

THE Falls River Village Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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MARCH 2024

Mad for March Madness

From bragging rights to heartbreaking busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some March Madness trivia to add to your tourney talk:

- The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.
- The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.
- Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.
- The odds of filling out a perfect bracket—that is, correctly picking the winner of every game—is 1 in 9.2 quintillion. One quintillion is a 1 followed by 18 zeroes, or you could think of it as "a million trillion"!
- Each team is ranked, or seeded, within its region. In 1985, the No. 8-ranked Villanova Wildcats became the lowest-seeded team to win the tournament.
- Only once did all conference No. 1 seeds advance to the Final Four. In 2008, the Kansas Jayhawks won what many called the most predictable March Madness ever.
- Another first-and-only occurred in 2018, when a No. 16-seeded school (Maryland-Baltimore County) defeated a No. 1 seed (Virginia) in the opening round.
- UCLA has won the tournament 11 times, more than any other school.



A Positive Habit

March is Optimism Month. Celebrate by writing down one thing you are thankful for at the end of each day. Keep up this habit for the rest of the year to help maintain a positive outlook.

MARCH 2024
Cute as a Button

Use colorful buttons to create this seasonal decoration.

Materials:

- Pencil
- Wooden plaque or piece of cardboard
- Buttons, various colors and sizes
- Foam brush
- Decoupage glue

Directions:

Lightly trace or draw an egg shape on the wooden plaque or cardboard piece. Separate buttons by color and begin planning your egg's design. An easy and eye-popping idea is to create rows of buttons of the same color, resulting in a striped egg. Use the pencil to lightly sketch your design inside the egg. With the brush, add glue to a small section of the egg and place your desired buttons on top. Continue adding glue and buttons until the egg shape is completely filled. Let dry, then prop up the plaque on a shelf or table among other springtime décor.

"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
					1 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	2 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
3 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	4 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 2:00 Music w/ Luke (LR) 3:00 Craft with Friends (GAL)	5 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 March Trivia (LR) 11:30 Balloon Volley (LR) 1:30 Music w/ Roseanne 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	6 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	7 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 2:00 Chef Chat 3:00 Word Search (GAL)	8 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 3:30 Music w/ Christian (LR) 6:00 Movie Day w/ Popcorn (LR)	9 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
10 9:45 Words of Encouragement (GAL) 10:00 Sunday Service Pastor Dawn 11:00 Hayes Barton Baptist Church 2:00 Music w/Renee 3:00 Music by Harrison	11 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	12 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 March Trivia (LR) 2:30 Ice Cream Social	13 9:45 Words of Encouragement (GAL) 10:00 Master Gardeners 10:30 Move it! Move it! (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	14 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Balloon Volley (LR) 3:00 Word Search (GAL)	15 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	16 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
17 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	18 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 11:00 Resident Council Meeting 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	19 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 March Trivia (LR) 11:00 Pet Therapy w/ Denise 11:30 Balloon Volley (LR) 2:30 Ice Cream Social	20 9:45 Words of Encouragement (GAL) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	21 9:45 Words of Encouragement (GAL) 10:30 30-minute workout (LR) 11:00 Bible Study w/TCOR 3:00 Word Search (GAL) 4:15 Movercize W/Rich	22 9:45 Words of Encouragement (GAL) 10:00 Pet Therapy w/ Brenda 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	23 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
24 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	25 9:45 Words of Encouragement (GAL) 10:30 Zumba w/ Linda (LR) 1:00 Pet Therapy w/Catherine 1:30 BINGO (GAL) 3:00 Craft with Friends (GAL)	26 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:00 March Trivia (LR) 2:30 Ice Cream Social	27 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 11:00 Making words w/Dice (GAL) 1:00 BINGO (GAL) 2:00 Music w/John (LR)	28 9:45 Words of Encouragement (GAL) 10:30 30-minute Workout (LR) 11:30 Balloon Volley (LR) 3:00 Word Search (GAL)	29 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL) 6:00 Movie Day w/ Popcorn (LR)	30 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! 1:30 Activity with a Friend
31 9:45 Words of Encouragement (GAL) 11:00 Hayes Barton Baptist Church 2:30 March Birthdays/HAPPY HOUR!! 3:00 Music by Harrison						

Laugh Lines: March Moments

March holds many holidays and events, including Dr. Seuss Day, St. Patrick's Day, Pi Day and the March Madness basketball tournament. Browse through these jokes for laughs about all things March.

Q: What should you say to a runner in the St. Patrick's Day marathon?

A: Irish you luck!

Q: Why don't you iron four-leaf clovers?

A: Because you don't want to press your luck.

Q: What did March say to all the madness?

A: What's all that bracket?!

Q: Why doesn't the Grinch like knock-knock jokes?

A: Because there are always Who's there.

Q: What is the official animal of Pi Day?

A: The pi-thon.

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31-day March.

Q: How is the letter A like a spring flower?

A: A "B" comes after it!

Q: What kind of bird was banned from the jewelry store?

A: A robin.

It's allergy season again?! You've got to be pollen my leg.

The roundest knight of King Arthur's court was Sir Cumference ... he ate too much pi!

It's impossible to plant vegetable seeds when you haven't botany.



St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine. Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.