

Lorien Bel Air
March 2026



It's National Nutrition Month!

Tips to Stay Healthy:

1. Stay Hydrated!
2. Focus on whole foods.
3. Limited added sugars, especially that donut!
4. Increase your fiber intake.
5. Plan Balanced Meals.
6. Add color into your diet through fruits and vegetables!



Meet Your Dieticians!
Heidi Sandford
Heidi Brady

Glow in the Dark Bingo

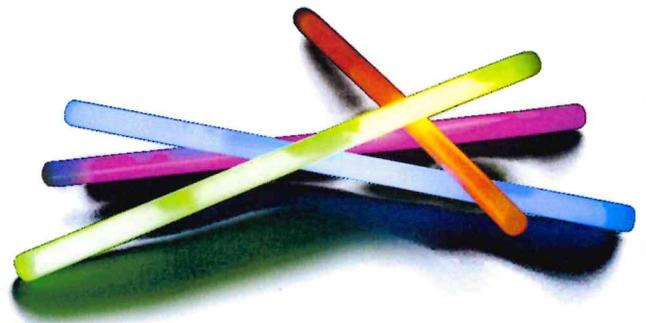
Join us for a fun "Glow in the Dark Bingo" on Saturday, March 7th in the Multipurpose Room from 7:00-9:00pm.

Bring your funky attitude, all the smiles and just have a good time & let it all loose!

Glow in the dark items provided!



**GLOW
IN THE
DARK**



St. Patrick's Day!

Join us for some wonderful St. Patrick's Day activities throughout the month of March!

"Don't sell your hen on a wet day!"

"May your troubles be less, and your blessings be more."

Tuesday, March 10th at 1:00 pm

Shamrock Shakes in the Ice Cream Parlor!

Tuesday, March 17th at 11:00 am

Music from our favorite bagpiper!

Tuesday, March 17th at 11:00am-1:00pm:

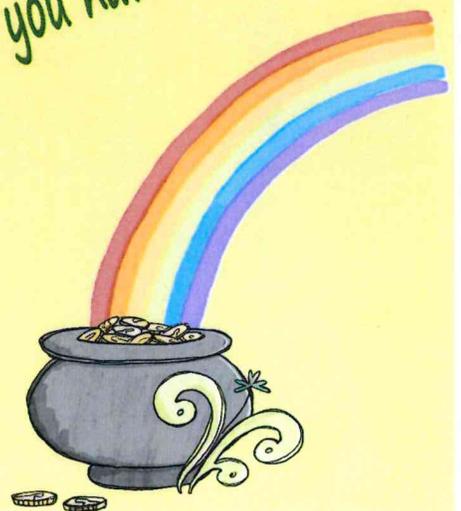
A special lunch of Corned Beef & Cabbage

Tuesday, March 17th at 6:30 pm in the Balloon Room:

Men's Club with a round of Green Beer!

"There are no strangers, only friends you haven't met yet."

"May your heart be light and your pockets heavy."



Happy Social Work Month!



Lorien's Social Work Team

Amy Townsend-White
Wayne Canapp
Jeanette Delgado-Goe



Fall Prevention Tips for Seniors



According to the CDC, "Falls are most common and costly, especially among adults 65+.

Here are some tips to avoid these falls:

1. remove tripping hazards such as throw rugs & extension cords from your pathway.
2. Install grab bars in bathrooms - both in the shower & around the toilet.
3. Keep frequently used items within reach.
4. Wear sensible shoes with nonskid & proper fit.
5. Poor vision is a major factor in falls. Get an eye exam at least once a year to keep your eyes functioning at their best!



6. Remove furniture in high traffic areas.



7. Stay active! It increases strength & balance reducing the risk for falls!

Lorien Film Screenings

Saturday, March 7th, at 1:30pm "The Quiet Man"

A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union.



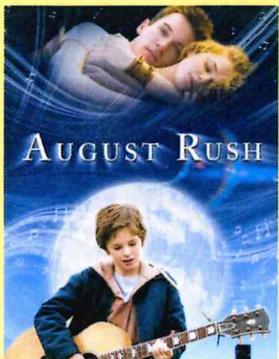
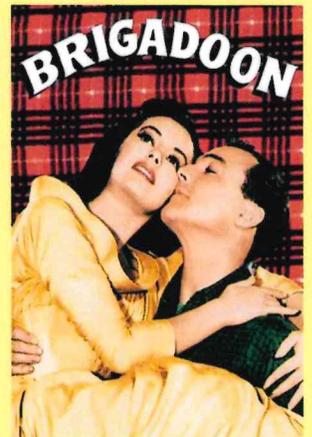
Saturday, March 14th at 1:30pm,

"Waking Ned Devine"

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

Saturday, March 21st at 1:30pm, "Brigadoon"

Two Americans on a hunting trip in Scotland become lost. They encounter a small village, not on the map, called Brigadoon, in which people harbor a mysterious secret, and behave as if they were still living two hundred years in the past.



Saturday, March 28th at 1:30pm, "August Rush"

A musically gifted orphan, Evan, runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard, a homeless man who lives in an abandoned theater.

MARCH 17TH

St. Patrick's Day



Pub Crawl!

3:30p-5:00p



Visit stations throughout the building
to enjoy some fun treats & games!!



It's Time for some Spring Cleaning!!!

While winter is slowly fading away, spring will be arriving any day. We need your help to save the day & clean your loved ones room & make room for the new season! Let's help our Environmental Services Team!



Let's welcome Spring with a fresh start!

Spring Cleaning starts on
March 16th and Ends on March 20th!



Reserve the Date for Easter Dinner!

Join us on Sunday, April 5th for Easter Lunch. Make your Easter reservations by Friday, March 27th to reserve your spot. There is a limit of 2 guests per resident, at \$8.00 per guest. It will be charged to the room.



Please call 410-803-1400 ext. 1414
to make your reservation.

MARCH

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

From the Desk of our Social Workers:

Care plan letters will be sent to family members via email, not regular mail.

If you do not have an email address, please contact Social Work at 410-803-1400 ext. 1360. Please check your emails regularly!

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. "Go Hog Wild Day" 10:00 Word Game (BR) 11:00 Morning Stretch (BR) 1:30 Mountain Christian Church Service (BR) (Following the church service) Pigs in a Blanket (BFR) 4:00 Bingo for 3rd Floor (Café) 6:00 Package/Mail Delivery (3rd)</p>	<p>2. Resident Council Day 10:00 Artistic Expression (BR) 11:00 LTC Resident Council (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Fitness Class (BR) 2:15 Bingo (Café) 4:30 Traveling Guitar Visits (3rd) 6:00 Package/Mail Delivery (3rd)</p> <p style="text-align: center;">"Start of Purim"</p>	<p>3. Beauty Shop 9:30-11:00 General Store 10:00 Rehab Activity Cart (BWH) 10:45 Artistic Expression (BR) 1:00 Ice Cream Social (ICP) 2:00 Riverdance (ICP) 4:00 Package/Mail Delivery (3rd) 5:30 LTC Ladies Night (BR) 6:30 Men's Club (BLR)</p>	<p>4. The Birthday of People Magazine (1974) 9:00 Pets on Wheels with Kuma 10:00 Celebrity Trivia (BR) 10:45 Artistic Expression (BR) 1:15 Zumba (Café) 2:00 Bingo (Café) 4:00 Package/Mail Delivery (3rd) 4:30 Wine Down Wednesday (L)</p>	<p>5. 9:00 Nail Fun call ext. 1414 to get on the list 9:30-11:00 General Store 10:00 It's Game Time! (BFR & BR) 10:45 Artistic Expression (BR) 1:30 Karaoke (Café) 3:00 Relaxation & Aroma Therapy (BR) 4:00 Package/Mail Delivery (3rd) 5:30 Planet Earth (BR)</p>	<p>6. Michelangelo's Birthday! Beauty Shop 9:30 Radio Social (BFR & BR) 10:30 Bingo (Café) 1:30 Fit in Time (MPR) 2:00 Happy Hour with Lynn (MPR) 2:00 Pets on Wheels with Buddy 4:30 Traveling Guitar Visits (3rd) 4:30 Warm Cookies (CS) 6:00 Package/Mail Delivery (3rd)</p>	<p>7. National Cereal Day 10:00 Ribbon Dancing (BR) 10:30 Making a Cereal Trail Mix (BR) 1:30 "The Quiet Man" Matinee Movie (BR) (Following the movie) Young at Heart Club (BR) 4:30 Package/Mail Delivery (3rd) 7:00-9:00 Glow in the Dark Bingo (MPR)</p>

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8. Daylight Saving Time 10:00 Word Game (BR) 11:00 Morning Stretch (BR) 1:30 New Covenant Presbyterian Church Service (BFR) (Following the church service) Cookies & Punch (BFR) 4:00 Musical Moments with Sean (BR) 6:00 Package/Mail Delivery (3rd)</p> <p>Did you know that it is National Procrastination Week!!!! ☺</p>	<p>9. Beauty Shop 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BLR & BR) 10:45 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Fitness Class (BR) 2:15 Bingo (Café) 4:30 Traveling Guitar Visits (BR) 6:00 Package/Mail Delivery (3rd)</p>	<p>10. Beauty Shop 9:30-11:00 General Store 10:00 Rehab Activity Cart (BWH) 10:45 Artistic Expression (BR) 1:00 Shamrock Shakes w/Lucky Charms Ice Cream Social (ICP) 2:00 Let's Travel to Scotland (ICP) 4:00 Package/Mail Delivery (3rd) 5:30 LTC Ladies Night (BR) 6:00 Pets on Wheels with Willow 6:30 Men's Club (BLR)</p>	<p>11. National Registered Dietician Day! 10:00 Is it Healthy or Is it Junk Food? (BR) 10:30 Lucky Charm Necklace/Key Chain Craft (BR) 1:15 Zumba (Café) 2:00 Bingo (Café) 4:00 Package/Mail Delivery (3rd) 4:30 Wine Down Wednesday (L)</p>	<p>12. Nail Fun call ext. 1414 to get on the list 9:30-11:00 General Store 10:00 Rosary & Communion Service (BLR) 10:45 Artistic Expression (BR) 1:30 Music with Danny & Pink Drinks! (Café) 3:00 Relaxation & Aroma Therapy (BR) 3:30 Package/Mail Delivery (3rd) 4:30 Making Dog Toys for our K9 Friends (BR) 5:30 Planet Earth (BR) Happy Birthday Barbie!!</p>	<p>13. K-9 Veterans Day Beauty Shop 9:30 Radio Social (BFR & BR) 10:30 Bingo (Café) 10:00 Pets on Wheels with Chili 1:30 Fit in Time (MPR) 2:00 Happy Hour with Mr. Charisma (MPR) 2:00 Pets on Wheels with Buddy 3:00 K9 Gift Receiving (MPR) 4:30 Warm Cookies (cs) 4:30 Irish Cream Coffee Cart (3rd) 6:00 Package/Mail Delivery (3rd)</p>	<p>14. National Pie Day 10:00 Pie Social (BR) 10:30 Pie Trivia (BR) 1:30 "Waking Ned Devine" Matinee Movie (BR) (Following the movie) Young at Heart Club (BR) 4:30 Package/Mail Delivery (3rd)</p>

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15. It's the Oscars! 10:00 Word Game (BR) 11:00 Hoop Shots (BR) 1:30 Emmorton Baptist Church Service (BFR) (Following the church service) Coconut Cake Social (BFR) 4:00 Bingo for 3rd Floor (Café) 6:00 Package/Mail Delivery (3rd) 7:00 Academy Awards (NBC) "March Madness Begins" National Spring-Cleaning Week!</p>	<p>16. 9:30 Time with Tech (BR) 10:45 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Fitness Class (BR) 2:15 Bingo (Café) 4:30 Traveling Guitar Visits (BR) 6:00 Package/Mail Delivery (3rd) "Wear Any Color but Green Day!"</p>	<p>17. St. Patrick's Day Beauty Shop 9:30-11:00 General Store 10:00 Rehab Activity Cart (BWH) 10:45 Artistic Expression (BR) 11:00 Bagpiper Music 1:00 Ice Cream (ICP) 2:00 Celtic Women (ICP) 3:30-5:00 Lorient Pub Crawl 4:00 Package/Mail Delivery (3rd) 5:30 Ladies Night (BR) 6:00 Pets on Wheels with Willow 6:30 Men's Club w/Green Beer (BLR)</p>	<p>18. 10:00 Matcha Tasting (BR) 10:30 All Things Green Trivia (BR) 10:45 Artistic Expression (BR) 1:15 Zumba (Cafe) 1:30 Pets on Wheels with Zola 2:00 Bingo (Café) 4:00 Package/Mail Delivery (3rd) 4:30 Wine Down Wednesday (L)</p>	<p>19. Chocolate Caramel Day 9:30-11:00 General Store 10:00 It's Game Time! (BLR) 10:45 Artistic Expression (BR) 1:30 Cindy Sings! (Café) 2:30 Cooking Demo (CS) 3:00 Relaxation & Hand Massages (BR) 3:30 Package/Mail Delivery (3rd) 3:30 Chocolate Caramel Coffee Cart (3)</p>	<p>20. Spring Begins! Beauty Shop 9:30 Radio Social (BFR & BR) 10:30 Bingo (Café) 1:30 Fit in Time (MPR) 2:00 Happy Hour with Greg & Irish Jello Shots (MPR) 2:00 Pets on Wheels with Buddy 4:00 Spring Parasol Decorating (BR) 4:30 Warm Cookies (CS) 6:00 Package/Mail Delivery (3rd) Happy 56th Birthday Big Bird!!!</p>	<p>21. National M&M Day! 10:00 Balloon Toss (BR) 10:30 70 Years of M&M Commercials & Snack (BR) 1:30 "Brigadoon" Movie Matinee (MPR) (Following the movie) Young at Heart Club (BR) 4:30 Package/Mail Delivery (3rd)</p>

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22. Bubbles in Your Water Day! 10:00 Word Game (BR) 11:00 Morning Stretch (BR) 1:30 Channel of Grace Church Service (BR) (Following the church service) Bubbly Water Tasting (BR) 4:00 Musical Moments with Sean (3rd) 6:00 Package/Mail Delivery (3rd)</p>	<p>23. 10:00 St. Patrick's Jeopardy (BLR & BR) 10:30 Balloon Toss (BLR & BR) 10:45 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Fitness Class (BR) 2:15 Bingo (Café) 4:30 Help Hands Visits (BR) 6:00 Package/Mail Delivery (3rd)</p>	<p>24. Beauty Shop 9:30-11:00 General Store 10:00 Rehab Activity Cart (BWH) 10:45 Artistic Expression (BR) 1:00 Ice Cream (TCP) 2:00 Washing Away the Germs Demonstration 2:15 Let's Travel to Ireland (TCP) 4:00 Package/Mail Delivery (3rd) 5:30 LTC Ladies Night (BR) 6:00 Pets on Wheels with Willow 6:30 Men's Night (BLR)</p>	<p>25. Maryland Day 9:00 Pets on Wheels with Kuma 10:00 Maryland Trivia (BR) 10:30 Larger Than Life Games (BLR & BR) 10:45 Artistic Expression (BR) 1:15 Zumba (Café) 2:00 Bingo (Café) 4:00 Package/Mail Delivery (3rd) 4:30 Natty Boh Social w/Crab Chips (L)</p>	<p>26. Orioles Baseball Opening Day! 9:00 Nail Fun call ext. 1414 to get on the list 9:30-11:00 General Store 10:00 Rosary & Communion Service (BLR) 10:45 Artistic Expression (BR) 1:30 "I Hate Winter Party w/Steele Drums (Café) 3:00 Relaxation (BR) 3:30 Package/Mail Delivery (3rd) 3:00 Pets on Wheels with Allie 5:30 All About the Orioles Virtual Travel (BR)</p>	<p>27. Beauty Shop 9:30 Radio Social (BFR & BR) 10:30 Bingo (Café) 1:30 Fit in Time (MPR) 2:00 Happy Hour with (MPR) 2:00 Pets on Wheels with Buddy 4:00 Traveling Guitar Visits (BR) 4:30 Warm Cookies (CS) 6:30 Bible Times w/the Wisdom Keepers (Café) 6:00 Package & Mail Delivery (3rd) Reservations Required for the Easter Dinner by 3/27</p>	<p>28. National Weed Appreciation Day! 10:00 Is it a weed or not? (BR) 10:30 Dandelion Pistachio Shell Craft (BR) 1:30 "August Rush" Matinee Movie (BR) (Following the movie) Young at Heart Club (BR) 4:30 Package/Mail Delivery (3rd)</p>

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29. Lemon Cake Day! 10:00 Word Game (BR) 11:00 Morning Stretch (BR) 1:30 Mt. Zion United Methodist Church (BFR) (Following the church service) Lemon Cake Social (BFR) 4:00 Bingo for the 3rd Floor (Café) 6:00 Package/Mail Delivery (3rd)</p>	<p>30. National Doctors Day! 9:30 Pets on Wheels with Willow 10:00 Balloon Toss (BR) 10:30 Can You Name That Famous Doctor? (BR) 10:45 Artistic Expression (BR) 1:30 Hallway Music Therapy with Tom (3rd Floor) 1:30 Fitness Class (BR) 2:15 Bingo (Café) 4:30 Traveling Guitar Visits (3rd) 6:00 Package/Mail Delivery (3rd)</p>	<p>31. National Citrus Day! Beauty Shop 9:30-11:00 General Store 10:00 Rehab Activity Cart (BWH) 10:45 Artistic Expression (BR) 1:00 Ice Cream Social (ICR) 2:30 Planet Earth (ICP) 3:30 Package & Mail Delivery (3rd) 4:30 Lemon Taste Test (BR) 5:30 LTC Ladies Night (BR) 6:00 Pets on Wheels w/ Willow 6:30 Easter Caroling (3rd) 6:30 Men's Night (BLR)</p>				<p>Location Key: (ICP) = Ice Cream Parlor (CY) = Courtyard (L) = Library (DR) = Dining Room (CS) = Coffee Shop (MPR) = Multipurpose Room (BLR) = Balloon Room (BFR)= Butterfly Room (BR) = Bird Room (BWH) = Broadway Hall (RR) = Room to Room</p>