

The Waterford at Roxbury Park

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March 2020

THE WATERFORD AT ROXBURY PARK DIRECTORS

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OFFICE HOURS

9:00-5:00 P.M.

ANNUAL EASTER EGG HUNT

IT'S HOP PINING!!

Mark Your Calendars Now!!

15th Annual Easter Egg Hunt!

Saturday April 4th, 2020

2:00 p.m. Sharp

Please RSVP with the

number of children

in your party to the office

by Wednesday April 1st, 2020

402-537-0544

Hopping To See You All Here!!

If weather is questionable

Please call Thursday April 2nd

To verify Hunt is still on



Let's Bag It Up!!

Our Blanket Brigade was a tremendous success thanks to you and the amazing women who helped make over 45 blankets for the Lydia House and the Open Door Mission.

In keeping with our commitment to support our local community we are again asking for your support.

We would like to collect 50 or more new or slightly used purses for women getting back into the working field.

Inside we would like to see feminine hygiene products, make-up, facial wash, hair bands/clips, nail polishes, etc.

If you feel you could help with this endeavor please drop off donations to the front office by Friday, May 1st. We would like to deliver them before Mother's Day.

Thank you for your support!

ON-SITE THERAPY AVAILABLE

Genesis Rehabilitation

provides outpatient Physical, Speech and Occupational therapy services on site in Apt. 215.

Therapists are here M-F. In most cases, therapy is covered by insurance. Please call Amanda at 402-201-2274.

Pinnacle Bank

Barb with Pinnacle Bank visits every Wednesday BETWEEN 10:00 AND 10:30 am. You do not have to bank with Pinnacle. She can cash checks, make change or if you are in need of a notary she can also do that for you. Please let the office know a day ahead of time if you need a notary.

UPCOMING EVENTS

2nd Tim Javorsky

10th UNO Sorority Bingo

17th Merry Makers Presents

Joyce Torchia

19th Walmart

19th Dowd's Irish Dance Academy



Trivia Whiz



The Waterford staff and residents would like to wish the following residents a Very Happy March Birthday!

14th Sandy Q.
14th Nick W.
14th Joe M.



The Waterford staff and residents would like welcome the following new residents:

Jackie K.
Joe M.
Sandy G.

We're glad your here!!

Spring Awakens

"Springtime is the land awakening. The March winds are the morning yawn." — Lewis Grizzard

Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

The violet was a favorite of ancient Greeks, who used the flower for food, medicine and decoration. Violets are said to symbolize love, loyalty, nobility and humility.

The flower's sweet fragrance has been a staple scent in the perfume industry. In cuisine, edible violet petals are sometimes used to garnish cakes and other desserts, and as an ingredient in salads and savory dishes.



St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589,

and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.



Our Annual Valentine's Day Celebration King, Queen, Prince & Princess Crowning!



Residents enjoying listening to the sounds of love by our musical entertainment!



Residents enjoy the music provided by Merry Makers Association during our Annual Valentine's Day Celebration!



Congrats to our Roxbury Park Valentine's Day Royalty! Prince Bob S., Princess Jane Z., Queen Donnette M. and King Bernie M.



Congrats to our Roxbury Park Valentine's Day Dutch and Duchess Larry M. & Carol M.



**CONGRATS TO ALL OUR
VALENTINE'S DAY ROYALTY!**



UPCOMING






St. Patrick's Day

Please join us for our upcoming St. Patrick's Day Celebration on March 17th, 2020 at 2:30 p.m. in the Dining Room! We will have musical entertainment, dessert and the luck of the Irish on our side!



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Catholic Communion Service-CH <u>NO PROTESTANT SERVICE TODAY</u>	2 11:30 Sittercise-AC 1:00 Hymns W/ Anthony-CH 1:45 Tim Javorsky to Entertain-DR	3 8:30-10:00 Manicures-AC 1:15 Hy-Vee \$	4 10:30 Rosary-CH 10:30 Pinnacle Bank-L 11:00 Catholic Mass-CH 11:30 Sittercise-AC 2:00 Bingo-DR	5 10:00 Board Word Activity-P 11:00 Bible Study W/ Cathy -CH 2:30 Wine & Cheese Social-DR	6 10:00 Cards W/ Todd-P 10:30-11:30 Vitals Clinic-L 11:30 Sittercise-AC 2:00 Bingo-DR	7 1:00 Saturday Movie & Popcorn W/ Garrik-AC
8 10:00 Catholic Communion Service-CH 11:20 Protestant Service-CH	9 11:30 Sittercise-AC 1:00 Hymns W/ Anthony-CH 2:00 Bingo-DR	10 8:30-10:00 Manicures-AC 10:00 Food Mtg. W/ Garrik-DR 6:00 Bingo W/ UNO 6:00 Black Jack AC	11 10:30 Rosary-CH 10:30 Pinnacle Bank-L 11:00 Catholic Mass-CH 11:30 Sittercise-AC 2:00 Bingo-DR	12 10:00 Coffee & Conversation-P 11:00 Bible Study W/ Cathy -CH 1:00 Baking W/ Liz-AC	13 11:30 Sittercise-AC 1:00 Rock Painting W Debra-AC 2:00 Bingo-DR	14 
15 10:00 Catholic Communion Service-CH 11:20 Protestant Service-CH	16 11:30 Sittercise-AC 1:00 Hymns W/ Anthony-CH 2:00 Bingo-DR	17 St. Patrick's Day 8:30-10:00 Manicures-AC 2:30 St. Patrick's Day Party W/ Joyce Torchia-DR	18 10:30 Rosary-CH 10:30 Pinnacle Bank-L 11:00 Catholic Mass-CH 11:30 Sittercise-AC 2:45 Bingo-DR	19 11:00 Bible Study W/ Cathy -CH 1:00 Walmart \$ 6:15 Dowd's Irish Dance Academy to Perform	20 10:00 Cards W/ Nicole-P 11:30 Sittercise-AC 2:00 Bingo-DR 3:00 Activity Meeting-DR	21 1:00 Saturday Movie & Popcorn W/ Garrik-AC
22 10:00 Catholic Communion Service-CH 11:20 Protestant Service-CH	23 11:30 Sittercise-AC 1:00 Hymns W/ Anthony-CH 2:00 Bingo-DR	24 8:30-10:00 Manicures-AC 1:15 Hy-Vee \$	25 10:30 Rosary-CH 10:30 Pinnacle Bank-L 11:00 Catholic Mass-CH 11:30 Sittercise-AC 2:00 Bingo-DR	26 10:00 Coffee & Conversation-P 11:00 Bible Study W/ Cathy -CH 1:00 Movie & Popcorn-AC	27 11:30 Sittercise-AC 2:00-2:45 Bingo-DR 3:00 Social-DR	28 
29 10:00 Catholic Communion Service-CH 11:20 Protestant Service-CH	30 11:30 Sittercise-AC 1:00 Hymns W/ Anthony-CH 2:00 Bingo-DR 3:00 Resident Share Mtg.-DR	31 8:30-10:00 Manicures-AC 1:15 Easter/Spring Craft-AC		Resident Birthdays 14th Eva B. 14th Nick W. 14th Joe M.	DR-Dining Room CH-Chapel AC-Activity Room L-Lobby O-Outside P-Pub	ACTIVITIES SUBJECT TO CHANGE. PLEASE SEE YOUR DAILY SHEET FOR CURRENT EVENTS AND UPDATES.