




March 2025






COORDINATOR: Au'Brie


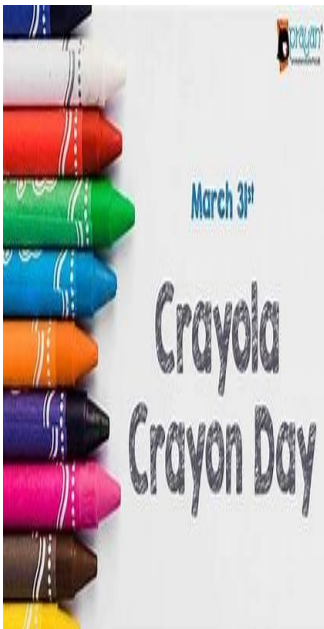
Acapella Senior Apartments



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY										
<div>Welcome March</div> <div>Hope this month will bring a lot of change in your life. This change will be as good as you are. Enjoy your new month with all of your friends and your loved ones.</div> <div>www.Awesomequotes4u.com</div> <div></div>	<div>BE THE REASON SOMEONE BELIEVES IN THE GOODNESS OF PEOPLE.</div> <div>Karen Salmon @notsalmon.com</div>	<div>Happy Birthday</div> <table><tr><td>Joan Bias</td><td>Kathy DuBois</td></tr><tr><td>Joy</td><td>Ana</td></tr><tr><td>Karen</td><td>Earl</td></tr><tr><td>Raymond</td><td>James</td></tr><tr><td>Patricia</td><td>Priscilla</td></tr></table>	Joan Bias	Kathy DuBois	Joy	Ana	Karen	Earl	Raymond	James	Patricia	Priscilla	<div>you are loved</div> <div></div>	<div>If you have any questions, please call your Resident Services Coordinator Au'Brie at (702) 990-2764 ext 9121 Monday – Friday between 9:00AM – 5:00PM</div> <div></div>	<div>Employee Appreciation Day</div> <div>1</div> <div></div>	<div>International Rescue Cat Day</div> <div>2</div> <div></div>
Joan Bias	Kathy DuBois															
Joy	Ana															
Karen	Earl															
Raymond	James															
Patricia	Priscilla															
<div>National Anthem Day</div> <div>Coffee & Trivia</div> <div>In Bldg1 / 1st Floor</div> <div>9:00am</div> <div>Acapella Market</div> <div>Sign Up Starts at 8:30am</div> <div>Once you have signed up for Market, please return to prepare for Shopping at 10:00am</div> <div>In Bldg1 / 1st Floor</div> <div>Bus Pass Distribution & Word Search</div> <div>In Bld1 / 1st Floor</div> <div>3:00pm - 4:00pm</div> <div>3</div>	<div>Mardi Gras</div> <div>Coffee & Trivia</div> <div>In Bldg1 / 1st Floor</div> <div>9:00am - 10:30am</div> <div>SBIBENEFITS</div> <div>Healthcare Options</div> <div>In Bld1 / 1st Floor</div> <div>11:00AM</div> <div>BINGO</div> <div>Tech Hour</div> <div>Need help creating an email, or downloading an app come see your coordinator!</div> <div>In Bldg1 / 1st Floor</div> <div>3:00pm – 4:00pm</div> <div>Loop Shopping Shuttle</div> <div>4</div>	<div>National Cheese Doodle Day</div> <div>Coffee & Word Search</div> <div>In Bldg1 / 1st Floor</div> <div>9:00am – 11:00am</div> <div>Wii Game play</div> <div>Game Shows</div> <div>In Bld1 / 1st Floor</div> <div>2:30pm-3:30pm</div> <div>Wellness & Tea Tasting</div> <div>Learn about the benefits of Hibiscus while tasting samples.</div> <div>In Bldg1 / 1st Floor</div> <div>3:30pm -4:00pm</div> <div>5</div>	<div>National Oreo Cookie</div> <div>Coffee & Word Search</div> <div>In Bldg1 / 1st Floor</div> <div>9:00am</div> <div>Bacon & Waffles Breakfast</div> <div>In Bldg1 / 1st Floor</div> <div>10:00am – 11:30am</div> <div>Aging Is Cool Chair Fit</div> <div>Bingo</div> <div>In Bldg1 / 1st Floor</div> <div>1:00PM</div> <div>BINGO</div> <div>Appointments With Larry</div> <div>6</div>	<div>National Flapjack Day</div> <div>Coffee Social</div> <div>& Bus Pass Distribution</div> <div>In Bldg1 / 1st Floor</div> <div>9:00am – 11:00am</div> <div>Classic Game Hour</div> <div>Join your coordinator for classic games like pick up sticks, Jacks, Jenga, Operation and snacks!</div> <div>1:30pm – 2:30pm</div> <div>In Bldg1 / 1st Floor</div> <div>BINGO</div> <div>3:00pm -4:00pm</div> <div>In Bldg1 / 1st Floor</div> <div>7</div>	<div>International Women's Day</div> <div>8</div> <div></div>	<div>Daylight Savings</div> <div>Spring forward</div> <div>Don't forget to set clocks ahead one hour at 2 a.m. Sunday.</div> <div></div> <div>AP</div> <div>9</div>										

<p>10</p> <p>Harriet Tubman Day</p> <p><u>Coffee & Word Search</u> In Bldg1 / 1st Floor 9:00am - 11:00am</p> <p><u>Walking Club</u> <i>Join us for a stroll around the property.</i> In Bldg1 / 1st Floor 11:15am – 11:30am</p> <p><u>Bus Pass Distribution & Word Search</u> In Bld1 / 1st Floor 3:00pm - 4:00pm</p>	<p>11</p> <p>International Fanny Pack Day</p> <p><u>Coffee & Music Trivia</u> In Bldg1 / 1st Floor 9:00am – 11:00am</p> <p><u>Arts & Crafts</u> <i>Come and create your own Jewelry</i> In Bld1 / 1st Floor 1:00pm – 2:30pm</p> <p><u>Afternoon Coffee, Tea & Conversation</u> <i>Sign your team up for family feud, Get info on furniture and food services.</i> In Bldg1 / 1st Floor 2:30pm – 3:30pm <u>Loop Shopping Shuttle</u></p>	<p>12</p> <p>National Plant a Flower Day</p> <p><u>Coffee & Conversation</u> <i>What's your favorite plant?</i> In Bldg1 / 1st Floor 9:00am – 10:00am</p> <p><u>Indoor Garden Club</u> <i>Learn and plant. Herbs that can grow indoors.</i> In Bldg1 / 1st Floor 1:30pm – 2:30pm</p> <p><u>Wellness & Tea Tasting</u> <i>Learn about the benefits of Blue Lotus while tasting samples.</i> In Bldg1 / 1st Floor 3:00pm -4:00pm</p>	<p>13</p> <p>National Good Samaritan Day</p> <p><u>Coffee and Puzzles Social</u> In Bldg1 / 1st Floor 9:00am – 10:00am</p> <p><u>Neurogenx: Orthotics for Neuropathy Issues</u> In Bldg1 / 1st Floor 11:00am-1:00pm</p>  <p><u>Smoothies</u> <i>Come enjoy a fruit smoothie</i> In Bld1 / 1st Floor 1:00pm – 2:00pm</p>	<p>14</p> <p>National Potato Chip Day</p> <p><u>Coffee Social & Bus Pass Distribution</u> In Bldg1 / 1st Floor 9:00am -11:00 am</p>  <p>In Bld1 / 1st Floor 1:30pm - 2:30pm</p> <p><u>HELPING HANDS</u> In Bldg1 / 1st Floor **ARRIVAL TBD**</p>	<p>15</p> <p>World Sleep Day</p> 	<p>16</p> <p>National Quilting Day</p> 
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<p>17</p> <p>St. Patrick's Day </p> <p><u>Coffee & Tv Trivia</u> In Bld1 / 1st Floor 9:00am – 11:00am</p> <p><u>Acapella Market</u> <i>Sign Up Starts at 8:30am</i> <i>Once you have signed up for Market, please return to prepare for Shopping at Shopping at 10:00am</i> In Bldg1 / 1st Floor</p> <p><u>Bus Pass Distribution & Word Search</u> In Bld1 / 1st Floor 3:00pm - 4:00pm</p>	<p>18</p> <p>Global Recycling Day</p> <p><u>Coffee & Conversation</u> In Bld1 / 1st Floor 9:00am</p>  <p>In Bld1 / 1st Floor 10:00am</p> <p><u>Game Time: Family Feud</u> In Bld1 / 1st Floor 2:00pm – 4:00pm <u>Loop Shopping Shuttle</u></p>	<p>19</p> <p>Spring Equinox</p> <p><u>Coffee & Conversation</u> In Bld1 / 1st Floor 9:00am</p> <p><u>Sikora Group Visit!</u> 10:00am – 12:00pm</p>  <p><u>Sunrise Mobile Library</u> In Bld1 / 1st Floor 12:00pm-1:00pm</p>	<p>20</p> <p>International Day of Happiness</p> <p><u>Coffee & Conversation</u> <i>What makes you happy?</i> In Bld1 / 1st Floor 9:00am – 11:00am</p> <p><u>Aging Is Cool Chair Fit Bingo</u> In Bldg1 / 1st Floor 1:00pm</p>  <p><u>Arts & Crafts</u> <i>Canvas painting</i> In Bldg1 / 1st Floor 2:30pm – 4:00pm <u>Appointments With Larry</u></p>	<p>21</p> <p>International Color Day</p> <p><u>Coffee Social & Bus Pass Distribution</u> In Bld1 / 1st Floor 9:00 - 11:00 am</p> <p><u>Ice Cream Social</u> In Bldg1 / 1st Floor 2:00pm - 3:00pm</p>   <p>In Bld1 / 1st Floor 3:20pm -4:10pm</p>	<p>22</p> <p>National Goof Off Day</p> <p>22 March National Goof Off Day</p> 	<p>23</p> <p>National Tamale Day</p> 
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<p>24</p> <p>National Cheesesteak Day Coffee & Conversation 9:00am – 11:00am In Bld1 / 1st Floor</p> <p><u>Game Time</u> <i>Family Feud</i> In Bldg1 / 1st Floor 2:00pm – 3:00pm</p> <p><u>Bus Pass Distribution</u> & <i>Word Search</i> 3:00pm - 4:00pm</p>	<p>25</p> <p>National Waffle Day Coffee & Tv Trivia <i>Win A Prize!</i> In Bld1 / 1st Floor 9:00am – 11:00am</p> <p><u>GOLDEN GROCERIES</u> <i>Sign Up Starts at 8:30am</i> <i>Once you have signed up</i> <i>for Market, please clear</i> <i>the common area and</i> <i>return to prepare for</i> <i>Shopping at 10:00am</i></p> <p><u>Loop Shopping Shuttle</u></p>	<p>26</p> <p>National Wear a Hat Day Coffee & Music Trivia <i>Best Creative Hat Wins a</i> <i>Prize!</i> In Bld1 / 1st Floor 9:00am – 11:00am</p> <p><u>Walking Club</u> <i>Join us for a stroll around</i> <i>the property.</i> In Bld1 / 1st Floor 11:00am – 11:15am</p> <p><u>Wii Game play</u> <i>Bowling</i> In Bld1 / 1st Floor 2:30pm-3:30pm</p>	<p>27</p> <p>World Theatre Day Coffee Social & Bus Pass Distribution <i>Peanut butter cookies &</i> <i>Conversation</i> In Bld1 / 1st Floor 9:00am – 11:00am</p> <p><u>Movie & Popcorn</u> <i>Coming To America</i> In Bld1 / 3rd Floor 12:30pm – 2:40pm</p> <p><u>Movie Trivia & Prizes</u> In Bld1 / 1st Floor 3:00pm – 4:00pm</p>	<p>28</p> <p>Respect Your Cat Day Coffee Social In Bld1 / 1st Floor 9:00am – 11:00am</p> <p><u>Birthday Bash</u> <i>Happy Hour</i> In Bld1 / 1st Floor 1:30pm -2:30pm</p> <p><u>Birthday Bash</u> <u>Carnival Themed Social</u> In Bld1 / 1st Floor 2:30pm -4:00pm</p>	<p>29</p> <p>National Vietnam War Veterans Day</p> 	<p>30</p> <p>Take a Walk in the Park Day</p> 
<p>Crayola Crayon Day 31</p> 	<p>Did You Know?</p> <p>The real New Year starts when the cycle of life begins again with a NEW GROWTH and new blossoms. This new beginning is Spring, called ‘Vernal Equinox’, which happens on March 20th. So, the real New Year’s Eve is March 19th with New Year’s Day being March 20th.</p>	<p><u>Herb of the Week Recap</u> <u>List</u></p> <p>Lemon Balm Red Raspberry leaf Lavender Rose Oat straw Alfalfa Leaf</p> <p>Did you know one of the most notable potential benefits of herbal teas is stress and anxiety relief?</p>	<p>Simple Squash & Zucchini Recipe</p> <p>2 Yellow Squash 2 Zucchini ½ cup Butter (or 1/2 cup water) add Salt And Pepper</p> <p>Directions</p> <ol style="list-style-type: none"> 1. Place butter or water in a large skillet over medium-high heat. Slice vegetables and add to pan once butter is melted. 2. Cook over medium-high heat, stirring every few minutes, until veggies become translucent - about 8-10 minutes. 3. Move to bowl or plate. 	<p>Have an Activity or a suggestion that you would like to see on the Calendar?</p> <p>Leave your suggestions with your coordinator.</p> 	<p>Knock, knock. Who's there? A little old lady. A little old lady who? Hey, I didn't know you could yodel!</p> <p>@weareteachers</p>	<p>"Live your life and forget your age."</p> <p>NORMAN VINCENT PEALE</p>