

March 2024

Oak Hill Grapevine

623 Hamacher St., Waterloo, Illinois, 62298 | Phone: 618-939-3488



Celebrating March

Umbrella Month

Optimism Month

**Irish American Heritage
Month**

**March 6th- National Oreo
Cookie Day**

**March 14th- National Popcorn
Day**

**March 15th- St. Patrick's Day
Cookie Celebration**

Wear Green

March 17th- St. Patrick's Day

March 19th- Spring Begins!

Wear Spring Colors

March 26th- Easter Egg Races

March 29th- Good Friday

March 31st- Happy Easter!



Jeopardy's Journey



Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged,

with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!

Fueling Change

Rudolf Diesel, inventor of the eponymous diesel engine, was born on March 18, 1858. Biodiesel Day celebrates a type of fuel that Diesel himself valued. As he stated in 1912, "The use of vegetable oils for engine fuels may seem insignificant today, but such oils may become, in the course of time, as important as petroleum and the coal-tar products of the present time."

It appears that Diesel was not only a great inventor but also a visionary. In 2012, 100 years after that statement, the U.S. produced over one billion gallons of biodiesel fuel. This fuel is biodegradable and nontoxic, produces less carbon dioxide than fossil fuels, and can be produced from vegetable oils, animal fats, algae, and even recycled restaurant grease.

The Perfect Pair



Feeling hungry? March 23 is Chip and Dip Day. This ultimate snack and party pairing has come a long way since chips and salsa. Often, the dip is the exciting element of the duo: creamy ranch made with sour cream, dill, garlic, and dried onions. Or guacamole with fresh avocados, garlic, onion, tomatoes, a dash of cayenne, and a squirt of lime. For a change of pace, try hummus, spinach with artichokes, or a white bean spread.

Although it may be taken for granted, the chip is more than just a vehicle for the dip. Corn, potato, and baked pita chips provide a satisfying crunch. Sometimes you don't need a chip at all. Toasted slices of Italian bread are the perfect base for bruschetta. If you really want to impress a crowd, wow them with cheese fondue. The cheese is spectacular, but equally delicious are the sausage, bread, apples, and veggies for dipping.

In Praise of Weeds



Gardeners get giddy in March as the ground begins to thaw and green buds burst forth showing signs of spring. However, not all of those buds are welcome, and gardeners will begin their assault on unwanted weeds. But wait! Before you break your back pulling out garden

invaders, take some time to understand these pests. March 28 is Weed Appreciation Day.

Many weeds are native species of flowers that provide important pollen and nectar for bees and butterflies as well as seeds for a variety of birds. They may not be always be pretty, but they are important. For example, the humble clover may be undesirable, but it has tremendous benefits. It grows easily and in abundance, is a tasty and nutritious crop for grazing animals, fixes its own nitrogen (which means less need for fertilizer), and grows in a wide variety of climates and soils. It is also one of the honeybee's main sources of nectar.

Many other weeds are edible and healthy. The roots of the burdock plant are regularly eaten in Japan and Korea. They taste similar to artichokes and are high in fiber and potassium. Dandelion and burdock are combined to make a tasty drink that is popular in England and tastes similar to root beer.

The leaves of lamb's quarters, also known as goosefoot or pigweed, are a good substitute for spinach. The seeds, known as quinoa, are a popular alternative to rice and other grains and are high in protein and vitamin A.

Purslane is eaten all over the world in salads, stir-fry dishes, and soups. It contains more of the all-important omega-3 fatty acids than any other leafy green. So this March, before you yank, consider whether that weed may actually be a boon for you and your woodland friends.

A Winter Farewell

The first day of spring is a common reason for celebration for people all over the world, but the students at Lake Superior State University in Michigan may have taken it too far. Every March 20 since 1971, the students have bid farewell to winter by burning a snowman. This isn't just some wacky college prank; the bizarre tradition began in Germany as the Rose Sunday Festival, where a parade bearing a snowman (made of straw) passes through town to the village center. There, the mayor asks all the local children if they have been good, diligent in their studies, and mindful of their parents. When all the children publicly shout "Yes!" the snowman is burned.

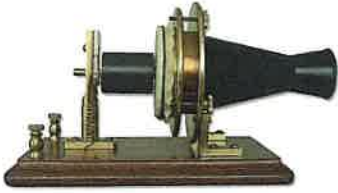
The 10-foot snowman is made of leftover paper and scrap wood and is sometimes dressed in a rival college's colors. As it burns, students, professors, local children, and anyone else who cares to join in recite poetry they have written about the snowman. Only one year has been skipped since the tradition began. A snowman was not burned in 1992, due to environmental concerns by a student environmental awareness group. Locals were furious. Disappointed reporters arrived to find poetry but no snowman, and the tradition was resumed the following year.

Paws and Purrs



It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.

Clash of Inventors



Alexander Graham Bell is hailed as the inventor of the telephone. It was Bell who discovered that sound travels over electrical wires and that

these wires can be connected in a way that allows two people to speak to each other over long distances. On March 10, 1876, the telephone was born when Bell spoke to his assistant, Thomas A. Watson, saying, "Mr. Watson. Come here. I want to see you."

Was Bell the sole inventor of the telephone? Another renowned inventor, Elisha Gray, was working on a similar device. On February 14, 1876, Bell submitted an application to the patent office for his telephone. Just hours later, Gray submitted his own application for a patent. Gray wrote:

"To all whom it may concern: Be it known that I, Elisha Gray, of Chicago, in the County of Cook, and State of Illinois, have invented a new art of transmitting vocal sounds telegraphically, of which the following is a specification: It is the object of my invention to transmit the tones of the human voice through a telegraphic circuit, and reproduce them at the receiving end of the line, so that actual conversations can be carried on by persons at long distances apart."

When Gray discovered that Bell was awarded the patent, he took Bell to court. Not only did Gray believe that he submitted his paperwork first, he believed that Bell learned of one of his designs and stole it. How did Bell steal Gray's design? One of the patent examiners at the patent office swore in an affidavit that he had shared Gray's paperwork and designs with Bell. The legal battle lasted over two years.

The courts eventually ruled that while Gray had invented an important, even vital, component of the telephone, Bell had succeeded in creating the whole telephone. The rest, as they say, is history.

March Resident Birthdays

March 1st- Norma Kayser
March 6th- Marilyn Carr
March 7th- William Will
March 8th- Shirley Daniels
March 10th- Betty Nest
March 12th- Jean Frame
March 13th- Shirley
Brandenburger
March 13th- Paul Stiening
March 13th- Peggy Studt
March 16th- Kenneth Buettner
March 17th- Martha McClaren
March 21st- Joanne Schilling
March 27th- Ruth Speichinger
March 31st- Frances Quirk

Verses and Voices



World Poetry Day, initiated by UNESCO in 1999, arrives on March 21 to honor globally the artistry and diversity of poetry. It pays

homage to poets who craft words into emotion, images, and storytelling, transcending boundaries and enriching human experiences.

You can mark the occasion by sharing favorite poems with friends or family, attending poetry readings or events, or even trying your hand at writing a short poem. Dive into different poetic styles, from traditional sonnets to modern spoken word, exploring the richness of expression they offer. You might also support local poets or poetry organizations, sharing their work on social media or attending their performances. Whether you choose to write, read, or listen to poetry performed, World Poetry Day invites us to immerse ourselves in the beauty and power of words.

February Arbort Court Memories







Kaylie Bell, Dietary

Railyn Blaylock, Dietary

Gavin Dabbs, Dietary

Austin Dabbs, Dietary

Michelle Mixon, CNA

Abigail Rosenkranz, Dietary

Derez Sayles, Dietary

Kelsey Stumpf, Dietary

February Employee of the Month

Rebecca Heusohn, Health Information Asst.



Here's what others had to say about Becky:

- Becky is kind and helpful to the residents and Nursing staff.
- She is dependable. She is very patient.
- She takes good care of our residents and makes them like family.
- She always goes above and beyond.
- She is a fantastic employee!
- She is always smiling and makes a pleasant work environment.
- She has a positive attitude, and the residents love her!
- We appreciate all that you do!

Interesting Facts about Becky:

Becky has worked for Oak Hill for almost 9 years. She is a widow who resides in Valmeyer, Illinois. She has a son and daughter and three adorable grandchildren. She used to enjoy gardening, crafting, and crocheting; but now she keeps her recliner warm and watches television. She enjoys Heartland, Virgin River, and Bold & Beautiful. Her most memorable moment at Oak Hill is when a resident came to her workstation and sang to her as a gift of gratitude. Her most embarrassing moment was when she thought a maintenance man asked for her bedroom key; but he asked for her med room key, she said "Whoops my misunderstanding". Her achievements is a wife for 44 years, raised three children, was an EMT, First aid instructor, Sunday and bible school teacher, managed a meat market for sixteen years and became employed at Oak Hill where she has met many people. She has three grandchildren who cherish and think she is special. Her favorite food is chocolate and baby back ribs. Her favorite song is "If I could Dream" by Elvi Presley. Her best childhood memory is going to the Monroe County Fair with her grandparents. If she won 50 million dollars, she would buy a house that was not in a flood plain, give each of her grandchildren a million each and donate the rest to St Jude's or Shiner's Children's Hospitals, animal shelters and wounded vets.

ALL STARS

Employees are recognized as those who have gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

Tara Knechtel, Dietary – Shopping Spree

Susie Frey, Receptionist - Groceries

Kelli Brellinger, LPN - \$100 Cash



STAFF BIRTHDAYS

Cherry Cummings, CNA - March 2nd

Kristen Goersch, CNA- March 3rd

Joann Stennis, CNA - March 8th

Amber Sarchet, CNA - March 8th

Railyn Blaylock, Dietary Aide - March 9th

Amie Frye, Health Info - March 10th

Tammy Moll, Social Services - March 11th

Claire Schmieg, Dietary Aide - March 11th

Vance Ray, Dietary Aide - March 13th

Laura Roy, Cook - March 13th

Irina Javid-Stahl, RN - March 16th

STAFF BIRTHDAYS, continued

Dawn Vogt, Cook - March 16th

Haley Steining, Dietary Aide - March 19th

Kelsey Stumpf, Dietary Aide - March 21st

Lonnie Esker, Maintenance - March 24th

Denzel Smarr, Housekeeping - March 24th

Melissa Peters, Cook - March 25th

Shari Kruep, Administrator - March 27th

Sherry Milson, Cook - March 28th

Kendra Little, Resident Care Coor - March 30th

Staff Anniversaries in February

Haley Steining, Dietary, 1 year

Ariana Gibbs, Dietary, 2 years

Susan Stanglein, Receptionist, 2 years

Megan Prather, LPN, 2 years

Dawn Vogt, Cook 8, years

Katherine Browning, Dietary, 10 years

Lindsey Dinning, RN, 10 years

Litney Hick, Dietitian, 13 years

Sherri Boles, MDS Coordinator, 15 years

Angela Staub, Resident Care Coor, 17 years

Rhonda Hooten, Dietary Manager, 28 years

Outstanding Staff

Meet Lonnie

Lonnie is an employee who has worked at Oak Hill for 19 years. A special thanks goes out to him for his recent creativity. Phil, Maintenance Director, recently came up with an idea to create large 4ft standing foam decorative hearts for Valentine's Day and shamrocks that are displayed around the building including Arbor Court, Whispering Pines, and Magnolia Terrace. Lonnie and Brad from Maintenance completed the projects including cutting the foam and painting. Great job to all the Maintenance for their hard work and talent!



Join us in the activity center Wednesday,
3/6/24 @2pm for national Oreo cookie
day! Staff and residents will receive Oreo
cookies and you can compete in the Oreo
cookie face challenge!



PLEASE JOIN US
WOMEN'S ONLY GROUP

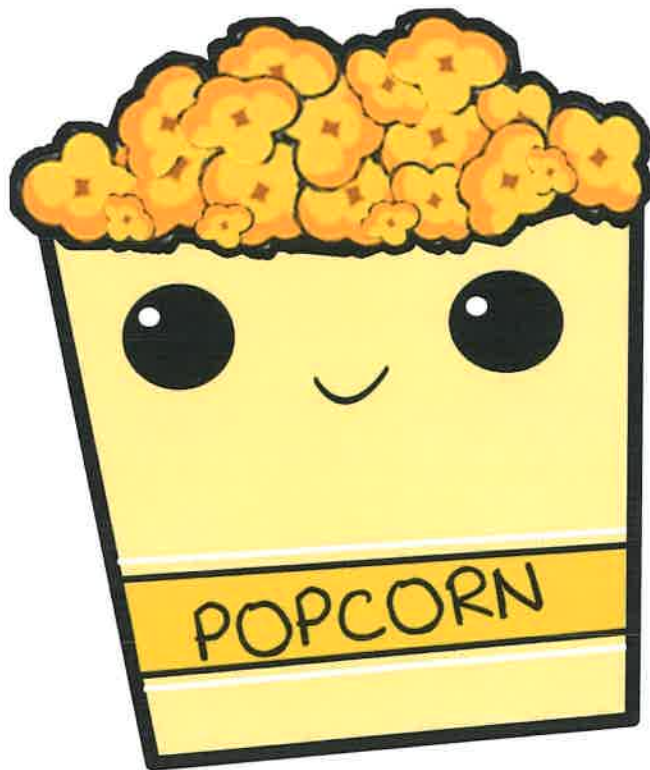
DATE: MARCH 7, 2024
TIME: 12:00 PM-2:00PM
LOCATION: ACTIVITY ROOM

ACTIVITY INCLUDES: MAMA MIA! THE MOVIE, GREEN SHERBET PUNCH

RSVP TO: ACTIVITY STAFF OR RESTORATIVE AIDES.

SEE YOU THERE!!

Meet us in the back hallway
Thursday, 3/14/24 @ 2pm for
national popcorn day! Staff
and residents will receive
fresh popped popcorn!



Celebrate St. Patrick's day Friday, 3/15/24,
by wearing green. Residents and staff will
receive green cookies in the back hallway
from 6am-7am and 2pm-3pm.

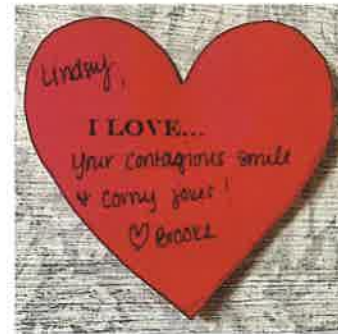
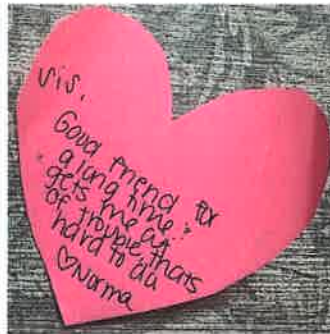
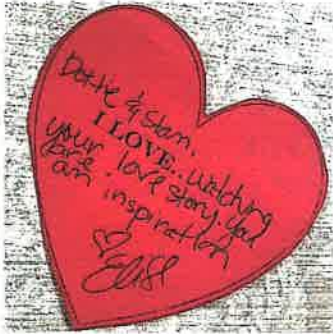


Join us Tuesday, 3/26/24, in the activity center @ 10AM for resident and staff Easter egg race!



LOVE ON WHISPERING PINES

Leading up to Valentine's Day, staff and residents shared kind words to each other by placing heart affirmations on doors! Favorites were...



One favorite craft was yarn hearts. Residents made them for loved ones and others decorated the Pine's front entrance for the holiday.



Food is always a big hit on the Pines. Heart pepperoni pizza day did not disappoint. Even the pepperoni was shaped like hearts. Residents assembled their own pizzas then staff baked to perfection. Another fun activity restorative nursing helped with was making chocolate covered pretzels.



MARCH

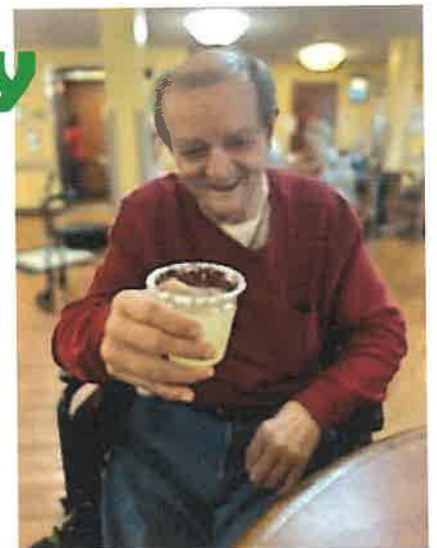
Magnolia Moments



Happy Hour Social



Margarita Day





***Homemade
Waffle
Breakfast***





Went on a trip to Grafton/Alton to see eagles. On the drive we saw 10+ eagles, then stopped for lunch at Just Desserts before heading home.





Valentine's Day





Fun Dip Candy for the first time for some!



Valentine's cards from the community to Magnolia Terrace!

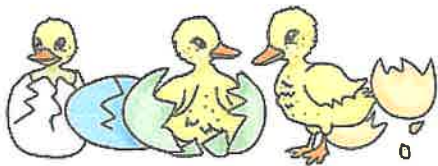


March

3rd Doris Sabo

13th Richard Noelken

19th Carol Peters-Boyer



Balloon Game Record High

421 Hits

Farkle Winners

Maggie



Deb

Bean Bag Toss

Winners

1st-Brenda

2nd-Johanna

3rd-Marie

HAPPY
ST. PATRICK'S
DAY



Spring Forward

March 10, 2024

PALM
SUNDAY

goodbye
WINTER
hello
Spring




Word Search Puzzle Winners


Lonnie Esker

Corrine Kirby

Kathleen Mertens

U.S. Presidents 
Word Search Puzzle

W C O M T N X E I S E N H O W E R
K A B L I N C O L N D C Q W V R J
M O S B E K A O O N G J A H J A E
E E U H T P O U O H B L B R L W F
F M A D I S O N D L I B A K T V F
P U C H A N A N T A I S D E A E E
W I W L C C C L J Z A D A N Y T R
T O H H E J E T G O E Y G N I F S
R N B A J V A H O L H V V L O I O
U Y Q O E R E C C N N N O D R L N
M Y T S E F Y L K Q O W S Y R L A
A O O V B J R U A S Y H P O D M N
N O O A N T T G I N O J R V N O O
R O C D N D R R N K D N G H X R B
H O H A G A R F I E L D L I J E A
D B R M V A X U K A V V N K N A M
L C I S H M V G U E M O N R O E A



ADAMS	GRANT	MADISON
BUCHANAN	HARRISON	MONROE
CARTER	HOOVER	NIXON
CLEVELAND	JACKSON	OBAMA
COOLIDGE	JEFFERSON	ROOSEVELT
EISENHOWER	JOHNSON	TAYLOR
FILLMORE	KENNEDY	TRUMAN
GARFIELD	LINCOLN	WASHINGTON

Thank you to everyone who participated
in the word search puzzle!

Acceptable Caps, Lids, & Bottles:

Any Plastic Cap/Lid with a Recycle Number



Any Drink Bottle Caps

Lids must be 8" or smaller

Baby Food Caps

Sour Cream Lids

Deodorant Caps

Butter/Margarine Lids

Detergent Caps

Parmesan/Feta Lids

Flip-Top Caps

Peanut Butter Jar Lids

Hair Spray Caps

Cottage/Cream Cheese Lids

Marker/Sharpie Caps

Icing/Yogurt Lids

Juice/Tea/Milk Jug Caps

Coffee Can Lids

Ointment Tube Caps

Mayonnaise Jar Lids

Spray Paint Caps

Whipped Topping Lids

Shampoo/Conditioner Caps

Drink Mix Container Lid

Medicine Bottle Caps

Food Take Out Lids

Spout Caps

Fast Food Drink Lids

Coffee Creamer Caps

Solid 6 Pack Can Holders

Spice & Condiment Caps

Pill Bottles (Label Removed)



Follow Green Tree Plastics - ABC Partnership on Facebook for Tips!



Magnolia Terrace will be collecting the items listed above to help
"WCP 'Park It' Campaign!

There is a basket in the breezeway by the popcorn machine. If you
would like to join us in recycling the items listed above.

Thank you,

Magnolia Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2024</h1>						
3 Independent Bingo 8:00 am- One on Ones 2:00 pm- Sun Room Games with Wendy	4 8:00 am- House Calls 10:00 am- Stretch and Flex 10:30am- Funny Videos 2:00 pm- Bingo	5 8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Card Cover All	6 8:00 am- House Calls 9:30 am- Seated Exercise 10:00 Rosary 2:00 pm- Oreo cookie Game with Staff	7 8:00 am- House Calls 10:00- Gospel Hymns 10:30 am- UCC Church 2:00 pm- Bingo	8 8:00 am- House Calls 10:00 am- Seated Disco Workout 10:30 am- News and Views 2:00 pm- Tom Winters Violinist	9 Weekend Activity Packet 2:00:pm- One on Ones 5:30 pm- Balloon Volleyball
10 Independent Bingo 2:00 pm- Movie Matinee Ramadan Begins Daylight Saving Time Begins	11 8:00 am- House Calls 10:00 am- Yoga 10:30am- Strick Man word Games 2:00 pm- Bingo	12 8:00 am- House Calls 10:00 am- Magazine Hunt 2:00 pm- Resident Council	13 8:00 am- House Calls 9:30 am- Move and Groove 10:00 am- Catholic Church 2:00 pm- Tommy Myrda St. Patrick's Day Show	14 8:00 am- House Calls 10:30am- Lutheran Church 2:00 pm- Card Lotto 2:30 pm- Pop Corn social	15 8:00 am- House Calls 10:00 am- HASfit seated In2L exercise 10:30 am- St. Patrick's Day Trivia 2:00 pm- Brad Cook	16 Weekend Activity Packet 10:00 am- One on Ones with Kate 2:00 pm- Paint and Sip
17 Independent Bingo Happy St. Patrick's Day 2:00 pm- Movie Matinee St. Patrick's Day	18 8:00 am- House Calls 10:00 am- Hockey 1:30 pm- Chocolate Fudge and Milk Social 2:00 pm- Bingo	19 8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- March Birthdays with Alan Brandt Spring Begins	20 8:00 am- House Calls 9:30 am- Stretch and Flex 10:00 am- Catholic Church 2:00 pm- St. Patrick's Day Detective	21 8:00 am- House Calls 10:00am- Gospel Hymns 10:30 am- UCC Church 2:00 pm- Easter Creatures Craft	22 8:00 am- House Calls 10:00 am- Fun Fitness Friday 10:30 am- Easter Reminiscing 2:00 pm- Presley Country Music Jubilee	23 Weekend Activity Packet 3:00 pm- Last Supper Skit with Immanuel Lutheran Church Purim Begins
24 Independent Bingo 8:00 am- One on Ones with Holly 1:30 pm- Presbyterian Church Palm Sunday	25 8:00 am- House Calls 10:00 am- Drumming on the Big Screen 2:00 pm- Bunny Races	26 8:00 am- House Calls 10:00 am- Egg Race with Staff 2:00 pm- George Nicholson Gospel Music	27 8:00 am- House Calls 9:30 am- Beach Ball Toss Q & A 10:00 am- Rosary 2:00 pm- Travel to New Jersey	28 8:00 am- House Calls 10:00am- New Life Church 2:00 pm- Shopping Day!	29 8:00 am- House Calls 10:00 am- Balloon Volleyball 2:00 pm- Tommy Tunes Good Friday	30 Weekend Activity Packet 2:00 pm- Movie Matinee "Risen"
31 independent Bingo Happy Easter! Easter Sunday						

March 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3 9:30 Morning Stretch
10:00 Worship Service & Hymn Sing IN2L
2:00 Netflix Movie Time
3:00 Ice Cream & Guitar Sing-along

10 9:30 Morning Stretch
10:00 Worship Service & Hymn Sing IN2L
2:00 Netflix Movie Time
3:00 Happy Hour & Music

17 9:30 Morning Stretch
10:00 Worship Service & Hymn Sing IN2L
2:00 Holiday Trivia
3:00 St. Pat's Snack

24 9:30 Morning Stretch
10:00 Worship Service & Hymn Sing IN2L
2:00 Netflix Movie Time
2:30 Ice Cream & 50's Music Reminisce

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

4 9:30 Ball Kick\Toss
10:00 Trivia & Detective
2:00 Guitar Sing-along IN2L
3:00 Grilled Cheese & Alexa

11 9:30 Ball Kick\Toss
10:00 March Madness Basketball Game
2:00 Shamrock Watercolor Craft
3:00 Irish shake & Alexa

18 9:30 Ball Kick\Toss
10:00 Love on a Leash - Therapy Dogs
2:00 Keyboard with Pearl
3:00 Cookies & Alexa

25 9:30 Relaxation Music
10:00 Bunny Chocolate
Pudding Peeps
2:00 Easter Craft
3:00 Rainbow Fruit Cups & Faith Music

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

5 9:30 Warm Up Exercises
10:00 Watch Riverdance IN2L
2:00 Craft-Pretzel Pops
3:00 Shamrock Pretzels & Irish Music

12 9:30 Balloon Volleyball
10:00 Armchair Travel - Ireland IN2L
2:00 Terry Roberson - Singing Cowboy on Pines
3:00 Snack & Alexa

19 9:30 Balloon Volleyball
10:00 Karaoke - Irish Songs IN2L
2:00 Lucy Show IN2L
3:00 Salty Snack, Soda & Alexa

26 9:30 Balloon Volleyball
10:00 Puzzle, Magazine & Newspaper Hour
2:00 Easter Parade!
3:00 Salty Snack, Soda & Alexa

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

6 9:30 Ring Toss
10:00 Catholic Mass IN2L
2:00 Bingo IN2L
3:00 Coffee, Cookies & 40's Music Review

13 9:30 Ring Toss
10:00 Catholic Mass*
2:00 Bingo IN2L
3:00 Coffee, Cookies & 50's Music Review

20 9:30 Ring Toss
10:00 Catholic Mass*
2:00 Bingo IN2L
3:00 Coffee, Cookies & Classical Music

27 9:30 Ring Toss
10:00 Catholic Mass IN2L
2:00 Bingo IN2L
3:00 Coffee, Cookies & Blue Grass

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

7 9:30 Magazines & Coffee
10:00 Arbor - Church*
2:00 Activity\Restorative Exercise Hour
3:00 Donut Shop & Alexa

14 9:30 Morning Stretch
10:00 Arbor - Church*
2:00 Singing Sheriff - Forrest on Pines
3:00 Donut Shop & Alexa

21 9:30 Magazines & Coffee
10:00 Arbor - Church*
2:00 Activity\Restorative Exercise Hour
3:00 Donut Shop & Therapeutic Music

28 9:30 Morning Stretch
10:00 Arbor - Church*
2:00 Tommy Tunes - Oldies Sing-along
3:00 Donut Shop & Alexa

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

8 9:30 Chair Stretches
10:00 Irish Rover Music
2:00 Ron- Accordion
3:00 Snack & Alexa

15 9:30 Meditation Time
10:00 Celtic Women IN2L
2:00 Activity\Restorative Exercise Hour
3:00 Snack & Alexa

22 9:30 Chair Stretches
10:00 Games\Trivia IN2L
2:00 Sing-Along IN2L
3:00 Monthly Birthday Party

29 9:30 Meditation Time
10:00 Library Cart & Seasonal Puzzles
2:00 Activity\Restorative Exercise Hour
3:00 Snack & Alexa

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

9 9:30 Relaxation Music
10:00 Library Cart & Puzzles
2:00 Activity\Restorative Exercise Hour
3:00 Popcorn & Alexa

16 9:30 Relaxation Music
10:00 Animal Video IN2L
2:00 Activity\Restorative Exercise Hour
3:00 Cheetos & Alexa

23 9:30 Relaxation Music
10:00 Beth Williams Sing along IN2L
2:00 Activity\Restorative Exercise Hour
3:00 Popcorn & Alexa

30 9:30 Relaxation Music
10:00 Funny Videos IN2L
2:00 Activity\Restorative Exercise Hour
3:00 Cheetos & Alexa

31 9:30 Morning Stretch
10:00 Easter Service & Hymn Sing IN2L
2:00 Netflix Movie
2:30 Ice Cream & Music

Whispering Pines

* Off unit activity

Activity schedule subject to change. IN2L touch screen computer.

Easter Sunday



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



<p>3</p> <p>10:00 Chair Yoga Video 2:00 Satin Hands & Social Hour 2:30 Wii Bowling 3:00 Hymn Singing 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling HAPPY BIRTHDAY DORIS!</p>	<p>4</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo 3:30 Walk the Halls 6:30 Church Ladies playing music in the Dining Room</p>	<p>5</p> <p>9:30 Fill your Pot with GOLD 2:00 Scenic Ride 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>6</p> <p>9:15 Shopping @ Walmart 9:30 Exercise Video 10:30 Rosary ** 1:30 Bingo 2:45 Oreo Face Cookie Game 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling OREO COOKIE DAY</p>	<p>7</p> <p>8:00 Homemade Pancakes 9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 UCC Church ** 2:00 Tom Winters on Violin 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling FLAP JACK DAY</p>	<p>8</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo (2 Card) 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game MARCH</p>	<p>9</p> <p>10:00 Exercise Video 1:30 Card Lotto 3:30 Walk the Halls 6:30 Grab your neighbors & come play a game MARCH</p>
<p>10</p> <p>10:00 Chair Yoga Video 1:30 Quarter Bingo 2:30 Wii Bowling 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling Daylight Saving Time Begins</p>	<p>11</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>12</p> <p>9:15 Shopping @ Walmart 9:30 Exercise Video 2:00 Music with Alan B. 3:00 Plant a Flower Day 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>13</p> <p>9:30 Sit & Be Fit 10:30 Catholic Mass ** 3:00 Baking Brownies Upstairs 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>14</p> <p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 Lutheran Church ** 2:00 Birthday Party & Music with Pearl 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling POPCORN DAY</p>	<p>15</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 St. Patty's Day Social 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>16</p> <p>10:00 Exercise Video 1:30 I Love Lucy the Movie (Movie) 3:30 Walk the Halls 6:30 Grab your neighbors & come play a game Wii Bowling</p>
<p>17</p> <p>10:00 Chair Yoga Video 2:00 Satin Hands & Social Hour 2:30 Wii Bowling 3:00 Hymn Singing 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling HAPPY BIRTHDAY DORIS! ST. PATRICK'S DAY WEAR GREEN</p>	<p>18</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Easter Painting 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>19</p> <p>WEAR SPRING COLORS 9:00 Resident Council 10:00 Weights with Faith 10:45 Lunch out @ Applebee's 2:00 Music with Rekha on Piano 3:30 Walk the Halls HAPPY BIRTHDAY WINTER CAROL!</p>	<p>20</p> <p>9:15 Shopping @ Dollar Tree 9:30 Exercise Video 10:30 Catholic Mass ** 2:00 Bingo 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>21</p> <p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 UCC Church ** 2:30 Easter Crafts 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>22</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo (2 Card) 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>23</p> <p>10:00 Exercise Video 1:30 Card Lotto 3:30 Walk the Halls 6:30 Grab your neighbors & come play a game Wii Bowling</p>
<p>24</p> <p>10:00 Chair Yoga Video 1:30 Presbyterian Church** 1:30 Quarter Bingo 2:30 Wii Bowling 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling Palm Sunday</p>	<p>25</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>26</p> <p>9:00 Farkle Dice Game 10:00 Staff and Resident Egg Race (oak Hill Activity Room) 2:00 Easter Egg Dying 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>27</p> <p>9:15 Shopping @ Walmart 9:30 Exercise Video 10:30 Rosary ** 2:00 Bean Bag Toss 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>28</p> <p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 New Life Church ** 2:00 Horse Races 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>29</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 1:30 Everett Dean 3:30 Walk the Halls 6:30 Grab your neighbor & come play a game HAPPY BIRTHDAY ALVIN!</p>	<p>30</p> <p>10:00 Exercise Video 1:30 Doc Hollywood (Movie) Michael J. Fox 3:30 Walk the Halls 6:30 Grab your neighbors & come play a game Wii Bowling</p>
<p>31</p> <p>10:00 Chair Yoga Video 1:30 Quarter Bingo</p>	<p>Easter</p>					



* All activities are subject to change.
** Church is held in the Oak Hill Activity Room.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

3
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Coffee Cake

Lunch
Fried Chicken/ Baked Ziti w/ Italian Sausage
Cheesy Hash brown Casserole
Green Beans/ Corn
Breadstuck/ Creamy Custard Pie

Supper
Creamy Potato Soup
Hot Ham & Cheese Sandwich
Macaroni Salad/ Diced Tomato Salad
Sliced Peas

10
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat/Banana Bread
Raisin Toast

Lunch
Baked Pork Chops/ Herb Baked Chicken
Baked Potato w/ Sour Cream & Butter
Harvard Beans/ Broccoli with Cheese Sauce
Chocolate Cream Pie

Supper
Cream of Mushroom Soup/French Dip Beef Sandwich
Chicken Pot Pie
California Cobb Salad/Apple Raisin Cookie
Daylight Savarin, Time Begins

17
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat/ Danish
Raisin Toast

Lunch
Corn Beef
Dill Lemon Cod
Cabbage/Cauliflower w/cheese
Parsnips Potatoes

Supper
Chicken Salad on Croissant
Corn Chips/ Side Salad w/ Dressing
Marinated Cucumber Salad/Chocolate Chip Cookie
St. Patrick's Day

24
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat/Coffee Cake
Raisin Toast

Lunch
Cranberry Glazed Pork Chop
Spaghetti with Pork Sauce
Herb Roasted Potatoes/ Dutch Green Beans
Calfornia Blend Vegetables/ Garlic Bread
Raspberry Dream Cake

Supper
Asian Chicken/ Fried Rice
Stir Fry Vegetables/ Egg Roll/ Bread
Fried and Broccoli
Pasta

31
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Coffee Cake

EASTER MEAL

Supper
Creamy Potato Soup
Hot Ham & Cheese Sandwich
Macaroni Salad/ Roasted Tomato Salad
Sliced Peas
Easter Sunday

4
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat/Pancakes
Coffee Cake

Lunch
Beef Pot Roast/ Glazed Pork Chop
Candied Sweet Potatoes/ W/ Gravy
Wine/ Sauteed Cabbage
Wild Rice/ Chicken/ Roll
Pound Cake Topped w/ Strawberries

Supper
Homemade Vegetable Soup/Salmon Patty
Herb Dill Rice/ Mediterranean Vegetables
Watergate Salad

11
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast

Lunch
Bruschetta Chicken/Brunst on Bun
Garden Blend Rice/ German Potato Salad
Buttered Squash/ Buttered Asparagus
Ice-Cream Sundae

Supper
Beef Stroganoff w/ Noodles
Vegetarian w/ Gratin
Dinner Roll
Autumn Fruit Crumble

18
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Biscuit & Gravy

Lunch
Baked Turkey Crunch/ Homemade Pizza
Potato Wedgie/ Herbed Green Peas
Greek Ranch Salad/ Herbes Bread Stick
Pasta/ Parsnips

Supper
Homemade Vegetable Soup
Beef Cubo Steak
O'Brien Potatoes/ Buttered Carrots
Frosted Banana Cake

25
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat/Pancakes
Coffee Cake

Lunch
Chicken & Dumplings/ Butterfly Shrimp
Waffle Fries/ Green Peas w/ Peas Onions
Poppy Seed Spinach Salad w/
Strawberry/Almonds/ Dinner Roll
Apple Crisp

Supper
Mushroom Swiss Patty
Sour Cream and Chive Mashed Potatoes
Glazed Ham/ Dinner Roll
Tropical Fruit

5
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat/Toast
Coffee Cake

Lunch
Sliced Roast Turkey/ Lemon Pepper Tilapia
Cranberry Sauce/ Herb Stuffing
Baby Bakers Potatoes/
Homemade Macaroni and Cheese
Crumb Topped Brussel Sprouts/ Dinner Roll
Pumpkin Crumble

Supper
Tomato Basil Soup/ Tuna Noodle Bake
Herb Dill Rice/ Broccoli Raisin Salad
Baked Potato Chip/ Broccoli Raisin Salad
Goosy Butter Bar

12
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Biscuit & Gravy

Lunch
Meatball/Rosmary Pork
Mashed Potatoes & Gravy
Country Style Potatoes
Western Spinach/Parslaid Cauliflower
Dinner Roll/ Bread Pudding w/ Vanilla Sauce

Supper
French Onion Soup
Beef Stroganoff w/ Cheddar Sandwich
BLT Pasta Salad/ Three Bean Salad
Oreo Fluff

19
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat/Breakfast Muffin
Coffee Cake

Lunch
Pot Roast w/ Gravy
Beef & Macaroni Bake
Sweet Potatoes / Braised Cabbage
Italian Blend Veggie/Dinner Roll
Pasta/ Parsnips

Supper
Breaded Chicken Tenders/Honey Mustard
Seasoned Fries/Green Beans
Creamy Rice Pudding
Savina Begins

26
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Biscuit & Gravy

Lunch
Beef Tips in Gravy/ Smoked Sausage
Mashed Potatoes w/ Gravy
Buttered Noodles/ Asparagus/ Sauerkraut
German Chocolate Cake

Supper
Loaded Baked Potato Soup
Crab Meat Salad on Craisin/ Ritz Crackers
Cranberry Mousseau Salad

6
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Biscuit & Gravy

Lunch
Autumn Pork Roast (Apple Glazed)
Cheeseburger on Bun
Mashed Potatoes & Gravy/ Hawaiian Roll
Oriental Vegetable Salad
Zucchini/Savon Layered Salad
Beans
Vegetables

Supper
Frosted Chocolate Cake

13
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Pancakes

Lunch
Western Chicken Noodle Soup
Chicken Drummers/ Roasted Root Vegetables
Green Beans/ Fresh Cut Pineapple

Supper
Homestyle Chicken Noodle Soup
Fried Potatoes & Onions/Capri Vegetables
Louisiana Fruit Salad

20
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Pancakes

Lunch
Grilled Hot Dog on Bun
BBQ Hamburger on Bun
Macaroni and Cheese
Creamed Spinach/ Parsnips
Cobb Salad/ Dinner Roll
Corn Bread/ Apple Pie

Supper
Grilled Turkey, Swiss, Tomato, Sandwich
Parmesan Potatoes/ Seasoned Potatoes
Butterscotch Layer Dessert

27
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Biscuit & Gravy

Lunch
Resident Choice
Pork Chulet
Country Gravy
Lima Beans

Supper
Normandy Blend Vegetables
Bread
Peanut Butter Luth

7
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat/Breakfast Muffin
Coffee Cake

Lunch
Chicken & Broccoli Stir Fry
Beef Liver & Onions/ Sautéed Rice
Mashed Potatoes & Gravy/ Hawaiian Roll
Oriental Vegetable Salad
Beans
Vegetables

Supper
Lemon Fluff
Sloppy Joes on Bun
Onion Strawl/ Breaded Tomatoes
Jell-O Cake w/ Whipped Topping

14
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat/Chocolate Eclair
Raisin Toast

Lunch
Honey Glazed Ham/ Turkey w/ Gravy
Turkey
Cranberry Sauce/ Candied Yams
Bread Dressing/ Glazed Carrots
Cranberry Pecan Salad/ Dinner Roll
Pumpkin Pie

Supper
Broccoli Cheese Soup
Open Face Sandwich
Green Bean Casserole
Cranberry White Chip Oatmeal Cookie

21
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Donut

Lunch
Ham & Beans
Country Fried Steak w/ Gravy
Fried Potatoes
Nashville Potatoes
Macaroni and Cheese
Creamed Spinach/ Parsnips
Pumpkin Cake

Supper
BBQ Pork on Bun/ Roll Skin Potato Salad
Spinach, Bacon, & Egg Salad
Cream Cheese Brownie

28
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat/French Toast
Coffee Cake

Lunch
Meatloaf/ Smoked Sausage/ Chicken
Mashed Potatoes & Gravy
Mac & Cheese Bites/ Dinner Roll
Roasted Brussels Sprouts/ Bermuda Vegetables
Cherry Pie

Supper
Pub Burger on Bun/ Cheese/ Relish Plate
Corn Nudgget Creamy Cucumber & Onion
Fruit Salad

8
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Raisin Toast

Lunch
Beer Battered Cod/ Taco Salad
Tater Tots/ Spanish Rice
Creamed Spinach/ Parsnips
Corn
Sopapilla Cheese Cake

Supper
Fish & Cheese Sandwich
Onion Strawl/ Breaded Tomatoes
Jell-O Cake w/ Whipped Topping

15
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast

Lunch
English Muffin/Cream Cheese
Orange Chicken
Almond Crusted Baked Fish
Baked Macaroni & Cheese
Sauerkraut/ Biscuit/Margarita / Choesecake
Pineapple Upside Down Cake

Supper
Tomato Tortellini Salad/ Sautéed Dijon Salmon
Grilled Mixed Vegetables/ Bread
Fruit Pizza

22
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Bacon, Egg, & Cheese Biscuit

Lunch
Calfish Nuggahs/Swiss Steak
Huevos Rancheros
Macaroni and Cheese
Creamy Cole Slaw/ Spaghetti Salad
Pumpkin Cake

Supper
Corn Chowder/Tuna Salad Sandwich
Baked Potato Chip/ Pickled Beets
Creamy Fruit Salad

29
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat/ Danish
Raisin Toast

Lunch
Chili/ Grilled Cheese/ Potato Encrusted Fish
Sweet Potato Wedges
Coniflet Colislaw/ Grilled Vegetables
S'more Pudding Parfait

Supper
Tomato Florentine Soup
Devised Egg Salad on Sandwich
Broccoli & Cauliflower Salad
Cherry Cake

9
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Raisin Toast

Lunch
Salsbury Steak/Pulled Pork on a Bun
Scalloped Potatoes/Macaroni & Cheese
Sugar Corn
Autumn Fruit Chisp

Supper
Chicken Pot Pie
Spinach Baked Side Salad w/ Dressing
Biscuit

16
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast

Lunch
Beef Stew/Polish Sausage
Roasted Potatoes w/ Gravy
Mashed Zucchini & Onions
Sauerkraut/ Biscuit/Margarita / Choesecake
Philly Cheese w/ Grilled Onions & Peppers on Bun/ Sour Cream/ Mashed Potatoes
Cream Corn
Chocolate Ice-Cream Cup

23
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast

Lunch
Beef & Cabbage Casserole
Cheese Ravoli in Sauce/ Garlic Bread
Casseroles
Chocolate Chip Ice Cream
Cranberry

Supper
Tortilla Soup /Mexican Lasagna
Fiesta Corn/ Churros
Mexican Corn Bread
Purim Begins

30
Breakfast
Choice of Hot or Cold Cereal
Egg of Choice/ Breakfast Meat
Raisin Toast

Lunch
Beef Pepper Steak/ Lemon Herb Chicken
Au Grain Potatoes/ Rice Pilaf
Steamed Cauliflower/ Buttery Sugar Snap Peas
Cinnamon Scalloped Peaches

Supper
Chicken & Wild Rice Soup/ BLT Sandwich
Italian Pasta Salad/ Tomato Parmesan Salad
Cookies & Cream Ice-Cream

Meal Calendar

• Meal tickets can be purchased at the front desk for \$4.00.