Spring has Sprung



Did you know? Spring's arrival often coincides with an increase in daylight and warmer temperatures. This change in season can positively influence our mood, promoting feelings of optimism and resilience. Research in positive psychology suggests that cultivating an optimistic outlook can lead to greater happiness and better coping mechanisms during challenging times.

March Van Outings

3/4- Autumn Westbrook History

3/6- Summer Westbrook History

3/8- Spring Westbrook History

3/11- Autumn Smiling Hill Farms

3/13- Summer Smiling Hill Farms

3/15- Spring Smiling Hill Farms

3/18- Autumn Outing

3/20- Summer Outing

3/22- Spring Outing

3/25- Autumn Portland Headlight

3/27- Summer Portland Headlight

3/29- Spring Portland Headlight

Fitness Class Schedule

Sunday: Barre Balance Fitness

Monday: Pedal Fitness

Tuesday: Barre Balance Fitness

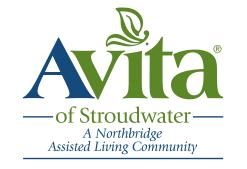
Wednesday: Zumba/ Strength Training

Thursday: Tai Chi

Friday: Barre Balance Fitness

Saturday: Weight Training









AVITA OF STROUDWATER **Leadership Team**

Ashley Freeman

Executive Director

Sherry Couture
Resident Care Director

Cally Brake
Sales Director

Alexandria Velez

Avita Program Director

Alissa Castro
Business Office Director

Patrick Armstrong

Culinary Director

Anthony Turcotte

Maintenance Director

Dawn LyonAssistant Resident Care Director



St. Patricks Day Traditions

As we gear up to celebrate St. Patrick's Day, let's explore some family-friendly facts and traditions surrounding this spirited holiday:

St. Patrick, the patron saint of Ireland, is honored on March 17th. Despite not being Irish himself, his legacy of spreading Christianity throughout Ireland has made him an enduring symbol of Irish culture.

Shamrock Symbolism: Legend has it that St. Patrick used the three-leafed shamrock to explain the concept of the Holy Trinity. Today, wearing or displaying a shamrock is a popular way to celebrate St. Patrick's Day and show Irish pride.

Parades and Festivities: St. Patrick's Day parades are a highlight of the holiday, featuring marching bands, dancers, and colorful floats. The largest parade takes place in Dublin, Ireland, but cities worldwide join in the fun with their own celebrations.

Wearing Green: Donning green attire on St. Patrick's Day is a beloved tradition, symbolizing solidarity with the Irish. From green clothing to accessories like hats and beads, it's all about showing your Irish spirit.

Traditional Foods: Indulge in delicious Irish cuisine like corned beef and cabbage, Irish soda bread, and colcannon. It's a feast fit for the occasion!

Irish Music and Dance: Enjoy the lively tunes of traditional Irish music and marvel at the intricate steps of Irish dance. It's a toe-tapping good time for the whole family.

Raise a Toast: Whether it's with a glass of green lemonade or a non-alcoholic shamrock shake, raise a toast to good health and happiness.









MARCH 2024





Special Events

3/5 Art W/ Hope 3/6 Zumba W/ Sara 3/7 Communion 3/8 Affinity Program 3/11 Live W/ Linne 3/12 Art W/ Hope 3/14 Live W/ Bess & 3/14 Tai Chi W/ Sara 3/15 Live W/ Ray 3/18 Live W/ Peter 3/19 Art W/ Hope 3/20 Zumba W/ Sara 3/21 Live W/ Red 3/26 Art W/ Hope 3/28 Tai Chi W/ Sara 3/31 Live W/ Tom

Activity Key







