



March 2024 Newsletter

Senior Assisted Living Community

**Shelly Jenise Bowie**

is our Assisted Living Resident of the Month

Shelly Jenise Bowie was born on June 8, 1965 in Harbor City, California. She grew up with two brothers and one sister, and Shelly is the oldest of the four. Shelly was a CNA studying to become an LN. She prefers dogs over cats, and so is definitely a dog person. She is also a people person, and enjoys conversing with people and getting to know them.

And to that point, she has a couple of special friends here at Carson Assisted Living. Shelly loves to be creative, especially if it involves painting. Her top three favorite seasons are Fall, Summer and Winter, although Summer is probably her top choice because of the weather. She loves to visit the ocean and last visited Long Beach. While there, she went on a tour of the Queen Mary ship. If Shelly had one wish, it would be to be in good health overall. Congratulations Shelly, on being our March Assisted Living Resident of the Month!

John Porter

is our Arbor Hall Resident of the Month

Johnathan Porter was born on July 24, 1946. John's father's name is also John, and his mother's name is Emily. He has three siblings which include one sister and two brothers. Out of all his siblings, he is the oldest. John never married, but he does have three daughters and two sons. He went to an all Catholic school called Verbum Dei. Dancing, singing and listening to music are among his favorite activities. Congratulations, John, on being named our Hall Resident of the Month for March.



Arbor



March Birthday Party

Friday, March 29 at 1:00 p.m.

All residents whose birthday is in March are invited to join us in the Hobby Room to celebrate their natal day. We have cake and ice cream for you to enjoy.

AL Resident Birthdays

Debra Kollars Davis	3/03
Donetta Peterson	3/06
Jose Madrideojos	3/12
Haruko Saneda	3/18
Jose Galindo	3/19
Zabigniew Becinski	3/20
Gloria Terrazas	3/21
Judith Weis	3/22
Gabriel Contreras	3/24
Debra Miller	3/25
Cynthia Farmer	3/27
Janet Davis	3/31

Arbor Hall Birthdays

Guillermo Molina	3/12
Juliet Ronquillo	3/21

Staff Birthdays

Julie V.	3/06
Emily J.	3/12
Gregoria G.	3/12
Ana F.	3/13
Gaby E.	3/14
Rosalinda D.	3/15
Melanie S.	3/30

MAN EVENTS FOR MARCH 2024

Council Meeting

RESIDENT COUNCIL MEETING
Thursday, March 14 - 11:00 a.m.
in the Hobby Room.



**SHOPPING TRIPS
WILL BE TWICE
A MONTH AS
SCHEDULED.**

Note: Shopping trips can be scheduled Monday through Friday as long as the driver available.

Kitchen Tips

Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Mayolo know 3 hours before meal time. Please DO NOT STAND BY OR NEAR THE KITCHEN DOOR during meal time. It is not safe. Thank you.



Church Services

St. Philomena Church will have Catholic mass every third Monday of each month.

Church of Christ-Iglesia Ni Cristo will offer Bible Study every Thursday at 6:00 p.m. in the Front TV Room.

The Good Shepherd Ministry comes in every 2nd and 4th Saturday of the month at 10:30 a.m. They invite you to join them in their spiritual advocacies.

The Metropolitan Church of Christ comes every Sunday of the month at 2:00 p.m.

Bingo

Every Monday, Wednesday, and Friday

Medical Runs

Every Monday to Thursday of the month.



March HOrOscOpe Signs



Pisces

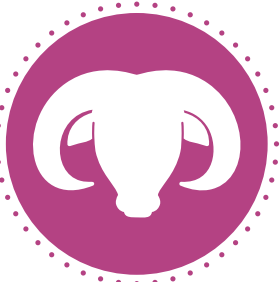
February 19 to March 20

Represented by the fish, Pisces is a very compassionate, selfless water sign characterized by empathy and an incredible emotional capacity that can sometimes be overwhelming if not restrained. Pisces enjoy being alone, while at the same time, they love the idea of romance, art and music. They can sometimes be overly trusting, fearful, sensitive or sad. Pisces are highly creative and imaginative, and are typically also gentle and generous.

Aries

March 21 to April ??

Aries is the first sign of the Zodiac, and as you might expect, Aries loves to be number one. A fire sign, Aries is bold and ambitious and will dive headfirst into even the most challenging situations, making sure that they always come out on top! Uncomplicated and direct, they can often become frustrated by exhaustive details and nuance. Aries looks after they leap, which can mean lessons are often, unfortunately, learned the hard way.



New Residents

Lauretta Banks
Cythia Farmer
Anthony Greeley "Tony"
John Herbst
Edward Luna
Manuel Ortiz

Saturday

<div><div><div>Easter Sunday</div><div>31</div></div><div>MARCH DAYS TO NOTE....</div><div><div>01 Nat'l Peanut Butter Lovers Day</div><div>02 Nat'l Dr. Seuss Day</div><div>03 Nat'l I Want You To Be Happy Day</div><div>05 Cinco de Marzo</div><div>05 Oreo Cookie Day</div><div>08 Int'l Women's Day</div><div>10 Academy Awards</div><div>11 Dream Day</div><div>12 Girl Scout Day</div><div>14 Nat'l Pi Day</div><div>15 Ides of March</div><div>19 Nat'l Certified Nurses Day</div><div>19 Nat'l Let's Laugh Day</div><div>21 World Poetry Day</div><div>23 Swallows Day</div><div>25 Nat'l Medal of Honor Day</div><div>26 Nat'l Purple Day</div><div>30 Nat'l Doctors Day</div></div></div>		<div><div><div>Month of March</div><div>Birthstone: Aquamarine (Happiness, Hope, Youth) and Bloodstone (Courage) Flowers: Daffodil (New Beginnings) Colors: White</div></div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div></div>		<div><div><div>1</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Shave /Socialization /TV Time Snacks & Playing Cards Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>8</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Shave /Socialization /TV Time Snacks & Playing Cards Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>7</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Colorful Nails /Haircuts/ TV Time Snacks & Movie Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>6</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Remembering History /Videos/Books Snacks & Puzzles Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div></div></div>		<div><div><div>2</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Learning about Cultures /Videos/Books Snacks & Dominos Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>9</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Learning about Cultures /Videos/Books Snacks & Dominos Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div>	
<div><div><div>Daylight Saving Time begins</div><div>10</div></div><div><div>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks & TV Time Lunch Relaxation / TV Time Snacks & Dominos Bingo! Dinner Socialization Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:00 5:10</div></div></div>		<div><div><div>4</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Colorful Nails /Hair Cuts /TV Time Snacks & Movie Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>11</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Colorful Nails /Hair Cuts /TV Time Snacks & Movie Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div>		<div><div><div>12</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Shave /Socialization /TV Time Snacks & Playing Cards Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>13</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Remembering History /Videos/Books Snacks & Puzzles Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>14</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks /TV Time Lunch Colorful Nails /Haircuts/ TV Time Snacks & Movie Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div></div>		<div><div><div>15</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Shave /Socialization /TV Time Snacks & Playing Cards Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>16</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Learning about Cultures /Videos/Books Snacks & Dominos Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div>	
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<div><div><div>Palm Sunday</div><div>24</div></div><div><div>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks & TV Time Lunch Relaxation / TV Time Snacks & Dominos Bingo! Dinner Socialization Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:00 5:10</div></div></div>		<div><div><div>25</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Colorful Nails /Hair Cuts /TV Time Snacks & Movie Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>26</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Shave /Socialization /TV Time Snacks & Playing Cards Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div>		<div><div><div>27</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Remembering History /Videos/Books Snacks & Puzzles Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>28</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks /TV Time Lunch Colorful Nails /Haircuts/ TV Time Snacks & Movie Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div>		<div><div><div>29</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Shave /Socialization /TV Time Snacks & Playing Cards Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div><div><div><div>30</div><div>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch Learning about Cultures /Videos/Books Snacks & Dominos Bingo! Dinner Final Stretch of the Day</div><div>9:30 10:00 10:30 11:30 12:30 2:00 3:00 4:00 5:10</div></div></div></div>	

PEEPS
JELLY BEANS
BUNNY
CHICK
HUNT
SPRING
BONNET
EGGS
BASKET

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

Easter
WORD
SEARCH



Enjoy Assisted Living at Its Finest.



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March 2024