

The Easter Egg



During Lent, Christians abstained not only from meat but also from eggs. Thus, Easter dawned as a feast—a chance to savor both. In England’s royal accounts, 450 eggs gleamed, gilded and dyed, ready for Easter gifts. But curiously, in Mexico, South America, and Native American cultures, eggs play a quiet role during this celebration.

For Christians, the egg holds deeper layers. It mirrors Jesus’ emergence from the tomb,

a fragile shell cracking to reveal life triumphant. Five centuries ago, the first mention of “Easter eggs” graced parchment. Yet, even earlier, North African Christians colored eggs, treasuring them like rare gems after harsh winters.

According to custom, the Easter Hare would bring brightly painted eggs for well-behaved children, hiding them around houses and gardens.

Even Queen Victoria enjoyed egg hunts at Kensington Palace, organized by her German-born mother, the Duchess of Kent.

So whether you’re painting playful Easter eggs with your family or creating intricate pysanky, these egg-centric traditions celebrate the joy of spring and the promise of new beginnings

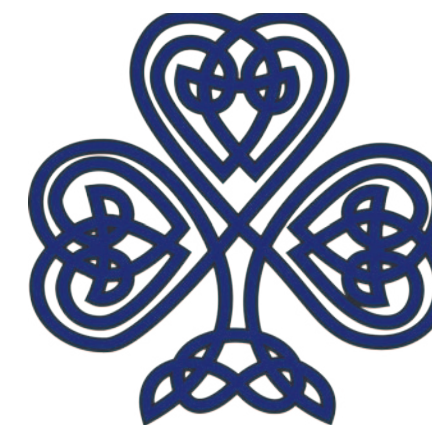
International Women’s Day

International Women’s Day (IWD), celebrated annually on March 8, is a global holiday that honors the achievements of women and advocates for their rights. It serves as a focal point in the women’s rights movement, emphasizing issues such as gender equality, reproductive rights, and combating violence and abuse against women¹².

The United Nations officially recognized IWD in 1975, declaring it “International Women’s Year.” Since then, it has been celebrated worldwide, .

So, on this day, let us celebrate the resilience, achievements, and contributions of women everywhere. Together, we can continue to inspire inclusion and drive positive change for a gender-equal future.

The Life of St. Patrick



In the mist-shrouded hills of ancient Ireland, a young man named Patrick walked a path of shadows. His heart, once captive, now yearned for freedom—a freedom not of earthly chains, but of spirit and purpose.

Patrick’s tale began in the green valleys of Britain. Irish raiders descended upon his village, tearing him from hearth and home.

Enslaved, he toiled under the harsh sun.

Yet adversity breeds resilience. Amidst the rocky cliffs and windswept moors, Patrick found solace in prayer. Dreams visited him and in the dead of night, he fled, guided by unseen hands.

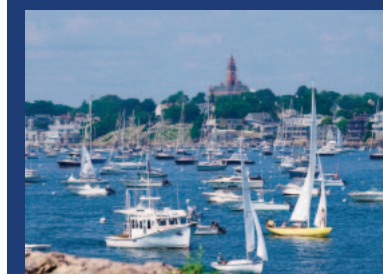
The sea welcomed him, its waves cradling his escape. Back in Britain, he embraced his family, tears mingling with joy. But destiny had more in store. Another dream—a voice, soft as the morning mist, calling him back to Ireland.

Patrick hesitated. Ireland, a wild and pagan realm, held memories of chains and hardship. Yet he obeyed. With staff in hand and faith as his compass, he returned. The Emerald Isle welcomed him—a tapestry of rolling hills, ancient oaks, and mist-kissed lakes. Here, he would sow seeds of belief.

Legends sprouted—the shamrock, a symbol of the Holy Trinity, danced in his hands. Snakes, once feared, vanished from the land, their slithering darkness banished.

And so, the light spread.

On March 17, the world dons green, celebrating the man who turned darkness into dawn. St. Patrick, the wanderer, the dreamer, the saint—his footsteps echo across emerald hills, whispering hope to all who listen.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>MARCH 31</div> <div>Easter Sunday</div> <div>9:00 Daily Update</div> <div>10:00 Stretch and Tone</div> <div>11:00 Religious Services</div> <div>1:30 Walking Group</div> <div>2:30 Trivial Pursuit</div> <div>3:30 Forever Friends</div> <div>4:30 Cocktails & Conversation</div>	<div>265 Pleasant St.</div> <div>Marblehead, MA 01945</div> <div>(781) 265-1044</div> <div>northbridgecommunities.com/mariner-marblehead</div> <div>independent and assisted living</div>				<div>1</div> <div>9:00 Daily Update</div> <div>10:00 Forever Young with Viv</div> <div>11:00 Wordle</div> <div>1:30 Walking Group</div> <div>2:30 Knitting Group</div> <div>3:00 Tabletop Games</div> <div>7:00 Friday Cinema</div>	<div>2</div> <div>9:00 Daily Update</div> <div>10:00 Barre & Balance</div> <div>11:00 YouTube Documentary</div> <div>1:30 Walking Group</div> <div>2:00 Jewelry Making</div> <div>3:00 Strength+ Balance/Kim</div> <div>4:30 Cocktails + Conversation</div> <div>7:00 Evening Movie</div>
<div>3</div> <div>9:00 Daily Update</div> <div>10:00 Stretch and Tone</div> <div>11:00 Religious Services</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:30 Trivial Pursuit</div> <div>3:30 Forever Friends</div> <div>7:00 Movie in Colonial Theater</div>	<div>4</div> <div>Trader Joe's</div> <div>9:00 Daily Update</div> <div>10:00 Weights with Viv</div> <div>11:00 Tabletop Games</div> <div>11:00 Grocery Shopping</div> <div>1:30 Walking Group</div> <div>2:00 Bridge Group</div> <div>2:30 Cooking up Memories</div> <div>7:00 Movie in Theater</div>	<div>5</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Catholic Communion</div> <div>1:30 Walking Group</div> <div>2:00 Artist in Residence</div> <div>3:30 Tabletop Games</div> <div>4:00 4:00 Sip and Spell</div> <div>7:00 Movie Time in Theater</div>	<div>6</div> <div>9:00 Daily Update</div> <div>10:00 Senior Power with Viv</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:30 Documentary Hour</div> <div>3:30 Scrabble</div> <div>4:30 Cocktails & Conversation</div> <div>7:00 Movie Cinema in Theater</div>	<div>7</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:00 Crafting Group</div> <div>3:30 Tabletop Games</div> <div>7:00 The Screening Room</div>	<div>8</div> <div>Int'l Women's Day</div> <div>Book Group</div> <div>9:00 Daily Update</div> <div>10:00 Forever Young with Viv</div> <div>11:00 Wordle</div> <div>1:30 Walking Group</div> <div>2:30 Knitting Group</div> <div>3:00 Tabletop Games</div> <div>3:30 Book Group</div> <div>7:00 Friday Cinema</div>	<div>9</div> <div>9:00 Daily Update</div> <div>9:00 Jewelry Making</div> <div>10:00 Barre & Balance</div> <div>11:00 YouTube Documentary</div> <div>1:30 Walking Group</div> <div>2:00 Jewelry Making</div> <div>3:00 Strength+ Balance/Kim</div> <div>4:30 Cocktails + Conversation</div>
<div>10</div> <div>Daylight Savings Begins!</div> <div>9:00 Daily Update</div> <div>10:00 Stretch and Tone</div> <div>11:00 Religious Services</div> <div>1:30 Walking Group</div> <div>2:30 Trivial Pursuit</div> <div>3:30 Forever Friends</div> <div>4:30 Cocktails & Conversation</div>	<div>11</div> <div>9:00 Daily Update</div> <div>10:00 Weights with Viv</div> <div>11:00 Tabletop Games</div> <div>11:00 Grocery Shopping</div> <div>1:30 Walking Group</div> <div>2:00 Bridge Group</div> <div>2:30 Cooking up Memories</div> <div>7:00 Movie in Theater</div>	<div>12</div> <div>Dine Out Tuesday!</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Catholic Mass</div> <div>1:30 Walking Group</div> <div>2:00 Artist in Residence</div> <div>3:30 Tabletop Games</div> <div>4:00 Sip and Spell</div> <div>7:00 Movie Time in Theater</div>	<div>13</div> <div>Out to Home Goods</div> <div>9:00 Daily Update</div> <div>10:00 Senior Power with Viv</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:30 Documentary Hour</div> <div>3:30 Scrabble</div> <div>4:30 Cocktails & Conversation</div>	<div>14</div> <div>Rich Rabino in Theater</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>10:30 Rich Rubino in Theater</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:00 Crafting Group</div> <div>3:30 Tabletop Games</div> <div>7:00 The Screening Room</div>	<div>15</div> <div>The Ides of March</div> <div>9:00 Daily Update</div> <div>10:00 Forever Young with Viv</div> <div>11:00 Wordle</div> <div>1:30 Walking Group</div> <div>2:30 Knitting Group</div> <div>3:00 Tabletop Games</div> <div>7:00 Friday Cinema</div>	<div>16</div> <div>9:00 Daily Update</div> <div>9:00 Jewelry Making</div> <div>10:00 Barre & Balance</div> <div>11:00 YouTube Documentary</div> <div>1:30 Walking Group</div> <div>3:00 Strength+ Balance/Kim</div> <div>4:30 Cocktails + Conversation</div>
<div>17</div> <div>St. Patrick's Day</div> <div>9:00 Daily Update</div> <div>10:00 Stretch and Tone</div> <div>11:00 Religious Services</div> <div>1:30 Walking Group</div> <div>2:30 Trivial Pursuit</div> <div>3:30 Forever Friends</div> <div>4:30 Cocktails & Conversation</div>	<div>18</div> <div>Trader Joe's</div> <div>9:00 Daily Update</div> <div>10:00 Weights with Viv</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:00 Bridge Group</div> <div>2:30 Cooking up Memories</div> <div>7:00 Movie in Theater</div>	<div>19</div> <div>Resident Council Meeting</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Catholic Communion</div> <div>1:30 Walking Group</div> <div>2:00 Artist in Residence</div> <div>3:00 Resident Council Meeting</div> <div>3:30 Tabletop Games</div> <div>4:00 Sip and Spell</div> <div>7:00 Movie Time in Theater</div>	<div>20</div> <div>Engagement Council Meeting</div> <div>9:00 Daily Update</div> <div>10:00 Senior Power with Viv</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:30 Documentary Hour</div> <div>3:00 Engagement Council Meeting</div> <div>3:30 Scrabble</div>	<div>21</div> <div>Margie @ the Museum</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>1:45 Margie @ the Museum</div> <div>2:00 Crafting Group</div> <div>3:30 Tabletop Games</div> <div>7:00 The Screening Room</div>	<div>22</div> <div>9:00 Daily Update</div> <div>10:00 Forever Young with Viv</div> <div>11:00 Wordle</div> <div>1:30 Walking Group</div> <div>2:30 Knitting Group</div> <div>3:00 Tabletop Games</div> <div>7:00 Friday Cinema</div>	<div>23</div> <div>9:00 Daily Update</div> <div>9:00 Jewelry Making</div> <div>10:00 Barre & Balance</div> <div>11:00 YouTube Documentary</div> <div>1:30 Walking Group</div> <div>3:00 Strength+ Balance/Kim</div> <div>4:30 Cocktails + Conversation</div>
<div>24</div> <div>Palm Sunday+ Purim</div> <div>Marc Maccini on Piano</div> <div>9:00 Daily Update</div> <div>10:00 Stretch and Tone</div> <div>11:00 Religious Services</div> <div>1:30 Walking Group</div> <div>2:30 Trivial Pursuit</div> <div>3:30 Forever Friends</div> <div>4:00 Marc Maccini on Piano</div> <div>4:30 Cocktails & Conversation</div>	<div>25</div> <div>9:00 Daily Update</div> <div>9:30 Grocery Shopping</div> <div>10:00 Weights with Viv</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:00 Bridge Group</div> <div>2:30 Cooking up Memories</div> <div>7:00 Movie in Theater</div>	<div>26</div> <div>Dine Out Tuesday!</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Catholic Communion</div> <div>1:30 Walking Group</div> <div>2:00 Artist in Residence</div> <div>3:30 Tabletop Games</div> <div>4:00 Sip and Spell Champion</div> <div>7:00 Movie Time in Theater</div>	<div>27</div> <div>Scot Andrews on Piano</div> <div>9:00 Daily Update</div> <div>10:00 Senior Power with Viv</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:30 Documentary Hour</div> <div>3:00 Scot Andrews on Piano</div> <div>4:30 Cocktails & Conversation</div>	<div>28</div> <div>Wine Tasting with John</div> <div>9:00 Daily Update</div> <div>10:00 Barre and Balance</div> <div>11:00 Tabletop Games</div> <div>1:30 Walking Group</div> <div>2:00 Crafting Group</div> <div>3:30 Tabletop Games</div> <div>4:00 Wine Tasting with John</div> <div>7:00 The Screening Room</div>	<div>29</div> <div>Good Friday</div> <div>9:00 Daily Update</div> <div>10:00 Forever Young with Viv</div> <div>11:00 Wordle</div> <div>1:30 Walking Group</div> <div>2:30 Knitting Group</div> <div>3:00 Tabletop Games</div> <div>7:00 Friday Cinema</div>	<div>30</div> <div>Earth Day</div> <div>9:00 Daily Update</div> <div>9:00 Jewelry Making</div> <div>10:00 Barre & Balance</div> <div>11:00 YouTube Documentary</div> <div>1:30 Walking Group</div> <div>3:00 Strength+ Balance/Kim</div> <div>4:30 Cocktails + Conversation</div>

Title

Note:

In addition to our monthly calendar we also hand deliver a Daily Program to each apartment.

We will be adding more resident driven entertainment and outings so be sure to check your daily sheets for updates. We will give you advance notice of sign-up sheets and any changes to the schedule.

Activity Key

- Connect
- Feel
- Move
- Learn

