



## Women's History Month



Women's History Month holds significant importance as it serves as a dedicated time to recognize, celebrate, and honor the achievements, contributions, and struggles of women throughout history. It provides a platform to acknowledge the pivotal roles women have played in shaping societies, cultures, and various fields such as science, politics, literature, arts, and activism.

## March from A Spiritual Magnifying Glass

The spiritual meaning of the month of March can vary depending on cultural and religious beliefs. In some spiritual traditions, March is associated with themes of rebirth, renewal, and awakening, paralleling the arrival of spring in the Northern Hemisphere. It symbolizes a time of growth, transformation, and the emergence of new possibilities. Additionally, in some cultures, March holds significance

as a time of spiritual purification and preparation, often tied to religious observances such as Lent in Christianity or Nowruz in Persian culture, which mark periods of introspection, repentance, and spiritual renewal. Overall, March is often seen as a time for embracing change, nurturing spiritual growth, and aligning oneself with the rhythms of nature and the divine.

## Where can I find my photos?

Are you wondering where all the pictures go that we take? Check out our Facebook Page @SunnybrookSeniorLiving or TikTok Account @NorthbridgeCommunities!

Which famous figure's death is commemorated on March 15th?

- A) Julius Caesar B) Cleopatra  
C) Alexander the Great D) Mark Antony



A) Julius Caesar

## Welcome to March!



"In like a lion, out like a lamb" We shall see!

Get ready for an active and busy March schedule: Baked Bean "Suppah", Midcoast Symphony Orchestra, lunch outing at Pepper's Landing, the Sunnybrook Oscars, Jay Staples at Kennebec Tavern, Mike Perry, the Montsweagers, and many more!

Here's to the adventures that await us in March, the month of renewal, rebirth, and radiant possibilities!

Warm Regards, Resident Engagement

## "I Remember When" by Doris

I remember when I drove a big moving truck. I was so scared and cautious that I was making people go slower. I was 5'1" and could barely reach the petals. My brother had a furniture business on Deer Isle and needed furniture to be delivered from Waterville. I was the only one available since he didn't have anyone else. You had to double clutch to shift, and I had no experience doing that. There was no one to teach me. I drove at least 150 miles that day. I was glad to finally get there. At the end of the day I happily hopped into my small car and drove home!

Author: Doris Y.








Age: 87



## Sunday

**MARCH 31**

### Easter Sunday

- 9:30  Did you know...(Lewiston)
- 10:00  Conversation Over Coffee
- 10:30  Trivia!
- 10:45  Music in Motion
- 11:15  Easter Hors d'oeuvres
- 1:30  Sunday Stroll
- 2:00  Movie

## Monday



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northbridgecommunities.com/sunnybrook/  
*assisted living*

## Tuesday

## Wednesday



## Thursday

## Friday

## Saturday

## IMPORTANT DATES:

### SIGN UPS:

3/3 Kennebec Tavern  
3/5 Dollar Store /  
Goodwill  
3/12 Walmart  
3/15 Pepper's Landing  
3/17 Historic Scenic  
Ride  
3/19 Dunkin' Donuts  
3/24 MSO








### BIRTHDAYS:

3/4 Perk R.  
3/4 Wayne L.  
3/10 Merwyn W.  
3/12 Doris Y.  
3/14 Erica B.  
3/17 Jennie G.  
3/28 Elizabeth W.









### Activity Key

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








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- 9:30  Did you know...(Freeport)
- 10:00  Conversation Over Coffee
- 10:30  Trivia!
- 10:45  Music in Motion
- 1:30  Sunday Stroll
- 1:30  Jay Staples at Kennebec  
Tavern
- 2:00  Movie









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- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  Word Games
- 1:30  Quarters Bingo
- 2:45  Welcome to Sunnybrook
- 3:30  Ball Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY









**5**

- 10:00  Book Club with Pam
- 10:15  Low Impact Chair Exercise
- 11:00  BOOK MOBILE visits
- 1:15  Dollar Store / Goodwill
- 2:00  Documentary
- 3:45  Guided Meditation
- 6:30  CRIBBAGE








**6**

- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  Word Games
- 1:00  Country Store Open
- 2:00  Cooking Up Memories
- 3:30  Strengthening Class
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY





**7**

- 8:45  Nail Beauty
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 1:30  Strengthening Class
- 2:00  Richard Reichner -  
Guitar/Singing
- 3:15  Wine and Unwind
- 3:30  Women's History Notables
- 6:30  CRIBBAGE

**8**







- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  Word Games
- 2:00  The Sunnybrook Oscars!
- 3:30  Strengthening Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY

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- 9:30  Country Store Open
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 1:15  Exercise Bands
- 1:30  Candy Bingo
- 2:00  SCRABBLE

**10**

### Daylight Savings

- 9:30  Did you know...(Brunswick)
- 10:00  Conversation Over Coffee
- 10:30  Trivia!
- 10:45  Music in Motion
- 1:30  Sunday Stroll
- 2:00  Corliss St. Church
- 2:45  Movie









**11**

- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  What is "Ramadan"?
- 1:30  Painting with Paul Cyr
- 3:30  Ball Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY

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- 9:00  Walmart Shopping
- 11:15  Cranium Crunches
- 2:00  Low Impact Chair Exercise
- 2:45  Cooking Up Memories
- 3:15  Garden Club Planning
- 3:45  Guided Meditation
- 6:30  CRIBBAGE

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- 8:00  Men's Breakfast
- 9:15  Low Impact Chair Exercise
- 10:00  Frank Connors-Author
- 1:00  Country Store Open
- 2:00  Dave Stone- Piano
- 3:30  Strengthening Class
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY









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### Pie Day (3.14)








- 8:45  Nail Beauty
- 10:15  Low Impact Chair Exercise
- 11:00  Calendar Planning
- 1:30  Sunnybrook Writers
- 3:00  Strengthening Class
- 3:15  Wine and Unwind
- 3:30  Women's History Notables
- 6:30  CRIBBAGE

**15**

### Happy Birthday Maine!


- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:15  Lunch at Pepper's Landing
- 1:30  Strengthening Exercise
- 2:00  Board Games w/ Jean&Beth
- 3:30  The Montsweagers - Music
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY

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- 9:30  Country Store Open
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 1:30  Bruce Hardina -  
Singer/Guitar
- 2:00  SCRABBLE
- 2:45  Candy Bingo
- 3:45  Exercise Bands

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### St. Patrick's Day









- Wear Green!
- 9:30  Did you know...(Bath)
- 10:00  Conversation Over Coffee
- 10:30  Trivia!
- 10:45  Music in Motion
- 1:30  Sunday Stroll
- 2:00  Movie
- 2:00  Historic Scenic Ride

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- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  Word Games
- 1:30  Quarters Bingo
- 2:45  Cooking up Memories
- 3:30  Ball Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY

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### First Day of Spring!

- 9:15  Dunkin' Donuts & Ride
- 11:15  Strengthening Exercise
- 1:15  Cranium Crunches
- 1:30  Low Impact Chair Exercise
- 2:00  Walker Wash & Ice Cream
- 3:00  Anni Clark- Singer/Guitar
- 4:00  Trivia
- 6:30  CRIBBAGE








**20**

- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  Word Games
- 1:00  Country Store Open
- 1:30  Ball Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY







**21**

- 8:45  Nail Beauty
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 2:00  Sapphire Lane -  
Singer/Guitar
- 3:00  Strengthening Class
- 3:15  Wine and Unwind
- 3:30  Women's History Notables
- 6:30  CRIBBAGE

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- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  What is "Purim"?
- 1:30  Strengthening Exercise
- 2:00  Lollapalooza
- 3:15  Maple Tasting
- 6:30  TRIPOLEY

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- 9:30  Country Store Open
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 1:15  Exercise Bands
- 1:30  Candy Bingo
- 2:00  SCRABBLE

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### Palm Sunday

- 9:30  Did you know...(Phippsburg)
- 10:00  Conversation Over Coffee
- 10:30  Trivia!
- 10:45  Music in Motion
- 1:15  Midcoast Symphony Trip
- 1:30  Sunday Stroll
- 2:00  Movie









**25**

- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  What is "Holi"?
- 1:30  Quarters Bingo
- 2:45  Cooking up Memories
- 3:30  Ball Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY









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- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 2:00  Jay Staples - Singer
- 3:15  Strengthening Exercise
- 3:30  Senior Green Team
- 3:45  Guided Meditation
- 6:30  CRIBBAGE

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- 9:15  Book Nook
- 10:15  Barre Exercise
- 11:00  Word Games
- 1:00  Country Store Open
- 1:30  Ball Exercise
- 2:00  Reader's Theater
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY

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- 8:45  Nail Beauty
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 1:30  Bess&Co. - Singer/Pianist
- 3:00  Strengthening Class
- 3:15  Wine and Unwind
- 3:30  MLB Opening Day
- 6:30  CRIBBAGE

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### Good Friday

- 9:30  Low Impact Chair Exercise
- 10:30  Resident Meeting
- 2:00  Board Games w/ Jean&Beth
- 3:15  What is "Good Friday"?
- 3:30  Strengthening Exercise
- 3:45  Wheel of Fortune
- 6:30  TRIPOLEY

**30**

- 9:30  Country Store Open
- 10:15  Low Impact Chair Exercise
- 11:00  Cranium Crunches
- 1:15  Exercise Bands
- 1:30  Candy Bingo
- 2:00  SCRABBLE