

# Windsor Wire

## March 2024

Windsor Manor Webster City – 1401 Wall Street Webster City, Iowa 50595 – 515-832-1188



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Activities Director – Sydney Beem  
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# Editor's Desk

Hello Residents, Families and Friends!

I am really looking forward to this month – there is so much to celebrate! Join us at any of our events and programs that celebrate St. Patrick's Day and Easter! We will be having Anchor Canine here on the 5<sup>th</sup>. We will be having Marilyn Middleton and her doll program here on the 11<sup>th</sup>. We

will be having Myrt and Jerry here with us on the 15<sup>th</sup>. We will be having a St. Patrick's Day lunch at 11:30am followed by Shannon Swon with us here at 3:00pm on the 17<sup>th</sup>. We will be having Dale and Barb Baker here on the 22<sup>nd</sup>. The resident council will be on the 12<sup>th</sup>. We will be having a big Easter lunch at 11:30am on the 31<sup>st</sup>. This month, consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you're lucky!

Here's to March!

*Sydney Beem*



## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**  
Birthstone: **Aquamarine**  
Flower: **Daffodil**

## Quote of the Day

When I've least expected it,  
an enormous opportunity or  
stroke of luck has crossed  
right under my nose.

– Julie Andrews

# Life in Our Community



## Valentine's Day Lunch

Martha, Marilyn, and Yvonne enjoying our Valentine's Day lunch!

## Staff Sweetheart

Alisha being crowned our staff sweetheart during our Valentine's Day party!



## King and Queen Sweetheart

Rollie and Norma being crowned our resident king and queen sweetheart during our Valentine's Day party!





# What We've Been Up To



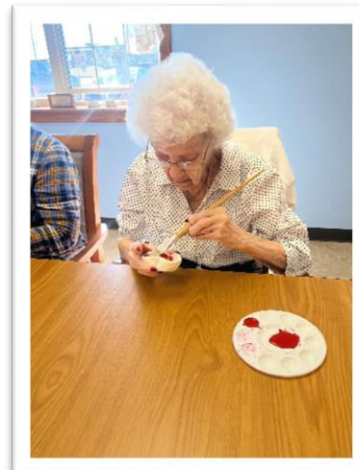
**John Laird W/ his Maple Syrup Program**



**Valentine's Day Colors**



**Coin Flick Day**



**Heart Shaped Pots**



**Ron Smith Crowd**



**Girl Scouts Crowd**

# Upcoming Events

## **Entertainment: Anchor Canine**

Tuesday 5<sup>th</sup> of March 2:00pm, Dining Room

## **Entertainment: Marilyn Middleton**

Monday 11<sup>th</sup> of March 2:00pm, Dining Room

## **Resident Council Meeting**

Tuesday 12<sup>th</sup> of March 1:00pm, Dining Room

## **Entertainment: Myrt & Jerry B**

Friday 15<sup>th</sup> of March 2:00pm, Dining Room

## **Entertainment: Shannon S**

Sunday 17<sup>th</sup> of March 3:00pm, Dining Room

## **Entertainment: Dale & Barb Baker**

Friday 22<sup>nd</sup> of March 2.00pm, Dining Room

## **Easter Lunch**

Sunday 31<sup>st</sup> of March 11:30am, Dining Room



# Regular Events

Happy Hour every Friday 3pm

Church Service every Sunday 1:15pm

Exercise everyday 10am

Men's Group every Saturday 3:00pm

## **Special Days**

1 <sup>st</sup>	World Day of Prayer
3 <sup>rd</sup>	Caregiver Appreciation Day
8 <sup>th</sup>	Intl. Women's Day
10 <sup>th</sup>	Mothering Sunday (UK)
15 <sup>th</sup>	The Ides of March
17 <sup>th</sup>	St. Patrick's Day
19 <sup>th</sup>	First Day of Spring (N. Hemisphere)
21 <sup>st</sup>	World Poetry Day
24 <sup>th</sup>	Palm Sunday
25 <sup>th</sup>	Greek Independence
31 <sup>st</sup>	Easter

# March 2024

SUNDAY

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 National Peanut Butter Lover's Day	2 National Banana Cream Pie Day
3 National Soup It Forward Day	4 National Pound Cake Day	5 National Cheese Doodle Day	6 National White Chocolate Cheesecake Day	7 National Flapjack Day	8 National Peanut Cluster Day	9 National Meatball Day	
10 National Blueberry Popover Day	11 National Oatmeal Nut Waffles Day	12 National Working Moms Day	13 National Napping Day	14 National Potato Chip Day	15 National Pears Helene Day	16 National Everything You Do Is Right	
17 St Patrick's Day 	18 National Sloppy Joe Day	19 National Chocolate Caramel Day	20 National Ravioli Day	21 National French Bread Day	22 National West Virginia Day	23 National Tamale Day	
24 Palm Sunday	25 Easter Story Monday	26 Bunny Bingo Tuesday	27 Cool Chicks Craft Club Wednesday	28 Eff-celent Treat Thursday	29 Don't Worry Be Hoppy Friday	30 National Take A Walk In The Park Day	
31 Easter 							

# March Birthdays

In March, we celebrate birthdays with:

- Janet D: 03/03
- Rollie P: 03/04
- Sarah A: 03/11
- Shirley H: 03/13
- Opal C: 03/30



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

## **Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless. They are always willing to help others

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

## **Historical Events in March: The Lindbergh Baby Kidnapping**

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

# Journaling Prompts

*Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answers here and you can choose to share what you are comfortable with. Have fun!*

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there a such thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When is the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you every do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Patricia Cooper**
- **James Hutchinson**
- **Raymond Wiggins**

We hope that you enjoy your time here!

## NEW STAFF

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A warm welcome also goes to the people who joined our team in the past month!

- **Riley Welch**

We hope that you enjoy your time here!

## IN MEMORIAM

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Vivian Kalton**
- **John Anderson**

## HERE'S TO THE WOMEN!

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Did you know that that majority of staff at our community are women? We are so thankful for all of the women who serve our residents so well, in all of their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

## OUT AND ABOUT

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We are fortunate enough to have access to transportation that we use to take excursions around town. Unfortunately, we can't always take every resident on each outing, simply because of space. We do our very best to rotate the residents who go!

Remember, if you're interested in an excursion, sign up as quickly as possible. On the trip day, be sure you are ready to go when the trip is set to depart so that we can stay on time with our adventures.

See us with any questions!

# Noticeboard



## THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

## HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please talk to Jeanette while she is here or let a staff member know and they will leave a note.

## CULTURAL CELEBRATION

Join us for an Irish celebration in honor of St. Patrick's Day this month. If you are of Irish descent and want to share more about your culture, let us know!

## FAMILY EVENT

We love welcoming family members to our special family events! Be sure to RSVP for our Easter Lunch by the 20th so that we can save your spot. Thank you!

## SHARE YOUR TALENTS

Have you always loved to garden?  
Perhaps you are an avid scrapbooker?  
Share your talents with your neighbors by co-hosting an activity with a staff member. See us for more details!

# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.



## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____