

SPRING FORWARD  
DAYLIGHT SAVING TIME



### Tidbits for March

- Daffodil is your lucky birth flower
- Zodiac Signs: Pisces (Feb 19-Mar 20) are compassionate, adaptable, devoted and imaginative. Aries ( Mar 21- Apr 19) are independent, generous, optimistic, enthusiastic and courageous.
- March is the month when most animals wake up from hibernation.
- The name 'March' comes from the Roman god Mars.
- Aquamarine is your lucky birth stone. Aquamarine was believed to protect sailors, as well as guarantee a safe voyage.
- March is National Nutrition, Brain Injury Awareness Month, and National Reading Month.



*"Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year."*  
Ogden Nash

### March 2018

As we prepare to 'spring forward' and adjust our clocks on March 11, here are some interesting facts you may not have known about daylight saving time.

4. Daylight saving time was not intended to benefit farmers, as many people believe. American farmers did not lobby for it to have more time to work in the fields. Actually, the agriculture industry was extremely opposed to it. The sun, not the clock, dictated farmers' schedules, so daylight saving time was disruptive. Farmers had to wait an extra hour for dew to evaporate to harvest hay, hired hands worked less since they still left at the same time for dinner and cows were not ready to be milked an hour earlier to meet shipping schedules.

5. Not everyone in the U.S. springs forward and falls back. Hawaii, Arizona and some Amish communities choose not to participate in daylight saving time.

1. It's daylight 'saving' time, not 'savings' time. The word 'saving' acts as part of an adjective, not a verb; the singular form is correct.
2. Although he favored maximizing daylight working hours, Benjamin Franklin did not originate the idea of moving clocks forward.
3. Germany was the first country to enact daylight saving time. It began during wartime to conserve energy and was later referred to as 'summer time' after other countries had also adopted the idea.



*Bickford*  
assisted living & memory care



Chocolate Covered Pretzel Decorating in Mary B's



Creating Our Own Feather Pens



Enjoying Paczki for Mardi Gras



Valentine's Day was fun!



Heart Shaped Pizza!



Tea Anyone?







March Birthdays:

Mary B. 3/1  
Emily C. 3/2  
Barb M. 3/4  
Ellen G. 3/8  
Tracy H. 3/12



Laura W. 3/18  
Nicole G. 3/23  
Davonda C. 3/24  
Phyllis N. 3/28



~Activities subject to change.  
~Salon open Thursdays and Fridays.  
~Outings are weather permitting; sign up in advance!



10:15a Devotion & Chronicles  
10:30a Noodle Volleyball  
11a Lunch at Abuelo's  
2p Bingo  
3p Communion



10:15a Daily Chronicles  
10:30a Yoga and Wellness w/Mary  
1:30p Bible Study  
2:30p Happy Hour  
6p Movie & Popcorn



9:30a Worship Service - Bistro  
10:30a Travel Video on Big Screen  
2p BFM's Lead Noodle Exercise  
Game Basket in Activity Room

March

10:30a Balloon Volleyball w/BFM's  
2p Bingo w/BFM's  
3p Word Search On Your Own  
Game Basket Available in Activity Room

10:15a Devotion & Chronicles  
10:30a Exercise  
11a Hangman  
2p Bunco  
3p Popcorn!

10:15a Devotion & Chronicles  
10:30a Shopping at Hallmark  
10:30a Chair Fitness Video  
2p JT Trimmel- Musical Entertainment

10a Bible Study  
11a Rosary  
2p Baking Club  
3p Exercise  
6p Movie Night

Casino Fun  
10:15a Daily Chronicles  
10:30a Roulette Prize Wheel  
2p Betting on Horse Races!  
3p Communion

10:15a Devotion & Daily Chronicles  
10:30a Exercise  
2:30p Happy Hour  
6p Movie & Popcorn

9:30a Worship Service - Bistro  
10:30a Sing Along Video on Big Screen  
2p BFM's Lead Noodle Exercise  
Game Basket in Activity Room

Daylight Saving Time Begins!  
10:30a Balloon Volleyball w/BFM's  
2p Bingo w/BFM's  
3p Puzzles On Your Own  
Game Basket Available in Activity Room

10:15a Devotion & Chronicles  
10:30a Exercise  
11a Hangman  
2p Jingo

10:15a Devotion & Chronicles  
10:30a Shopping at Target  
10:30a Exercise Video  
2p Resident Council  
2:30p Flipover Card Game

10a Bible Study  
10a Dementia Support Group  
11a Rosary  
2p Baking Club  
3p Exercise  
3:30p Food Committee  
6p Movie Night

9:30a Craft w/Donna  
11a Lunch at Cooper's Hawk  
2p Bingo  
3p Shamrock Shakes  
3p Communion

GREEN DAY!  
10:15a Daily Chronicles  
10:30a Yoga and Wellness w/Mary  
1:30p Bible Study  
2:30p Green Sangria & Green Photo Shoot  
6p Movie & Popcorn

St. Patrick's Day  
9:30a Worship Service - Bistro  
10:30a Travel to Ireland Video  
2p BFM's Lead Exercise and St. Pat's Trivia  
Game Basket in Activity Room

10:30a Balloon Volleyball w/BFM's  
2p Bingo w/BFM's  
3p Crosswords On Your Own  
Game Basket Available in Activity Room

10:15a Devotion & Chronicles  
10:30a Exercise  
11a Hangman  
2p Resident Birthday Party w/Music by Ken Tripp

10a Proper Tea Party Hosted by First Presbyterian Church  
11a Shopping at Walgreen's  
11a Sit and Be Fit Video  
2p Bunco

10a Bible Study  
11a Rosary  
2p Stories for Seniors w/Julie  
3p Chair Exercise Video  
6p Movie Night

10:15a 'Visiting Angels' Host Game Day!  
11:30a Lunch at Culver's  
2p Bingo  
3p Communion

10:15a Devotion & Daily Chronicles  
10:30a Exercise  
2:30p Happy Hour  
6p Movie & Popcorn

9:30a Worship Service - Bistro  
10:30a Sing Along Video on Big Screen  
2p BFM's Lead Noodle Exercise  
Game Basket in Activity Room

10:30a Balloon Volleyball w/BFM's  
2p Bingo w/BFM's  
3p Coloring Sheets On Your Own  
Game Basket Available in Activity Room

10:15a Devotion & Chronicles  
10:30a Exercise  
11a Hangman  
2p Craft Club  
3p Popcorn!

10:15a Devotion & Chronicles  
10:30a Chair Fitness Video  
11a Shopping at Dollar Tree  
2p Pyramid Dice Game

10a Bible Study  
11a Rosary  
2p Baking Club  
3p Exercise  
6p Movie Night

10:15a Devotion & Chronicles  
10:30a Noodle Volleyball  
11a Lunch at Cracker Barrel  
2p Bingo  
3p Communion

Good Friday  
10:15a Daily Chronicles  
10:30a Exercise  
1:30p Bible Study  
2:30p Happy Hour  
6p Movie & Popcorn

9:30a Worship Service - Bistro  
10:30a Travel Video on Big Screen  
2p BFM's Lead Noodle Exercise  
Game Basket in Activity Room