



March Newsletter 2023

HAPPY ST. PATRICK'S DAY



**Don't forget to turn your clocks 1 hour forward
on March 12th**

SENIOR CENTER STAFF

Director: Christina Larsen

Admin Clerk: Serafina Gomez

Cooks: Carmen, Serafina, Fred

Community Health Workers (CHW):

Janice, Kori, & Mary Jo

Volunteers: Matt & Debbie

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We are here for you.

SENIOR ADVISORY BOARD

MEMBERS

Virginia Rose, Chair

Tami Belcher, Vice Chair

Susie Bendure

Jeanne Munk

Leandra Woods



Fun facts about March

Did you Know????



- -March babies are spoiled with two birthstones: aquamarine and bloodstone, which symbolize courage.
- -There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which is from the 21st.
- -Every year, March and June finish on the same day of the week.
- -March is the time of year when animals start waking up from hibernation.
- -The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal in length.
- -Saint Patrick's Day occurs every March 17th, celebrated in many western countries to commemorate the day Saint Patrick died.
- On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant
- -The Eiffel Tower was ascended for the first time. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet, so the journey was made on foot and took over an hour.
- President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organization that has since sent at least 235,000 Americans abroad to developing countries to help with health care, education, and other human needs.

Women's history month

It is celebrated during March in the United States, United Kingdom & Australia.

Canada Celebrates Women's history Month on October 18th, when we celebrate it on March 8th.

It was designated in 1987 by the U.S Congress in recognizing women's many Accomplishments.

It was not always Women's History month. It first was Women's history day, it then went to week, and it ended to be Women's History month. I will say I think its awesome that it is now the whole month of March and not just a day or week, its now a whole month.

Just a few facts about Women's history month.

No women or girls were allowed at the first Olympics. I will say that I am happy that the world has evolved more, and that we do get to see women in the Olympics.

The first country to grant women the right to vote in the modern era was New Zealand in 1983,

By 1986, fourteen states had declared March as Women's History month.

So lets celebrate the women around us and thank them for being so awesome.

St. Patrick's Day

Find the words on the list in the word search below!

U L K	K L B
H F W L Q W	L Z P S J U
G A B N O R C O N	W Q T F H E S O Z
B H K F J B H B M	W K O A O T G J A
Q O H D J R N Z N N	A C M M M Y B S C L
N A O G O H S I R I	I C R I O X C T A F
B S Y H L C Q F A V B	R V O I K J I P V N Z
D A P S E Y B G R J T Z	C P W L G K Q T G G
O Y L T P C O E A D K	G V M A R C H W E
V Q H R Q P H F R E A	M P T Z
N E Q F B Y E L N	
Y D S A C R O T B E G R M	
Y Z L O D F H V Y E I W K M X	
R Y Z P H B G C H A R M J V Z	F M V H
Z Y L A G R Y O I W G U H C L O V E R Q T	
H S I W A K W L S Y P B N M O M F M D D Y	
U P O R G C C Y D Y G S B C E F B S D J U Z R	
G I X E U G J H O L K R	G K L L L V L R Q
Z K W L P O T A R S S B	I J H Z A H Q O D
Z O W A G K T D Y B X	U N B R M V G G
X K W N D Q K L F F	X Z E U O W G
O Y D T I N C Y	I M M R X
L H N A M P	E C C
T F K	
T A H	

CLOVER
IRISH
SHAMROCK
WISH

GOLD
EMERALD
MARCH
POT

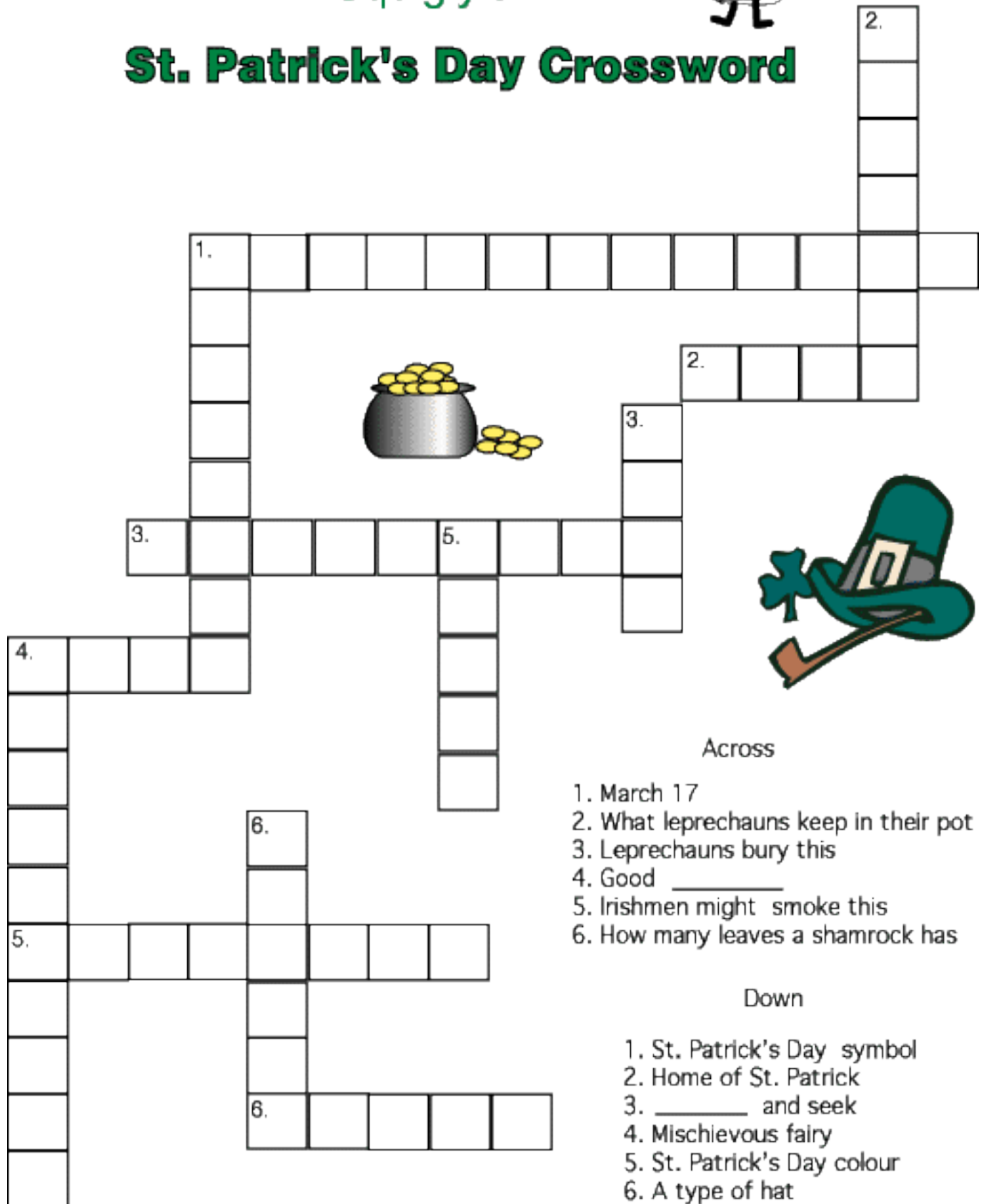
LEPRECHAUN
LUCKY
RAINBOW
IRELAND

GREEN
PATRICK
CHARM
MAGIC

Squigly's



St. Patrick's Day Crossword



Across

1. March 17
2. What leprechauns keep in their pot
3. Leprechauns bury this
4. Good _____
5. Irishmen might smoke this
6. How many leaves a shamrock has

Down

1. St. Patrick's Day symbol
2. Home of St. Patrick
3. _____ and seek
4. Mischievous fairy
5. St. Patrick's Day colour
6. A type of hat

ENJOY SOME PICTURES FOR WHEN WE WENT
TO FERNLEY FOR A PAINT & SIP,
ALSO ENJOYED SOME LUNCH.





March Birthday's Happy Birthday!!!!



Famous March Birthdays

Alexander Graham Bell March 3rd

Lou Costello March 6th

Dr. Albert Einstein March 14th

Phyllis Newman March 19th

Carl Reiner March 20th

Reba McEntire March 28th

Al Gore 45th Vice President March 31st

Just to name a few.

Paul Echeverria 3rd

Barbara Rackley 6th

Charles Collins 14th

lynn lousardi 19th

Bernie Schneider 20th

Ted Bendure 28th

Michael Montes 31st

Enjoy the birthdays from last month.





MARCH LUNCH MENU 2023



Monday	Tuesday	Wednesday	Thursday	Friday
Daily soups Include beans & or Vegetables All meals include dessert & Menu is subject to change.		1 Cheese Pizza Corn Salad 	2 Tuna Casserole Spinach Salad Banana Roll	3 Mac & Beef Coleslaw Tropical Fruit Roll
6 Lasagna Salad Corn 	7 Teriyaki Chicken sandwich Green Beans Pineapple Chips	8 Chicken Alfredo Over noodles Peas Peaches Roll	9 Sloppy Joes Carrots Grapes 	10 Cheese Burgers Spear Pickle Apples Curly fries
13 Cheese Burger skillet Corn Pears 	14 Pancakes Strawberries W/Strawberry Yogurt Eggs & Bacon Hashbrowns	15 Chicken Fried Steak Peas & Carrots Mash & Gravy Salad Roll Birthday Celebration	16 Sweet & Sour Chicken over white rice Broccoli 	17 Turkey Dinner Cauliflower Salad Mash & Gravy 
20 Chicken Patty Sandwich Apples Potato Salad Chips	21 Beef Stroganoff Carrots Banana 	22 Chicken Salad Sandwich Spear Pickle Tropical Fruit Chips	23 Meat Loaf Green Beans Salad Mash & gravy 	24 Chicken Noodle Casserole Peas & Carrots Mandarin Oranges 
27 Spaghetti Peas Salad 	28 BBQ Chicken Corn Peaches White rice Roll	29 Pot Roast Carrots Salad Mash & Gravy Roll	30 Fish Tacos Coleslaw Pineapple Black beans	31 French Toast Banana W/Vanilla yogurt Eggs & Hash Browns Breakfast !!!!



Things happening this month

- . 3/6 Senior Boxes
- . 3/9 Fallon
- . 3/15 Movie in Fallon
- . 3/23 Reno
- . 3/27 Mobile Harvest