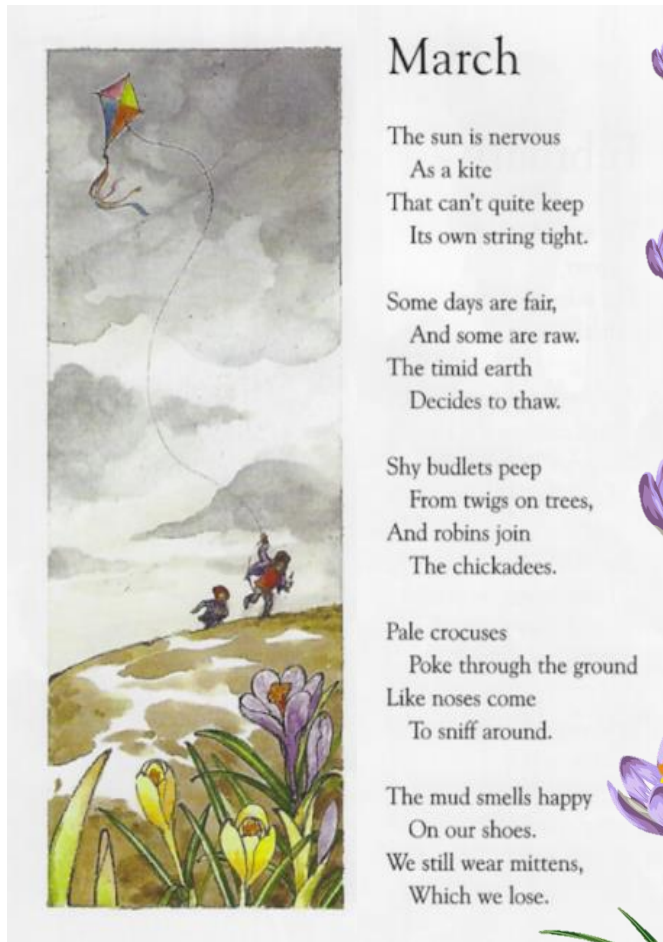


March 2023

Stonehenge Senior Living
168 Stonehenge Dr
Blairsville, GA 30512
Tel: 706-745-7703

The Stonehenge Sentinel



March

The sun is nervous
As a kite
That can't quite keep
Its own string tight.

Some days are fair,
And some are raw.
The timid earth
Decides to thaw.

Shy budlets peep
From twigs on trees,
And robins join
The chickadees.

Pale crocuses
Poke through the ground
Like noses come
To sniff around.

The mud smells happy
On our shoes.
We still wear mittens,
Which we lose.



Marvelous Days in March

Mar. 1 ~ World Compliment Day (give everyone you meet a compliment today!)

Mar. 3 ~ Caregiver Appreciation Day (let's all show our caregivers some extra love today) 💕💕

Mar. 6 ~ National Oreo Cookie Day (who doesn't love Oreo cookies & milk!)

Mar. 8 ~ International Women's Day (Hooray for women!) 🍪

Mar. 9 ~ Popcorn Lover's Day (let's eat popcorn!) 🍿

Mar. 12 ~ Daylight Savings Time begins (spring ahead one hour)

Mar. 14 ~ National Pi Day (for all the math lovers out there!)

Mar. 17 ~ St. Patrick's Day (wear something green today) 🍀

Mar. 20 ~ First Day of SPRING 🌸

Mar. 21 ~ World Poetry Day (read or write a poem today)

Mar. 23 ~ National Puppy Day 🐶 (we love puppies!)

Mar. 25 ~ International Waffle Day (the whole world loves waffles!)

Mar. 26 ~ National Spinach Day (eat spinach and be strong like Popeye!)

Mar. 30 ~ Take a Walk in the Park Day (take a walk today, it's good for your heart and your mind)

Mar. 31 ~ National Crayon Day (let's all color!) 🖍️🖍️🖍️🖍️🖍️



March BIRTHDAYS



Stone 1: Mary S. ~ 3-6
Stone 3: Edna H. ~ 3-12
Stone 1: Christine C. ~ 3-16
Stone 2: Carol D. ~ 3-25
Stone 5: Becky C. ~ 3-26
Stone 5: Jean T. ~ 3-29
Stone 3: Sharon N. ~ 3-30



If you happen to see any of these people, be sure to wish them a very **Lucky** Birthday!!

Fun Facts about March:

- In like a LION, out like a LAMB. I'm sure we've all said this at one point or another. The specific origin of this piece of wisdom is quite unclear, but it is said to date back to the 18th century.
- March is National Crafting Month...a month dedicated to inspiring creativity through all kinds of mediums, from paper & paint, to yarn, seashells and cardboard tubes, whatever motivates you to get creative and make something using your own two hands. Crafting is also shown to relieve stress and lower blood pressure, so let's get healthy and get crafting!
- March's birthstone is the aquamarine. This deep blue-green gem invokes tranquility and is said to symbolize strength and perseverance—very fitting for the last month of winter!
- The birth flower for March is the sunshine yellow daffodil. The daffodil signifies someone who is held in high regard or unrequited love.
- The two zodiac signs for March are Pisces and Aries. Pisceans are born between February 19th and March 20th, they are known to be extremely compassionate and sensitive toward others. They are also highly creative. Arians are born between March 21st and April 19th, bold and ambitious, they thrive in the most challenging situations, and always seem to come out on top.





Stone 1: Barbara S.

Stone 2: Pat M.

Louise R.

Stone 3: Helen K. ~ Will C.

Vivian K. ~ Jack L.

Stone 5: Marti P.

*~ Welcome to the Stonehenge community. ~
May your days be filled with laughter
and the joy of many friends.
May God bless you
with His grace,
and peace that never ends.*



*Featured Resident
Audrey H.*



Born and raised in Volusia County, Florida, Audrey continued to give back to her hometown community using her many life lessons and experiences as guides to allow her to be her most honest and genuine self. Audrey tells the story of how her father took her to see his mother when she was only one day old, and that act seemed to create an unbreakable bond between her and her father. Not having more than a 3rd grade education, Audrey proudly states that her father was the smartest person she ever knew. Audrey was the first in her family to go away to college. She went to Florida State University in 1953 where she majored in physical education and minored in bio, science and health. Audrey was a very ambitious young woman. She went on to teach physical education for 15 years, before getting her master's degree in administration and supervision. She served as an assistant principal for the next 15 years. During Audrey's second year of teaching, she became the girls basketball coach. She also began officiating girls basketball in the mid 1960's and continued that passion until the early 1980's. Audrey had other interests as well, and she and a friend decided to take a beginning quilting class together, which led to a second quilting class; then she was hooked. The first quilt she completed was given to her father. She started teaching quilting to the other teachers one day a week after school. She continued to teach quilting to the homeschooled kids also. Audrey was so touched when all of her quilting students made quilt squares and put them all together to make a quilt for her. Audrey moved to Blairsville in 1987 and joined the Misty Mountain Quilters Guild. She has been actively involved in just about every aspect of her guild ever since. She continued to teach quilting classes and has given lectures on Feedsacks & the American Quilter all across the southeast. Audrey's quilts have been published in McCall's Quilting, McCall's Quick Quilts and Quiltmaker's 100 Blocks Magazine. She has also had a quilt featured on the cover of the 2019 May/June issue of Quiltmaker Magazine, along with another quilt pictured in the same magazine. Audrey continues to sew here at Stonehenge, working on her own projects, hemming curtains for our rooms, and hemming the occasional pair of pants for our wonderful caregivers.



February Follow Up

We had a lot going on for our shortest month of the year. We went out to lunch at Mike's Seafood Grill. Everyone had a fantastic meal. A big shout out to Mike's for their wonderful hospitality. Bob & Jean Alexander sang love songs for us and Dale Curry kept us rockin' with his guitar. Our Superbowl party was a touchdown. We had two days of Valentine's fun with Regency Hospice proclaiming our Valentine's Day Kings & Queens, with crowns and cupcakes, and more Valentine treats from UCES & HS. Our visiting artist taught everyone how to draw and color the beautiful red cardinal, and our Men's social was filled with great guys, great snacks, and great conversation. Our monthly trip to Walmart was a fun morning of shopping, followed by an afternoon of piano music and children singing. In Bonnie's crafting cart, we started off the month making a bird out of yarn, created some beautiful heart crafts and finished the month with a painting lesson on Kandinsky and his famous circles...creative and colorful. Come join us this month and let's see how much fun we can have socializing with our friends and getting creative! 💜



May the Road
RISE UP TO MEET YOU.

May the Wind
BE ALWAYS AT YOUR BACK.

May the Sun
SHINE WARM UPON YOUR FACE;
THE RAINS FALL SOFT
UPON YOUR FIELDS
AND UNTIL WE MEET AGAIN,

May God Hold You
IN THE PALM OF HIS HAND.

-An Irish Blessing



Bonnie's Activity Announcements:

- ♣️ Tues. Mar. 7 ~ Lunch outing with Bldgs. 2&5
- ♣️ Thurs. Mar. 9 ~ Dr. Waller @ Bldgs. 2&5
- ♣️ Fri. Mar. 10 ~ Bob & Jean Alexander @ Bldg 1
~All are invited!!
- ♣️ Tues. Mar. 14 ~ Lunch outing with Bldgs. 1&3
- ♣️ Wed. Mar. 15 ~ Visiting artist @ Bldg 2 ~ All invited!!
- ♣️ Thurs. Mar. 16 ~ March Birthday Celebrations
- ♣️ Fri. Mar. 17 ~ Happy St. Patrick's Day!!
- ♣️ Thurs. Mar. 23 ~ Men's Social @ Bldg 2
~All MEN welcome!!
- ♣️ Fri. Mar. 24 ~ Planetarium Show @ YHC
- ♣️ Tues. Mar. 28 ~ Trip to Walmart
- ♣️ Fri. Mar. 31 ~ Dale Curry @ Bldg 2
(singing & guitar)
~ All are invited!!

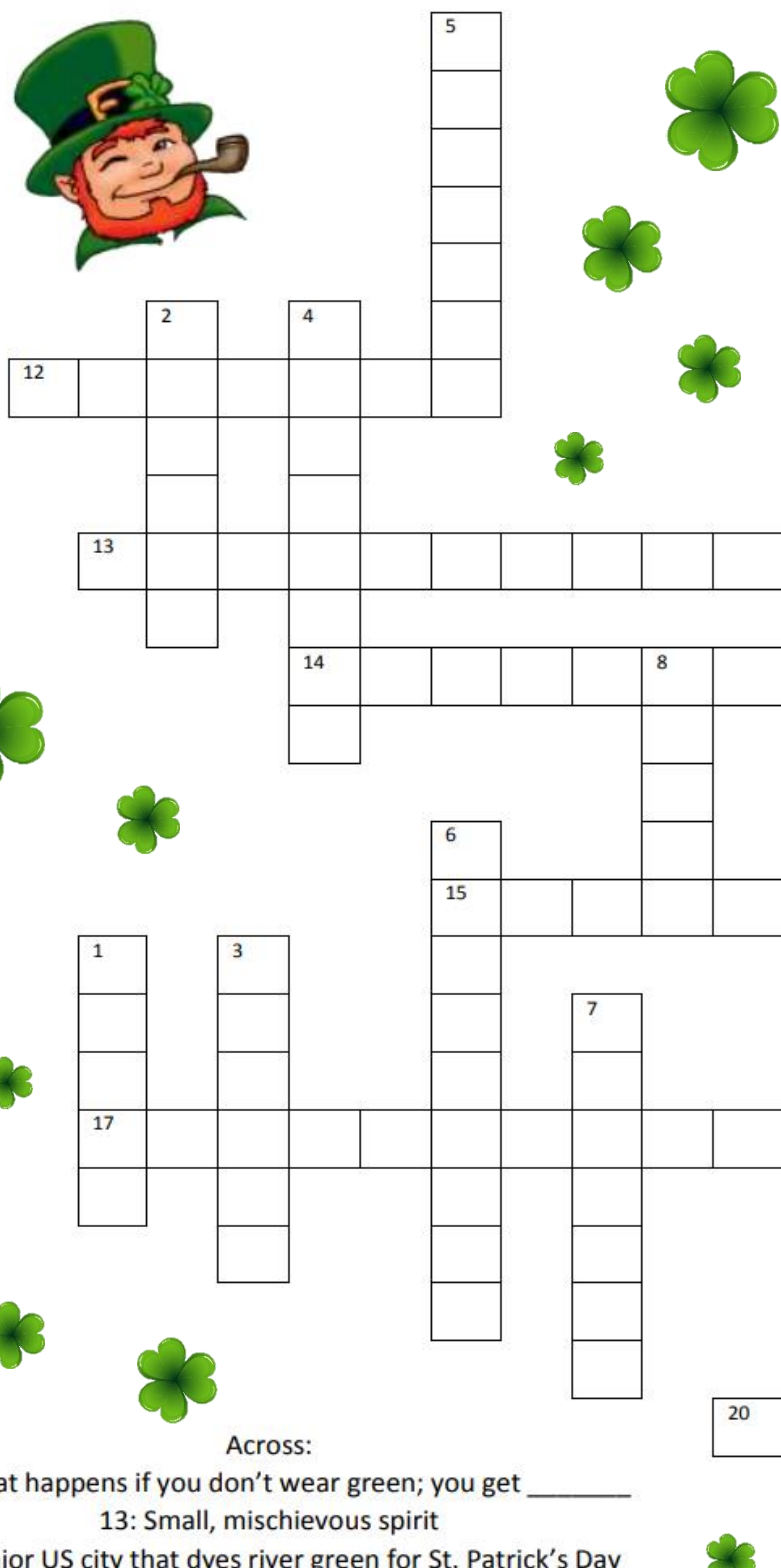


St. Patrick's Day Crossword



Down:

- 1: The official language of Ireland (along with English)
- 2: What St. Patrick banished from Ireland
- 3: Symbol of good luck
- 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
- 5: The _____ Isle
- 6: A custom or belief passed down through generations
- 7: Country where St. Patrick's Day started
- 8: Color associated most with St. Patrick's Day
- 9: Color of coins
- 10: Language group that includes Irish and Scottish
- 11: Humorous verse consisting of 3 long lines and 2 short lines



Across:

- 12: What happens if you don't wear green; you get _____
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; ____ of gold

Happy
St. Patrick's
Day



Down: 1. Irish 2. Snakes 3. Clover 4. Shamrock 5. Emerald 6. Tradition 7. Ireland 8. Green 9. Gold 10. Celtic 11. Limerick 12. Pinched 13. Leprechaun 14. Chicago 15. Rainbow 16. Dublin 17. Seventeenth 18. March 19. Lucky 20. Pot