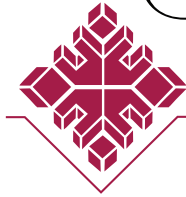


The Gateway Gardens



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

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March 2019



Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

Wearing of the Green





If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.

Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

Positive Thought

"You carry the passport to your own happiness."
—Diane von Furstenberg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Please Note, Activities Are Subject to Change.</p> <ul style="list-style-type: none"> AR - Activity Room B - Bistro FC - Fitness Center LIB - Library LL - Lower Lobby PDR - Private Dining Room T - Theatre 	1	2
<p>3</p> <ul style="list-style-type: none"> 8:30 ■ Church Transportation 10:00 ■ Catholic Services (PDR) 10:30 ■ Chair Exercise (LL) 1:30 ■ Scenic Drive 2:00 ■ BINGO! (B) 3:00 Bible Study (AR) 3:30 ■ Skip-Bo/ Rummikub! (B) 	<p>4</p> <ul style="list-style-type: none"> 10:00 ■ Vons / CVS 10:30 ■ Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 2:00 ■ Target and Sprouts 2:15 Cleaning & Adjustments w/ Clear Choice Hearing Aid (2nd Floor Spa) 	<p>5</p> <p>Mardi Gras - Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Sit and Be Fit (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Chess / Scrabble (AR) 	<p>6</p> <p>Ash Wednesday</p> <ul style="list-style-type: none"> 9:30 ■ Ash Wednesday Service (PDR) 10:00 ■ Watercolor Society & Lunch Liberty Station 10:30 ■ Chair Exercises (LL) 1:00 ■ Meteorologist - Megan P. (B) 2:00 ■ BINGO (B) 3:00 ■ Trivia (B) 	<p>7</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR) 	<p>8</p> <ul style="list-style-type: none"> 10:00 ■ CMR Shopping Loop 10:30 ■ Sit and Be Fit! (LL) 1:30 ■ Celebrate Mardi Gras-Bayou Bros (B). 1:30 ■ CMR Grocery Loop 3:15 ■ Trivia (B) 6:00 ■ After Dinner Movie Night! (Theater) 	<p>9</p> <ul style="list-style-type: none"> 10:30 ■ Wake up Gateway Exercise (LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)
<p>10</p> <p>Daylight Saving Begins</p> <ul style="list-style-type: none"> 8:30 ■ Church Transportation 10:00 ■ Catholic Services (PDR) 10:30 ■ Chair Exercise (LL) 2:00 ■ BINGO! (B) 3:00 Bible Study (AR) 3:30 ■ Skip-Bo/ Rummikub! (B) 	<p>11</p> <ul style="list-style-type: none"> 10:00 ■ Vons / CVS 10:30 ■ Garden Club (B) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ Target and Sprouts 2:00 ■ BINGO (B) 2:00 Podiatrist - 2nd floor spa 	<p>12</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Sit and Be Fit (LL) 11:00 Resident Council / Food Forum / Activities (LL) ← 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ History Guy (B) 	<p>13</p> <ul style="list-style-type: none"> 10:30 ■ Surprise Outing/Lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 3:00 ■ Current Events (B) 	<p>14</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR) 	<p>15</p> <ul style="list-style-type: none"> 10:00 ■ Poway Rd West Loop 10:30 ■ Sit and Be Fit! (LL) 1:30 ■ Poway Rd East Loop 2:00 ■ Happy Hour - Peter S. (B) 3:15 ■ Trivia (B) 6:00 ■ After Dinner Movie Night! (Theater) 	<p>16</p> <ul style="list-style-type: none"> 10:30 ■ Wake up Gateway Exercise (LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)
<p>17</p> <p>St. Patrick's Day</p> <ul style="list-style-type: none"> 8:30 ■ Church Transportation 10:00 ■ Catholic Services (PDR) 10:30 ■ Chair Exercise (LL) 1:30 ■ Scenic Drive 2:00 ■ BINGO! (B) 3:00 Bible Study (AR) 3:00 Historical Travels with Adrienn 3:30 ■ Skip-Bo/ Rummikub! (B) 	<p>18</p> <ul style="list-style-type: none"> 10:00 ■ Vons / CVS 10:30 ■ Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ Target and Sprouts 2:00 ■ BINGO (B) 	<p>19</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Sit and Be Fit (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Chess / Scrabble (AR) 	<p>20</p> <ul style="list-style-type: none"> 10:30 ■ La Jolla Cove & Lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 3:00 ■ Trivia (B) 	<p>21</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR) 	<p>22</p> <ul style="list-style-type: none"> 10:30 ■ Sit and Be Fit! (LL) 11:00 ■ North County Mall & Lunch 2:00 ■ Happy Hour - Vincent (B) 3:15 ■ Trivia (B) 6:00 ■ After Dinner Movie Night! (Theater) 	<p>23</p> <ul style="list-style-type: none"> 10:30 ■ Wake up Gateway Exercise (LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)
<p>24</p> <ul style="list-style-type: none"> 8:30 ■ Church Transportation 10:00 ■ Catholic Services (PDR) 10:30 ■ Chair Exercise (LL) 2:00 ■ BINGO! (B) 3:30 ■ Skip-Bo/ Rummikub! (B) 	<p>25</p> <ul style="list-style-type: none"> 10:00 ■ Vons / CVS 10:30 ■ Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ Target and Sprouts 2:00 ■ BINGO (B) 	<p>26</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Sit and Be Fit (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Chess / Scrabble (AR) 4:30 ■ Sounds of Piano (DR) 	<p>27</p> <ul style="list-style-type: none"> 10:00 ■ Barona Casino & Lunch 10:30 ■ Chair Exercises (LL) 1:15 ■ Skip-Bo/ Rummikub! (B) 2:00 ■ BINGO (B) 3:00 ■ Current Events (B) 	<p>28</p> <p>Dr. Appointments: 8am-3pm</p> <ul style="list-style-type: none"> 10:30 ■ Let's Get Movin'! (LL) 1:30 ■ Wii Games (LL) 2:00 ■ Penny Blackjack (AR) 3:00 ■ Colors and Brushes (AR) 	<p>29</p> <ul style="list-style-type: none"> 10:00 ■ Poway Rd West Loop 10:30 ■ Sit and Be Fit! (LL) 1:30 ■ Poway Rd East Loop 2:00 ■ Happy Hour - Gary (B) 3:15 ■ Trivia (B) 5:00 Birthday Cake Celebration (Dining Room) ★ 6:00 ■ After Dinner Movie Night! (Theater) 	<p>30</p> <ul style="list-style-type: none"> 10:30 ■ Wake up Gateway Exercise (LL) 2:00 ■ Penny Blackjack (AR) 3:30 ■ Skip-Bo/ Rummikub! (B)
<p>31</p> <ul style="list-style-type: none"> 10:00 ■ Catholic Services (PDR) 10:30 ■ Chair Exercise (LL) 1:30 Scenic Drive 2:00 ■ BINGO! (B) 3:30 ■ Skip-Bo/ Rummikub! (B) 						



March is the **month** when spring officially begins, but you might not know it from the weather. We also celebrate Mardi Gras, Ash Wednesday and St. Patrick's Day.

Mardi Gras season actually begins on Epiphany, a Christian holiday celebrated on January 6th, that is otherwise known as the Twelfth Day of Christmas.

Whichever name you prefer to use, the revelries of Mardi Gras last until midnight on Fat Tuesday, then Ash Wednesday ushers in 40 days of Lent.

To this day, Mobile, Alabama claims to have the oldest annual Mardi Gras celebration in the United States.

Ash Wednesday takes place 46 days before Easter Sunday.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us.

St. Patrick, patron saint and national apostle of Ireland, is credited with bringing Christianity to Ireland.

Whatever the truth be of Patrick's mission, people around the world will celebrate St. Patrick's Day by parading in green hats and clothing, sporting images of shamrocks and leprechauns pinned to their lapels.

Hope this helps you celebrate the holidays in March, in the spirit for which they were intended.