

Desk of the Executive Director

(continued from page 1)

it has now become a holiday involving egg hunting, candy, and the Easter bunny...which comes full circle to my first lines about Spring and rejuvenation; The bunny and eggs were originally pagan symbols of spring and rebirth and eventually were merged with other traditions to create the perfect Hallmark Holiday! So, enjoy your peeps and Cadbury eggs as we celebrate the sunset of Winter and the birth of Spring!

Jason Cairns

Professor Matt Dickinson, Political Science



Matthew Dickinson previously taught at Harvard University, where he received his Ph.D., and was a Fellow in the Governmental Studies Program at the Brookings Institution. His current book, *The President and the White House Staff: People, Positions and Processes, 1945-2016*, examines the growth of presidential staff in the post-World War II era.

Exploring Vermont - Local Treasures



- 3/1 - Downtown Middlebury
- 3/8 - Dakin Farms Sugar house
- 3/15 - Middlebury Natural Foods Co-Op
- 3/22 - Maple Cafe, Kennedy Brothers
- 3/27 - Dinner Club @ Tourterelle Restaurant
- 3/29 - Hinesburg Artisan Shops

THE RESIDENCE at Otter Creek

Jason Cairns, Executive Director

The month of March seems to be the opposite of October, which signals Fall has arrived as nature and all its resplendent beauty degrades and falls to the ground and bides its time for Spring. March is when hope springs eternal...a time for fresh starts, renewal, and overall rejuvenation. It is time to shake off the blues of winter and welcome the warmer weather, longer days, and blossoming nature that that is coming back to life! March is a month that brings with it optimism, growth, and new prospects.

As we recently celebrated the shortest day of each year, we get the gift of time in March as days seemingly are longer. I mentioned in February's Newsletter that we were waiting on the most famous groundhog East of the Mississippi, Punxsutawney Phil, to let us know if Winter was going to be short this year...and he did not fail us! On Sunday, March 10th, we skip those clocks forward, but fear not, as even though we lose an hour, we gain longer days with more sunshine and warmth of the sun!

Soon the Ides of March are upon us as we recognize Julius Caesar's assassination in 44 BC. The incident was a watershed moment in Roman History and the saying "Beware the Ides of March" is frequently used to warn of impending peril or disaster...which is quite prescient as the lavish and sometimes disorderly celebration of St. Patrick follows in short order.

St. Patrick's Day, on March 17th, is a cultural and religious holiday commemorating St. Patrick, Ireland's patron saint. St. Patrick is credited with introducing Christianity to Ireland and is associated with several tales and customs...ironically few of them were related to drunken leprechauns. St. Patrick's Day has become a popular celebration in many nations across the world, particularly here in the US, where people dress in green, go to parades, and eat and drink (mostly drink). I can say these things because I am indeed Irish!

We finish the incredibly diverse month on Easter Sunday...also commonly known as the moveable feast as it is the only Holiday that changes date each year! Originally observed by Christians to celebrate the resurrection of Jesus,

(continued on page 4)

THE RESIDENCE AT OTTER CREEK *Associates*

Jason Cairns

Executive Director

Tracy Van Hoven

Sales & Marketing Director

Kristen LaFlam

Business Office Director

Paula Pelkey

Resident Care Director

Jeff Trump

Restaurant Director

Courtney Allenson

Resident Engagement Director

Corrina Demore

Reflections Director

Chris Roy

Maintenance Director



| MARCH | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|--|--|--|--|---|--|
| 31 | Easter Sunday 9:30 St. Mary's Church 9:30 Congregational Church 10:00 Congregational - Virtual 10:00 St. Stephen's Church 10:30 St. Stephen's - Virtual 1:00 Walking Club 2:00 Sunday Music Series: Tom & Scott 3:30 Billiards |  | |  | | 1 10:00 Weekly Puzzle Pack 10:00 Residents' Bone Builders 11:00 OTAGO Balance Class 1:00 Cribbage - All Levels 1:00 Downtown Middlebury 2:00 Billiards 3:00 Matt Dickinson, Poli Sci 4:00 Happy Hour 7:00 La Vie En Rose (2007) | 2 10:00 Barre Dance Exercise 11:00 Mimosas & Jazz 1:00 Inside Bill's Brain 1:15 Scattergories 2:00 Rummikub 2:30 Reflections Cardio Drum 3:00 The Billion Dollar Code 6:45 Voices 8, MIDD 7:00 Till |
| 3 | 9:30 St. Mary's Church 9:30 Congregational Church 10:00 Congregational - Virtual 10:00 St. Stephen's Church 10:30 St. Stephen's - Virtual 1:00 Walking Club 1:15 Vanya, Sonia, Mash & Spike, THT 2:00 Sunday Music Series: Dan Levine | 4 Town Meeting Day 10:00 Bone Builders 10:00 Parkinson's Support Group 11:00 Activity Planning Mtg 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 2:00 Seated Tai Chi 2:00 Intro to Poker 2:30 Bob Recupero 3:00 Board Games 3:00 Instructed Bridge | 5 Primary Election 10:00 Resistance Band Exercise 10:00 Cardio Drumming 10:00 Tech & More W/ Kelsey 11:00 OTAGO Balance Class 12:00 Aqua Aerobics 1:00 Hand Massage 2:00 Meeting w/Jason & Co. 4:00 Guided Meditation 7:00 Verdi, La Traviata | 6 10:00 Bone Builders 10:00 GAW: The Danish Collector 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 1:00 Court Case Discussions 2:00 Seated Tai Chi 2:00 Knitting Stitching & More 3:00 NYer Discussion Group 3:30 Happy Hour 7:00 Maestro | 7 10:00 Resistance Band Exercise 11:00 OTAGO Balance Class 11:00 Learn to Play Mahjong 12:00 Aqua Aerobics 1:00 Hand Massage 1:30 St. Patrick's Day Paint & Sip 3:00 Wine & Chocolate BINGO 7:00 Unknown: The Lost Pyramid | 8 10:00 Weekly Puzzle Pack 10:00 Residents' Bone Builders 11:00 OTAGO Balance Class 1:00 Cribbage - All Levels 1:00 Dakin Farm Sugarhouse 2:00 Billiards 3:00 Sing W/ Jack & Jeanette 4:00 Happy Hour 7:00 The Great Seduction | 9 10:00 Barre Dance Exercise 10:45 Barbie 11:00 Mimosas 11:15 MET Opera: La Forza Del Desitino, THT 1:15 Scattergories 2:00 Rummikub 2:00 Oppenheimer 2:30 Reflections Cardio Drum 7:00 The Holdovers |
| 10 | 9:30 St. Mary's Church 9:30 Congregational Church 10:00 Congregational - Virtual 10:00 St. Stephen's Church 10:30 St. Stephen's - Virtual 1:00 Walking Club 2:00 Sunday Music Series: Cooie DeFrancesco 3:30 Billiards 7:00 Academy Awards | 11 10:00 Bone Builders 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 1:00 Bayada Dementia Education 2:00 Seated Tai Chi 2:00 Intro to Poker 3:00 Board Games 3:00 Instructed Bridge 4:00 Guided Meditation 7:00 Miniseries: Black Cake | 12 10:00 Resistance Band Exercise 10:00 Cardio Drumming 10:00 Tech & More W/ Kelsey 11:00 OTAGO Balance Class 12:00 Aqua Aerobics 1:00 Hand Massage 2:00 Charcuterie Workshop 4:00 Guided Meditation 7:00 Puccini, Tosca | 13 10:00 Bone Builders 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 1:00 Court Case Discussions 2:00 Seated Tai Chi 2:00 Knitting Stitching & More 3:00 NYer Discussion Group 3:30 Happy Hour 7:00 Beethoven 9 | 14 10:00 Resistance Band Exercise 11:00 OTAGO Balance Class 11:00 Learn to Play Mahjong 12:00 Aqua Aerobics 1:00 Open Hearing Clinic 1:00 Hand Massage 1:30 Spring Wreaths 3:00 Wine & Chocolate BINGO 7:00 Unknown: Cave of Bones | 15 10:00 Weekly Puzzle Pack 10:00 Residents' Bone Builders 11:00 OTAGO Balance Class 1:00 Cribbage - All Levels 1:00 Midd Natural Foods Co-Op 2:00 Billiards 3:00 Book Talk W/ Caren M. 4:00 Happy Hour 7:00 8 1/2 (1963) | 16 10:00 Barre Dance Exercise 11:00 Mimosas & Jazz 1:00 Inside Bill's Brain 1:15 Scattergories 2:00 Rummikub 2:30 Reflections Cardio Drum 3:00 The Billion Dollar Code 7:00 Nomadland |
| 17 | St. Patrick's Day 9:30 St. Mary's Church 9:30 Congregational Church 10:00 Congregational - Virtual 10:00 St. Stephen's Church 10:30 St. Stephen's - Virtual 1:00 Walking Club 2:00 Special St. Patrick's Day Event: Francois Clemmons 3:30 Billiards | 18 10:00 Bone Builders 10:00 Parkinson's Support Group 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 2:00 Seated Tai Chi 2:00 Intro to Poker 3:00 Board Games 3:00 Instructed Bridge 4:00 Guided Meditation 7:00 Miniseries: Black Cake | 19 Welcome Spring! 10:00 Resistance Band Exercise 10:00 Cardio Drumming 10:00 Tech & More W/ Kelsey 11:00 OTAGO Balance Class 12:00 Aqua Aerobics 1:00 Hand Massage 1:30 Cake Decorating Contest 4:00 Guided Meditation 7:00 Donizetti, Luciadi Lamermoor | 20 9:00 GAW: Easter in Art, THT 10:00 Bone Builders 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 1:00 VABVI Support Group 1:00 Court Case Discussions 2:00 Seated Tai Chi 2:00 Knitting Stitching & More 3:00 NYer Discussion Group 3:30 Happy Hour | 21 10:00 Resistance Band Exercise 11:00 OTAGO Balance Class 11:00 Learn to Play Mahjong 12:00 Aqua Aerobics 1:00 Hand Massage 1:30 Easter String Art 2:00 Open R.A.C. Meeting 3:00 Wine & Chocolate BINGO 7:00 Unknown: Killer Robots | 22 10:00 Weekly Puzzle Pack 10:00 Residents' Bone Builders 11:00 OTAGO Balance Class 1:00 Cribbage - All Levels 1:00 Maple Café at Kennedy Brothers 2:00 Billiards 3:00 Sing W/ Jack & Jeanette 4:00 Happy Hour 7:00 Akira Kurosawa's Dreams | 23 10:00 Barre Dance Exercise 11:00 Mimosas & Jazz 1:00 Inside Bill's Brain 1:15 Scattergories 2:00 Rummikub 2:30 Reflections Cardio Drum 3:00 The Billion Dollar Code 7:00 Past Lives |
| 24 | 9:30 St. Mary's Church 9:30 Congregational Church 10:00 Congregational - Virtual 10:00 St. Stephen's Church 10:30 St. Stephen's - Virtual 1:00 Walking Club 2:00 Sunday Music Series 3:30 Billiards | 25 10:00 Bone Builders 12:00 Men's Exercise Class 2:00 Seated Tai Chi 2:00 Intro to Poker 2:00 Episcopal Communion 3:00 Board Games 3:00 Instructed Bridge 7:00 Miniseries: Black Cake | 26 10:00 Resistance Band Exercise 10:00 Cardio Drumming 10:00 Tech & More W/ Kelsey 11:00 OTAGO Balance Class 12:00 Aqua Aerobics 1:00 Hand Massage 2:30 Meadows Tea 4:00 Guided Meditation 7:00 Bizet, Carmen | 27 10:00 Bone Builders 10:00 MET Opera: Romeo et Juliette, THT 11:15 Barre Dance Exercise 12:00 Men's Exercise Class 1:00 Court Case Discussions 2:00 Seated Tai Chi 2:00 Knitting Stitching & More 3:00 NYer Discussion Group 3:30 Happy Hour | 28 10:00 Resistance Band Exercise 11:00 OTAGO Balance Class 11:00 Learn to Play Mahjong 12:00 Aqua Aerobics 1:00 Hand Massage 1:30 Spring Table Décor 3:00 Wine & Chocolate BINGO 7:00 Unknown: Cosmic Time Machine | 29 Good Friday 10:00 Weekly Puzzle Pack 10:00 Residents' Bone Builders 11:00 OTAGO Balance Class 1:00 Cribbage - All Levels 1:00 Berlin Philharmonic Pt 1 1:00 Hinesburg Small Shops 2:00 Billiards 4:00 Happy Hour 7:00 My Left Foot (1989) | 30 10:00 Barre Dance Exercise 11:00 Mimosas & Jazz 1:00 Berlin Philharmonic Pt 2 1:15 Scattergories 2:00 Rummikub 2:30 Reflections Cardio Drum 3:00 The Billion Dollar Code 7:00 Everything Is Illuminated |

Additional Services

Wednesday

Shopping:
Natural Food Co-Op & Shaws, 10a
Hannaford, 10:30a

Personal

Appointments:
Mondays 9a-12p (12-3p, Mini van)
Tuesdays, 9a-4p
Thursdays, 9a-12p

Trips w/Reflections:
Wednesdays & Thursdays

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care