

# Lorien Bel Air

March 2021







## DON'T FORGET TO SPRING FORWARD

REMEMBER TO SET YOUR  
CLOCKS AHEAD 1 HOUR  
SATURDAY NIGHT

# SPRING

Spring, spring is coming soon,  
Grass is green and flowers bloom,  
Birds returning from the south,  
Bees are buzzing all about,  
Leaves are budding everywhere,  
Spring, spring is finally here!

## Shamrocks, saint and shillelaghs

*St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:*

### Shamrock

■ Small, three-leafed herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

### Irish flag

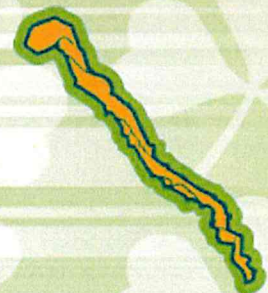
■ Green stands for Catholics; orange for Protestants; white for wish for harmony

### Leprechauns

■ Fairies who work day and night mending shoes of other fairies

### Shillelagh (shi-lay'-lee)

■ Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow



### Patrick: Saint and legend

**387:** Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

**Early 400s:** Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

**432:** Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

### Familiar legend

He drove the snakes from Ireland by beating a drum

## State Survey Binders



Our State Survey Binders are available for your review at anytime. The binders are located in the lobby, mail room, and the third floor Bird Room. If you need help finding a binder, please ask a staff member for assistance.



# SOCIAL WORKERS *generations* STRONG

Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2021 is Social Workers Are Essential. Social workers are essential to community well-being. As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They are employed to effect positive change with individuals, families, groups and entire communities.

During Social Work Month take time to learn more about the many positive contributions of the profession.

*Thank You*

Jeanette Delgado-Goe

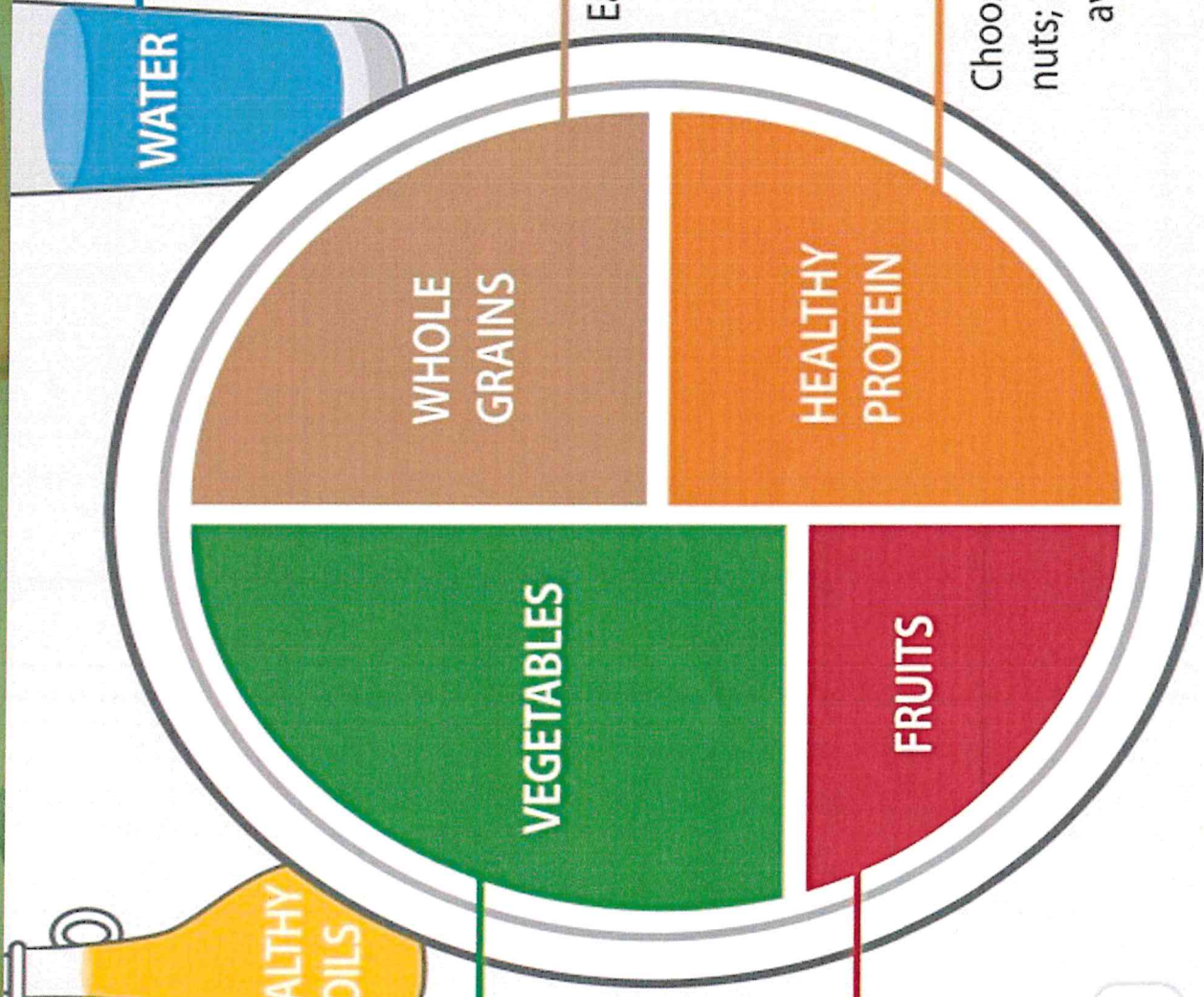
Nenita Guanzon

Paul Toskes



# HEALTHY EATING PLATE

## NATIONAL NUTRITION MONTH



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar).

Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day).

Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

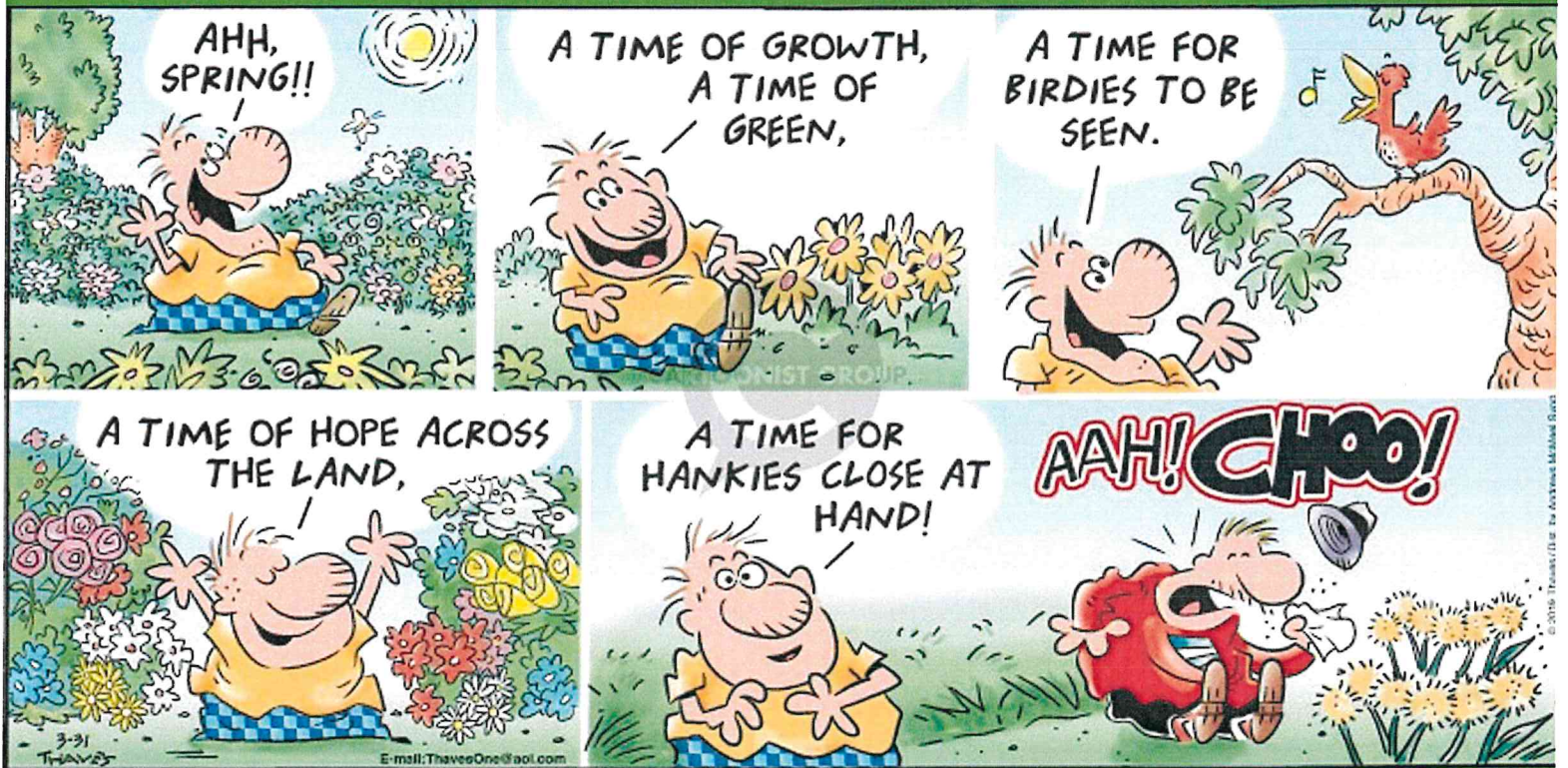
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**



# Spring Humor



The first robin of spring always has regrets.





# MARCH

## 2021

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>March 2021</b>	<b>1. Council Day Morning</b> Resident Council <b>Afternoon</b> Bingo <b>Evening</b> Store Cart	<b>2. Old Stuff Day Morning</b> Exercise <b>Afternoon</b> Reminisce <b>Evening</b> Old Stuff Vs. New Stuff	<b>3. Anthem Day Morning</b> National Anthem <b>Afternoon</b> Archery <b>Evening</b> Name That U.S.A. Land Mark	<b>4. Toy Soldier Day Morning</b> Exercise <b>Afternoon</b> Toy Soldiers <b>Evening</b> Reading Cart	<b>5. Cheese Doodle Day Morning</b> Doodle Toss <b>Afternoon</b> Happy Hour <b>Evening</b> Cheese Doodle Snack	<b>6. Oreo Cookie Day Morning</b> Coffee Cart <b>Afternoon</b> Bingo <b>Evening</b> Oreo Cookie Snack
<b>7. Cereal Day Morning</b> Church Handout <b>Afternoon</b> Name That Cereal <b>Evening</b> Fill in the Blanks	<b>8. Ceramic Day Morning</b> Ceramic Painting <b>Afternoon</b> Bingo <b>Evening</b> Store Cart	<b>9. Barbie Day Morning</b> Exercise <b>Afternoon</b> Barbie Visits <b>Evening</b> Barbie Facts	<b>10. Salvation Army Day Morning</b> Donation Collection <b>Afternoon</b> Table Tennis <b>Evening</b> S.A.D. Facts	<b>11. Morning</b> Exercise <b>Afternoon</b> Science Experiment <b>Evening</b> Reading Cart	<b>12. Hitchcock Day Morning</b> Name That Movie <b>Afternoon</b> Murder Mystery <b>Evening</b> Happy Hour Ice Cream	<b>13. Morning</b> Coffee Cart <b>Afternoon</b> Bingo <b>Evening</b> Balloon Toss

<p><b>14. Daylight Savings Morning</b> Church Handout</p> <p><b>Afternoon</b> Word Game "Spring Forward"</p> <p><b>Evening</b> Color by Letter</p>	<p><b>15. You Thought Wrong Day Morning</b> Wives Tales Vs Facts</p> <p><b>Afternoon</b> Bingo</p> <p><b>Evening</b> Store Cart</p>	<p><b>16. Panda Day Morning</b> Exercise</p> <p><b>Afternoon</b> Panda Visits</p> <p><b>Evening</b> Panda Snack</p>	<p><b>17. Saint Patty's Day Morning</b> Irish Coffee</p> <p><b>Afternoon</b> St. Patty's Party</p> <p><b>Evening</b> St. Patty's Trivia</p>	<p><b>18. Morning</b> Exercise</p> <p><b>Afternoon</b> Target Practice</p> <p><b>Evening</b> Reading Cart</p>	<p><b>19. Laugh Day Morning</b> Jokes</p> <p><b>Afternoon</b> Happy Hour</p> <p><b>Evening</b> Ice Cream</p>	<p><b>20. First Day of Spring Morning</b> Lemonade Cart</p> <p><b>Afternoon</b> Flower Craft</p> <p><b>Evening</b> Bingo Handout</p>
<p><b>21. Memory Day Morning</b> Church Handout</p> <p><b>Afternoon</b> Memory Game</p> <p><b>Evening</b> Memory Worksheet</p>	<p><b>22. Sing Out Day Morning</b> Sing A Long</p> <p><b>Afternoon</b> Bingo</p> <p><b>Evening</b> Store Cart</p>	<p><b>23. Puppy &amp; Kitten Day Morning</b> Exercise</p> <p><b>Afternoon</b> Kitty Yarn Toss</p> <p><b>Evening</b> Name that Breed</p>	<p><b>24. Cocktail Day Morning</b> Bar Jokes</p> <p><b>Afternoon</b> Cocktails</p> <p><b>Evening</b> Peanuts</p>	<p><b>25. Maryland Day Morning</b> Exercise</p> <p><b>Afternoon</b> MD Craft</p> <p><b>Evening</b> Maryland Brochure</p>	<p><b>26. Morning</b> Crossword</p> <p><b>Afternoon</b> Happy Hour</p> <p><b>Evening</b> Ice Cream</p>	<p><b>27. Morning</b> Coffee Cart</p> <p><b>Afternoon</b> Bingo</p> <p><b>Evening</b> Horse Shoes</p>



<p><b>28.</b>  <b>Palm Sunday Morning</b>  Church Handout  <b>Afternoon</b>  Game Cart  <b>Evening</b>  Coloring Page</p>	<p><b>29.</b>  <b>Piano Day Morning</b>  Bingo  <b>Afternoon</b>  Music Therapy  <b>Evening</b>  Store Cart</p>	<p><b>30.</b>  <b>Dr. Day Morning</b>  Exercise  <b>Afternoon</b>  Operation  <b>Evening</b>  Medical Trivia</p>	<p><b>31.</b>  <b>Eiffel Tower Day Morning</b>  French Lesson  <b>Afternoon</b>  Eiffel Tower Craft  <b>Evening</b>  French Treat</p>			
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