

THE Cambridge Landing *Lifestyle*



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SENIOR LIVING AT EASE

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MEMORY CARE COMMUNITY

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Go Green on March 17

St. Patrick's Day on March 17 is a time when many people claim kinship with the Emerald Isle and hope for the luck of the Irish. No matter your ancestry, you may be interested in the following facts and figures.

- The first New York City St. Patrick's Day parade occurred in 1762. The current parade lasts five to six hours and is attended by nearly 2 million spectators every year.
- In addition to a parade, Chicago celebrates St. Paddy's Day by turning the Chicago River green. It takes 45 pounds of powdered dye to accomplish the festive feat.
- About 55 percent of people in the U.S. celebrate St. Patrick's Day in some way, spending a total of \$5 billion on the holiday.
- An estimated 34 million Americans have Irish ancestry. That's more than seven times the population of Ireland.
- Towns that seem especially suited to celebrate the holiday include Shamrock, Texas; St. Patrick, Mo.; Dublin, Ohio; Ireland, W.Va.; Emerald Isle, N.C.; and Irishtown, Ill.
- Over 650,000 babies born in the U.S. in the last century have been named Patrick. The name means "nobleman."
- Your odds of finding a four-leaf clover are about 1 in 10,000.
- According to legend, when they aren't guarding their pots of gold, leprechauns spend their days making and mending shoes.



MARCH 2024

All About Easter

Easter, one of the most important holidays in Christianity, celebrates the central event of the Christian faith: the resurrection of Jesus Christ after his crucifixion. This event is significant to Christians because, through his death and resurrection, Jesus suffered for the sins of the world, yet was able to overcome death.

Easter is observed on the first Sunday after the full moon that occurs on or after the vernal equinox (the first day of spring). According to the Bible, the events of the crucifixion and resurrection occurred during the Jewish Passover, a springtime celebration.

Easter is preceded by Lent, a 40-day period of fasting and repentance that begins on Ash Wednesday. The Sunday before Easter is Palm Sunday, the day that Jesus arrived in Jerusalem. The week before Easter is called Holy Week.

During Holy Week, Christians observe Maundy Thursday, when the Last Supper with Jesus and his disciples took place; and Good Friday, the day of the crucifixion. The resurrection is then celebrated on Easter Sunday.

Children often participate in Easter egg hunts and look forward to visits from the Easter Bunny, who is said to deliver candy and eggs during the night.



MARCH 2024

Easter Joy

We want to wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.





Easter Egg Hunt

Come by the office for details on our Easter egg hunt to be held this month on March 23, 2024, at 10am. Our residents have a blast and it's fun to watch, too. Happy hunting!

Easy Easter Treats

Whip up a batch of homemade Easter treats: Melt 3 tablespoons of butter and a 10-ounce bag of marshmallows in a microwave-safe bowl. Pour the mixture over 6 cups of crisped rice cereal, stirring to combine. Grease a muffin tin with cooking spray, then place a spoonful of the cereal mixture into the cups and shape them into bird nests. After cooling, remove the nests from the pan and fill them with jelly beans or chocolate candy eggs.

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				March Birthdays March 3 ~ Amanda March 7 ~ Edward H. March 16 ~ Francis B. March 16 ~ Jerry D. March 31 ~ Samantha	1 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Paint and Chat 1:30 Walking Club 2:00 Hangman 3:00 Fluff and Fold 6:00 Movie of Choice	2 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 1:30 Walking Club 2:00 Bowling 3:00 What's in the Bag 6:00 Resident Choice
3 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 2:00 Ladder Ball 3:00 Sort and Match Socks 6:00 Resident Choice	4 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Hydration and Snack 11:00 Cornhole 1:30 Walking Club 2:00 Reminiscing Childhood Memories 3:00 What's in the Bag 6:00 Movie of Choice	5 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Rehydrate and Snack 11:00 Horseshoes 1:30 Walking Club 2:00 Riddles and Rhymes 3:00 Bingo 6:00 Resident Choice	6 Oreo Cookie Day 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 10:30 Music with Teresa 1:30 Walking Club 2:00 Sing A Long 3:00 Learning Sign Language 6:00 Movie of Choice	7 Edward H. Birthday 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Resident Council 1:30 Walking Club 2:00 Conversation Ball 3:00 Bingo 6:00 Resident Choice	8 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Ukulele Vibes with Robin 1:30 Walking Club 2:00 Ring Toss 3:00 Fold and Fluff 6:00 Movie of Choice	9 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Horseshoes 1:30 Walking Club 2:00 Cooking Corner 6:00 Resident Choice
10 Daylight Saving Begins 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 2:00 What is Daylight Saving Time 3:00 Family Feud 6:00 Resident Choice	11 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Bowling 1:30 Walking Club 2:00 Guess the Object 6:00 Movie of Choice	12 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Let's Plant a Flower 1:30 Walking Club 2:00 Who Am I? 3:00 Bingo 6:00 Resident Choice	13 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Sing A Long 3:00 Hangman 6:00 Movie of Choice	14 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Craft Corner 1:30 Walking Club 2:00 What's in the Bag 3:00 Bingo 6:00 Resident Choice	15 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Price is Right 11:00 Who Am I? 1:30 Walking Club 2:00 Guess the Object 3:00 Horseshoes 6:00 Movie of Choice	Francis B. & Jerry D. Birthday 16 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 1:30 Walking Club 6:00 Resident Choice
17 St. Patrick's Day 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 2:00 St. Patrick's Day Party 6:00 Resident Choice	18 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Cooking Corner 1:30 Walking Club 2:00 Bowling 3:00 Fluff and Fold 6:00 Movie of Choice	19 National Let's Laugh Day 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Let's Tell Jokes 1:30 Walking Club 2:00 Short Story Time 3:00 Bingo 6:00 Resident Choice	20 Spring Equinox 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Sing A Long 3:00 Learning Sign Language 6:00 Movie of Choice	21 World Poetry Day 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Sing A Long 1:30 Walking Club 3:00 Bingo 5:00 Family Night 6:00 Resident Choice	22 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Hydration and Snack 11:00 Ladder ball 1:30 Walking Club 2:00 Craft Corner 3:00 Sort and Match Socks 6:00 Movie of Choice	23 EASTER EGG HUNT 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Easter Egg Hunt 10:00 Exercise 1:30 Walking Club 6:00 Resident Choice
24 Palm Sunday 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 6:00 Resident Choice	25 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Move to Music 10:30 Hydration and Snack 11:00 Cornhole 1:30 Walking Club 2:00 Sensory Bins 3:00 Trivia 6:00 Movie of Choice	26 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Chair Exercises 10:30 Visits with Evelyn 1:30 Walking Club 2:00 Who Am I? 3:00 Bingo 6:00 Resident Choice	27 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Mind and Body 10:30 Hands massage/ Nails 1:30 Walking Club 2:00 Sing A Long 3:00 World Theatre Day 6:00 Movie of Choice	28 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Yoga 10:30 Music with Cheryl 1:30 Walking Club 3:00 Bingo 6:00 Resident Choice	29 Good Friday 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Weights 10:30 Riddles and Rhymes 11:00 Hangman 1:30 Walking Club 2:00 Conversation Ball 3:00 Fluff and Fold 6:00 Movie of Choice	30 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Horseshoes 1:30 Walking Club 2:00 Trivia 3:00 Sort and Match Socks 6:00 Resident Choice
31 Easter Sunday 9:00 Talk with Friends 9:30 Current Events and Weather 10:00 Exercise 11:00 Sunday Worship! 1:30 Walking Club 6:00 Resident Choice						



Here's to the Irish

Celebrate like a Celt with the popular Gaelic toast *sláinte*, pronounced "slawn-cha." It translates as "health," and is used like the English expression "Cheers!"



'Honey' Is One

How many words can you come up with using the letters in "chocolate bunny"?

Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health. Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels.

Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span. Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system. Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate. Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Better problem-solving. When faced with a dilemma, optimists typically are better at moving quickly to find a solution rather than dwelling on the problem.

Faster recovery. Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.