

The Rivers Team

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Important Dates

3/2 Dr. Suess's Birthday
3/8 National Women's Day
3/14 Daylight Saving Time
3/14 PI Day
3/15 RBG Day
3/17 St. Patrick's Day
3/20 First Day of Spring
3/27 Passover Begins

Make sure you read your calendar and newsletter often to stay up to date on what is going on at The Rivers !

Answer to the Funnies

“A shamrock!!”

Activities

Please remember for all cart activities your door must be open to participate. I do not start on any specific floor and carts do take anywhere from 45minute to 2 hours so please be patient. I try to start all carts exactly on time so please have doors open prior to start time to ensure I will stop.



Let the Fun Begin

From March 1st-March 16th, leprechauns will be hiding out all round the main areas of The Rivers. If you see a leprechaun take it down, write your name on it and turn it into to Sydney. The person who collects the most leprechauns by St. Patrick's Day will be the Leprechaun Hunt Champion and will be awarded a special prize!



Grosse Pointe
TheRIVERS



March 2021

Grosse Pointe

The RIVERS

Independent Living– 900 Cook Rd– Grosse Pointe Woods

Plant a Flower Day

On Friday March 12th starting at 11 am, flower seed starter kits will be available in Sydney's office . The kits are yours to keep or you can offer them to the gardening club to be used in the courtyard or on the café patio! Please be sure to give Sydney a call if you are interested.



Blood Pressure Checks



Diamond Health Services will be hosting weekly blood pressure checks in March. The dates for these checks may vary so please check your calendar to confirm. If you would like to be signed up for a blood pressure check please contact Sydney at 313-821-7099 .You can sign up same day as well for this activity, we want to make sure that anyone wanting a blood pressure check receives one.

Spring Forward



Daylight Saving Time begins on Sunday, March 14, 2021, at 2:00 A.M. On Saturday evening, our clocks need to “spring forward” one hour. If you need help changing any of your clocks please let the staff know.

Go Green!

Make sure to wear your green on St. Patrick's day!!!!
(After all you don't want to get pinched)



Grosse Pointe
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Small But Mighty

Ruth Bader Ginsburg became the second female justice of the U.S. Supreme Court. Born in 1933 in Brooklyn, New York, Bader taught at Rutgers University Law School and then at Columbia University, where she became its first female tenured professor. She served as the director of the Women’s Rights Project of the American Civil Liberties Union during the 1970s, and was appointed to the U.S. Court of Appeals for the District of Columbia in 1980. Named to the U.S. Supreme Court in 1993 by President Bill Clinton, she continued to argue for gender equality in such cases as United States v. Virginia. She died September 18, 2020 due to complications from metastatic pancreas cancer.



Dining Services

- Breakfast 7:30 am – 8 am (Delivered to your apartment)
- Café (Lunch) 11:00 am – 3:00pm (Carryout Only)
- Dinner 4:30pm - 6:00pm (Delivered to your apartment)

- All dinner menus must be put out by 2:30 pm every day.
- Breakfast is Monday– Saturday only.

Five Facts About Daylight Saving Time

- 1.) Benjamin Franklin was half-joking when he suggested daylight saving time.
- 2.) Official credit for the daylight saving idea goes to a bug collector.
- 3.) World War I push daylight saving time into law.
- 4.) Daylight saving time is not observed nationwide.
- 5.) Daylight saving time starts at 2 a.m.

Audiologist

The Audiologist will be here March 12th at 1pm. We will continue to have Residents call Sydney at 313-821-7099 to make your appointments. It is still required that you DO NOT arrive early for your appointment. Please DO wear your mask for the entirety of your appointment. Appointments take place in the massage room across from the salon.

March Birthdays

- Alice Carey 3/11
- Gino Giacona 3/14
- John Meyers 3/20
- Barbara Grogan 3/25



Phone List

Need a Phone List? Stop by the front desk to pick up an updated phone list of residents living at The Rivers.

Fun From Last Month



GP Library Books

We will have two library runs this month, 3/10 and 3/24. If you have books that need to be returned please drop them off to Sydney prior to these dates.

If you have placed a library order, and the books are available, they will also be picked up and delivered on these dates.

*For those interested in receiving books from the library but may not have a card please let Sydney know as she can have one issued to you.



The Funnies

“What Irish rock is as light as a feather?”



Café

Our café releases a new weekly specials menu every Monday. You can find this menu in every elevator as well as at the front desk. These specials as well as soup, sandwiches and salads are available Monday–Saturday from 11-3 pm



Flower Deliveries

On 3/10 and 3/24 we will have flower deliveries to your door. You must sign up for these deliveries at least 24 hours prior to the delivery dates. You must sign up for all dates you are interested in by calling Sydney at 313-821-7099. You will have a small bouquet of flowers hung on your door ready for you to arrange on the dates listed above. Floral foam and vases are available.

Catholic and Protestant readings

You can view Catholic and Protestant readings on channel 35 on Monday-Friday at 1:45 PM.



St. Patrick's Day Fudge

INGREDIENTS NEEDED

- Butter
- Heavy Cream
- Sugar
- Marshmallow Cream
- Peppermint Extract
- Salt
- Green Candy Melts (white chocolate chips and food coloring can be substituted)



INSTRUCTIONS:

- Grease or line a 9x9 baking dish (line with foil or parchment paper - or grease well with butter or food release)
- Heat butter in a saucepan over medium heat until nearly completely melted.
- Add cream, salt, and sugar, stirring until sugar melts, continue to heat, stirring occasionally until candy begins to boil.
- Using a candy thermometer, heat until it reads 235. (if you don't have a thermometer, heat until soft ball stage when dropped in cold water)
- Remove pan from heat, add candy melts, marshmallow cream, and peppermint extract.
- Stir vigorously until smooth -return to heat if necessary (if too stiff to mix)
- Pour into baking dish
- Let sit at room temperature for 3-4 hours or in the refrigerator for 1-2-until firm
- Decorate with sprinkles or shamrocks made with icing -if you choose
- Cut and Serve

Gardening Club

Spring is quickly approaching and our gardening club is gearing up for a new season. If you would be interested in joining please let Sydney know. If you have concerns over handling tasks on your own but would still like to join still let Sydney know as we can find an arrangement that works. The task of caring for the courtyard and café patio is a very big one and we need helping hands.



List of Crafts Available

Butterfly Wreath



Spring Topiary



Easter Topiary



Easter Topiary



Herb Garden



Easter Wreath



Crafts are available on a weekly basis. You must either call Sydney or list the craft you would like on your activity door hanger every Tuesday. I ask that you limit one craft per week per person. All crafts are subject to availability which may be limited due to limited supplies in the stores.

If you have a craft you would like to have added to next months list please feel free to contact Sydney!

Searching for March

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



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|------------------|-------------|-------------------|
| AQUAMARINE | MARCH | SPRING |
| ARIES | PASSOVER | ST. PATRICK'S DAY |
| DAYLIGHT SAVINGS | PISCES | THIRD |
| FISH (Pisces) | RAINBOWS | UMBRELLA |
| JONQUIL | RAM (Aries) | WIND |