

MARCH 2024

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

— Charles Dickens, *Great Expectations*

March is National:

Noodle

Women's History

Frozen Food

Craft

Celery

Peanut

Caffeine Awareness

Nutrition

Kidney

Irish American Heritage

Brain Injury Awareness

Social Work

Month

Just to name a few!

Symbols of March

Birthstone: Aquamarine

Flower: Daffodil or Jonquil

Zodiac Signs: Pisces and Aries

Oak Meadows Monthly

By: Kristina Dickhausen, Activities Director



Welcome to March!

Daylight Saving Time begins on Sunday, March 10, 2024, at 2:00 A.M. On Saturday night, clocks are set forward 1 hour (i.e., losing one hour) to "spring forward." Sunrise and sunset will be about 1 hour later on March 10, 2024, than the day before. There will be more light in the evening.

March 15 is the Ides of March! As with Friday the 13th, bad luck is in the eye of the beholder, so it's best to just go about your day as usual on March 15. In other words, don't live in fear of something out of your control.

The last three days of March (March 29, 30, 31) have a reputation for being stormy. Scottish folklore proposes that these three days were borrowed from April so that March might extend his power. The Spanish story about the borrowing days is that a shepherd promised March a lamb if he would temper the winds to suit the shepherd's flocks. But after his request was granted, the shepherd refused to deliver the payment. In revenge, March borrowed three days from April, in which fiercer winds than ever blew to punish the deceiver. A Scottish proverb describing these days:

March borrowit from April

Three days, and they were ill:

The first was frost, the second was snaw [snow],

The third was cauld [cold] as ever't could blaw [blow].



RESIDENT AMBASSADOR GATHERING

Interested in learning more about being a
resident ambassador at Oak Meadows?
Enjoy coffee and donuts while learning
more about this fun volunteer opportunity!

TUESDAY, MARCH 12 AT 2PM IN
THE COMMUNITY ROOM

Happy March Birthday!

George F. 5th

Donna P. 6th

William J. 6th

Phyllis M. 6th

Wayne S. 9th

Floy N. 10th

Delbert D. 13th

Maye C. 14th

Kathie L. 23rd

Judith H. 24th

Glenda Z. 27th

Ageane R. 30th

Jayda S. 31st

***Birthday Lunch will be
Served on 3/14
at 11:00 in the
Dining Room!***



Welcome to March Continued...

March 29th...Good Friday, also known as Great Friday, Holy Friday, or Sorrowful Friday, is a major Christian observance that commemorates the crucifixion and death of Jesus Christ. It is a time for Christians to reflect upon his suffering and willing sacrifice to atone for the sins of mankind. Churches may offer special services, as well as cover crosses with black cloth as a sign of mourning. For some worshippers, it is a day of fasting.

Good Friday occurs two days before Easter (which celebrates Christ's resurrection). It is part of Holy Week, which starts with Palm Sunday and ends on Holy Saturday, the day before Easter. In certain countries, such as Canada, it is an official public holiday. In the United States, a number of states declare this a state holiday.

Traditional foods served on Good Friday include hot cross buns. These spiced sweet buns usually contain currants or raisins and are topped with icing in the shape of a cross."

Reminder...



The Annual Family Council Meeting will take place on Wednesday, March 11th at 2pm in the Multipurpose Room. A Zoom link will be sent out for families that are unable to join us in person.

March Word Search Puzzle

T	X	Z	W	U	D	N	N	K	V	S	K	Z	Z	D	B	N	G	X	O	Y	K	I	B
F	F	E	L	Q	I	Q	E	D	A	R	A	P	T	A	U	T	U	M	N	M	Q	L	U
O	I	W	B	J	H	C	R	A	M	I	K	X	U	F	L	K	S	N	R	S	S	L	R
O	R	R	Z	M	D	U	U	N	Q	X	X	Z	W	F	Q	K	U	F	A	T	I	B	F
R	S	E	I	R	A	Y	K	C	U	L	Z	E	Y	O	C	I	R	Z	H	I	P	B	H
E	D	H	V	N	J	L	T	I	X	R	G	E	T	D	B	E	H	L	U	B	H	O	V
D	B	F	M	O	U	M	G	N	E	C	B	P	L	I	O	N	T	F	J	K	G	E	J
F	N	D	A	O	L	E	D	G	G	C	M	M	F	L	K	X	I	F	B	L	V	Q	L
N	N	I	K	C	I	C	I	G	A	M	R	M	N	H	X	S	H	A	M	R	O	C	K
Z	P	I	N	M	A	R	S	J	T	R	Y	I	I	U	Z	R	B	E	R	I	R	O	G
C	P	V	Q	D	N	W	F	X	N	N	O	R	G	N	I	R	P	S	J	K	F	X	A
Y	K	J	G	R	U	D	V	L	Y	G	N	E	Q	Q	L	R	E	K	B	C	Q	P	P
L	B	C	D	J	B	K	R	A	X	G	H	J	P	O	B	Y	D	V	Q	L	H	Z	K
N	P	U	E	J	V	P	U	O	K	H	E	U	Q	T	K	J	R	O	O	D	I	P	C
O	E	Q	I	O	R	H	Z	M	E	O	V	S	K	G	K	Z	M	R	L	S	R	O	K
X	W	B	Q	O	V	H	Q	P	T	R	Y	F	S	N	U	L	L	B	T	X	S	D	V
T	H	F	F	D	D	P	G	M	L	P	U	K	V	D	W	A	U	G	F	V	K	A	I
U	N	A	T	T	B	A	V	O	Y	C	Z	M	U	F	A	X	Q	V	A	Y	E	A	P
Q	X	N	G	Y	B	H	V	O	S	M	C	Z	U	B	Y	A	I	P	J	N	V	Q	G
O	Q	Z	M	Q	Y	Q	D	L	I	J	S	E	P	L	D	I	Z	B	C	O	S	N	V
K	K	X	K	O	N	Q	S	Z	D	I	J	Y	H	C	N	X	P	T	B	W	C	N	E

Shamrock	Rainbow	Passover	March
Daffodil	Autumn	Dancing	Lion
Spring	Clover	Magic	Julian
Parade	Mars	Aries	Lamb
			Kite

