



101 Sterling Drive • Orchard Park, NY 14127 • (716) 675-1022

## March 2024






It's all fun and games here—it Doesn't matter how old you are, when the parachute comes out, our inner child comes out.



Happy Birthday  
March 6th - George F.  
March 14th - Beverly B.  
March 24th - Mary Mc.  
March 26th Thomas H.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;"><b>All Events Are Subject to Change</b></p>			<p>Elizabeth Cyka - Activities Director M-F, 8-4 Laura: M-Th, 3:30 to 8:30, Ava: Tuesday 11-4, Saturday 11-2, Terry: Thursday and Fridays 10-4</p>			
<p>10:15 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Mass on TV Ch 4 11:30 <span style="color: #e91e63;">TS</span> Sit and Be Fit 1:30 <span style="color: #e91e63;">TS</span> Cranium Crunches 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 11:45 <span style="color: #e91e63;">TS</span> Mindfulness Meditation 1:30 <span style="color: #e91e63;">TS</span> Having Fun With Limericks 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Active Games 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Pokeno</p>	<p>10:30 <span style="color: #e91e63;">TS</span> Music Therapy with Shelia 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 11:45 <span style="color: #e91e63;">TS</span> Mindfulness Meditation 1:30 <span style="color: #e91e63;">TS</span> Travel Tuesday 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Corn Hole 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 1:30 <span style="color: #e91e63;">TS</span> Cranium Crunches 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> "Catch a Leprechaun" Target Game 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Lucky Numbers Games</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #0070c0;">PL</span> Sit and Be Fit with Terri 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Cranium Crunches 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Cooking Up Shamrock Gummies 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 4:30 <span style="color: #e91e63;">TS</span> Irish Dancers</p>	<p><b>Happy Birthday, Barbie</b> 10:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 10:30 <span style="color: #e91e63;">TS</span> Sing Along 11:00 <span style="color: #800000;">OK</span> 2nd Cup of Coffee 11:30 <span style="color: #800000;">OS</span> Walking Club 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>
<p><b>Daylight Saving Time Begins; Spring Forward</b> 10:15 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Mass on TV Ch 4 11:30 <span style="color: #e91e63;">TS</span> Sit and Be Fit 1:30 <span style="color: #e91e63;">TS</span> Spring Slushes Social 3:00 <span style="color: #e91e63;">TS</span> Sunday Afternoon Movie 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Who, What and Where 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Giant Bowling 5:00 <span style="color: #e91e63;">TS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Shamrock Bingo</p>	<p><b>Girl Scout Day</b> 10:00 <span style="color: #0070c0;">C</span> Hymns Sing-along 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 11:45 <span style="color: #e91e63;">TS</span> Mindfulness Meditation 1:30 <span style="color: #e91e63;">TS</span> Leprechaun Name Generator 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Target Shoot 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #e91e63;">TS</span> Good News Minstrels (TS) 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 1:30 <span style="color: #e91e63;">TS</span> Drama Club Luck of the Irish O'Callys 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 6:30 <span style="color: #800000;">OS</span> Paws for Love: Pet Therapy</p>	<p>10:30 <span style="color: #0070c0;">C</span> Service with Amy (C) 11:00 <span style="color: #0070c0;">PL</span> Sit and Be Fit with Terri 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Ice Cream Social 3:00 <span style="color: #e91e63;">TS</span> Sing Along 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 2:00 <span style="color: #e91e63;">TS</span> Monthly Birthday Party with "Nick of Time" 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #0070c0;">MR</span> Spelling Bee</p>	<p>10:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 10:30 <span style="color: #e91e63;">TS</span> Sing Along 11:00 <span style="color: #800000;">OK</span> 2nd Cup of Coffee 11:30 <span style="color: #800000;">OS</span> Walking Club 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>
<p><b>St. Patrick's Day</b> 10:15 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Mass on TV Ch 4 11:30 <span style="color: #e91e63;">TS</span> Sit and Be Fit 1:30 <span style="color: #e91e63;">TS</span> Shamrock Shakes 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Paint By Numbers 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Giant Connect Four 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #0070c0;">MR</span> Guess the Words</p>	<p><b>First Day of Spring</b> 10:30 <span style="color: #e91e63;">TS</span> Music Therapy with Shelia 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 11:45 <span style="color: #e91e63;">TS</span> Mindfulness Meditation 1:30 <span style="color: #e91e63;">TS</span> Find the Words 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Hit the Target 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 1:30 <span style="color: #e91e63;">TS</span> Hangman Games 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Cornhole 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #0070c0;">MR</span> Pokeno</p>	<p>10:30 <span style="color: #0070c0;">C</span> Service with Amy (C) 11:00 <span style="color: #0070c0;">PL</span> Sit and Be Fit with Terri 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Cooking Up 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Beach Ball Toss 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 2:00 <span style="color: #e91e63;">TS</span> Kathy Beck Entertains 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #800000;">OS</span> Friday Afternoon Movie w/ Popcorn</p>	<p><b>Chip and Dip Day</b> 9:00 <span style="color: #e91e63;">TS</span> Breakfast with the Bunny: Easter Egg Hunt 1:30 <span style="color: #e91e63;">TS</span> What's Your Favorite Chip Flavor? 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>
<p><b>Palm Sunday</b> 10:15 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Mass on TV Ch 4 11:30 <span style="color: #e91e63;">TS</span> Sit and Be Fit 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Green and Gold Detective 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Active Games 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk 6:30 <span style="color: #0070c0;">MR</span> Left Right Center</p>	<p>10:00 <span style="color: #e91e63;">TS</span> Sing Along 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 11:45 <span style="color: #e91e63;">TS</span> Mindfulness Meditation 1:30 <span style="color: #e91e63;">TS</span> Cranium Crunches 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Target Shoot 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p>10:00 <span style="color: #0070c0;">C</span> Morning Devotions 10:30 <span style="color: #0070c0;">C</span> Rosary 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 2:00 <span style="color: #e91e63;">TS</span> Catholic Mass (TS) 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 6:30 <span style="color: #800000;">OS</span> Paws for Love: Pet Therapy</p>	<p><b>Baseball's Official Opening Day</b> 10:30 <span style="color: #0070c0;">C</span> Service with Amy (C) 11:00 <span style="color: #0070c0;">PL</span> Sit and Be Fit with Terri 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 1:30 <span style="color: #e91e63;">TS</span> Spin to Win Baseball Game 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 3:30 <span style="color: #e91e63;">TS</span> Unbelievable Baseball Trivia 5:00 <span style="color: #e91e63;">TS</span> Before Dinner Walk with Laura 6:30 <span style="color: #0070c0;">MR</span> Bingo</p>	<p><b>Good Friday</b> 10:30 <span style="color: #e91e63;">TS</span> Zumba with Dawn 11:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 11:30 <span style="color: #e91e63;">TS</span> Morning Refreshments 2:00 <span style="color: #e91e63;">TS</span> Dick Odell Sings 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments</p>	<p>10:00 <span style="color: #e91e63;">TS</span> Sit and Be Fit 10:30 <span style="color: #e91e63;">TS</span> Sing Along 11:00 <span style="color: #800000;">OK</span> 2nd Cup of Coffee 11:30 <span style="color: #800000;">OS</span> Walking Club 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>
<p><b>Happy Easter</b> 10:15 <span style="color: #0070c0;">C</span> Morning Devotions 11:00 <span style="color: #e91e63;">TS</span> Mass on TV Ch 4 11:30 <span style="color: #e91e63;">TS</span> Sit and Be Fit 3:00 <span style="color: #e91e63;">TS</span> Afternoon Refreshments 5:00 <span style="color: #800000;">OS</span> Before Dinner Walk</p>						

## Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

<b>Decade</b>	<b>Fitness Trends</b>
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"Then & Now"

## "This Month In History"

### MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

**2020:** The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.