, IL</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>MARDI GRAS 5</div> <div>10:00 Physical Games (Golf), AR</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:00 Nature Plant Making, AR</div>	<div>ASH WEDNESDAY 6</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Women Singers, AR</div> <div>11:00 Hot Cocoa and Reminiscing, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Art Expression, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games (Golf), AR 7</div> <div>10:30 February Reminiscing, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:30 At the Movies (Women in History), AR</div>	<div>10:00 Jazzy Exercise, AR 8</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Cupcake Ice Cream Social, AR</div> <div>6:00 Bingo w/Girl Scouts Troop, AR</div>	<div>10:00 Coupons Picking, AR 9</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>DAYLIGHT SAVING TIME BEGINS 10</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness & Moves, AR 11</div> <div>10:30 News and Views, AR</div> <div>11:00 March Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Hot Cocoa and Reminiscing, AR 12</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>3:30 Art Expression St. Patrick's, AR</div>	<div>10:00 Chair Exercise, AR 13</div> <div>11:00 Bible Books and Trivia, AR</div> <div>2:00 Bingo Bucks, AR</div> <div>3:15 Nature Crafts, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Inside Walking, AH 14</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:30 At the Movies (Women in History), AR</div>	<div>10:00 Jazzy Exercise, AR 15</div> <div>10:30 Book Club & Chat w/ Doughnuts, AR</div> <div>11:00 Guinness World Record Day, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:15 Pre St. Patrick's Day Social, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>10:00 Coupons Picking, AR 16</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>ST. PATRICK'S DAY 17</div> <div>9:00 Sunday School, IA</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness & Moves, AR 18</div> <div>10:30 News and Views, AR</div> <div>11:00 March Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Physical Games (Golf), AR 19</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>2:00 Spring Time Talk, AR</div> <div>3:00 Women in the Movies, AR</div>	<div>SPRING BEGINS 20</div> <div>10:00 Chair Exercise, AR</div> <div>10:30 Women in History Trivia</div> <div>11:00 Art Expression (Winter Scene), AR</div> <div>2:00 Bingo Bucks, AR</div> <div>4:00 Table Games and Puzzles, AR</div> <div>6:30 Irish Dancers, IA</div>	<div>10:00 Physical Games (Golf), AR 21</div> <div>10:30 Nature Video, AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>3:30 At the Movies (Women in History), AR</div> <div>6:30 Clan Mc Cool Irish Band, IL</div>	<div>10:00 Jazzy Exercise, AR 22</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>11:00 Tea Time (Green Tea), AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>10:00 Coupons Picking, AR 23</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA 24</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>10:00 Fitness & Moves, AR 25</div> <div>10:30 News and Views, AR</div> <div>11:00 March Word Games, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Resident Council Meeting, AR 26</div> <div>10:30 Second Chance Name 10, AR</div> <div>11:00 Health Talk, AR</div> <div>1:30 Nail Care (Satin Hands), AR</div> <div>2:00 Birthday Party of the Month Marvin Randall, IA</div>	<div>10:00 Chair Exercise, AR 27</div> <div>10:30 Tea Time and Coffee, AR</div> <div>11:00 Bible Books and Trivia, AR</div> <div>2:00 Singing w/Bonnie and Friends</div> <div>3:15 Nature Crafts, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10:00 Inside Walking, AH 28</div> <div>10:30 Physical Games (Ring Toss), AR</div> <div>11:15 Trip: Lunch Outing, O</div> <div>1:30 Trip: Scenic Ride, O</div> <div>3:30 At the Movies (Women in History), AR</div>	<div>10:00 Jazzy Exercise, AR 29</div> <div>10:30 Book Club & Chat w/Doughnuts, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>6:00 Friday at the Movies, AR</div>	<div>10:00 Coupons Picking, AR 30</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 At the Movies w/ Snacks, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>9:00 Sunday School, IA 31</div> <div>9:30 Bible Scripture Reading, AR</div> <div>10:30 Gospel Sounds, AR</div> <div>2:00 Sunday Scenic Ride, O</div> <div>6:45 Individual Art for the Heart, AR</div>	