



*Lorien Bel Air*  
*March 2019*

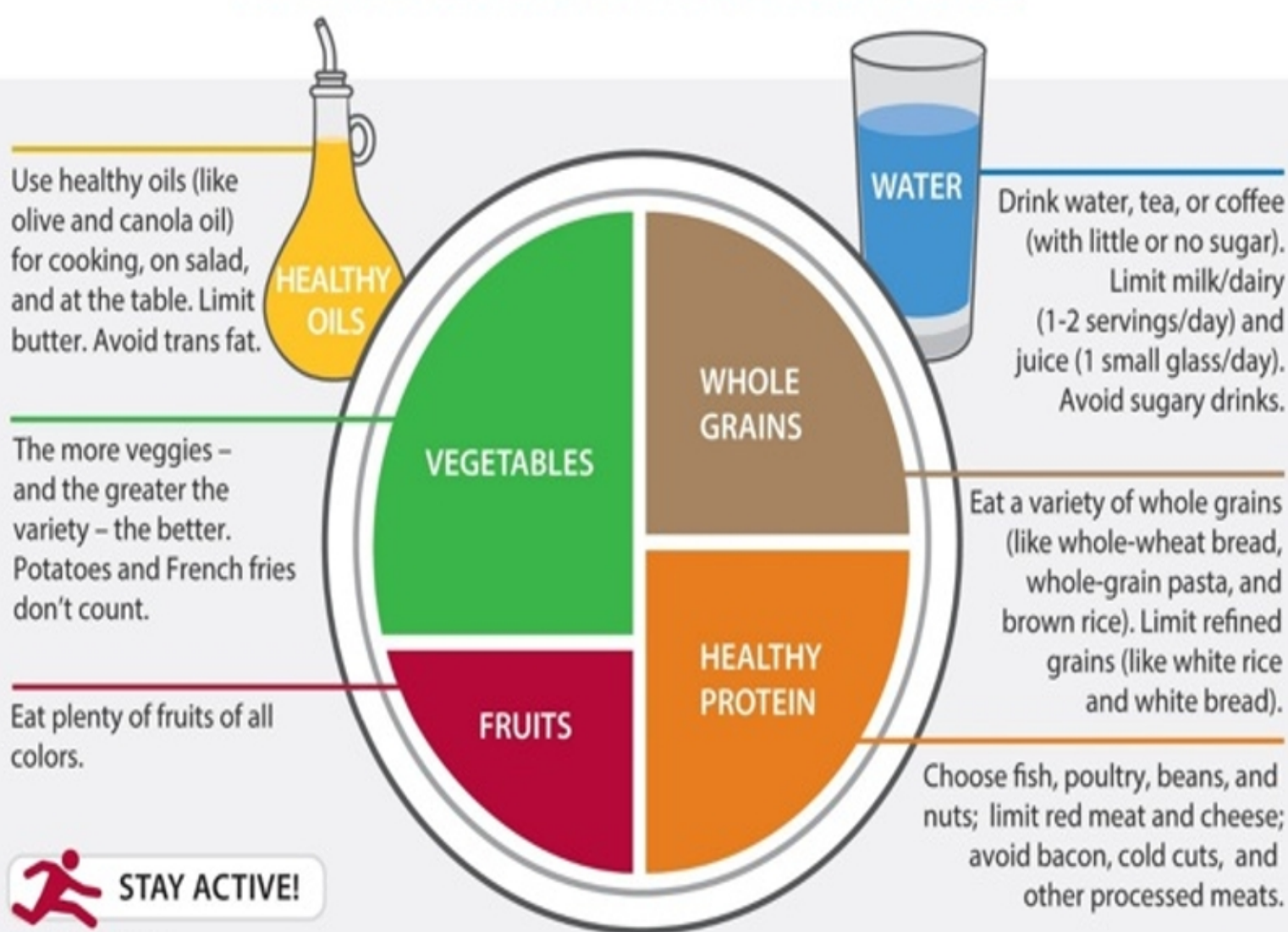
*Spring is coming!*



# March is National Nutrition Month




## HEALTHY EATING PLATE



**STAY ACTIVE!**

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# Slow down to eat



# Ash Wednesday

March 6th

## WHY THE ASHES?

THE MEANING OF  
ASH WEDNESDAY



ASHES ALSO SYMBOLIZE  
GRIEF, IN THIS CASE,  
GRIEF FOR OUR SINS.



1  
ASHES WERE USED AS A  
SIGN OF REPENTANCE IN  
THE OLD TESTAMENT



2  
ASHES ARE A PUBLIC  
SIGN OF OUR INTENT TO  
DIE TO OUR WORLDLY  
DESIRES AND LIVE IN  
CHRIST



4  
AS OUR FOREHEADS  
ARE BEING MARKED,  
THE PRIEST SAYS:  
"REMEMBER THAT YOU  
ARE DUST AND UNTO DUST  
YOU SHALL RETURN"

5  
THE ASHES COME  
FROM THE BLESSED  
PALMS USED IN THE PALM  
SUNDAY CELEBRATION OF  
THE PREVIOUS YEAR







**Daylight Saving Time Begins.**  
**Turn Your Clock Forward!**  
**Sunday, March 10th**

*Welcome  
Spring*

Welcome to  
Spring and all the  
newness this  
season brings. Its  
rain, daffodils,  
sunshine, and  
thunder. Its  
warmth, color, and  
a breath of fresh  
air. Its little buds  
and birds chirping.  
All life crawls out  
of hibernation and  
our hearts open.





# MARCH HAPPENINGS



**Enjoy the sounds of Ireland  
at 10am on Saint Patrick's  
Day!**

**3/1 Peanut Butter Lover Day  
3/3 National Anthem Day  
3/4 Resident Council  
3/5 Mardi Gras  
3/6 Ash Wednesday  
3/7 Men's Club Night  
3/8 Silver Reader Van  
3/10 Daylight Saving Begins  
3/14 Ask A Question Day  
3/15 Misconception Day  
3/16 Panda Day  
3/17 St. Patrick's Day  
3/18 Oatmeal Cookie Day  
3/20 Spring Begins  
3/21 Balance Test  
3/25 Maryland Day  
3/28 Baseball Opening Day  
3/29 Silver Reader Van  
3/30 Doctor Day**



**Survey results for the past three  
years are available for your  
review. The survey binders are  
located in the 3rd floor activity  
room by the phone for skilled  
nursing, in the mail room for  
assisted living, and both can  
also be found at the front desk.**

**Balance Test  
3/21 @ 1pm**





# ST. PATRICK'S DAY WORD SEARCH



c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish  
Emerald  
Clover  
Lucky'  
Ireland

Parade  
Leprechaun  
Patrick  
Gold  
Rainbow

Pot  
Shamrock  
Green  
Saint  
March



# St. Patty's Day Humor



**"Am I Irish? Are you kidding? I was born green!"**

# Spot The Difference





# march

## 2019

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