



March 2026

Discover what's going on in our community.



March is National Nutrition Month....

60s and Beyond: Protein Power

Protein, along with regular strength building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein may be linked with bone health.

Women and men in their 60s need 5 to 5 1/2 ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork, and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as in low-fat or fat-free milk, yogurt and cheese. Vitamin B-12 also helps your body and nervous system. Eat right for your age, helps you feeling great!

Highlights and Birthdays in March:

Happy Birthday!

Eleanor-March 9th, Karen -March 14th

Marie March 27th- 104!

Outings: Mc Garry's Pub-March 11th

Russian Art Museum- March 23rd

Shopping at Byerly's-March 30th

Entertainment, Pet Therapies, Crafts & more!

" A quiet conscience makes one strong!" -Anne Frank

One of the three components of resilience, according to the Spark Model, is strength. Often, we think of strength is found as being big, loud, and commanding. Sometimes it is! And other times, strength is found in the quiet people and faces, in doing the right thing day after day. Strength is seen in persistence when facing challenges and in perseverance through troubling times. May we choose to do the right thing each new day.

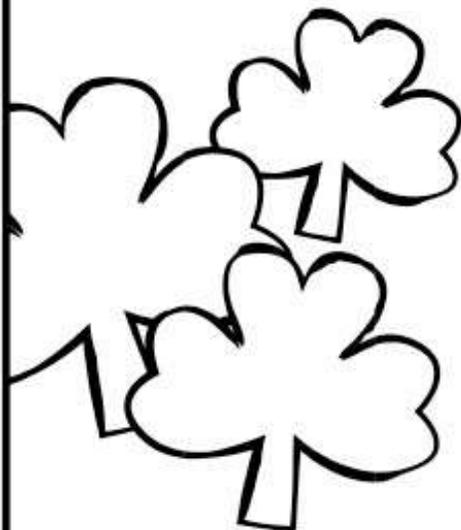
Name: _____

HAPPY

St. Patrick's Day!



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.



- | | | |
|---------|------------|-----------|
| luck | March | gold |
| Ireland | leprechaun | rainbow |
| clover | jig | potato |
| green | shamrock | limerick |
| holiday | tradition | celebrate |