

Maine Maple Sunday

Maine Maple Sunday, a sweet tradition in the northeastern state of Maine, is an annual event that celebrates the state's maple syrup industry. It typically occurs on the fourth Sunday in March when the maple trees are tapped for sap, which is then boiled down to make delicious maple syrup.

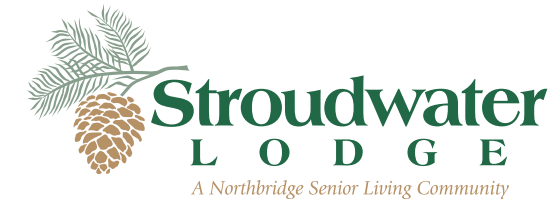
Maine Maple Sunday offers a unique opportunity for visitors to experience firsthand how maple syrup is made. Many sugarhouses across the state open their doors to the public, offering tours, demonstrations, and tastings. Visitors can see the process of tapping the trees, collecting the sap, and boiling it down into syrup.

In addition to maple syrup, many sugarhouses also offer other maple products for sale, such as maple candy, maple cream, and maple sugar. There are often other activities to enjoy as well, such as live music, pancake breakfasts featuring fresh maple syrup, and even horse-drawn wagon rides.



Maine Maple Sunday is not only a fun and educational experience for visitors but also an important event for the state's maple syrup producers. It helps to promote their products and support their businesses, as well as to showcase Maine's rich agricultural heritage.

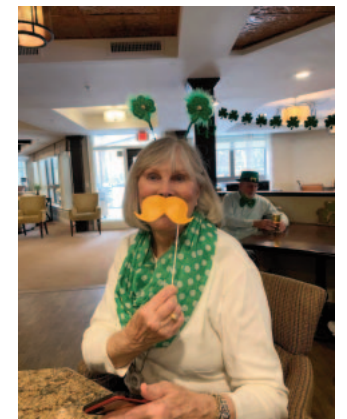
Overall, Maine Maple Sunday is a delightful celebration of all things maple and a wonderful way to welcome the arrival of spring in Maine.



St. Patrick's Day

Saint Patrick's Day, celebrated annually on March 17th, honors the patron saint of Ireland. Originating as a religious feast day, it has evolved into a global celebration of Irish culture. The day is marked by parades, wearing green, and enjoying traditional Irish foods and drinks. Symbols include the shamrock, which St. Patrick used to explain the Holy Trinity. While a public holiday in Ireland and parts of Canada, it's also widely celebrated in the United States and beyond. Fun

fact: The first St. Patrick's Day parade took place in New York City in 1762, organized by Irish soldiers serving in the British army.



STROUDWATER LODGE Leadership Team

Nichole Doyer
Senior Executive Director

Elise Hodgetts
Resident Care Director

Lea Rust
Sales Director

Erin Conner
Business Office Director

David Tucci
Maintenance Director

Beau Marchitelli
Culinary Director

Rebecca Heil
Resident Engagement Director

Women's History Month

1. Women's History Month began in 1987, expanding from a week-long celebration in California.
2. Each year has a theme, like "Valiant Women of the Vote" or "Visionary Women: Champions of Peace & Nonviolence."
3. It coincides with International Women's Day on March 8th, a global celebration of women's achievements.
4. Many countries observe Women's History Month with their own

traditions.

5. It recognizes both famous and everyday women for their contributions.

6. Women's History Month increases awareness of women's achievements and contributions.

7. It's a time to reflect on progress in gender equality and acknowledge remaining challenges.

8. It celebrates women from all walks of life, including those who faced discrimination.

Weekly Exercise Schedule

Sunday: Balance Barre Fitness 10:00

Monday: Strength & Stretching 9:30

Tuesday: Balance Barre Fitness / Tai Chi 1:30

Wednesday: Zumba with Sara 9:30

Thursday: Yoga with Jess 10:15

Friday: Balance Barre Fitness 10:00

Saturday: Strength & Stretching 9:30



March Outings

Sign up for all Outings
at the Front Desk

Hannaford every
Monday at 10:30

7th JoAnn Fabric 1:30

12th Reading Buddies
9:15

14th Mardens 10:30

22nd Scenic Drive 1:30

21st O'Reilly's Cure
11:00

TBD Pineland Farms









29th Walmart 10:30

Activity Key









-  – Connect
-  – Feel
-  – Move
-  – Learn

Sunday









MARCH
31

- 9:00  Nondenominational Church Livestream
- 10:00  Balance Barre Fitness
- 10:30  Catholic Mass Livestream
- 11:00  Categories
- 1:30  Arts & Culture: Van Gogh
- 2:30  Easter High Tea
- 4:00  Stroudwater Singers
- 6:00  Evening TV Series


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- 9:00  Nondenominational Church Livestream
- 10:00  Balance Barre Fitness
- 10:30  Catholic Mass Livestream
- 11:00  Categories
- 1:30  The Science of Great Migrations
- 2:30  Hot Chocolate Social
- 4:00  Brenda Lee 1980's Concert
- 6:00  Evening TV Series









10

- 9:00  Nondenominational Church Livestream
- 10:00  Balance Barre Fitness
- 10:30  Catholic Mass Livestream
- 11:00  Categories
- 1:30  Landmarks & Monuments
- 2:30  A Taste Of ... Lemon
- 4:00  Ballet: Sleeping Beauty
- 6:00  Evening TV Series

17

- 9:00  Nondenominational Church Livestream
- 10:00  Balance Barre Fitness
- 10:30  Catholic Mass Livestream
- 11:00  Categories
- 1:30  St. Patrick's Day Social
- 3:00  Sham "ROCK'S" Concert w/ Red Gallagher
- 4:00  Castles of Ireland
- 6:00  Evening TV Series

24

- 9:00  Nondenominational Church Livestream
- 10:00  Balance Barre Fitness
- 10:30  Catholic Mass Livestream
- 11:00  Categories
- 2:30  A Taste Of ... Maple
- 2:30  Raised Bed Flower and Vegetable Planning
- 4:00  Stroudwater Singers
- 6:00  Evening TV Series

Monday



116 Landing Rd
Westbrook, ME 04092
(207) 223-6574
northbridgecommunities.com/stroudwater-lodge/
independent and assisted living






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- 9:30  Strength & Stretching
- 10:30  Hannaford Shopping
- 11:00  Word Mining
- 1:30  Flower Arranging
- 2:30  Bingo! Bring your Quarters
- 4:00  Art Walk
- 6:00  Evening Movie

11

- 9:30  Strength & Stretching
- 10:30  Hannaford Shopping
- 11:00  Word Mining
- 1:30  Flower Arranging
- 2:30  Bingo! Bring your Quarters
- 4:00  Church Hymns
- 6:00  Evening Movie

18








- 9:30  Strength & Stretching
- 10:30  Hannaford Shopping
- 11:00  Word Mining
- 1:30  Flower Arranging
- 2:30  Bingo! Bring your Quarters
- 4:15  Energy Flow with Sara
- 6:00  Evening Movie

25









- 9:30  Strength & Stretching
- 10:30  Hannaford Shopping
- 11:00  Word Mining
- 1:30  Flower Arranging
- 2:30  Bingo! Bring your Quarters
- 4:00  Church Hymns
- 6:00  Evening Movie

Tuesday









5

- 9:15  Coffee & Current Events
- 10:00  Artist in Residence: Painting w/ Hope
- 11:00  Jeopardy Trivia
- 1:30  Tai Chi with Sara
- 2:00  Scrabble
- 3:00  Happy Hour
- 6:00  Evening Movie








12

- 9:15  Coffee & Current Events
- 9:15  Reading Buddies
- 10:00  Artist in Residence: Painting w/ Hope
- 11:00  Jeopardy Trivia
- 1:30  Balance Barre Fitness
- 2:00  Scrabble
- 3:00  Happy Hour
- 6:00  Evening Movie

19

- 9:15  Coffee & Current Events
- 10:00  Painting with Watercolor
- 11:00  Jeopardy Trivia
- 1:30  Tai Chi with Sara
- 2:00  Scrabble
- 2:30  Coping with Life Changes with Becca Kita
- 3:00  Happy Hour
- 6:00  Evening Movie









26

- 9:15  Coffee & Current Events
- 10:00  Artist in Residence: Painting w/ Hope
- 11:00  Jeopardy Trivia
- 1:30  Balance Barre Fitness
- 2:00  Scrabble
- 3:00  Happy Hour
- 6:00  Evening Movie




Wednesday




6

- 9:30  Zumba with Sara
- 11:00  Wheel of Fortune
- 1:00  Arm Chair Travels
- 1:30  BINGO! Bring your Quarters
- 3:00  Prayer Group
- 3:30  Dr. Seuss Social: The Author & His Books
- 6:00  Evening Movie
- 6:30  Poetry with Paige

13

- 9:30  Zumba with Sara
- 11:00  Wheel of Fortune
- 1:00  Arm Chair Travels
- 1:30  BINGO! Bring your Quarters
- 3:00  Prayer Group
- 3:30  March Madness: Girl Scout Cookie Edition
- 6:00  Evening Movie
- 6:30  Poetry with Paige

20

- 9:30  Zumba with Sara
- 11:00  Wheel of Fortune
- 1:00  Arm Chair Travels
- 1:30  BINGO! Bring your Quarters
- 3:00  Prayer Group
- 3:30  March Madness: Corn Hole Edition
- 6:00  Evening Movie
- 6:30  Poetry with Paige









27

- 9:30  Zumba with Sara
- 11:00  Wheel of Fortune
- 1:00  Arm Chair Travels
- 1:30  BINGO! Bring your Quarters
- 3:00  Prayer Group
- 3:30  Ukulele & Kuhio Luau
- 6:00  Evening Movie
- 6:30  Poetry with Paige



Thursday



7

- 9:15  Fireside Chats
- 10:15  Yoga with Jess
- 11:00  Brain Teasers
- 1:00  Catholic Communion
- 1:00  Cribbage
- 2:00  Virtual Reality with Mark
- 3:00  Happy Hour
- 4:00  Corn Hole
- 6:00  Evening Movie









14

- 9:15  Fireside Chats
- 10:15  Yoga with Jess
- 11:00  Brain Teasers
- 1:00  Rummikub
- 2:00  Literary Seminar w/ Jim
- 3:00  Happy Hour
- 4:00  Corn Hole
- 6:00  Evening Movie

21







- 9:15  Fireside Chats
- 10:15  Yoga with Jess
- 11:00  Brain Teasers
- 1:30  Cribbage
- 2:00  Book Club
- 3:00  Happy Hour
- 6:00  Evening Movie

28







- 9:15  Fireside Chats
- 10:15  Yoga with Jess
- 11:00  Brain Teasers
- 1:00  Rummikub
- 2:00  History Seminar w/ Anna
- 3:00  Happy Hour
- 4:00  Corn Hole
- 6:00  Evening Movie

Friday

1

- 9:00  Coffee & Current Events
- 10:00  Balance Barre Fitness
- 11:00  Brain Games
- 1:30  Walking Club
- 2:00  Cooking Up Memories
- 3:00  Piano & Percussion Concert w/ Bess & Per
- 4:00  Winter Mocktails Social
- 6:00  Evening Movie









8

- 9:00  Coffee & Current Events
- 10:00  Balance Barre Fitness
- 11:00  Brain Games
- 1:15  Walking Club
- 2:00  Local Book Tour w/ Marcia Brown & Linda Aldrich
- 3:30  International Women's Day Social
- 6:00  Evening Movie

15

- 9:00  Coffee & Current Events
- 10:00  Balance Barre Fitness
- 11:00  Brain Games
- 1:30  -4:00: Resident & Associate End of Winter Carnival with Games, Trivia, Food & Drinks
- 2:00  Vet 2 Vet Social
- 4:00  Winter Mocktails Social
- 6:00  Evening Movie

22

- 9:00  Coffee & Current Events
- 10:00  Balance Barre Fitness
- 11:00  Brain Games
- 1:30  Walking Club
- 2:00  Cooking Up Memories
- 3:00  Concert Jay Staples
- 4:00  Spring Mocktails Social
- 6:00  Evening Movie

29






- 9:00  Coffee & Current Events
- 10:00  Balance Barre Fitness
- 11:00  Brain Games
- 1:30  Walking Club
- 2:00  All Resident Meeting
- 3:00  Piano Concert w/ Louis Philippe
- 4:00  Spring Mocktails Social
- 6:00  Evening Movie

Saturday

2

- 9:30  Strength & Stretching
- 10:15  Daily Calm: Mindfulness
- 11:00  Brain Games
- 1:30  Bingo! Bring Your Quarters
- 3:00  Basketball Game: Around the World
- 4:00  Hummingbird Watch & Education: Rufous
- 6:00  Evening Movie

9

- 9:30  Strength & Stretching
- 10:15  Daily Calm: Mindfulness
- 11:00  Brain Games
- 1:30  Bingo! Bring Your Quarters
- 3:00  Putting Green Practice
- 4:00  Hummingbird Watch & Education: Black-Chinned
- 6:00  Evening Movie

16

- 9:30  Strength & Stretching
- 10:15  Daily Calm: Mindfulness
- 11:00  Brain Games
- 1:30  Bingo! Bring Your Quarters
- 3:00  Basketball Game: Around the World
- 4:00  Hummingbird Watch & Education: Broad- Tailed
- 6:00  Evening Movie

23

- 9:30  Strength &