



HARBOR

AT HARMONY CROSSING
ASSISTED LIVING & MEMORY CARE

923 Harmony Road • Eatonton, GA 31024 • (706) 438-4441

March 2018



Upcoming Events and Activities

- 3/5 Shopping Trip to Walmart
- 3/6 Word Game
- 3/12 Paparazzi Jewelry Party
- 3/13 Lakeside Church
- 3/13 St. Patrick's Pictionary
- 3/14 Dean Cason
- 3/17 St. Patrick's Day
- 3/19 Bean Bag Baseball AL and MC
- 3/20 Piano with Jacquelyn
- 3/22 Resident's Council
- 3/26 Bean Bag Baseball
- 3/27 Birthday Bash with Danny
- 3/28 Shopping Trip to Publix

Early Opening Day

It's been said that the true sign of spring is the sound of a bat on a ball. This year, baseball fans will hear that familiar sound on Thursday, March 29, the earliest opening day in MLB history. And for the first time since 1968, all 30 teams will start action on the same day.

Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

Cabbage Can Feed Your Brain

Cabbage serves as the traditional side dish in the St. Patrick's Day meal of corned beef and cabbage, but it deserves top billing for its nutritional value. Both green and purple varieties of this cruciferous veggie are rich in vitamin K, which can boost mental function and help defend against Alzheimer's disease and dementia. Cabbage is also loaded with vitamin C and several cancer-fighting compounds.



Leprechaun Lore

The Irish fairy known as a leprechaun is a familiar figure during St. Patrick's Day celebrations. Here's more about this wee little man:

- Leprechauns are shoemakers, and legends say they can be detected by the tap-tap-tapping of a tiny cobbler's hammer.
- Nowadays leprechauns are said to always wear green, but early tales have them dressed in red.
- If a leprechaun is caught, he will offer three wishes in exchange for his freedom.

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Theme - Luck of the Irish 	Please Schedule Hair & Nail Appointments with the Front Desk ~ Doctor Appointments Tuesdays and Thursdays 9am - 1pm		Birthdays Jeanette Maxwell - 3/6 Mary Ann Nuetzi - 3/10 Fae Bromer - 3/26 Evelyn Benton - 3/26	1 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Social Hour 3:00 Craft - St. Patrick's Gold	2 9:45 Current Events 10:00 Morning Exercise 11:00 Lunch Out 3:30 Bingo 4:00 Happy Hour	3 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Ice Cream Social 3:00 Bingo
4 9:45 Current Events 10:00 Joel Osteen 11:00 Communion with Lynn 1:00 Movie Matinee 3:00 Bingo	5 9:45 Current Events 10:00 Morning Exercise 10:30 Menu Review 1:00 Afternoon Stroll 2:00 Shopping Trip to Walmart 2:30 Social Hour	Happy Birthday Jeanette Maxwell 6 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Social Hour 3:00 Word Game	7 9:45 Current Events 10:00 Morning Exercise 10:30 Devotion with Lynn 1:00 Afternoon Stroll 3:00 Bingo 3:30 Dog Therapy	8 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Social Hour 3:00 Crafts - Clovers	9 9:45 Current Events 10:00 Morning Exercise 11:00 Lunch Out 3:30 Bingo 4:00 Happy Hour	Happy Birthday Mary Ann Nuetzi 10 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Ice Cream Social 3:00 Bingo
11 9:45 Current Events 10:00 Joel Osteen 10:30 Sunday School 1:00 Movie Matinee 3:00 Bingo	12 9:45 Current Events 10:00 Morning Exercise 10:30 Menu Review 1:00 Afternoon Stroll 2:00 Paparazzi Jewelry Party 2:30 Social Hour	13 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:00 Lakeside Church 3:00 St. Patrick's Pictionary	14 9:45 Current Events 10:00 Morning Exercise 10:30 Devotion with Lynn 1:00 Afternoon Stroll 1:00 Dean Cason 3:00 Bingo	15 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Social Hour 3:00 Crafts - Easter Cross	16 9:45 Current Events 10:00 Morning Exercise 11:00 Lunch Out 3:30 Bingo 4:00 Happy Hour	Happy St. Patrick's Day 17 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Ice Cream Social 3:00 Bingo
18 9:45 Current Events 10:00 Joel Osteen 10:30 Sunday School with Lynn Hudson 1:00 Movie Matinee 3:00 Bingo	19 9:45 Current Events 10:00 Morning Exercise 10:30 Presbyterian Communion 1:00 Afternoon Stroll 2:30 Social Hour 3:00 Bean Bag Baseball AL and MC	20 9:45 Current Events 10:00 Morning Exercise 10:30 Menu Review 1:00 Afternoon Stroll 2:30 Piano with Jacquelyn	21 9:45 Current Events 10:00 Morning Exercise 10:30 Devotion with Lynn 1:00 Afternoon Stroll 3:00 Bingo 3:30 Dog Therapy	22 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Social Hour - Resident's Council 3:00 Crafts - Easter Bunnies	23 9:45 Current Events 10:00 Morning Exercise 11:00 Lunch Out 3:30 Bingo 4:00 Happy Hour	24 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Ice Cream Social 3:00 Bingo
25 9:45 Current Events 10:00 Joel Osteen 10:30 Sunday School 1:00 Movie Matinee 3:00 Bingo	Happy Birthday Fae Bromer & Evelyn Benton 26 9:45 Current Events 10:00 Menu Review 10:00 Morning Exercise 10:00 Vitals Clinic 1:00 Afternoon Stroll 3:00 Bean Bag Baseball	27 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Birthday Bash with Danny 4:00 Dominos	28 9:45 Current Events 10:00 Morning Exercise 10:30 Devotion with Lynn 1:00 Afternoon Stroll 1:30 Shopping Trip to Publix 3:00 Bingo	29 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Social Hour 3:00 Crafts - Spring Tulip	30 9:45 Current Events 10:00 Morning Exercise 11:00 Lunch Out 3:30 Bingo 4:00 Happy Hour	31 9:45 Current Events 10:00 Morning Exercise 1:00 Afternoon Stroll 2:30 Ice Cream Social 3:00 Bingo

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

9	5	2	1	8	7	4	8	6
7	4	8	2	9	6	9	5	1
8	6	1	5	9	4	2	8	7
5	9	4	7	6	8	1	2	9
1	2	6	4	5	9	8	7	3
8	7	9	1	2	5	6	4	8
2	1	5	6	7	9	8	4	3
4	8	7	9	2	1	6	9	5
6	8	9	8	4	5	7	1	2

	1		5	7		6		
		9			3	4		7
3					9	5		
		5	2				4	
6				5				1
	2				4	7		
4		2	7					8
		6	9					
9		7		3	1		5	

"This Month In History"

MARCH

1852: The first illustration of Uncle Sam appears in a political cartoon in the New York Lantern, a weekly newspaper.

1904: Author Theodor Geisel, known to the world as Dr. Seuss, is born in Springfield, Mass. Each year near his birth anniversary, Read Across America Day is observed to celebrate Seuss' work and encourage children to read.

1910: As part of the growing scouting movement, the Camp Fire organization

is founded as a national program for girls. In 1975, it became a coed group.

1922: Converted from a cargo ship, the USS Langley is commissioned as the Navy's first aircraft carrier.

1933: "King Kong" premieres in New York City with record-breaking ticket sales. The movie's groundbreaking special effects garnered rave reviews.

1942: The first five Tuskegee Airmen graduate from the flying school in Alabama and earn their wings as U.S. Army Air Corps pilots.

1961: After an appeal in his inauguration address to "ask not what your country can do for you, ask what you can do for your country," President John F. Kennedy establishes the Peace Corps volunteer program.

1970: Conway Twitty releases "Hello Darlin'." The No. 1 hit became the country music legend's signature song.

1980: In one of the biggest cliffhangers in TV history, America was left wondering "Who shot J.R.?" after the season-ending episode of the prime-time soap opera "Dallas."

1993: Janet Reno is sworn in as the first female U.S. attorney general.

2012: Encyclopaedia Britannica announces it will no longer publish printed versions of its iconic reference books.

2016: Astronaut Scott Kelly returns to Earth after a record 340-day mission aboard the International Space Station.