

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



St. Patrick's 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.



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 Lyon
Assistant Resident Care Director



Sunday

MARCH 31

9:15  Easter Sunday
9:45  Walking Club
10:30  Barre Balance
11:15  Brain Game
1:00  Breathing Techniques
1:30  Guitar W/ Tom Dyhrberg
2:30  M & M Cookies
3:30  Egg Scramble
6:00  Gilmore Girls

Monday



Tuesday

Wednesday

Thursday

Friday







Saturday













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 & Tom
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










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9:15  World Wildlife Day
9:45  Walking Club
10:30  Barre Balance
11:15  Brain Game
1:00  Breathing Techniques
1:30  Shamrock Buttons
2:30  Berry Smoothies
3:30  Balloon Volleyball
4:15  Neighborhood Nail Care
6:00  Gilmore Girls











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9:15  Who am I?
9:45  Walking Club
10:30  Pedal Fitness
11:15  Name that Word
1:00  Low Impact Movements
1:30  Floral Arrangements
2:30  Snack & Chat: Melon
3:30  Reading Club
4:15  Zentangle
6:00  Documentary










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9:15  Rex Harrison
9:45  Walking Club
10:30  Barre Balance
11:15  Brain Game
1:00  Deep Breaths
1:30  Artist in Residence
2:30  Cucumber Sandwiches
3:30  Putting Practice
6:00  My Fair Lady Premiere

6

9:15  Michelangelo
9:45  Walking Club
10:30  Strength Training
11:15  Finish the Phrase
1:00  Mindful Connections
1:30  Zumba W/ Sara
2:30  Cheese Cake Bites
3:30  Learning for Life
4:15  Word Search Group
6:00  Jukebox








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9:15  Cereals of the 60's
9:45  Walking Club
10:30  Bowling Competition
11:15  Long Word
1:00  Word Search Group
1:30  Communion
2:30  Puzzle Group
3:30  Tissue Paper Craft
6:00  Stretching Exercises










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9:15  International Women's Day
9:45  Walking Club
10:30  Engagement W/ Mark
11:30  Category Game
1:00  Rosie the Riveter
1:30  Barre Balance Exercise
2:30  Fresh Dip of the Day
2:45  Annie Premiere
3:30  Hand Massages
6:00  Evening Walks











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9:15  U.S Mailbox
9:45  Walking Club
10:30  Standing Balance Exercise
11:15  Big to Little Brain Game
1:00  Sun Porch Poetry
1:30  Bingo!
2:45  Musical Connections
3:30  Puzzle Wreath
6:00  Stretching Circle










10

9:15  Oscars
9:45  Walking Club
10:30  Barre Balance
11:15  Picture It
1:00  Breathing Techniques
1:30  Sham-Rocks
2:30  Blueberry Puffs
3:30  Pass the Questions
6:00  Gilmore Girls


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9:15  Johnny Appleseed
9:45  Walking Club
10:30  Keyboard W/ Soul Gal
11:30  Crossword Group
1:00  Floral Arrangements
1:30  Pedal Fitness
2:30  Snack & Chat: Ramadan
3:30  Reading Club
4:15  Zenful Art
6:00  Documentary

12

9:15  Girlscouts
9:45  Walking Club
10:30  Barre Balance
11:15  Crossword Group
1:00  Labyrinth
1:30  Artist in Residence
2:30  Mozzarella Sticks
3:30  Gospel Hymns
6:00  The Crown Series Premiere

13

9:15  K-9 Veterans Day
9:45  Walking Club
10:30  Strength Training
11:15  Finish the Phrase
1:00  Mindful Connections
1:30  Resident Council
2:30  Mid-day Melodies
3:30  Yoga Stretches
6:00  Baking Impossible







14

9:15  March Madness
9:45  Walking Club
10:30  Live W/ Bess & Tom
11:30  Jokes & Riddles
1:00  Afternoon Stretches
1:30  Cooking Up Bread
2:30  Tai Chi W/ Sara
3:30  Science Education Day
6:00  When Harry Met Sally





15

9:15  Buzzards
9:45  Walking Club
10:30  Saxophone W/ Ray Morrow
11:30  Category Game
1:00  Bird Feeders
1:30  Barre Balance Exercise
2:30  Pineapple Slices
2:45  Father of the Bride
3:30  Nail Care
6:00  Evening Walks

16

9:15  Panda's
9:45  Walking Club
10:30  Weight Training
11:15  Brain Game
1:00  Sun Porch Reminiscing
1:30  Bingo!
2:45  Spinach Dip
3:30  Balloon Volleyball
6:00  Juke Box










17

9:15  St. Patricks Day
9:45  Walking Club
10:30  Barre Balance
11:15  Word Match
1:00  Truth or Blarney
2:00  St. Patrick's Happy Hour
3:00  Learning Irish Songs
3:45  Neighborhood Nail Care
6:00  Luck of the Irish

18

9:15  Aruba
9:45  Walking Club
10:30  Banjo W/ Peter Mezoian
11:30  Name 10
1:00  Floral Arrangements
1:30  Pedal Fitness
2:30  Snack & Chat: Fresh Fruit
3:30  Reading Club
4:15  Zentangle
6:00  Documentary

19

9:15  Spring Equinox
9:45  Walking Club
10:30  Barre Balance
11:15  Guess the Word
1:00  Spring Poetry
1:30  Artist in Residence
2:30  Caramel Mousse
3:30  Table Tennis
6:00  The Crown Series Premiere











20

9:15  Bobby Orr
9:45  Walking Club
10:30  Strength Training
11:15  Crossword Group
1:00  Mindful Connections
1:30  Zumba W/ Sara
2:30  Veggies & Ranch
3:30  World Storytelling Day
6:00  Jukebox










21

9:15  Day of Forests
9:45  Walking Club
10:30  Guitar W/ Red Gallagher
11:30  Pines Category Game
1:00  Paint by Number
1:30  Cooking Up Memories
2:30  Puzzle Group
3:30  Moving to the Beat
6:00  Labyrinth










22

9:15  Andrew Lloyd Webber
9:45  Walking Club
10:30  Barre Balance
11:15  Classic Trivia
1:00  Senior Green: Spring
1:30  Crafter's Corner
2:30  Berries & Cream
2:45  A Star is Born
3:30  Hand Massages
6:00  Evening Walks











23

9:15  Purim
9:45  Walking Club
10:30  Standing Balance Exercise
11:15  Big to Little Brain Game
1:00  Sun Porch Poetry
1:30  Bingo!
2:45  Musical Connections
3:30  Afternoon Cool Down
6:00  Funniest Home Videos










24

9:15  Palm Sunday
9:45  Walking Club
10:30  Barre Balance
11:15  Word Jumble
1:00  Garden Meditation
1:30  Watercolor
2:30  Maine Maple Sunday
3:30  Church Hymns
6:00  Gilmore Girls


25

9:15  Sir Elton John
9:45  Walking Club
10:30  Strength Training
11:15  Crossword Group
1:00  Low Impact Movements
1:30  Floral Arrangements
2:30  Snack & Chat: Fresh Fruit
3:30  Reading Club
4:15  Zenful Art
6:00  Documentary










26

9:15  Tennessee Williams
9:45  Walking Club
10:30  Barre Balance
11:15  Brain Game
1:00  Bird Feeder Refresher
1:30  Artist in Residence
2:30  Veggies & Ranch
3:30  Horseshoes
6:00  A Streetcar Named Desire

27

9:15  Cherry Trees
9:45  Walking Club
10:30  Strength Training
11:15  Brain Gym
1:00  Mindful Connections
1:30  Cherry Blossom Scenes
2:30  Fried Pickles
3:30  Aromatherpy
6:00  Baking Impossible









28

9:15  Opening Day
9:45  Walking Club
10:30  Bowling Competition
11:15  All Things Baseball
1:00  Afternoon Stretches
1:30  Cooking Up Memories
2:30  Tai Chi W/ Sara
3:30  Door Deco
6:00  Abbott & Costello

29

9:15  Good Friday
9:45  Walking Club
10:30  Barre Balance
11:15  Brain Game
1:00  Sun Porch Reflections
1:30  Cornhole Competition
2:30  Pita Chips & Hummus
2:45  Funny Girl
3:30  Manicures
6:00  Evening Walks

30

9:15  Van Gogh
9:45  Walking Club
10:30  Weight Training
11:15  Fill in the Blank
1:00  Courtyard Walks
1:30  Bingo!
2:30  Alexa Play Country Tunes
3:30  Lavendar