

March 2024

BIRTHDAY LIST

Joann J. 3/3 William V. 3/5 Gina R. 3/17 Josephine H. 3/31



Resident Council Meetin	g
March 19 2:30pm-3:30pm	n

Food Committee Meeting
March 19 2pm-2:30pm

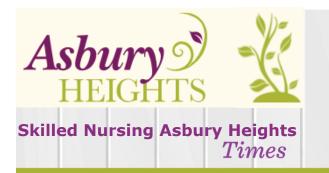
Dates to Remember in March:

- 3- Girl Scout Craft on Hickory
 5- Monthly Birthday Party
- 6- Upper Saint Clair Newsies Sample
- **7-** Cowboy Day
- 8- Internationals Women's Day
- 10- Day Light Saving
- 10- First of Ramadan
- 13- Art with Janet on Willow
- 15- Drum Circle on Willow

- 15- Hey Joe with Mike on Hickory
- 17- Saint Patrick Day
- 17- Craig Zinger on Hickory
- 18- Eastern Orthodox Lent Begins
- 19- Spring Begins
- 23- Purim Beings
- 24- Palm Sunday
- 27- Randy Riggle in Social Room
- 29- Good Friday
- 31- Easter

Spring Celebration

The first day of spring marks the beginning of Nowruz ("The New Day"), which is the Persian New Year. The celebration lasts 13 days and is rooted in the 3,000-year-old tradition of Zoroastrianism. It is celebrated in <u>Iran</u>, the North Caucasus, Kurdish parts of <u>Turkey</u> and Northern <u>Iraq</u>, Afghanistan, Tajikistan, Turkmenistan, Uzbekistan, Kyrgyzstan, <u>Kazakhstan</u>, and other scattered populations in Central Asia.





Fitness Tips:

Maintain or lose weight. As your metabolism naturally slows with age, maintaining a healthy weight can become a challenge. Regular exercise helps increase your metabolism and build muscle mass, helping your body to burn more calories.

Reduce the impact of illness and chronic disease. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

Enhance your mobility, flexibility, and balance. Exercise improves your strength, flexibility, and posture, which in turn can help with your balance and coordination and reduce your risk of falls. Strength training can also help alleviate the symptoms of chronic conditions such as arthritis.



Worship Services

Worship Service Every Sunday 2:30 - HC/ch957