

The PR Press March 2025

There are big ships and small ships,
but the best ship of all is friendship



What the Robin Told...

The wind told the grasses
& the grasses told the trees.

The trees
told the bushes
& the bushes told the bees.

The bees told the robin
& the robin sang out clear,

Wake up!

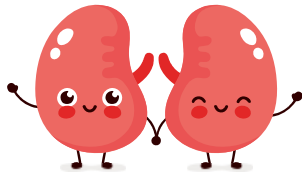
Wake up!

Spring is almost here!

-Unknown



March is National Kidney Month



March is National Kidney Month! Did you know your kidneys filter all of your blood up to 25 times a day? Learn how you can protect these two fist-sized, bean-shaped organs that work around the clock for you.

Take steps to build healthy habits. This can include eating healthy foods you enjoy, being active for 30 minutes each day, and aiming for seven to eight hours of sleep at night. Also quit smoking and limit your alcohol intake.

Time to spring forward!
Daylight savings time is
March 8th.
Set your clocks ahead 1 hour
before going to bed on the
9th!



&... the first day of spring
is March 20th!

5 FAST FACTS ABOUT CLAUDIA! RA @ PR SINCE 2018

Claudia has 3 kiddos, ages 10, 8 & 4.



She joined the US Army in 2023 & her job in the military is a Truck Driver.

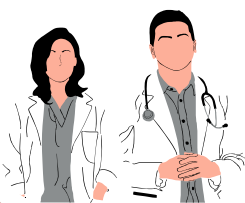
Claudia is currently a student working on her Bachelors degree in Accounting.

In her spare time she enjoys reading and running.

And, she considers herself a cat person, not a dog person



Bluestone Dr.
Rounding
Monday,
March 24



"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
- Dr. Seuss

March is also National Reading month! pick up a book and get lost in it's pages!



ST. PETER'S
ST. PATRICK'S
DAY PARADE IS
AT 5:30PM ON
MONDAY
MARCH 17TH



Happy Birthday

& our
team members
Gabby,
& Joanna



Shelly



Kristin



We've got
some
talent
to
"spare"



Activities Calendar

Celebrated in March...

ASH WED., THE BEGINNING OF LENT, IS MARCH 5th

MARCH 10th AT 2:00AM IS DAYLIGHT SAVINGS TIME; HELLO LONGER DAYS

MARCH 17th IS ST. PATRICKS DAY

MARCH 20th IS THE FIRST DAY OF SPRING

Sunday at 10:00am, Exercise group followed by coffee/tea and news!

Monday-Thursday exercise group at 10:30am

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

3/30 GROUP GAMES w/ TAYLOR	1:30 AL 2:30 MC <i>bingo</i>	3/31					1 RESIDENT CHOICE
2 GROUP GAMES w/ TAYLOR	1:30 AL 2:30 MC <i>bingo</i>	3 2:00 GROUP CLAY CRAFT	4 1:30 AL 2:30 MC <i>bingo</i>	5 2:00 GROUP PAINTING CRAFT	6 1:30 RESIDENT CHOICE MOVIE DAY	7	8 RESIDENT CHOICE
9 GROUP GAMES w/ TAYLOR	1:30 AL 2:30 MC <i>bingo</i> 3:45 CHURCH	10 LIBRARY BOOK RETURN/CHECK OUT TAYLOR OFF	11 2:00 ICE CREAM SUNDAES HAPPY HOUR TAYLOR OFF	12 2:00 RESIDENT COUNCIL MEETING	13 11:30 Veterans visit 1:30 "WESTERN" MOVIE DAY	14	15 RESIDENT CHOICE
16 ST PATTY'S DAY POSTER	1:30 AL 2:30 MC <i>bingo</i>	17 2:00 KARAOKE/SINGALONG HOUR	18 1:30 AL 2:30 MC <i>bingo</i>	19 No afternoon activity due to staff meeting	20 1:30 RESIDENT PICK MOVIE DAY	21	22 RESIDENT CHOICE
23 GROUP GAMES w/ TAYLOR	1:30 AL 2:30 MC <i>bingo</i> 3:45 CHURCH	24 2:00 GROUP COLORING LIBRARY BOOK RETURN/CHECK OUT	25 1:30 AL 2:30 MC <i>bingo</i>	26 2:00 TODD JAMESON MUSIC	27 1:30 "CLASSIC" MOVIE DAY	28	29 RESIDENT CHOICE