

The name “Cassia” was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

## The History and Celebration of St. Patrick’s Day

St. Patrick’s Day, celebrated on March 17th, honors St. Patrick, the patron saint of Ireland. Born in Britain in the late 4th century, Patrick was kidnapped by Irish raiders as a teenager and taken to Ireland as a slave. After several years, he escaped back to his family, but he later returned to Ireland as a missionary, dedicating his life to spreading Christianity across the island. Legend credits him with using the shamrock to explain the Christian Holy Trinity, which has since become one of the most recognizable symbols associated with the holiday.

Originally, St. Patrick’s Day was a religious feast day in honor of Patrick’s life and work, observed by the Catholic Church to celebrate Irish culture and faith. The day was primarily marked with church services and quiet reflection, rather than the parades and festivities we often associate with it today. Over time, Irish communities both in Ireland and abroad began adding more celebratory customs, combining their faith with expressions of national pride, storytelling, music, and traditional foods.

The holiday’s widespread popularity grew with Irish immigration, particularly to the United States. In the 18th and 19th centuries, Irish immigrants faced discrimination and hardship, so St. Patrick’s Day became an important way to celebrate their heritage and share Irish culture with the wider community. Parades, green attire, and symbols like shamrocks and leprechauns became central to these celebrations, turning the holiday into a festive occasion that embraced both faith and Irish identity.

Today, St. Patrick’s Day is celebrated worldwide, far beyond Ireland, with parades, festivals, music, and the wearing of green. While it remains a day to honor St. Patrick and Irish traditions, it has also evolved into a cultural celebration of Ireland itself, highlighting its history, folklore, and contributions to global culture. From religious observances to lively street parades, the holiday continues to bring people together in recognition of faith, heritage, and the joy of community.

There is something truly timeless about the thrill of a game. Many of us recently found ourselves captivated by the excitement of the Olympic Games, cheering as the Women’s and Men’s hockey teams skated their way to gold. Watching these remarkable athletes compete on the world stage filled us with pride, amazement, and inspiration. Events like the Olympic Games remind us how powerful sports can be. They brought together nations, cultures, and generations in a shared celebration of dedication and excellence.

Yet the excitement of sports doesn’t end when the Olympic flame is extinguished. March is a special time for sports lovers everywhere. Closer to home, high school tournament season arrives with all its enthusiasm and heart. There is something especially meaningful about watching young athletes give their all, while classmates, families, and neighbors fill the stands in support. We see the camaraderie among schools, the pep bands, the proud school colors. It may be different from the world stage, but the energy and joy are just as real. We find ourselves cheering for our favorites, swept up in the fun and reminded once again of how sports lift our spirits.

And of course, March brings the excitement of College Basketball Tournaments—better known as March Madness. Brackets are filled out, friendly rivalries spark up, and every college team dreams of reaching the Sweet Sixteen and the Final Four. Whether we faithfully follow every game or simply enjoy the highlights, the tournament gives us another reason to gather, to talk, and to celebrate the unpredictability and determination that make sports so compelling.

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## Activity Highlights

*“Enjoy fun, friendship, and fulfillment with activities tailored just for you.”*

### Fun with Sue

**Monday, March 2 at 2:30PM**

Emma’s daughter, Sue, a retired activity director can’t wait to have an afternoon of fun with you.

### Trivia with Carmen & Joe

**Tuesday, March 3 at 2:30PM**

Trivia with Carmen and Joe is always a blast—full of laughs, friendly competition, and fun facts that keep everyone on their toes!

### Exercise with Kay S

**Wednesday at 10:15AM**

Exercise with Kay S is always energizing and fun, keeping everyone moving, smiling, and feeling their best.

### Popcorn

**Friday, March 6 at 2:30PM**

Our popcorn makers are back from vacation and ready to pop up some fresh, buttery goodness for everyone to enjoy.

### Men's Breakfast

**Saturday, March 7 at 9AM**

Calling all men of Hastings Senior Health and Living—join us for a men’s breakfast filled with fellowship, faith, and meaningful conversation as we grow together in spirit and friendship.

### Puzzle Hour

**Sunday, March 8 at 2:30PM**

Puzzle Hour on the 2nd floor is the perfect time to relax, connect, and piece together something great—one puzzle at a time.

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## Walker Safety



*Always make sure your walker’s brakes are working properly to prevent slips and falls and friendly reminder that most insurance plans will cover a new walker or wheelchair every five years if yours needs to be replaced.*

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These games connect us not only to the present moment but also to our own cherished memories. They may remind us of our days cheering in high school gymnasiums, bundling up for chilly evening games, or perhaps even stepping onto the court or field ourselves. Sports have a wonderful way of bridging past and present, stirring stories we love to share with children, grandchildren, and friends.

Most importantly, sports foster community. We share the emotions, the nail-biting suspense, the triumphant victories, the hard-fought losses. We celebrate together, and we commiserate together. In those moments, we are reminded that we belong to something larger than ourselves.

So, here’s to a March full of excitement, camaraderie, and connection. May the games we watch and the memories they inspire continue to bring us joy, laughter, and a renewed sense of togetherness. No matter our age, the enduring power of sports continues to unite us all.

### Recipes Needed!

*We’re creating a campus cookbook and would love your favorite recipe! Families, residents, and staff are invited to share a special dish to help make it meaningful and delicious.*

## Book Club

### Lessons in Chemistry

By Bonnie Garmus

March 19 at 1PM

Books Available with Maragret G

*New Members Welcome!*

*“That’s a wrap on the fun, friendship and fulfillment”*

### Dining Room Happenings

**Tuesday, March 24 at 10:30AM**

Join us for Dining Room Happenings and discover what’s new on the menu—tasty updates and delicious surprises await!

### Men’s Beer & BS

Tuesday, March 31 at 3:30PM

Join us for Men’s Beer & BS, a relaxed gathering where guys can enjoy good conversation, a cold drink—beer or soda—and plenty of laughs.

*“Even more fun, friendship and fulfillment”*

**Public Library Visit**

**Wednesday, March 11 at 1:15-2PM**

The public library is coming here for a visit—come explore books, resources, and fun learning right on-site.

**\$5 Lucky Bingo**

**Thursday, March 12 at 2:30PM**

Join us for \$5 Lucky Bingo in honor of St. Patrick’s Day—enjoy exciting games, great prizes, and a touch of Irish luck.

**St. Patty's Day Happy Hour**

**Friday, March 13 at 2:30PM**

Celebrate St. Patty’s Day with a festive happy hour—cheers to good friends, tasty drinks, and lots of holiday cheer.

**Easter Craft with Friends**

**Friday, March 20 at 2:00PM**

Create something special this Easter with friends—kids from Trillion School will be here to help! Enjoy a hands-on craft session full of color, creativity, and holiday cheer!

**Coffee Social**  
**Saturdays at 9:30AM**

Join us for a morning coffee social at 9:30—catch up with friends, enjoy a warm cup, and start your day off right!

**Easter Card Making**

**Sunday, March 22 at 2:30PM-Library**

Get creative with Easter card making—design heartfelt cards to share joy and springtime cheer with friends and loved ones!

**Manicures**

**Monday, March 23<sup>rd</sup> at 3:30PM**

Treat yourself to a manicure session, where you can relax, pamper your hands, and leave with beautifully cared-for nails!

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**Donut Social**  
**with the Easter Bunny**

**Saturday, March 28**  
**9AM**

Invite your Grandkids!



*“More fun, friendship and fulfillment”*

**Pie Social**

**Saturday, March 14 at 2:30PM**

Join us on March 14 for a sweet Pie Social in celebration of National Pi Day—come enjoy delicious slices, warm conversation, and a fun afternoon together!

**Color Hour**

**Sunday, March 15 at 2:30PM**

Join us for Color Hour, a relaxing and creative time to explore your artistic side and enjoy some colorful fun!

**Cooking Cookbook Fun**

**Monday, March 16 at 11AM**

We’re creating a campus cookbook! Bring your favorite cookbook to share, sample delicious recipes, and help us compile tasty favorites from our community.

**Homespun Harmony’s St. Patrick’s Day Party-Tuesday, March 17 at 3:15PM**

Join us for a St. Patrick’s Day party with Homespun Harmony—enjoy lively music, festive cheer, and a celebration full of fun and community spirit!

**Bus Around Town**

Wednesday, March 18



No Bus Around Town the 1st week in March. Schedule your trip with Heather today.

**Public Library Outing**

**Thursday, March 19 1:30PM**

We’ve partnered with the public library on the new program - ADD NAME HERE-to bring different generations together for learning, fun, and meaningful connections!

**Blood Pressure Checks**

**Monday, March 9 & March 30- 2:30PM**

A member of our nursing team will be on hand to provide community blood pressure checks—come by and keep track of your health with their expert care.

**Music with Mike Larson**

**Tuesday, March 10 at 3pm**

Enjoy an afternoon of great company and cheerful polka music that will lift your spirits and brighten your day.

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### March Birthdays

Ken Becker	March 7
Irene Serres	March 11
Reese B	March 11
John Diischer	March 12
Rosemary King	March 12
Shirley Shommer	March 13
Carmen Schlosesser	March 26
Linda Boucher	March 26
Len Schulte	March 27
David Baudoin	March 30

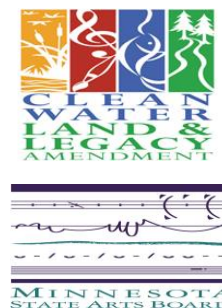
### Caravan: Music from Around the Globe – A Musical Journey

**Tuesday, March 31 at 1:30PM**

Travel the world through music with Caravan: Music from Around the Globe! This exciting program features a beautiful mix of traditional sounds from South America, Europe, Africa, the Middle East, Central Asia, East Asia, and the United States. Audiences will enjoy both familiar favorites and unique instruments that showcase the rich variety of cultures around the world.

Caravan includes talented multi-instrumentalists Tim O’Keefe (buzuq, mandolin, tenor guitar, harmonica, hand drums), David Burk (guitar, lap steel, banjo, oud, cumbus), and Laura Harada (violin, ukulele, hand drums). Together, they bring decades of performance and educational experience to audiences of all ages. Tim O’Keefe is also a Smithsonian Certified World Music Instructor.

Join us as we celebrate the rich and joyful sounds of music from around the globe!



### March Blessings: Luck, Faith, & Grace This St. Patrick’s Day

March brings the joy of St. Patrick’s Day, a time to celebrate not only luck but the many blessings that surround us each day. As winter gives way to spring, the season of renewal invites us to open our hearts to gratitude, faith, and hope. Luck is often thought of as chance, but this month reminds us that true “luck” comes from noticing the gifts in our lives, appreciating the people around us, and sharing kindness wherever we can. Whether through quiet reflection, prayer, or small acts of generosity, we are encouraged to embrace each day with a spirit of joy and grace. May this St. Patrick’s Day and the month of March inspire us to see the blessings in *every moment and to spread that positivity to everyone we meet.*



### Ecumenical Service for March

**Wednesdays at 2:30PM**

- Wednesday, March 4- Cassia
- Wednesday, March 11- Cross of Christ
- Wednesday, March 18- Our Saviours Lutheran Church
- Wednesday, March 25- St. Phillips

### Religious Offerings

#### Our Saviours Lutheran Online Church Service

Sundays at 10:30 AM-DR

#### Weekly Rosary

Watch Calendar for day in the library

#### Prayer Group

Thursdays at 11 AM in the library

#### Words & Communion

Tuesday, March 10  
10:00 AM-DR

#### Catholic Mass & Confession

Father Dave  
Thursday, March 26  
9:30 am Confession in Library  
10 AM Mass- DR

### Birthday Celebration

Friday, March 27

2:30PM

