

March Challenge

Think your a poet and didn't know it?

This month the Two residents that come up with the best Limericks will be rewarded with a treat.

That's right!

Drop off your entries at the Activity Office

Winners will be announced next month as we will add their limericks to the April Newsletter.



MARCH MOVIES

WITNESS
THE APARTMENT
COOL RUNNING'S
SPACE COWBOYS



What are you waiting for?

RESIDENT COUNCIL NEEDS YOU!

Lynwood's Resident Council is looking for a few good men, and women.

Let your voice be heard and join today.

If you are interested please visit Kathy in The Activities Department Or Iris in her Office.

THE VIEW FROM THE WINDOW

Soon we will be able to bask in the spring temperatures and hopefully sunlight!

Lynwood's Resident Council is non-existent at the time being. A council is a very important part of your life at Lynwood and an excellent forum for discussion between management and the residents. We encourage you to seriously think about volunteering for a position on Council and we will help you transition into this role in any way we can. Currently the Council needs a President, Vice-President, Secretary, Treasurer and Member at Large. Kathy Finner has the Council By-laws should anyone be interesting in reading them. Please give this some thought and speak with either myself or Kathy.

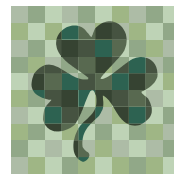
Thank you, once again, for your patience during the "Great Outbreak".

Iris Young

General Manager



Irish Riddles



What is out on the lawn all summer and is Irish?

A: Paddy O'Furniture

What do you get if you chase a Leprechaun for his pot of gold?

A: Tired!

What happens when a leprechaun falls into a river?

A: He gets wet

What do you call an 8 foot tall leprechaun who carries a large club?

A: Sir

Knock, knock,

Who's there?

Irish!

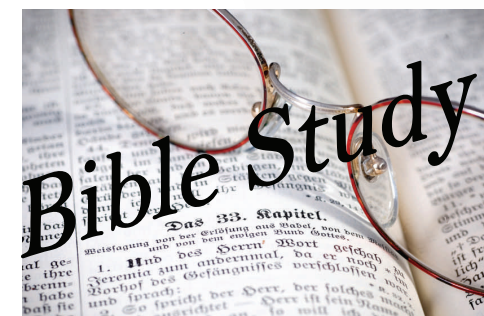
Irish who?

Irish you a happy St. Patrick's Day!

March On!

The flower for March is a violet.

The name of March comes from ancient Rome, when March was the first month of the year and named *Martius* after Mars, the Roman god of war. In Rome, where the climate is Mediterranean, March is the first month of spring, a logical point for the beginning of the year as well as the start of the military campaign season. January became the first month of the calendar year either under King Numa Pompilius (circa 713 BCE) or under the Decemvirs about 450 BCE (Roman writers differ). The numbered year began on March 1 in Russia until the end of the fifteenth century. Great Britain and her colonies continued to use March 25 until 1752, which was when they ultimately adopted the Gregorian calendar. Many other cultures and religions still celebrate the beginning of the New Year in March.



Lynwood's very own Bible Study Group will be meeting on March 24th at 10:30am.

This is a Non denominational meeting, and all are welcome to this open forum discussion.

50/50 Winners

Muriel Sweitzer



eMail C@fe:

This month we will be offering you a fun, interactive way to communicate with loved ones.

That's right, when you hear an announcement for the email café come on down to the main lobby and sit with a volunteer who will type a message to your loved ones.

P.S: Don't forget your email addresses!

Thursday Nights with Paul

Paul, our receptionist, has offered to spend his Thursday nights with you!

Every Thursday night Paul will lead you in a rapturous game of sandbags, or, a sidesplitting game on the Wii. So, come on down for a real good time!



6 Steps to preventing the Flu !?!

Recently we were able to band together and essentially quash the most recent flu to pass through our doors. But, forward planning is always a great way to minimize future outbreaks.

Here is a list of 6 techniques to help prevent the spread of flu:

- **Frequent hand washing**
This one speaks for itself.
- **Hands-off-the-face" approach:**
Resist all temptations to touch any part of your face unless your eating, bathing etc...
- **Gargle twice a day:**
With warm salt water, or Listerine. Gargling is as effective as Tamaflu in an uninfected person.
- **Clean your nostrils:**
Ok, I know this sounds gross, but just make sure your blowing your nose when needed.
- **Boost your natural immunity:**
Do this with foods that are rich in Vitamin C
- **Drink warm liquids:**
Drinking warm liquids such as Tea and Coffee work as effectively as the aforementioned Gargling.

Stay well,
Your Nursing Department

What to watch for!

01	Shop at Loblaws
02	Doctors Day
02	Evening Entertainment with "Arlene Quinn"
03	50/50 Draw Day & Residents Council
03	Evening Entertainment with Adam & Kalyn
05	Lunch and Learn returns!!! "Bermuda Triangle"
06	In-House Shopping "5th Avenue Jewellery"
08	Shop at Loblaws
09	Shop at Bayshore
09	Evening Music "Rideau Park Bell Ringers"
10	BUFFET DAY
10	In-House Shopping "Marilyn's Crafts & Things"
11	Shop at Wal-Mart & CNIB Store
12	Meet & Greet Tea
13	St. Patrick's Day Celebration "Robin Averal"
Don't forget to set your clocks back !!!	
14	Afternoon Jazz at the Royal Oak Kanata
16	Doctors Day
17	St. Patricks Day with "John Henry"
17	50/50 Draw Day
18	Salvation Army Church Service
19	Lunch Outing "Wheelers Sugar Shack"
20	2010 Celebrations Party 4U
Red and White Valentines Day Dinner	
23	Birthday party with "John Foaster"
24	Bible Study
26	Board games in the Activity Room
31	50/50 Draw Day

Buffet Lunch Wednesday March 10, 2010
Saint Patrick's special lunch Wednesday March 17, 2010

HAPPY BIRTHDAY!

RESIDENTS

MARCH

04	Leona Baumgartner
06	Florence Nichol
07	Eileen Welch
13	Margaret Gregg
15	Joan Armstrong
22	Bertha Benson
24	Audrey Deslaurier
28	Winnifred Edwards
29	Joy Fellows
30	Jane Cameron
31	Dorothy Page
29	Joy Fellows

STAFF

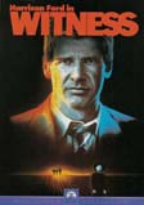
28	Clare Hechanova
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Spring Ahead March 14th




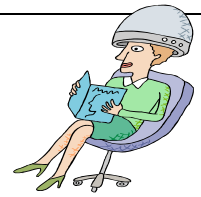


Important
Dietary
Dates

Lynwood Park Lodge Activity Calendar for March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Euchre & Bridge Members</p> <p>Due to Evening Entertainment Bingo for Tuesday the 2nd and 9th will be moved to the Monday the 1st and 8th in the Activity room. Bridge will be played regular time and dates moved into the craft room.</p>	<p>1</p> <p>9:30 Beauty Salon 9:30 Exercises - Craft Room 9:30 Shopping at Loblaws 10:00 Horticulture Club - Activity Room</p> <p>2:00 LOW Classes (Lynwood On Weights) Strength Training Classes</p> <p>3:30 Happy Hour 4:00 Blood Pressure Clinic</p> <p>7:00 Bridge –Activity Room 7:00 Rosary Meeting - 3rd Floor Kitchenette 7:15 Bingo- Activity Room</p>	<p>2 <u>Doctors Day</u></p> <p>9:30 Beauty Salon 9:30 Shop Carlingwood & Indoor Walking 10:00 Tuck Shop</p> <p>12:30 Library Outing 2:00 Sandbags -Craft Room 3:30 Happy Hour</p> <p>3:30 Manicures with Lee - Craft Room</p> <p>7:30 Evening Entertainment By: Arlene Quinn</p>	<p>3 50/50 Draw Day</p> <p>9:30 Beauty Salon 9:30 Exercises - Craft Room 11:00 Roman Catholic Mass - Activity Room</p> <p>2:00 Resident Council Meeting - Lobby 2:30 Bank of Montreal - Mezzanine 3:30 Happy Hour</p> <p>7:15 Evening Concert By Adam & Kalyn (Piano, Violin & Guitar)</p>	<p>4 Battery Recycle Day</p> <p>9:30 Beauty Salon 9:30 Chair Yopalates (Yoga + Pilates) 10:00 Battery Recycle - Activity Office 2:00 E-mail Café -main lobby 2:00 Humane Society Visit 2:30 LOW Classes (Lynwood On Weights) Strength Training Classes 3:30 Happy Hour</p> <p>7:00 Rosary Meeting - 3rd Floor Kitchenette</p>	<p>5</p> <p>9:30 Beauty Salon 9:30 Exercises - Craft Room 10:00 Tuck Shop</p> <p>1:00 Lunch & Learn “The Bermuda Triangle”</p> <p>3:30 Happy Hour 4:00 Blood Pressure Clinic</p> <p>7:00 Bridge - Activity Room</p>	<p>6</p> <p>9:00 Beauty Salon 10:30 Art Class - Craft Room 10:30 In-house Shopping 5th Ave. Jewellery 10:30 – 1:30</p> <p>2:00 4 Hand Euchre / 500 Card Game - Activity Room 2:00 Piano Performance By “Yvon Vezeau” 3:00 Happy Hour</p> <p>7:15 Bingo - Activity Room</p>
<p>7</p> <p>9:00 Church Outing</p> <p>2:00 Movie Matinee Showing “Witness”</p>  <p>7:00 Community Church - Activity Room</p>	<p>8</p> <p>9:30 Beauty Salon 9:30 Exercises - Craft Room 9:30 Shopping at Loblaws 10:00 Horticulture Club - Activity Room</p> <p>2:00 LOW Classes (Lynwood On Weights) Strength Training Classes</p> <p>3:30 Happy Hour 4:00 Blood Pressure Clinic</p> <p>7:00 Bridge – Activity Room 7:00 Rosary Meeting 3rd Floor Kitchenette 7:15 Bingo- Activity Room</p>	<p>9</p> <p>9:30 Beauty Salon 9:30 Shop Bayshore Mall & Indoor Walking Club 10:00 Tuck Shop</p> <p>2:00 Sandbags -Craft Room 3:30 Happy Hour 3:30 Crafts with Lee - Craft Room</p> <p>7:15 Evening Performance By: Rideau Park Bell Ringers</p>	<p>10 Buffet Day</p> <p>9:30 Beauty Salon 9:30 Exercises - Craft Room</p> <p>10:45 United Church Service - Activity Room</p> <p>11:00 In House Shopping Marilyn’s Crafts & Things</p> <p>2:00 E-mail Café -main lobby 2:00 Trivia 3:30 Happy Hour</p> <p>7:15 Fireside Chats</p>	<p>11</p> <p>9:30 Beauty Salon 9:30 Shop at Wal-Mart</p> <p>2:00 CNIB Store 2:00 Spelling Challenge - Activities Room 3:30 Happy Hour</p> <p>7:00 Rosary Meeting - 3rd Floor Kitchenette</p>	<p>12</p> <p>9:30 Beauty Salon 9:30 Exercises - Craft Room 10:00 Tuck Shop</p> <p>2:00 Lets Make A Deal 3:00 Meet & Greet Tea (Say Hello To New Neighbours)</p> <p>3:30 Happy Hour 4:00 Blood Pressure Clinic</p> <p>7:00 Bridge - Activity Room</p>	<p>13</p> <p>9:00 Beauty Salon 10:30 Art Class - Craft Room</p> <p>2:30 St. Patrick’s Day Celebrations With “Robin Averal”</p> <p>3:00 Happy Hour</p> <p>7:15 Bingo - Activity Room</p> <p style="text-align: center;">Don’t Forget to put your clocks ahead by 1 hour before bed tonight</p>

Lynwood Park Lodge Activity Calendar for March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 Daylight Savings Time 9:00 Church Outing 2:00 Lila On Piano 2:15 Afternoon of Jazz & Dixieland at the Royal Oak	15 9:30 Beauty Salon 9:30 Shopping at Loblaws 10:00 Horticulture Club - Activity Room 2:00 LOW Classes (Lynwood On Weights) Strength Training Classes 3:30 Happy Hour 4:00 Blood Pressure Clinic 7:00 Bridge – Activity Room 7:00 Rosary Meeting 3rd Floor Kitchenette	16 Doctors Day 9:30 Beauty Salon 9:30 Shop Carlingwood & Indoor Walking 10:00 Tuck Shop 2:00 Ring Toss - Activity Room 2:00 LOW Classes 2:30 Wine Presentation & Tasting –Main Lobby 3:30 Happy Hour 3:30 Manicures with Lee 7:15 Bingo- Activity Room 7:15 Trivia	17 St. Patrick's Day 50/50 Draw Day 9:30 Beauty Salon 9:30 Exercises Craft Room 1:45 St. Patrick's Day Performance By: John Henry 3:30 Happy Hour & Draw 7:15 Fireside Chats	18 Bottle Recycle Day 9:30 Beauty Salon 9:30 Chair Yopalates (Yoga + Pilates) 10:00 Bottle Recycle - Activity Office 2:00 E-mail Café - Lobby 2:00 Spelling Challenge - Activities Room 3:30 Happy Hour 7:00 Salvation Army Church Service – Main Lobby 7:00 Rosary Meeting - 3rd Floor Kitchenette	19 9:30 Beauty Salon 9:30 Exercises - Craft Room 10:00 Tuck Shop 11:00 Lunch Outing "Wheelers Sugar Shack" 2:00 Poker Walk 3:30 Happy Hour 4:00 Blood Pressure Clinic 7:00 Bridge - Activity Room	20 9:00 Beauty Salon 10:30 Art Class - Craft Room <u>2010 Celebrations 4 U Party</u> Missed you Valentine Chocolate Fountain too Surviving February Flu Farewell Outbreak Olympic Cheers Canada Congratulations Welcome Spring Begins today Music By: Roxy Swan 7:15 Bingo -Activity Room
21 Red & White Valentines Day Dinner Tonight 9:00 Church Outing 2:00 Movie Matinee Showing "Cool Running's"  7:00 Community Church - Activity Room	22 9:30 Beauty Salon 9:30 Exercises - Craft Room 9:30 Shopping at Loblaws 10:00 Horticulture Club - Activity Room 3:30 Happy Hour 4:00 Blood Pressure Clinic 7:00 Bridge – Activity Room 7:00 Rosary Meeting 3rd Floor Kitchenette	23 9:30 Beauty Salon 9:30 Shop Bayshore & Indoor Walking 10:00 Tuck Shop 2:00 Birthday Party With "John Foster " 3:30 Happy Hour 3:30 Crafts with Lee - Craft Room 7:15 Trivia 7:15 Bingo – Activity Room	24 9:30 Beauty Salon 9:30 Exercises - Craft Room 10:30 Bible Study Group 2:00 E-mail Café - Lobby 2:00 Deal or No Deal 3:30 Happy Hour 7:15 Fireside Chats	25 9:30 Beauty Salon 9:30 Shoppers Drug mart - Seniors Discount Day 10:00 In House Shopping Pam & Inez – Crafts & Gifts 2:00 Poker Walk 2:30 VIP Meeting - Activity Room 3:30 Happy Hour 7:00 Rosary Meeting - 3rd Floor Kitchenette	26 9:30 Beauty Salon 9:30 Exercises - Craft Room 10:00 Tuck Shop 2:00 Board Games "In the Activity Room" 3:30 Happy Hour 4:00 Blood Pressure Clinic 7:00 Bridge - Activity Room	27 9:00 Beauty Salon 10:30 Art Class 11:00 Salvation Army's Craft & Gift Table Sale 2:00 4 Hand Euchre / 500 Card Game - Activity Room 2:00 Armchair Travel The Solar System 3:30 Happy Hour 7:15 Bingo
28 9:00 Church Outing 2:00 Movie Matinee Showing "SPACE COWBOYS" 	29 9:30 Beauty Salon 9:30 Exercises - Craft Room 9:30 Shopping at Loblaws 10:00 Horticulture Club - Activity Room 3:30 Happy Hour 4:00 Blood Pressure Clinic 7:00 Bridge – Activity Room 7:00 Rosary Meeting 3rd Floor Kitchenette	30 9:30 Shop Carlingwood & Indoor Walking 10:00 Tuck Shop 2:00 Sandbags -Craft Room 3:30 Happy Hour 7:15 Trivia 7:15 Bingo – Activity Room	31 50/50 Draw Day 9:30 Beauty Salon 9:30 Exercises - Craft Room 10:00 In House Shopping Pam's Gift Shoppe 10:00 – 2:00 1:30 Anglican Christ Church - Bells Corners 2:00 Trivia 3:30 Happy Hour & Draw 7:15 Fireside Chats	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Blood Pressure Clinics Wellness Center Located on 2nd Floor Monday & Fridays 4:00  </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Tuck Shop Hours Monday Wednesday & Friday 10:00 – 11:15 </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Happy Hour 1st Floor Main Lobby Monday-Saturday 3:30 – 4:00  </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;">  Hair Salon Located on 4th Floor Please call Extension # 2013 </div>