



Westminster Village Kentuckiana

March Weather Folklore

According to an old saying, "March comes in like a lion and goes out like a lamb." Weather folklore often illustrated balance in nature, so if the month roared in with storms, then it should end on a calm, docile note. Since March marks the end of winter and the beginning of spring, this prediction can be true at times, but for parts of the country, elements of both seasons can be felt throughout the month.

Go Fish

Reel in a blue mood by feasting on fish. Cold-water varieties such as salmon, tuna, mackerel and herring are rich in omega-3 fatty acids, key nutrients that boost mood by raising levels of the brain chemicals dopamine and serotonin. Research shows that regularly consuming these types of fish can help reduce symptoms of depression, anxiety and irritability.

Remember When: Pinsetters

Before bowling alleys had mechanical pinsetters, teenage boys worked the lanes. Nicknamed "pin boys," they sprang into action to quickly roll the ball back to the bowler, sweep away fallen pins, and reset pins to their correct positions. Machines eventually took over the job beginning in the early 1940s, but a few bowling alleys still employ pinsetters.

On Deck for Baseball Season

At ballparks across the country, all 30 Major League Baseball teams will begin the 2019 season on March 28, the earliest opening day in league history.

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


Memorable Melody: 'When Irish Eyes Are Smiling'

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams," and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.

March Birthdays

- 1 Barbara Meisenhelder
- 3 Judith Dent
- 5 Edward Dean
- 6 Mary Loretta Grose
- 6 Mary Ann Whyland
- 6 Janis Yenawine
- 7 Judith Rosio
- 7 Barbara Kinslow
- 7 Joyce Felts
- 10 Augusta Sloan
- 11 Gertrude Brightwell
- 12 Gloria Foster
- 13 Helen Jean Harmon
- 13 William Simpson
- 13 Rosemary Bizzell
- 16 Jimmie Rose
- 20 Lester Botorff
- 21 Mary Kirkham
- 23 Helen Botorff
- 24 Bettie Kaufman
- 25 Mary Huff
- 27 Viola Lawhorn
- 27 Byron Veath
- 27 Wanda Whobrey
- 28 Robert Rankin
- 29 Brenda Deich
- 31 Mary Mithcell

Sunday	Monday	Tuesday
	March	ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room
3 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	4 Wellness Center Open 9:45a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 11:00 Hospitality Mtg RR 1p Resident Council RR 2p the Harmonics SC 3p Exercise SC 6:30p Forest Ridge Band SC	5 9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p Mardi Gras Party Music W/Lonnie Bryant SC 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
10 Daylight Saving Time Spring Forward 2 a.m. On Saturday Night 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	11 Wellness Center Open 9:45a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 1p Veteran Council Working Mtg RR 2p Dietary Mtg AL 3p Exercise SC 6:30p Music W/Al Hilbert SC	12 9:45a Coffee Social AL 10a Exercise 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
17 St. Patrick's Day! 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Shirley Owens SC	18 Wellness Center Open Resident Appreciation Week 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Mathies B/P Checks SC 2p Resident Assoc Mtg SC 3p Exercise SC 6:30p Music W/Tari Martin SC 7p Crit Club "Art" MRLL	19 9:30a Bus Leave for AARP Taxes 9:45a Coffee Social AL 10a Exercise 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
24/31 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC 8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC 6:30p Music Angel Wings SC	25 Wellness Center Open 9:45a Coffee Social AL 10p Wellness Exercise AL 1p \$1.00 Bingo MRLL 2:30p Resident Council AL 3p Veterans Mtg RR 6:30p Music W/Sue Loy SC	26 9:30a Bus Leaves for AARP Taxes 9:45a Coffee Social AL 10a Exercise AL 12a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL

Wednesday	Thursday	Friday	Saturday
SHUTTLE BUS Leaves WVK at 10 a.m. Tuesday Walmart Thursday Kroger Car Transportation M -F 8:15 - 3:30p.m.		1 9:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 1p Mex Train Dominoes W2TL 1p Game Day SC 6:30p Music W/Rick McDonald SC	2 2p Bingo W/Sharon AL 6:30 Music W/John King SC 6:30 Cards North 1st FL TL
6 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30 Non Denominational Communion SC 2p Bunco SC 3p Rosary RR 3p Wellness Exercise SC 6:30p Ash Wednesday Service SC	7 9:45a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p North FI Mtg 2nd FI TL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	8 9:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 10:30a New Resident Coffee SC 1p Mex Train Dominoes W2TL 1p Game Day W/Root Beer Floats SC 6:30p Music W/Ron McCubbins SC	9 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
13 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3:15p Wellness Exercise SC 6:30p Music W/Bart Fisher SC	14 9:45a Coffee Social AL 10a Exercise AL 1p Bldg & Grds MTG MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	15 9:45a Coffee Social AL 10a Music W/Sue Loy AL 1p Mexican Train Dominoes W2TL 2p St Patrick's Day Party SC	16 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
20 First Day of Spring 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Ron McCubbins SC	21 9:30a Van Leaves for AARP Taxes 9:45a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 11a Focus on Your Health Hearing Loss SC 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	22 Resident Appreciation Week 9:45a Coffee Social AL 10a Exercise AL 1p Mex Train Dominoes W2TL 1p Game Day W/punch & Cookies SC 6:30p Music W/Charlie Hornung SC	23 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
27 9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Mellow Sounds SC	28 9:30 Van Leaves for AARP Taxes 9:45a Coffee Social AL 10a Exercise AL 11a Spiritual Life Mtg RR 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	29 9:45a Coffee Social AL 10a Exercise AL 10:30 Donuts & Coffee SC 1p Mex Train Dominoes W2TL 1p Ice Cream Surprise SC 6:30p Music W/Country Sounds SC	30 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL



Signature Signoffs

TV and radio broadcasters often end their programs by signing off with a short phrase, and sometimes their words become memorable catchphrases. See if these signature signoffs sound familiar.

Decade	Broadcaster	Signoff
1930s	Lowell Thomas	"So long, until tomorrow."
1940s	Edward R. Murrow	"Good night, and good luck."
1950s	Paul Harvey	"Good day!"
1960s	Walter Cronkite	"And that's the way it is."
1980s	Linda Ellerbee	"And so it goes."
1980s	Hugh Downs and Barbara Walters	"We're in touch, so you be in touch."
1990s	Charles Osgood	"See you on the radio."

"This Month In History"

MARCH

1912: With a troop of 18 girls, Juliette Gordon Low founds the American Girl Guides in Savannah, Ga. The organization is now known as the Girl Scouts.

1921: To protect the mineral-rich thermal waters of central Arkansas, Congress establishes Hot Springs National Park.

1939: March Madness is born when the first NCAA men's basketball championship tournament is played.

The University of Oregon won the title over Ohio State University.

1941: The superhero Captain America first appears in a comic book.

1958: Perry Como's hit song "Catch a Falling Star" is awarded the first gold record by the Recording Industry Association of America after selling 1 million copies.

1964: The TV quiz show "Jeopardy!" debuts.

1974: The price of a U.S. first-class postage stamp is raised from 8 cents to 10 cents.

1990: Track and field Olympian Jesse Owens is posthumously awarded the Congressional Gold Medal by President George H.W. Bush.

2000: Julia Roberts is paid \$20 million to play the title role in the movie "Erin Brockovich." The record salary made her the highest-paid actress at the time.

2007: Italian sports car manufacturer Ferrari celebrates its 60th anniversary.

2018: Box office ticket sales make "Black Panther" the highest-grossing superhero film in U.S. history.