



# SterlingHeights

ASSISTED LIVING

369 East Pine Street • Bishop, CA 93514 • (760) 873-3100

March 2019



## DAYLIGHT SAVING TIME BEGINS

Time change is coming on MARCH 10, 2019  
Spring forward one hour before you go to bed  
on March 9th. We lose an hour of sleep, but  
we gain sunshine longer in the afternoon. If  
you need any assistance changing your clocks  
please ask any employee to help.

~ ~ ~ **SPRING IS COMING** ~ ~ ~



## Reminder to Everyone!

We would like to encourage all family and  
friends to join in with any activity that you  
would like to!! Check out the calendar and plan  
to have fun with our residents. From exercise to  
happy hour and much more!



## HAPPY BIRTHDAY TO YOU.....

March 2 Ken Kaiser  
March 5 Marilyn Bixler  
March 17 Mary Crider  
March 17 Janice Gill  
March 18 Rebecca Sonnenberg  
March 19 Donna Benninger  
March 23 Lou Ann Lougee  
March 23 Maxine Lindell  
March 25 Charlotte Prevost  
March 26 Patsy Baldwin

**"IF YOU LOOK FOR THE BAD IN MANKIND,  
EXPECTING TO FIND IT, YOU SURELY WILL."**

~ ABRAHAM LINCOLN

**"INSTEAD OF ALWAYS HARPING ON A PERSON'S  
FAULTS, TELL THEM THEIR VIRTUES"**

~ELEANOR H. PORTER



## Prepare for Spring Weather

The arrival of spring this month means warmer weather is on its way, but there are plenty of cool days left as the seasons change. Be prepared for fluctuating temperatures by dressing in layers, which you can remove if you get warm and put back on if you get chilly.

## St. Patrick's March 17



## BE KIND, BE THOUGHTFUL, BE PATIENT



Bob Karras was the latest winner in the Movie Ticket Raffle and as you can see his prize was from Snap & Crackle and was escorted by our one and only Hunter!! Congrats Bob! Win a prize every other Saturday afternoon after the matinee. See you there!

| Sunday                                                                                                                                                                                                                                                                                  | Monday                                                                                                                                                          | Tuesday                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1>March</h1>                                                                                                                                                                                                                                                                          | <p>"GROWING OLDER IS MANDATORY, BUT GROWING UP IS OPTIONAL."<br/>~ WALT DISNEY</p>                                                                              |  <h2>HAPPY ST. PATRICK'S DAY</h2>  |
| <p><b>3</b></p> <p>9:00 United Methodist Church<br/>9:20 First Presbyterian Church<br/>10:20 Grace Lutheran Church<br/>10:30 Our Lady of Perpetual Help<br/>11:30 Lunch<br/>1:30 Giant Crossword<br/>3:30 Bible Study W/Jason</p>                                                       | <p><b>4</b></p> <p>9:00 Exercise<br/>10:00 Leprechaun Trivia<br/>11:30 Lunch<br/>1:30 Bingo</p>                                                                 | <p><b>5 Marilyn's Birthday</b></p> <p>9:00 Exercise<br/>10:00 Vons<br/>11:30 Lunch<br/>2:00 Root Beer Floats<br/>3:00 St Patrick's Crafts</p>                                                            |
| <p><b>DAYLIGHT SAVING TIME BEGINS 10</b></p> <p>9:00 United Methodist Church<br/>9:20 First Presbyterian Church<br/>10:20 Grace Lutheran Church<br/>10:30 Our Lady of Perpetual Help<br/>11:30 Lunch<br/>1:30 Giant Crossword<br/>3:30 Bible Study W/Jason</p>                          | <p><b>11</b></p> <p>9:00 Exercise<br/>10:00 Over the Rainbow...<br/>11:00 Lunch @ Imperial Gourmet<br/>11:30 Lunch<br/>1:30 Book Club<br/>3:30 Walking Club</p> | <p><b>12</b></p> <p>9:00 Exercise<br/>10:00 Vons<br/>11:30 Lunch<br/>2:00 Leprechaun Floats<br/>3:00 Public Library</p>                                                                                  |
| <p><b>Mary C.'s &amp; Jan's Birthday 17</b></p> <p>St. Patrick's Day<br/>9:00 United Methodist Church<br/>9:20 First Presbyterian Church<br/>10:20 Grace Lutheran Church<br/>10:30 Our Lady of Perpetual Help<br/>11:30 Lunch<br/>1:30 Giant Crossword<br/>3:30 Bible Study W/Jason</p> | <p><b>Rebecca's Birthday 18</b></p> <p>9:00 Exercise<br/>10:00 News &amp; Coffee Hour<br/>11:30 Lunch<br/>1:30 Bingo<br/>5:00 House of Mercy</p>                | <p><b>Donna's Birthday 19</b></p> <p>9:00 Exercise<br/>10:00 Vons<br/>11:30 Lunch<br/>2:00 Resident Council Mtg.<br/>3:00 Root Beer Floats<br/>6:00 Family Council Mtg.</p>                              |
| <p><b>24/31</b></p> <p>9:00 United Methodist Church<br/>9:20 First Presbyterian Church<br/>10:20 Grace Lutheran Church<br/>10:30 Our Lady of Perpetual Help<br/>11:30 Lunch<br/>1:30 Giant Crossword<br/>3:30 Bible Study W/Jason</p>                                                   | <p><b>Charlotte's Birthday 25</b></p> <p>9:00 Exercise<br/>10:00 Comedy Hour<br/>11:30 Lunch<br/>1:30 Yahtzee!<br/>3:00 Meditative Coloring</p>                 | <p><b>Patsy's Birthday 26</b></p> <p>9:00 Exercise<br/>10:00 Vons<br/>11:30 Lunch<br/>2:00 Root Beer Floats<br/>3:00 Public Library</p>                                                                  |

# MAY YOUR TROUBLES BE LESS, AND YOUR BLESSINGS BE MORE!

| Wednesday                                                                                                                                                                                  | Thursday                                                                                                                                    | Friday                                                                                                    | Saturday                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>An Irish Blessing</b><br/>May your troubles be less and blessings be more, and may nothing but happiness walk through your door.</p>                                                 |                                                            | <p>1</p> <p>9:00 Exercise<br/>10:00 Games<br/>11:30 Lunch<br/>1:30 Nails &amp; Polish<br/>2:00 Movie</p>  | <p>2</p> <p><b>Ken's Birthday</b></p> <p>9:00 Exercise<br/>10:00 Scenic Ride<br/>11:00 Service Dog Visit<br/>11:30 Lunch<br/>1:30 Saturday Matinee<br/>3:30 Movie Ticket Raffle</p> |
| <p>6</p> <p><b>ASH WEDNESDAY</b></p> <p>9:00 Exercise<br/>10:00 Frank From Church<br/>11:30 Lunch<br/>12:00 Pinochle Club<br/>1:30 K-Mart<br/>3:30 Hot Coco and the Johnny Carson Show</p> | <p>7</p> <p>9:00 Exercise<br/>10:00 Lutheran Church<br/>11:30 Lunch<br/>1:30 Grocery Outlet<br/>(NEW GROCERY STORE)<br/>3:30 Happy Hour</p> | <p>8</p> <p>9:00 Exercise<br/>10:00 Games<br/>11:30 Lunch<br/>1:30 Nails &amp; Polish<br/>2:00 Movie</p>  | <p>9</p> <p>9:00 Exercise<br/>10:00 Scenic Ride<br/>11:30 Lunch<br/>1:30 Feed the Ducks<br/>3:30 Beanbag Baseball</p>                                                               |
| <p>13</p> <p>9:00 Exercise<br/>10:00 Frank From Church<br/>11:30 Lunch<br/>1:30 K-Mart<br/>3:15 Bingo</p>                                                                                  | <p>14</p> <p>9:00 Exercise<br/>10:00 Lutheran Church<br/>11:30 Lunch<br/>1:30 Fiddlin Pete<br/>3:30 St. Patrick's Happy Hour</p>            | <p>15</p> <p>9:00 Exercise<br/>10:00 Games<br/>11:30 Lunch<br/>1:30 Nails &amp; Polish<br/>2:00 Movie</p> | <p>16</p> <p>9:00 Exercise<br/>10:00 Scenic Ride<br/>11:00 Service Dog Visit<br/>11:30 Lunch<br/>1:30 Saturday Matinee<br/>3:30 Movie Ticket Raffle</p>                             |
| <p>20</p> <p><b>SPRING</b></p> <p>9:00 Exercise<br/>10:00 Frank From Church<br/>11:30 Lunch<br/>12:00 Pinochle Club<br/>1:30 K-Mart<br/>3:30 Afternoon Stroll</p>                          | <p>21</p> <p>9:00 Exercise<br/>10:00 Lutheran Church<br/>11:30 Lunch<br/>1:30 Smart &amp; Final<br/>3:30 Happy Hour</p>                     | <p>22</p> <p>9:00 Exercise<br/>10:00 Games<br/>11:30 Lunch<br/>1:30 Nails &amp; Polish<br/>2:00 Movie</p> | <p>23</p> <p><b>Maxine &amp; LouAnn's Birthdays</b></p> <p>9:00 Exercise<br/>10:00 Scenic Ride<br/>11:30 Lunch<br/>1:30 Down Memory Lane..<br/>3:30 Tea in the Garden</p>           |
| <p>27</p> <p>9:00 Exercise<br/>10:00 Frank From Church<br/>11:30 Lunch<br/>1:30 K-Mart<br/>3:15 Lotion Time</p>                                                                            | <p>28</p> <p>9:00 Exercise<br/>10:00 Lutheran Church<br/>11:30 Lunch<br/>1:30 Bingo<br/>3:30 Happy Hour</p>                                 | <p>29</p> <p>9:00 Exercise<br/>10:00 Games<br/>11:30 Lunch<br/>1:30 Nails &amp; Polish<br/>2:00 Movie</p> | <p>30</p> <p>9:00 Exercise<br/>10:00 Scenic Ride<br/>11:00 Service Dog Visit<br/>11:30 Lunch<br/>1:30 Saturday Matinee<br/>3:30 Movie Ticket Raffle</p>                             |



Congratulations to MARY CRIDER, Resident of the Month!!!

Say hello to Mary Crider! Mary was born on St. Patrick's Day in 1938 in Whittier, CA. She married her first love, Floyd Taylor, in 1958. Together they had a baby girl named Nola. Mary continued her education and earned her Master of Arts in Teaching from Whittier College. After the passing of her beloved husband she moved to Hesperia to teach at Juniper Elementary. Here she met the second love of her life and fellow teacher, Gary Crider. The two married in 1974. Between the two of them they formed a family of six! In 1997, Mary moved to Bishop with Teri, her step granddaughter who was 4 months old at the time. "Raising a grandchild is a wonderful, delightful experience," says Mary about Teri.

Mary has many interests. She's very talented in the art of cross-stitchery. Also, she cherishes time spent with a good book. Mary adores all things feline especially her sweet friend Bella. We are so delighted to have Mary in the Sterling Heights family!



|            |          |
|------------|----------|
| Bird       | Mist     |
| Fresh      | Parade   |
| Gold       | Rainbow  |
| Green      | Rain     |
| Ireland    | Shamrock |
| Leprechaun | Spring   |
| Lucky      | Violet   |
| March      | Wind     |

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