

WSC Bulletin

The theme for this Bulletin is "Clover all Over". In March we celebrate "Clover all Over Day" (Mar.10), the Spring Equinox (Mar.20), Shamrock Month, and Green Month.

Upcoming Events & Announcements:

March 9th: 4-Week Session of Pysanky/Ukrainian Egg Making Begins (Registration Full)

March 13th at 11am: Decorating Shamrock Cookies for Homebound Residents

March 14th 11:30-1:00pm: Blood Pressure Clinic/Cholesterol Screening

March 16th: St. Patrick's Day Luncheon- Performance by Sally Carlson's Line Dancing Group- Cost \$5.00- RSVP by 3/14

March 21st-22nd: Craft Corner: Step-by-Step Painting- Balloons and Tulips Sunset



On Tuesday the 21st at 1:00pm we will paint the background. On Wednesday the 22nd at 1:00pm we will finish the painting.

-Cost \$2.00 -RSVP BY 3/10 - 8 person maximum

March 29th at 1:00pm: Craft Corner: Seasonal Centerpiece Making for the Center
- See Bulletin Boards for Example.



Westbrook Senior Center Contact Information

Hours of Operation: M-TH 8AM-4PM FRI: 8AM-12PM

Phone: 860-399-2029

Email: cburks@westbrookct.us & ashaw@westbrookct.us

[Website: https://westbrookct.us/207/Senior-Center](https://westbrookct.us/207/Senior-Center)

The mission of the Westbrook Senior Center is to improve the quality of life for Senior Citizens of Westbrook and our neighboring shoreline towns. The Senior Center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our Senior community.

March Menu

The dining room is open - Take out available

All lunches are served at 12PM. Cost: \$5.00

All Lunches Require 48 Hour RSVP Notice.

Thursday March 2: Pork Potsticker, Vegetable Fried Rice, Pineapple. Haystack Cookies for Dessert

Tuesday March 7: Chicken Marbella, Orzo, Fresh Carrots. Red Velvet Cupcake for Dessert.

Thursday March 9: Hearty Vegetable Stew, Garden Salad. Vanilla Pudding for Dessert

Tuesday March 14: Shepard's Pie, Biscuit. Pistachio Delight for Dessert.

Thursday March 16: Corned Beef, Cabbage, Carrots, Potatoes. Irish Soda Bread. Apple Cake for Dessert.

Tuesday March 21: "Spring" Salad with Mini Ham and Gruyere Grilled Cheese. Lemon Square for Dessert.

Thursday March 23: Tortilla Soup, Chicken Taco w/ Pico de Gallo. Cocada (coconut bar) for Dessert.

Tuesday March 28: Baked Potato Bar w/ Assorted Toppings, Side Salad. Ice Cream for Dessert.

Thursday March 30: Opening Day!! Hot Dogs w/ Fixings, Nachos w/ Cheese Sauce, and Popcorn. Milkshakes for Dessert.

March Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Note: Pool Room Open Every Day</p> 		<p>1</p> <p>11:00 Mindful Aging Support Group</p>	<p>2</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Intermediate Better Balance</p> <p>2:00 Watercolor Class</p>	<p>3</p>
<p>6</p> <p>10:30 Chair Yoga</p> <p>1:00 Knit...Don't Quit</p> <p>1:30 Line Dancing</p>	<p>7</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Better Balance</p>	<p>8</p> <p>11:00 Mindful Aging Support Group</p>	<p>9</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Intermediate Better Balance</p> <p>2:00 Ukrainian Egg Class</p>	<p>10</p>
<p>13</p> <p>10:30 Chair Yoga</p> <p>11:00 Cookie Decorating for Homebound Residents</p> <p>1:00 Knit...Don't Quit</p> <p>1:30 Line Dancing</p>	<p>14</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Tai Ji Quan</p> <p>11:30-1:00 Blood Pressure Clinic</p> <p>1:45 Better Balance</p>	<p>15</p> <p>11:00 Mindful Aging Support Group</p>	<p>16</p> <p>11:20 Strength and Balance Class</p> <p>12:00 St. Patrick's Day Luncheon</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Intermediate Better Balance</p> <p>2:00 Ukrainian Egg Class</p>	<p>17</p>
<p>20</p> <p>10:30 Chair Yoga</p> <p>1:00 Knit...Don't Quit</p> <p>1:30 Line Dancing</p>	<p>21</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Tai Ji Quan</p> <p>1:00 Step-by-Step Painting Part 1</p> <p>1:45 Better Balance</p>	<p>22</p> <p>11:00 Mindful Aging Support Group</p> <p>1:00 Step-by- Step Painting Part 2</p>	<p>23</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Intermediate Better Balance</p> <p>2:00 Ukrainian Egg Class</p>	<p>24</p>
<p>27</p> <p>10:30 Chair Yoga</p> <p>1:00 Knit...Don't Quit</p> <p>1:30 Line Dancing</p>	<p>28</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Better Balance</p>	<p>29</p> <p>11:00 Mindful Aging Support Group</p> <p>1:00 Seasonal Centerpiece Making</p>	<p>30</p> <p>11:20 Strength and Balance Class</p> <p>1:00 Rummikub</p> <p>1:00 Tai Ji Quan</p> <p>1:45 Intermediate Better Balance</p> <p>2:00 Ukrainian Egg Class</p>	<p>31</p>

Here Are Some of the National Days for Your Enjoyment:

March 1: Minnesota Day, Dadgum That's a Good Day, World Music Therapy Day, National Pig Day, National Peanut Butter Lovers' Day, Fruit Compote Day

March 2: Banana Cream Pie Day, Old Stuff Day, World Teen Mental Wellness Day

March 3: World Hearing Day, Soup It Forward Day, Dress In Blue Day, Tartar Sauce Day, Day of Unplugging, Cold Cuts Day, Mulled Wine Day, I Want You to Be Happy Day, National Anthem Day, World Hearing Day

March 4: Sons Day, Marching Music Day, Grammar Day, Pound Cake Day, Play Outside Day

March 5: Cheese Doodle Day, Absinthe Day, Finishers Medal Day

March 6: Oreo Cookie Day, White Chocolate Cheesecake Day, Frozen Food Day, Dentist's Day, Dress Day

March 7: Flapjack Day, Cereal Day, Be Heard Day

March 8: Oregon Day, International Women's Day, Proofreading Day, Peanut Cluster Day

March 9: Meatball Day, Crab Meat Day, Get Over It Day, Barbie Day, World Kidney Day

March 10: International Bagpipe Day, Blueberry Popover Day, Mario Day, Pack Your Lunch Day

March 11: Johnny Appleseed Day, Oatmeal Nut Waffles Day

March 12: Girl Scout Week Begins/ Girl Scout Day, Plant a Flower Day, Baked Scallops Day, Daylight Saving Time

March 13: K9 Veterans Day, Coconut Torte Day, Earmuff Day, Napping Day, Open an Umbrella Indoors Day

March 14: Potato Chip Day, Pi Day, Learn About Butterflies Day, Write Down Your Story Day

March 15: Kansas Day, Everything You Think is Wrong Day, Shoe the World Day

March 16: Artichoke Hearts Day, Everything You Do is Right Day, Freedom of Information Day, Panda Day

March 17: St. Patrick's Day, Corned Beef and Cabbage Day

March 18: Global Recycling Day, Corn Dog Day, Sloppy Joe Day, Lacy Oatmeal Cookie Day, Quilting Day

March 19: Backyard Day, Poultry Day, Let's Laugh Day, Certified Nurses Day, Read to Me Day

March 20: World Storytelling Day, World Flour Day, French Language Day, Proposal Day, Spring Begins, International Day of Happiness, Ravioli Day

March 21: International Day of Forests, World Poetry Day, French Bread Day, California Strawberry Day, Fragrance Day, Common Courtesy Day, Single Parent Day, World Puppetry Day

March 22: West Virginia Day, Bavarian Crepes Day, Goof Off Day, International Day of the Seal

March 23: World Meteorological Day, Chia Day, Tamale Day, Melba Toast Day, Chip and Dip Day, Puppy Day

March 24: Cocktail Day, Cheesesteak Day, Chocolate Covered Raisin Day

March 25: Waffle Day, Lobster Newburg Day, Medal of Honor Day, International Day of Remembrance of The Victims Of Slavery And The Transatlantic Slave Trade

March 26: Spinach Day, Nougat Day, Epilepsy Awareness Day- Purple Day

March 27: International Whiskey Day, Spanish Paella Day, Scribble Day

March 28: World Piano Day, Black Forest Cake Day, Something on a Stick Day, Weed Appreciation Day

March 29: Vietnam War Veterans Day, Little Red Wagon Day, Mom and Pop Business Owners Day, Lemon Chiffon Cake Day, Nevada Day

March 30: Turkey Neck Soup Day, Pencil Day, Doctors Day, Take a Walk in the Park Day

March 31: Crayon Day, Clams on the Half Shell Day, Tater Day

Themed Recipe: Minty Shamrock Parfait

Ingredients:

- 1 (18.4-ounce) box brownies, prepared according to the directions on the box, cooled
- 1 (3.9-ounce) box instant vanilla pudding mix
- 2 cups cold milk
- 1/4 teaspoon mint extract
- 16 ounces whipped topping, divided
- Green food coloring
- Crushed Andes mints



Directions:

1. Crumble brownies in a medium bowl. Set aside.
2. Whisk pudding mix, milk, and mint extract in a large bowl for 2 minutes. Fold in 1 cup whipped topping and green food coloring.
3. Layer equal parts of brownie, pudding, and whipped topping in a clear glass. Repeat layers and sprinkle with crushed Andes mints.
4. Repeat step 3 to fill the remaining glasses.

Themed History: Symbols of Saint Patrick's Day

The Shamrock - One of the most common symbols of Saint Patrick's Day is the shamrock. This deep green, three-leafed clover plant is native to Ireland, and according to historical accounts, Saint Patrick used the shamrock to illustrate the concept of the Holy Trinity when he was converting Druids to Christianity. It has been linked to him and Ireland ever since.

The Color Green - Remember the old school-yard tradition of getting pinched if you didn't wear green on Saint Patrick's Day? While Ireland is often referred to as "the Emerald Isle" because it has so much green pastureland and trees, the color green seems to be associated with Saint Patrick's Day for other, more political, reasons. Since at least the 1640s, the green harp flag was used by the Irish Catholic Confederation. And in 1750, green was the symbolic color taken by the Friendly Brothers of St. Patrick, an Irish fraternity. A bit later, in 1790, green became associated with Irish nationalism when the United Irishmen chose it as their color. The United Irishmen rebelled against the British in 1798, and the color has since become a symbol of an Ireland free of British rule. In fact, the phrase commonly associated with Saint Patrick's Day, "wearing of the green," comes from a song of the same name popularized during the time of the rebellion. The song talks about the United Irishmen being persecuted for wearing green. The color green became even more closely associated with Saint Patrick's Day in the 19th and 20th centuries.

Leprechauns - These "wee fairy folk" from Ireland always seem to appear on Saint Patrick's Day. Legend holds that these magical creatures hide their gold in big iron pots at the end of the rainbow. If you catch a leprechaun, he'll trade gold for his freedom.

Themed Humor:

What do you get when you do the Irish jig at McDonald's? - A shamrock shake.

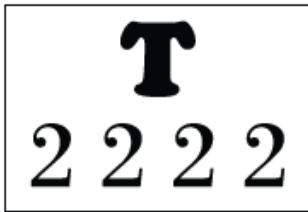
Why can't you borrow money from a leprechaun? -Because they're always a little short.

Why don't you iron four-leaf clovers? -Because you don't want to press your luck.

Bulletin Brainteasers: Trivia

1. What garden plant is commonly planted in the northeastern United States on Saint Patrick's Day?
2. Where is the largest Saint Patrick's Day parade in England held?
3. What does the Gaelic phrase "Erin go bragh" mean?
4. Which army used Saint Patrick as its secret password?
5. Which professional hockey team was once known as the "Saint Patricks"?

Bulletin Brainteasers: Wacky Wordies



1. _____

2. _____

3. _____

4. _____

Word Ladders

Change one letter at a time to turn the first word into the last word.
There are clues in the parentheses.



1. HEAD

_____ (mend)
_____ (blue-green)
_____ (tip off)

TALL

2. CUP

_____ (young dog)
_____ (dad)
_____ (plant holder)

ROT

3. MILK

_____ (pepper grinder)
_____ (shopping spot)
_____ (postal delivery)

PAIL

Brain teasers Continued:

Searching for March

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AQUAMARINE

ARIES

BASKETBALL

CLOVERS

DAYLIGHT SAVING

FISH (Pisces)

HOLI

JONQUIL

MARCH

PISCES

RAINBOWS

RAM (Aries)

RAMADAN

SPRING

ST. PATRICK'S DAY

THIRD

UMBRELLA

WIND

Brain teaser Solutions:

Trivia:

1. Peas.
2. In Birmingham. It's the third largest in the world after Dublin, Ireland, and New York City.
3. It means "Ireland forever."
4. The Continental Army used it during the Revolutionary War when they fought the British at Dorchester Heights on March 17, 1776.
5. The Toronto Maple Leafs were called the Toronto Saint Patricks from 1919 to 1927, and they wore green jerseys.

Wacky wordies:

1. Tea for two
2. Irish dancing
3. Elevator out of order
4. Growing old

Word Ladders:

1. HEAD

HEAL

TEAL

TELL

TALL

2. CUP

PUP

POP

POT

ROT

3. MILK

MILL

MALL

MAIL

PAIL

Word Search:

