

Observances

St. Patricks Day



3/09 Eve Kommel

3/12 Mary Hegerich

3/14 Tom Mulford

3/22 Frank Seleno



Medicine & Medication Management

Older adults often take multiple medications, vitamins, and supplements to treat different symptoms and health conditions, and this can increase their risk of medication mix-ups. In some cases, these simple mix-ups can become dangerous and even fatal. This month we will be focusing on the importance of putting safe practices in place to make you and your loved feel more at ease when taking daily supplements. Join us and our speaker to hear more!



Women's History Month!

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history. Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the

Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.



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 161 Kercheval Avenue
 Grosse Pointe Farms, MI
 48236

Meet our friendly staff!

(313) 228-4090

Executive Director
 Jill Lajoie

Community Relations Director
 Christine Eugenio

Life Enrichment Director
 Courtney Kutchen

Housekeeping Supervisor
 Donna Joiner

Maintenance Director
 Will Lockett

Culinary Director
 Brian Jones



America The Beautiful - The South

This month's America the Beautiful will be dedicated to exploring 5 southern states we all know and love! We'll be tapping our toes and drumming along to some Bluegrass music straight from Kentucky and learning all about our hunk of burning love and exploring his Graceland home in Tennessee! We'll stroll into a cave of knowledge discovering Arkansas' active diamond mining, talk about the sweet peaches of Georgia and the breathtaking mountain scenery West Virginia has to offer! Strap in and join us for our road trip presentation to learn more!



Themed Events

Cooking Demo
 Wednesday, March 1st at 1PM

Travel Documentary: Tennessee Whiskey
 Tuesday, March 7th at 2PM

Kentucky Bluegrass Porch Party
 Friday, March 10th at 2PM

The South Roadtrip Presentation
 Monday, March 13th at 2PM

St. Patrick's Day Party
 Friday, March 17th at 3:30PM

Graceland Gala Lunch
 Tuesday, March 21st at 12PM

The South Travel Trivia
 Wednesday, March 29th at 3:30PM



NATIONAL DAYS

March 1st	Peanut Butter Lovers	March 25th	Medal of Honor Day
March 8th	Women's Day	March 29th	Vietnam War Veterans Day
March 12th	Daylight Saving Time		
March 14th	K9 Veterans Day		
March 20th	First Day of Spring		

Happy St. Patty's Day!

The clover continues to be an Irish symbol of pride, and it is believed that wearing or decorating with clovers for St. Patrick's Day is a symbol of good fortune. Another "lucky" tradition involving those pretty little clovers, according to Good Food Ireland, involves doing something called "drowning the shamrock." What are your traditions that bring you good luck?



Location Key

3AC 3rd Floor Cafe	OUT Outing
2AR 2nd Floor Activity Room	MCTH Memory Care Theater
3AR 3rd FL Activity Room	FD Front Desk
PAR 2nd Floor Parlor	3TH 3rd Floor Theater
2TH 2nd Floor Theater	2AC 2nd Floor Cafe
3LG 3rd Floor Lounge	
FIT Fitness Room	



1		2		3		4					
10:00	Coffee w/ Donna	3AC	10:30	Singing Group with Dan	2AR	10:00	Knitting Class with Barb	3LG	10:00	Coffee & Chronicle	2AR
10:00	Coffee & Chronicle	2AR	11:00	Brain Games	3AR	10:00	Friday Fitness w/Tammy	FIT	11:00	Today in History	3AR
10:45	Chair Yoga with Jessica	2AR	1:00	Art and Design (AL)	2AR	10:30	XL Crossword	2AR	1:30	Yoga w/ Megan! 2nd Flr	FIT
11:00	Today in History	3AR	1:00	Uno!	3AC	11:00	Morning Exercise (3rd)	3AR	2:30	BINGO	PAR
11:15	Word in a Word	PAR	2:00	St Paul's Mass - Conf.	2TH	11:30	Brain games	3AR	3:30	Dominos	3AC
11:30	Chair Yoga w/ Jessica Upstairs	3AR	2:30	St. Paul's Mass - Service	PAR	11:30	LUNCH OUTING	OUT	4:00	Bananagrams	FD
1:00	Sit and Chat w/ Brian		3:30	Sunset BINGO	PAR	1:30	Paint by Number/Open Art	2AR	6:00	Movie & Popcorn 2nd Floor	2TH
2:00	Flower Arranging	2AR				2:30	Kentucky Trivia	PAR	6:15	Movie & Popcorn 3rd Floor	3TH
2:30	Flower Arranging	3AR				3:00	Happy Hour w/ Lukas Stachurski!	PAR			

5		6		7		8		9		10		11		
9:30	Walk With Me		10:15	Communion	PAR	10:00	Morning Exercise w/Lori	FIT	10:00	Total Brain Health	2AR	10:30	Singing Group with Dan	2AR
10:30	Coffee & Chronicle	2AC	11:00	Coffee & Chronicle	PAR	10:30	Jeopardy!	PAR	10:00	Coffee w/ Donna	2AC	11:00	Brain Games	3AR
11:30	Table Hockey	3AR	11:30	Total Brain Health FLEX	3AC	11:00	Morning Exercise (3rd)	3AR	10:45	Chair Yoga with Jessica	2AR	11:00	Scrabble	2AC
1:30	Sunday Funday Social	PAR	1:00	Grocery Store Outing	OUT	11:30	Jeopardy!	3AR	11:15	XL Crossword	PAR	1:00	Art & Design (IL)	2AR
2:30	Dealer's Choice Table Games	2AC	1:00	Monday Movin' with Tammy	FIT	1:00	Artists Chair - Open Art	2AR	11:30	Chair Yoga w/ Jessica Upstairs	3AR	1:00	Uno!	3AC
2:30	Yahtzee	3AR	1:00	Word in a Word	3AR	2:00	Travel Documentary - Tennessee Whiskey	2TH	1:30	Flower Arranging	2AR	2:00	Cornhole Club	PAR
3:30	Sketch Practice	2AC	2:30	Welcome Committee	2AC	3:30	UNO	2AR	3:30	Irish BINGO	PAR	1:00	Paint by Number/Open Art	2AR
4:00	Puzzles	FD	3:30	LUCKY BINGO	PAR	4:00	Finish the Lyrics	MCTH	2:00	Sunshine Gardener-Flower Arranging	3AR	2:00	Kentucky Bluegrass Porch Party w/ Chuck Sharp	PAR
			6:30	Share Your Story	PAR	6:00	Trivia with Michele	2AR	2:00	Boggle	2AC	6:15	Movie & Popcorn	MCTH

12		13		14		15		16		17		18		
9:30	Walk With Me		10:15	Communion	PAR	10:00	Morning Exercise w/Lori	FIT	10:00	Brain Games	PAR	10:30	Morning Exercise	FIT
10:30	Coffee & Chronicle	2AC	11:00	Coffee & Chronicle	PAR	10:30	Jeopardy!	PAR	10:45	Chair Yoga with Jessica	2AR	11:00	Brain Games	3AR
11:30	Table Hockey	3AR	11:30	Brain Games	3AC	11:00	Morning Exercise (3rd)	3AR	11:30	Chair Yoga w/ Jessica Upstairs	3AR	11:00	Tea & Talk w/ Christine	PAR
1:30	Sunday Funday Social	PAR	1:00	Grocery Store Outing	OUT	11:30	Jeopardy!	3AR	1:30	Flower Arranging	2AR	1:00	Art and Design (AL)	2AR
2:30	Dealer's Choice Card Games	2AC	1:00	Monday Movin'!	FIT	1:00	Blood Pressure w/ Johanna	PAR	2:00	AL Town Hall	3TH	1:00	Sequence	PAR
3:30	Music w/ Kevin Wills!	PAR	1:00	Crossword Puzzle	3AR	1:00	Riddled with Riddles	3AR	2:00	IL Town Hall	2TH	2:00	Let's Learn Italian!	PAR
4:00	Puzzles & Games	FD	2:00	The South - Road Trip Presentation	2TH	2:00	Bridge	2AC	2:30	Sunshine Gardener-Flower Arrange	3AR	3:30	Sunset BINGO	PAR
			3:30	LUCKY BINGO	PAR	4:00	Finish the Lyrics	MCTH	3:30	Happy Hour w/ Billy Dixon	PAR	2:00	St. Patty's Day Trivia	PAR
			6:30	Songbook Singalong w/	PAR	4:00	Daily Chronicle	PAR				3:30	St. Patty's Day Happy Hour!	PAR
						6:00	Trivia with Michele	2AR				6:15	Movie & Popcorn	MCTH

19		20		21		22		23		24		25		
9:30	Walk With Me		10:15	Communion	PAR	10:00	Morning Exercise	FIT	10:00	Coffee & Chronicle	2AR	10:30	Singing Group with Dan	2AR
10:30	Coffee & Chronicle	2AC	11:00	Coffee & Chronicle	PAR	10:30	Jeopardy!	PAR	10:45	Chair Yoga with Jessica	2AR	11:00	Brain Games	3AR
11:30	Table Hockey	3AR	11:30	Total Brain Health FLEX	3AC	11:00	Morning Exercise (3rd)	3AR	10:45	Brain Games	3AR	1:00	Assisted Living Food Meeting	3DR
1:30	Sunday Funday Social	PAR	1:00	Grocery Store Outing	OUT	11:30	Jeopardy!	3AR	11:30	Chair Yoga w/ Jessica Upstairs	3AR	1:00	Art & Design (IL)	2AR
3:00	Sketch Practice	2AC	1:00	Monday Movin' with Tammy	FIT	12:00	Graceland Gala Lunch!	DR	1:30	Flower Arranging	2AR	1:00	Scrabble	3AC
3:00	Uno!	3AR	1:00	Word Games	3AR	1:30	Elvis Trivia	PAR	3:00	OUT TO THE MOVIES!	OUT	1:30	Independent Living Food Meeting	2DR
4:00	Dealer's Choice Card Games	2AC	2:00	Table Games	2AR	3:30	UNO	2AR	6:30	Cooking w/ Michele	2AR	2:30	Word Jumble	PAR
			3:30	LUCKY BINGO	PAR	4:00	Finish the Lyrics	MCTH				3:30	Sunset BINGO	PAR
			6:30	Share Your Story	PAR	6:00	Trivia with Michele	2AR				6:15	Movie & Popcorn	MCTH

26		27		28		29		30		31				
9:30	Walk With Me		10:15	Communion	PAR	10:00	Morning Exercise	FIT	10:00	Coffee & Chronicle	PAR	10:30	Singing Group with Dan	2AR
10:30	Coffee & Chronicle	2AC	11:00	Coffee & Chronicle	PAR	10:30	Jeopardy!	PAR	10:45	Chair Yoga with Jessica	2AR	11:00	Brain Games	3AR
11:30	Table Hockey	3AR	11:30	Total Brain Health FLEX	3AC	11:00	Morning Exercise (3rd)	3AR	10:45	Brain Games	PAR	1:00	Art and Design (AL)	2AR
1:30	Sunday Funday Social	PAR	1:00	Grocery Store Outing	OUT	11:30	Jeopardy!	3AR	11:30	Chair Yoga w/ Jessica Upstairs	3AR	1:00	Uno!	3AC
2:30	Word Games	3AR	1:00	Monday Movin' with Tammy	FIT	1:00	Blood Pressures w/ Johanna	PAR	1:30	Flower Arranging	2AR	2:00	25 Words or less	PAR
3:00	Dealer's Choice Card Games	2AC	1:00	Crossword Puzzle	3AR	1:30	Toss and Talk	3AR	2:00	Crossword Puzzle	3AR	2:00	Crossword Puzzle	3AR
4:00	Puzzled w/ Puzzles	2AC	2:00	Table Games	2AR	2:00	Bridge	2AC	3:00	Travel Trivia - The South	PAR	3:30	Sunset BINGO	PAR
			3:30	LUCKY BINGO	PAR	4:00	Finish the Lyrics	MCTH	2:30	Sunshine Gardeners	3AR			
			6:30	Songbook Singalong w/ Michelle	PAR	4:00	Daily Chronicle	2AC	3:30	Travel Trivia - The South	PAR	10:00	Knitting Class with Barb	3LG
						6:00	Trivia with Michele	2AR	3:30	Travel Trivia - The South	3AR	10:00	Friday Fitness w/Tammy	FIT
												10:30	XL Crossword	2AR
												11:00	Morning Exercise (3rd)	3AR
												11:30	Brain games	3AR
												1:00	Paint by Number/Open Art	2AR
												2:00	Georgia Trivia	PAR
												3:30	Happy Hour w/ Joe Armijo!	PL
												6:15	Movie & Popcorn	MCTH

