

Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.

Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.

Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 40 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as "My friends," and at the end of every broadcast, "The Star-Spangled Banner" was played.

Roosevelt gave some 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.



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MARCH 2020

Global Ways To Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

Hygge: This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create hygge in your daily routine.

Lagom: Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing lagom.

Wabi-sabi: The ancient Japanese concept of wabi-sabi celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws.

Gezellig: At the heart of Dutch culture, gezellig can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered gezellig — even something unpleasant, such as waiting in a long line — if you're with a friend.

Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

Stay hydrated — Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet — Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure — High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise — Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications — When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar — Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.

ASSISTED LIVING

MARCH 2020

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

Country Store

Monday—Saturday
11 a.m.-Noon

“Great art picks up
where nature ends.”
—Marc Chagall

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</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 Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>2</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 Women in History Trivia, AR</div> <div>11:00 Juice Break and Daily Word, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:15 Peanut Butter Lovers’ Day (Snack), AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>3</div> <div>10:00 Health Talk Facts, AR</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 Physical Games (Ring Toss)</div> <div>2:30 Women in History Movie: “Hidden Figures,” AR</div> <div>6:00 Abundant Life Tabernacle Church, AR</div>	<div>4</div> <div>10:00 Fitness & Fun, AR</div> <div>10:30 Hug a Gi, DR</div> <div>11:00 News and Views, AR</div> <div>1:30 Bingo Bucks, AR</div> <div>3:15 Outside w/ Nature, CY</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>5</div> <div>10:00 Adult coloring Art & Craft, AR</div> <div>11:15 Trip: Lunch Outing, AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:15 Women in History Movie, AR</div> <div>3:15 Ladies’ Card Games, AR</div>	<div>6</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:15 Cookies and Punch, AR</div> <div>6:00 Friday at the Movie, AR</div>	<div>7</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>8</div> <div>DAYLIGHT SAVING TIME BEGINS</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 Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>9</div> <div>10:00 Fitness & Moves, AR</div> <div>11:00 Baking Hour, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:30 Nature Video (Birds), AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>10</div> <div>10:00 Health Talk Facts, AR</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 Balloon Volleyball, AR</div> <div>2:30 Women in History Musical, AR</div> <div>3:00 Popcorn & Sodas Snack, AR</div>	<div>11</div> <div>10:00 Fitness & Fun, AR</div> <div>10:30 Daily Word Reading, AR</div> <div>11:00 News and Views, AR</div> <div>1:30 Bingo Bucks, AR</div> <div>3:00 Johnny Appleseed Day Tasting, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>12</div> <div>10:00 Making Cookings w/Cocoa, AR</div> <div>10:30 Physical Game: Horse Racing, AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Nature Artwork Painting, AR</div> <div>2:15 Women in History Movie, AR</div> <div>4:30 Special Event: Manhattar Tea Music w/Skip, DR</div>	<div>13</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>2:00 Valentine’s Social and King and Queen, AR</div>	<div>14</div> <div>10:00 Coupons Picking, AR</div> <div>10:30 Men’s Group Cowboy Shows, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>15</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 Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>16</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 Irish American Heritage Week Music, AR</div> <div>11:00 Bible Trivia and Spiritual Reading, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Giant Panda Bear Day (Nature Video on Pandas), AR</div> <div>3:15 Snack Time Social Nachos, AR</div>	<div>17</div> <div>ST. PATRICK’S DAY</div> <div>10:00 Health Talk Facts, AR</div> <div>10:30 Second Chance and Name 10, AR</div> <div>10:45 St. Patrick’s Day Parade & Reception</div> <div>1:30 Trip: Scenic Ride</div> <div>3:15 St. Patrick’s Day Music, AR</div>	<div>18</div> <div>10:00 Fitness & Fun, AR</div> <div>11:00 Men’s Groups, AR</div> <div>11:00 News and Views, AR</div> <div>1:30 Bingo Bucks, AR</div> <div>3:15 Outside w/ Nature, CY</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>19</div> <div>FIRST DAY OF SPRING</div> <div>10:00 Connect Four & Jenga, AR</div> <div>11:15 Trip: Lunch Outing, AR</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Yoga w/Tina, AR</div> <div>3:00 Pot Planting, AR</div> <div>3:15 Ladies’ Card Games, AR</div>	<div>20</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:00 Happy Hour, AR</div>	<div>21</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>22</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 Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>23</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 Puppy Day (Youtube Video), AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Card Games: Blackjack (Men’s Group), WR</div> <div>3:00 Chips and Sodas, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>24</div> <div>10:00 Coffee & Tea Time Talk, AR</div> <div>10:00 Health Talk Facts, AR</div> <div>10:30 Second Chance and Name 10, AR</div> <div>12:30 Residents’ Council Meeting, AR</div> <div>3:00 Women in History Musical, AR</div>	<div>25</div> <div>10:00 Fitness & Fun, AR</div> <div>11:00 News and Views, AR</div> <div>1:30 Bingo Bucks, AR</div> <div>2:00 Musical Singalong w/Bonnie and Friends, AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>26</div> <div>11:15 Lunch Outing: Hot Dog King, AH</div> <div>1:30 Trip: Scenic Ride, O</div> <div>2:00 Nature Artwork Painting, AR</div> <div>2:15 Women in History Movie, AR</div> <div>3:15 Ladies’ Card Games, AR</div>	<div>27</div> <div>10:00 Jazzy Exercise, AR</div> <div>10:30 Book Club & Chat, AR</div> <div>11:15 Men’s Groups, AR</div> <div>1:30 Friday Bingo, AR</div> <div>3:15 TGIF Happy Hour Social, AR</div>	<div>28</div> <div>10:00 Coupons Picking, AR</div> <div>11:00 Individual Adult Coloring</div> <div>2:00 Trip: Scenic Ride, AR</div> <div>3:00 Table Games Checkers/Board Game, AR</div>
<div>29</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 Matinee, AR</div> <div>6:45 Individual Art for the Heart, AR</div>	<div>30</div> <div>10:00 Fitness & Moves, AR</div> <div>10:30 Bible Trivia and Spiritual Reading, AR</div> <div>2:00 Bingo w/Prizes, AR</div> <div>3:00 Art Expression (Spring Scene), AR</div> <div>4:00 Table Games and Puzzles, AR</div>	<div>31</div> <div>10:00 Health Talk Facts, AR</div> <div>10:30 Second Chance and Name 10, AR</div> <div>11:00 Women in History Trivia, AR</div> <div>1:30 Birthday Celebration w/Roberta, IL</div> <div>3:00 Nail Care: Satin Hands, AR</div>				