

2024

 Pheasants Ridge Press



...IS A BUSY MONTH!!!

Easter egg hunt 🥚 how many easter eggs can you find in this newsletter?

March is National Reading month, start a new book!



March 10 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day. Don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything



The March equinox occurs on Tuesday, March 19, 2023



It's National Puppy day on March 23



MLB opening day is March 28



## St. Patrick's Day Word Jumble

uylk \_\_\_\_\_

lodg \_\_\_\_\_

bniowra \_\_\_\_\_

egnre \_\_\_\_\_

eaucnelphr

Answers on last page

## HEALTH CORNER

March is National Nutrition month  
Here are some nutrition tips-

- Limit sugary drinks
- Eat nuts & seeds
- Get enough sleep
- Feed your gut bacteria; yogurt, sauerkraut, & fiber rich foods
- Stay hydrated
- Eat plenty of fruits & veggies
- Minimize sugar intake
- Avoid ultra processed foods
- Get moving!

## BLUESTONE ROUNDING 3/25

### 5 FUN FACTS ABOUT YOUR RESIDENT ASSISTANT... GABBY!

GABBY HAS BEEN AN RA SINCE APRIL 2023

1. GABBY ENJOYS COLORING AS A HOBBY
2. SHE IS GOING TO SCHOOL FOR FORENSIC PSYCHOLOGY
3. HER FAVORITE COLOR IS WHITE
4. SHE LIKES DARK CHOCOLATE TO SNACK ON
5. GABBY HAS A PET CAT NAMED POPPY



## HAPPY BIRTHDAY



Sue, Kristin, & Laddie!



# "How do I earn red tickets" you say?..



**WIN BINGO!**



**PARTICIPATE IN MORNING EXERCISE GROUP!**



**ORGANIZE/  
LEAD  
A  
WEEKEND  
ACTIVITY**



**COMPLETE THE NEWSLETTER ACTIVITY**

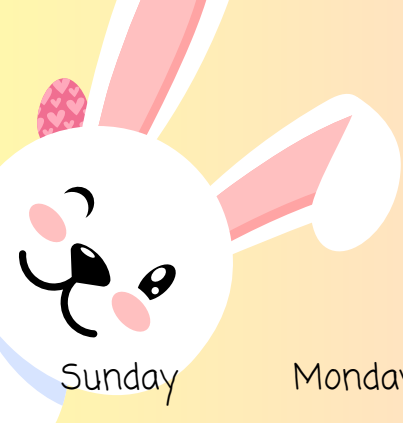


**Coming up in March!**  
St. Patrick's Day Parade in St. Peter!

In beautiful downtown St. Peter MN, come to celebrate St Patrick's Day!

March 17th  
Parade starts at 3pm





# MARCH



EVERY WEEKDAY: AM EXERCISE GROUP @ 10:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 EASTER SUNDAY 					1 1:30 <i>Bingo!</i>	2 HALLWAY WALKING
3 RESIDENT CHOICE	4 1:30 <i>Bingo!</i>	5 2:00 SENSORY BOTTLES	6 1:30 BEAN BAG TWISTER	7 1:30 <i>Bingo!</i>	8 11:30 VETERANS VISIT 2:00 BOB STEPHAN MUSIC ENT.	9 HALLWAY WALKING
10 RESIDENT CHOICE	11 1:30 <i>Bingo!</i>	12 1:30 RESIDENT COUNCIL MEETING	13 2:00 MARSHMALLOW POPS	14 Staff meeting No afternoon group activity	15 1:30 ST. PATTY'S PARTY <i>Bingo!</i>	HALLWAY WALKING
17 RESIDENT CHOICE	18 1:30 <i>Bingo!</i>	19 2:00 JEWELRY MAKING	20 1:30 EASTER EGG PAINTING 	21 1:30 KARAOKE HAPPY HOUR	22 1:30 <i>Bingo!</i>	23 NATIONAL PUPPY DAY! 1P-3P DOGGY OPEN HOUSE 
24 RESIDENT CHOICE	25 1:30 <i>Bingo!</i>	26 1:30 QUIRKLE GAME	27 2:00 GIANT JENGA	28 ALL DAY: EASTER EGG HUNT 2:00 GIANT UNO	29 1:30 <i>Bingo!</i>	30 HALLWAY WALKING

"The brown buds thicken on the trees,  
Unbound, the free streams sing,  
As March leads forth across the leas  
The wild and windy spring."  
-Elizabeth Akers Allen (1832-1911)



Word jumble answer key: lucky, gold, rainbow, green, leprechaun