



MARCH 2025

River Grand
HIGHLIGHTS

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Happy March!

I am excited to see the weather slowly starting to grow warmer! The days continue to get longer as well! Daylight Savings Time is **March 9th**, time to Spring Forward, don't forget to change your clocks.

Did you know- "March" is named for the Roman god of war, Mars. However, we think of it as the beginning of spring, as March brings the vernal equinox, the Full Worm Moon and the return of Daylight-Saving Time!

The March equinox occurs on Thursday, **March 20, 2025**. In the Northern Hemisphere, this is known as the vernal, or spring, equinox and marks the start of the spring season. In the Southern Hemisphere, autumn begins.

We have welcomed a handful of new faces to our community, both residents and team members! Please take a moment to introduce yourself as you see unfamiliar faces.

If you are interested in a garage, please stop by the front desk or give me a call, I currently do have vacancies.

- Mail is typically delivered to RG residents in private mailboxes around 2:30pm daily.
- The kitchen hours are from 7:00am-7:00pm, the higher trafficked times for meals are 8:00am, 12:00pm and 5:00pm for a more social experience.
- ALL residents are welcome to participate in any onsite activities at no additional cost, come join the fun! Please reference your monthly and weekly activities calendars.

Wishing you yet another fabulous month here at River Grand! Any questions that may arise, please swing by the front office! I am always to see you and clarify any questions you may have!

Sincerely,

Jessica



March is the month of Magical spring! A season celebrating rebirth & rejuvenation; Nature enjoys the miracle of life. Hope you are all enjoying a little more sunshine. As always do not hesitate to reach out with any questions you may have, I am just a walk down to the office or phone call away.

Brandi

I want to say a big Thank you to our staff for fighting the cold wintery elements and making the travel to and from work. I look forward to the warmer days and the simplicity of not having to layer up or warm up the vehicle. Please help us congratulate Sarahi Botello, Care Specialist, who was awarded River Grand's Best Employee of the Month. We are very thankful to have staff who are compassionate, dedicated, kind and help us make this community a great place to live and work.

Beth

**JOIN ME ON MARCH 22ND AT
2:00PM FOR AN ICE CREAM
SOCIAL!**

Amy



DIETARY CORNER

Dates to Remember:

Lent: **March 5TH-April 17TH**

Daylight savings time is Sunday, **March 9th**.... Time to spring ahead 1 hour.

Our March culinary meeting is at 2 p.m. on Monday, **March 10th**.

Your input is so important, hope to see you there.

Our Fine Dinning event will be held on **March 20th** the first day of Spring! More details to come!

St. Patrick's Day is **March 17th!** Be sure to wear Green!

What's New:

We have some newer cooks training in!! Please don't be shy and say Hello!

Some of you might have noticed the changes in the menu, we are trying to flip flop and rearrange some of our meal days and times so everyone gets to experience all that we have to offer! If you need a copy of the menu please do not hesitate to ask. With that being said please remember that menu items are subject to change on short notice, I would love to have some feedback on this at our April culinary meeting.

**Lent starts on March 5th and goes until April 17th. We will be serving fish or seafood every Friday. We will be serving a meatless soup all day as well. There are also some great options on the Any-Time menu like our Tuna Salad, fried egg sandwich, peanut butter & jelly and egg salad available anytime and throughout Lent.

Cook Highlight: *Angie* Emily Luken

Emily has been cooking here at River Grand for about 5 months now and doing a great job! Here is a little more from Emily:

Hi, I'm Emily! I have 2 beautiful daughters that I absolutely love with all my heart. In my free time I like to do all sorts of things. Cleaning is a major one, but I also enjoy spending time with my family camping and fishing when the weather is nice and horseback riding. My favorite color is blue it can be any shade of blue and I will love it. I have some experience cooking from Applebee's. I cooked there for about a year until I was ready to have my baby then I became a host and still work there occasionally when I'm not here. One of my favorite meals to cook at home is meatloaf, mashed potatoes and some sort of vegetable. I really enjoy working for all of you because it brings joy to my day. I love seeing all your smiles and hearing all the fun stories and funny jokes!





Activity Notes

Happy March everyone!

There is always something new on the calendar each month.
Keep an eye on your weekly reminders for additional
information or changes.

We have a NEW fine dining on March 20:

Our theme this round will be
"Through the Looking Glass"

We are taking inspiration from Alice in Wonderland to create a
magical dining experience that you won't forget!

If you attended the Polar Express dinner, please hold off signing
up to allow others to get in on the fun!

Consider checking out our seated walking tours in March! I will
bring you on a VIRTUAL tour of diverse places around the globe.
One day we might take a stroll through the gardens surrounding
Lake Como, Italy, and the next a hike through the Redwood
Forests in Oregon. The adventures are endless. Feel free to sit
and watch in wonder, or actively march (seated) for additional
exercise.

We will continue to offer an array of activities each month! As
always, if you have a suggestion or question about our groups
please feel free to connect with me.

Liz

River Grand

Birthdays

Bill B.- 3/3

Darlene- 3/3

Marvine- 3/5

Peggie- 3/10

Dean 3/16

Dodie- 3/17

Olivia- 3/24