



• NOTE •
All Activities are subject to change.
Changes will be posted.
All Activities are held in the Activity room.

Activity Director: Maria Isabel Zarzuela • Activity Assistant: Sona Paltadzayan

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Check out the 2011 Survey Results! Posted by the Public Phone outside front office.</p> <p>.....</p> <p>Attend Residents' Council Meetings. Know Your Rights & Win the Raffle</p>	<p>HAPPY MARCH BIRTHDAYS!</p>	<p>Birthstone: AQUAMARINE</p> <p>Flower: JONQUIL</p>	<p>RESIDENT'S COUNCIL MEETING 1</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yerzley 11:30 Sr. Fitness 1:30 Bingo Social 2:00 Resident's Council Meeting with refreshments Room Visits 8:00 a.m.</p>	<p>2</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p>	<p>3</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	
<p>9:00 Church Service w/ Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	<p>5</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Senior Fitness/Wii Games 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p>	<p>6</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/ Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Movie w/ Popcorn 2:30 Snack Time 3:00 Scrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>7</p> <p>COOK N' EAT</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 Cooking Time 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p>	<p>8</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yerzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>9</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p>	<p>10</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>
<p>DAYLIGHT SAVINGS BEGINS</p> <p>9:00 Church Service w/Praise songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour (SET YOUR CLOCK AHEAD ONE HOUR)</p> <p>Room Visits 8:00 a.m.</p>	<p>12</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Senior Fitness/Wii Games 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p>	<p>13</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Movie w/ Popcorn 2:30 Snack Time 3:00 Scrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>14</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p>	<p>15</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yerzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>16</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p>	<p>Saint Patrick's Day 17</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>
<p>9:00 Church Service w/Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	<p>19</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Senior Fitness/Wii Games 12:00 Iranian Cuisine 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p>	<p>First Day of Spring/Church Service Iranian New Year 20</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Church Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 12:00 Iranian Cuisine 1:30 Movie w/ Popcorn 2:30 Snack Time 3:00 Scrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>21</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p>	<p>22</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yerzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>23</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p>	<p>24</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>
<p>9:00 Church Service w/Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>	<p>RESIDENTS' BIRTHDAY PARTY with ENTERTAINMENT 26</p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 10:30 Party Time 1:30 Bingo Social 2:30 Ice Cream Social 3:00 Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p>	<p>27</p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing & Dance 1:30 Movie w/ Popcorn 2:30 Snack Time 3:00 Scrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>28</p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Manicure & Grooming</p> <p>Room Visits 8:00 a.m.</p>	<p>29</p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 10:30 Group Conversation with Dr. Linda Yerzley 11:30 Sr. Fitness 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p>	<p>30</p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:20 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p>	<p>31</p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time & Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p>



Customs & Traditions

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn, and he almost didn't get the job of bishop of Ireland because he lacked the required scholarship.

Far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God.

He escaped from slavery after six years and went to Gaul where he studied in the monastery under St. Germain, bishop of Auxerre for a period of twelve years. During his training he became aware that his calling was to convert the pagans to Christianity.

His wishes were to return to Ireland, to convert the native pagans to Christianity. But his superiors instead appointed St. Palladius. But two years later, Palladius transferred to Scotland. Patrick, having adopted that Christian name earlier, was then appointed as second bishop to Ireland.

Patrick was quite successful at winning converts. And this fact upset the Celtic Druids. Patrick was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion of the Irish country to Christianity.

His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.

Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated.

Some of this lore includes the belief that Patrick raised people from the dead. He also is said to have given a sermon from a hilltop that drove all the snakes from Ireland. Of course, no snakes were ever native to Ireland, and some people think this is a metaphor for the conversion of the pagans. Though originally a Catholic holy day, St. Patrick's Day has evolved into more of a secular holiday.

One traditional icon of the day is the shamrock. And this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.

The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston.



MARCH 2012

MARCH ACTIVITIES AT A GLANCE

Mondays, Tuesdays, Wednesdays and Fridays at 10:00 AM to 11:00 AM, join us in watching "The Price is Right"!

- **RESIDENT'S COUNCIL MEETING** - Will be held on Thursday, March 1st at 2:00 p.m. in the Activity room. Know your rights, make your concerns, problems and suggestions known and win the raffle.
- **CHURCH SERVICE** - Held every Sunday in the Activity room and starts at 9:00 a.m.
- **SENIOR FITNESS** - Come on everybody! Let's exercise every Sunday, Monday, Tuesday, Friday & Saturday at 11:00 a.m. in the Activity room.
- **BINGO SOCIAL** - Come on all Bingo lovers! Let's play bingo every Sunday, Monday, Wednesday, Thursday, and Saturday at 1:30 p.m. in the Activity room.
- **HOLY FAMILY CHURCH SERVICE** There will be church service every 3rd Tuesday of the month. This month will be on March 20th, 2012.
- **RESIDENT'S BIRTHDAY PARTY** - It's party time! We're throwing a party plus entertainment for all our birthday celebrants this month and it will be on March 26th at 10:30 a.m. in the activity room.
- **MOVIE WITH POPCORN** - Every Friday at 1:20 p.m. in the activity room, we'll be showing a movie with popcorn and juice.
- **ADULT EDUCATION** - The activity staff will feature shows which include History, Biography of famous people, National Geographic and Concert of famous celebrities. Everybody is welcome to attend.
- **Wii GAMES** - Hello Everyone! Come, play and enjoy your favorite sports with Wii Games like tennis, bowling, boxing and more in the Activity room every Monday.
- **ICE CREAM SOCIAL** - Every Monday at 2:30 p.m. after Bingo Social, we will serve ice cream.
- **GROUP CONVERSATION** - Every Thursday in the Activity room, there is a Group Conversation at 10:30 a.m. headed by Dr. Linda Yertzley a Clinical Psychologist that process feelings and emotions. Everybody is welcome to attend.
- **COOK N' EAT** - Everyone is invited and help us cook your favorite dish in the activity room on March 7th and will start at 10:00 a.m.
- **IRANIAN CUISINE** - We are all going to have Iranian Cuisine in the activity room at 12:00 noon on March 20th for the celebration of the Iranian New Year.