



**Celebrating**

March 1:  
Cindy  
March 3:  
Kathleen  
March 23:  
Glenda



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>March 2016</h1>						
6	7	8	9	10	11	12
	Activities are subject to change. If you have any questions or suggestions please contact Libby- Thanks!!	1 10:00 Today in History 11:00 Cardboard City 1:00 Bible Study 2:00 Manicures	2 10:00 Morning moves 11:00 Monkey Bread 1:00 Friendly visits 2:00 King Kong	3 9:30 Daily Devotions 10:00 Games w/ Gladys 1:00 Stretch yourself 2:00 Science Time!	4 10:00 Morning Moves 11:00 Words w/ friends 1:00 Trail Mix 2:00 Easter Invites	5 10:00 Morning Moves 11:00 Hula Hoop 2:00 Toys of yester-year Tea
13	14	15	16	17	18	19
9:30 Daily devotions 2:00 Sunday Cinema " Wizard of Oz" " Some Like it Hot"	10:00 Morning Moves 1:00 Coloring Club 2:30 <b>PIE DAY!!</b> (3.14)	10:00 Today in history 11:00 "Now or then" 1:00 Bible Study 3:00 Manicures	10:00 Morning Moves 11:00 Brain Boost 1:00 Friendly visits 2:00 Leprechauns		10:00 Morning Moves 11:00 Doo Wop dance 1:00 Sponge Painting 2:00 Quick Quiz	10:00 Morning Moves 11:00 No Bake Treats 1:00 "t's in the Cards" 4:00 <b>Bobby &amp; Christine</b>
20	21	22	23	24	25	26
9:30 Daily devotions 2:00 Sunday Cinema " Sabrina" " Field of Dreams"	10:00 Morning Moves 1:00 Coloring Club 6:30 <b>Corey and Gracie</b>	10:00 Today in History 11:00 Butterflies 1:00 Art w/ Marilyn 3:00 Manicures	10:00 Morning Moves 11:00 String Eggs 1:00 Friendly visits 2:00 Painted Umbrellas	9:30 Daily Devotions 10:00 Games w/ Gladys 1:00 Dye Easter Eggs 2:00 Spring Snacks	10:00 Morning Moves 11:00 Flower Garland 1:00 Easter Baskets 2:00 Drink Parasols	10:00 Morning Moves 2:30 <b>Bunny Hop Social</b>
27	28	29	30	31		
	10:00 Morning Moves 1:00 Coloring Club 6:00 Climate Change Fun Facts	10:00 Today in History 11:00 cherry scones 1:00 Comic Books 3:00 Manicures	10:00 Morning Moves 11:00 Hearing Test 1:00 Friendly visits 2:00 Veggie Garden	9:30 Daily Devotions 10:00 Games w/ Gladys 1:00 Chair yoga 2:00 Parisian Social		

## March is ...

- American Red Cross Month
- Credit Education Month
- Deaf History Month (March 13 - April 15)
- Irish-American Heritage Month
- Mad for Plaid Month
- National Caffeine Awareness Month
- National Craft Month
- National Kidney Month
- National Nutrition Month
- National Peanut Month
- National Umbrella Month
- National Women's History Month

### 7 BRAIN EXERCISES TO TRY & WHY

As we age, keeping our brain healthy and sharp is imperative. Your brain is a muscle and mental exercise is as important as physical exercise. Flexing, stimulating, and boosting your brain with various activities will keep you feeling your best. But why, and how do you exercise your brain? Below are some suggestions to help you promote healthy brain habits.

#### THE BENEFITS OF EXERCISING YOUR BRAIN

Keeping your memory sharp is important, especially as we age. Brain exercises stimulate the growth of new connections between cells. What does that mean? Every time we do something, our brain creates a pathway. The more that pathway is used, the more familiar our brain becomes with it. Our brain recognizes these accustomed pathways we have created, and it naturally becomes more efficient.

#### BRAIN EXERCISE ACTIVITIES

The newspaper, recommended by Everyday Health, is a great place to start for brain exercises. Various word and logic games like crossword puzzles, Sudoku word games, comics, and word searches are printed in your local newspapers. These are all great free brain-stimulating activities that can be done regularly.

In addition to the newspaper, here are some more activities that are ideal for brain exercise:

- Journaling
- Coloring
- Reading
- Art Projects
- Card Games
- Puzzles
- Board Games



# MARCH



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