



Westminster Village Kentuckiana



Welllderly Week

Celebrating seniors who are young at heart, Welllderly Week begins March 16.

Up To Bat

Major League Baseball gets an early start, beginning the 2020 season on March 26. If the weather cooperates, all 30 teams will start their schedules on the same day, which would be a first since 1968. Rain and snow postponed opening day for several teams last year.

Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

A Posture Plus

Good posture has many health benefits, including better breathing. Doctors say slouching compresses the lungs, making it difficult to take deep breaths, which can lead to fatigue.

One Rare Robin

When you spot a robin flitting about this spring, chances are it's only a couple of years old, the average life span of the bird. However, the oldest robin on record lived to be nearly 14 years old!

March 2020



Springing Into the Season

With their trumpet-shaped blooms, daffodils announce the arrival of spring. The bright yellow and white flowers are one of the season's first and among the few plants that can grow through the snow. According to a Welsh legend, if you see the first daffodil, your year ahead will be filled with wealth.

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying

March Birthdays

3/1 Barb Meisenhelder
 3/3 Judith Dent
 3/5 Edward Dean
 3/6 Mary Ann Whyland
 3/6 Mary Grose
 3/7 Judith Rosio
 3/9 Void Nix
 3/10 Dusty Sloan
 3/11 Gertrude Brightwell
 3/13 Helen Harmon
 3/16 Jimmie Rosse
 3/19 Joe Hastings
 3/23 Helen Botorff
 3/24 Bettie Kaufman
 3/24 Nancy Royalty
 3/25 Mary Huff
 3/27 Viola Lawhorn
 3/27 Byron Veath
 3/27 Wanda Whobrey
 3/28 Robert Rankin
 3/29 Brenda Deich
 3/31 Mary Mitchell

The Last Man on the Moon

He didn't make history as the first, but as the last. U.S. astronaut Gene Cernan, born March 14, 1934, was the commander of Apollo 17, NASA's final lunar mission, and the last man to walk on the moon. That was in 1972, and no one has traveled to the moon since.

Useful Umbrellas

With spring's rainy weather, it's fitting that March is National Umbrella Month. Originally invented in ancient China to provide shade from the sun, umbrellas served as women's fashion accessories in Europe before they were used as protection from rain.

Sunday	Monday	Tuesday
1 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	2 9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30a Games AL 2p Harmonics SC 3:15p Exercise SC 6:30p Music W/Pure Country SC	3 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
8 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 11a Highway 55 Outing 3:00p Exercise SC 6:30p Music/Al Hilbert SC	10 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
15 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	16 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 11a Mathies B/P SC 1p Movie Matinee SC 3p Exercise SC 6:30p Music SC 7:00 Crit Club "Art" MRLL	17 St. Patrick's Day 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 2p St. Patrick's Day Party SC 3:15p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
22 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	23 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 2p Res. Committee Mtg RR 3p Exercise SC 6:30p Music W/Sue Loy	24 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
29 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	30 9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 1p \$1 Bingo SC 2:30p Res. Council AL 3p Exercise SC 6:30p Music W/Freddie George SC	31 9a Coffee Social AL 10a Exercise AL 10:30 Games AL 12p Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC</p>	<p>5</p> <p>9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p North Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p>6</p> <p>9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 10:30a Games AL 1p Game Day SC 6:30p Music W/Rick McDonald SC</p>	<p>7</p> <p>Spring Forward Clocks Tonight</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL 6:30p Music W/John King SC</p>
<p>11</p> <p>9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Exercise SC 6:30p Music W/Sue Loy SC</p>	<p>12</p> <p>9a Coffee Social AL 9:30a AARP Tax Service Outing 10a Exercise AL 10:30a Games AL 1p Bldg & Grds Mtgs SC 1p Kroger Outing 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p>13</p> <p>9a Coffee Social AL 10a Exercise AL 10:30a New Resident Coffee SC 2p Ice Cream Social SC 6:30p Music W/Rick McDonald SC</p>	<p>14</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p>18</p> <p>9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study W/Lisa DR 2p Bunco SC 3p Rosary RR 3:15p Exercise SC 6:30p Music W/Ron McCubbins SC</p>	<p>First Day of Spring 19</p> <p>9a Coffee Social AL 9:30a AARP Tax Service Outing 10a Exercise AL 10:30a Red Cross Dog Visit 1p Dietary Mtg MRLL 1P Kroger Outing 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p>20</p> <p>9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Birthday Party W/Lonnie Bryant Music SC 6:30p Music W/Charlie Hornung SC</p>	<p>21</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p>25</p> <p>9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Exercise SC 6:30p Music W/Mellow Sounds SC</p>	<p>26</p> <p>9a Coffee Social AL 9:30a AARP Tax Service Outing 10a Exercise AL 10:30a Games AL 1P Kroger Outing 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p>27</p> <p>9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Spring Party SC 6:30p Music W/Country Sounds SC</p>	<p>28</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p><i>Happy Spring!</i></p>		<p>ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room</p>	<p><i>March</i></p>



Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

Year	Milestone
1847	The first U.S. postage stamps are issued.
1860	The Pony Express mail service begins.
1918	Airmail service between New York and Washington, D.C., takes off.
1942	Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.
1963	ZIP codes are assigned.
1971	The Post Office Department is renamed the U.S. Postal Service.
1993	A stamp featuring Elvis Presley becomes the bestselling commemorative stamp.
2007	The "forever" stamp debuts.

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.