



# Moccasin Trail

ENNISKO:WA / MARCH 2025

## Points of Interest:

- March Coloring Contest  
Starts 3/3 and Ends 3/14
- Box Lunch Bingo 3/6
- Deer Valley Trails 3/13
- March for Meals: Parfait  
Bar & Nutrition Bingo 3/18
- Ride to Nowhere 3/20
- Virtual Bowling Tournament  
3/21 at 10:30 am



## Inside this Issue:

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**We will be  
Closed on:**

Friday, March 28th– Planning Day



# Akwesasne Senior Club



The Akwesasne Senior Club says Nia:wen to the following who donated to the Valentine's Day Fundraising Bake Sale:

Brenda LaFrance - Apple butter, sauce and jam

Gail McDonald - Muffins

Rick McDonald - Raisin and Plain small bread loaves

Lorene Jackson - Cup Cakes

Darlene Chubb - Donuts

Millie Cook - Mini Carrot Cakes

Catherine Cook - Apple Pies

Alice Thompson - Banana & Chocolate small loaves

Iona Castagnier - Popcorn balls and Banana Bread

Trudy Putnam - Banana Bread

Carol LaDue - Fudge Squares

Dorothy Cole - Brownies

Laura Bush - Cowboy cookies

Mary Kelly - Brownies and Cookies

If the Club has forgotten any donors we apologize and please know it was not intentional. Without the support of Club members donating to this event it would not have succeeded in generating funds for the Club. These donors are greatly appreciated. Thank you to Iona Castagnier and Gail McDonald for working the Bake Sale table and sales.



## Haircut Sessions

The Akwesasne Senior Club is once again holding haircutting sessions with Sierra Ackerman. Sierra has 9 years of experience and already provides hair service to Seniors in our area. Sierra will be available for haircuts on Wednesdays from 9:00 am to Noon. You may call Joy at 518-358-2963 to make an appointment. Before making an appointment please make sure you are available on the day you schedule. When there are no-shows for appointments our Hair Cutters lose money. Niawen.

## Bingo Volunteers Needed

The Akwesasne Senior Club is looking for bingo volunteers to work the weekly Monday bingo sessions to assist in selling bingo cards. The Club starts selling bingo cards at 12:30 pm on Mondays right before the 1 pm bingo session. Once bingo starts the volunteers can leave or stay and play bingo. It's not a hard task and it's only for approximately 1/2 hour. We need individuals that can be committed to showing up when they are scheduled to work. If you are interested please contact the Club office at 518-358-2963 ext. 3316.

### If You Did **Not** Receive Your Newsletter 2025

It could be for the following reasons:

1. You did not renew your 2025 Senior Club Membership
2. Your address is incorrect
3. Clerical error with the Senior Club

For any of these reasons; please contact the Senior Club at 518-358-2963 extension 3316 and leave a voicemail.

### Club Office Hours

**Mondays 11:00 am– 3:00 pm**  
**Wednesdays 11:00 am– 4:00 pm**

### Senior Club Meeting

**April 10, 2025**  
**12:30 pm**

Senior Center Sunroom  
All Members Welcome

### Volunteer Bingo Schedule

#### March 3rd

Vicki Phillips  
Barbara A. Lazore  
Darlene Chubb

#### March 10th

Ruth Bell  
Debbie Thomas  
Nancy Jacobs

#### March 17th

Iona Castagnier  
Vicki Phillips  
Barbara A. Lazore

#### March 24th

Darlene Chubb  
Dorothy Shatlaw  
Ruth Bell

#### March 31st

Nancy Jacobs  
Iona Castagnier  
Debbie Thomas

*If you cannot make it on the day you are scheduled, please call the club so they can find a replacement.*



# More Akwesasne Senior Club....

## NOTE FOR MONDAY BINGO

The Akwesasne Senior Club requests that our bingo players please try to use small bills when purchasing bingo cards. As a courtesy to other bingo players please exchange your large bills before coming to bingo. Some bingo players are relying on the bingo bank to exchange their large bills which leaves the bingo bank short for making change for other bingo players. Plus, it's difficult to put prize money together when you only have large bills. We will only accept a large bill if you are spending the entire bill amount. Thank you for your cooperation in this matter. As always, thank you for supporting the Akwesasne Senior Club Fundraising bingo.



## DEER VALLEY TRAILS LUNCHEON

*With the Akwesasne Senior Club*

**Thursday, March 13, 2025: Depart at 11:00 a.m.**  
**Saint Regis Falls Restaurant**

Accepting 15 seniors, two vehicles will going  
 Lunch will be on your own

To sign up call the Akwesasne Senior Club and  
 leave a message for Club President  
 Diane McDonald 518-358-2963, extension 3316.





## March Craft Class

### Mosaics Tile Wooden Coasters

**Thursday, March 27, 2025**

**12:45 pm– 3:00 pm**

These mosaic kits for adults are made of sturdy and innoxious glass uniform thickness, beautiful and flawless, have a smooth surface and bright colors. The glass mosaic kits have been passivated, so there is no need to worry about cuts on your hands. Apply the glue to the mosaic tiles art kits and paste the mosaic piece on the product, wait for mosaic craft kit to air dry, mix the caulk with water to make it viscous and apply the DIY coasters kit, then put on disposable gloves and sponge the excess caulk and wait for it to dry and the glass mosaic kit will be complete.

**Please call ASAP to sign up with Katie or Tenisha in the Activities Department at 518-358-2963.**



# END OF LIFE TRAINING

BY: LIFTING THEIR MINDS DIRECTOR DIANE BOOTS

This empowering two-day FREE training is provided by the Lifting Their Minds Project. This transformative training equips community members with the tools and understanding needed to compassionately support loved ones through life's final journey. No prior experience is required- just an open mind.

Saturday, March 22, 2025 and Sunday, March 23, 2025

9:00 a.m.- 3:00 p.m.

Location: SRMT Office for the Aging Senior Center

Snacks and Lunch will be provided

Please call to Register at 518-317-8927



YOU'RE INVITED TO A...

## Free Dinner and Play!



## "A Souls Journey"

Join us for a complimentary dinner and an inspiring performance of "Souls Journey", a thought-provoking play written by Diane Boots from the Lifting Their Minds Project, exploring the transformative journey of spirit between the spiritual realm and the physical world.

This uplifting, interactive play is suitable for all ages and takes place on:

**Sunday, March 9, 2025**

**SRMT Office for the Aging Senior Center**


**Play Begins at 5:00 pm**

**Dinner Served at 7:00 pm**

Pre-Registration by Friday, March 8th is Required to ensure we have enough meals.

**Call or Text Diane at 518-317-8927**





**ANNUAL**  
*Men's*  
**COLORECTAL LUNCH & LEARN**

**Wednesday,  
March 12**

at SRMT Health Services  
12:00am - 1:00pm  
with Zachary Smith, PA

**Get Information  
on Colorectal Cancer,  
Nutrition, and  
Prevention Tips!**

Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening.  
Here are two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.

# • MARCH • • FOR • • MEALS •

Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.

We will be celebrating by hosting a Parfait Bar and playing Nutrition Bingo with Kyle Thompson from Community Health. Each game wins a great prize!

**Tuesday,  
March 18, 2025  
11:00 am**



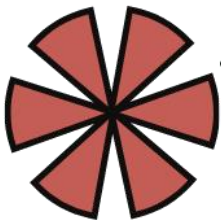
SAINT REGIS MOHAWK TRIBE

**Health Promotion  
and Planning**

FOR MORE INFO PLEASE CALL:

☎ 518-358-6252

📍 404 State Route 37



## Senior BOOK CLUB

**March 2025**

**The Four Winds | By: Kristin Hannah**



From the number-one bestselling author of *The Nightingale* and *The Great Alone* comes a powerful American epic about love and heroism and hope, set during the Great Depression, a time when the country was in crisis and at war with itself, when millions were out of work and even the land seemed to have turned against them. "My land tells its story if you listen. The story of our family."

Texas, 1921. A time of abundance. The Great War is over, the bounty of the land is plentiful, and America is on the brink of a new and optimistic era. But for Elsa Wolcott, deemed too old to marry in a time when marriage is a woman's only option, the future seems bleak. Until the night she meets Rafe Martinelli and decides to change the direction of her life. With her reputation in ruin, there is only one respectable choice: marriage to a man she barely knows.

By 1934, the world has changed; millions are out of work and drought has devastated the Great Plains. Farmers are fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. Dust storms roll relentlessly across the plains. Everything on the Martinelli farm is dying, including Elsa's tenuous marriage; each day is a desperate battle against nature and a fight to keep her children alive.


In this uncertain and perilous time, Elsa—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or leave it behind and go west, to California, in search of a better life for her family.





**Books available for pickup at the Senior Center on Monday, March 3, 2025**

**Club Meeting:**  
Tuesday,  
March. 25th  
at 1:00 pm  
in the Sunroom



# ENNISKO:WA/MARCH

Tsiat'ahkhaton	Kiokierénhton	Tekeníhaton	Ahsénhaton	Kaieríhaton	Wiskhaton	Iahià:khaton
<b>2</b>	<b>3</b> Chicken Cordon Bleu Potato Mixed Vegetable Roll Pears <u>Activity:</u> 10:00 Exercise DVD 1:00 Bingo <i>Coloring Pages Available</i>	<b>4</b> Sweet & Sour Pork Over Rice Stir Fry Veggies Roll Vanilla Pudding Peach <u>Activity:</u> 10:00 Chair Yoga	<b>5 Ash Wednesday</b> Beef Stroganoff Egg Noodles Green Beans Roll Banana <u>Activity:</u> 9:00-12 Haircuts 10:00 Exercise DVD 1:00 Line Dancing	<b>6</b> Meatloaf Mashed Potatoes Carrots Cauliflower Roll Apple Crisp <u>Activity:</u> 10:00 Chair Yoga 11:15 Box Lunch Bingo at Iakhihsohtha National Oreo Day	<b>7</b> Lemon Bake Fish Mac n Cheese Veggie Sticks Orange <u>Activity:</u>	<b>8</b> 5:00 Ace to King
<b>9</b>  5:00 pm "A Souls Journey" (pg 4)	<b>10</b> Spanish Rice Broccoli Roll Apple <u>Activity:</u> 10:00 Exercise DVD 1:00 Bingo	<b>11</b> Cream of Mushroom Soup Roast Beef Sandwich Butterscotch Pudding Orange <u>Activity:</u> 10:00 Chair Yoga	<b>12</b> Chef Salad Garlic Bread Banana Cookie <u>Activity:</u> 9:00-12 Haircuts 10:00 Exercise DVD 1:00 Line Dancing	<b>13</b> Cheeseburgers Mac Salad Cucumber and Tomato Salad Peaches <u>Activity:</u> 10:00 Chair Yoga 11:00 Deer Valley Trip with Senior Club <i>Legal Aid Appointment</i>	<b>14 St. Patrick's Day Party!</b>  Corn Beef Dinner Roll Green Poke Cake Grapes <u>Activity:</u> 11:00 St. Patrick's Day Festivities Begin 10:30 Coloring Contest Ends	<b>15</b> 5:00 Ace to King
<b>16</b>	<b>17</b> Sweet Potato Soup	<b>18</b> BBQ Chicken Boiled Potato Green Beans	<b>19</b> Scrambled Eggs Bacon, Home Fries	<b>20</b> Goulash Green Beans	<b>21</b> Bean Soup Turkey Sandwich	<b>22</b> 5:00 Ace to King

<p><b>23</b></p> <p>9:00 am End of Life Training (pg 4)</p>	<p>Chicken Salad Sandwich Pear</p> <p><b>Activity:</b> 10:00 Exercise Class 1:00 Bingo</p> 	<p>Green Beans Apple</p> <p><b>Activity:</b> 10:00 Chair Yoga 11:00 March for Meals Parfait Bar and Nutrition Bingo</p>	<p>Orange Juice Melon Cup</p> <p><b>Activity:</b> 9:00-12 Haircuts 10:00 Exercise DVD 12:00 Caregiver Support Group National Let's Laugh Day</p>	<p>Cauliflower Roll Grapes</p> <p><b>Activity:</b> 10:00 Chair Yoga 12:45 Ride to Nowhere</p>	<p>Pineapple Chunks</p> <p><b>Activity:</b> 10:30 Virtual Bowling Tournament</p>	<p>9:00 am End of Life Training (pg 4)</p>
<p><b>24</b></p> <p>Mac n Cheese Stewed Tomatoes Brussels Sprouts Roll Yogurt Apple</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo National Cocktail Day (Non-Alcohol)</p>	<p>25 Pork Chops Rice Pilaf Wax Beans Orange Roll</p> <p><b>Activity:</b> 10:00 Chair Yoga 1:00 Book Club Gathering! The book is 'The Four Winds'</p>	<p><b>26 Birthday Meal</b></p> <p>Turkey, Wild Rice Cranberry Sauce Squash, Roll Birthday Cake Fruit Cup</p> <p><b>Activity:</b> 9:00-12 Haircuts 10:00 Exercise DVD 1:00 Line Dancing 12:00 Caregiver Support Group pg 4</p> 	<p><b>27</b> Chinese Chicken Salad Roll Lemon Fluff Banana</p> <p><b>Activity:</b> 10:00 Chair Yoga 12:45 Craft Class</p>	<p><b>28</b></p> <p><b>CLOSED</b></p> <p><b>Planning Day</b></p> 	<p><b>29</b></p> <p>5:00 Ace to King</p>	
<p><b>30</b></p>	<p><b>31</b> Chunky Beef Stew Biscuit Pineapple Chunks</p> <p><b>Activity:</b> 10:00 Exercise DVD 1:00 Bingo National Crayon Day</p>	<p>Please call the Senior Center by 9:30 am reserve a Congregate or Grab N Go meal. Please call if you will not be home for your Home Delivery Meal</p> <p><b>518-358-2963.</b></p> <p>Menu is subject to change due to Supply Availability.</p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>32</b></p>	



# Eat Right

Food Nutrition and Health Tips from the Academy of Nutrition and Dietetics

## Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods you eat. Here are some budget-friendly tips for eating right.

### Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

### Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it. To "Create a Grocery Game Plan", visit [MyPlate.gov](https://www.MyPlate.gov).

### Deciding how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus purchasing ingredients in bulk is often cheaper.



### Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

### Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added."

### Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.



### Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna, or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

### Make your own healthy snacks

Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

### Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

### Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.

**To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit [eatright.org](http://eatright.org)**



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Alexandra Hooker MS, RD  
Franklin County OFA  
SNAP-Ed NY Nutrition Educator

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion and Complete Food and Nutrition Guide, 5th edition  
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## Monthly Coloring Contest

*January Winners:  
Lisa Krigbaum &  
Carol Lee Lazore*

The next coloring pages will be available March 3rd and the voting will be held Friday, March 14th at 10:00 am





*If you have any questions feel free to contact SRMT Office for the Aging  
@ 518-358-2963  
Lisa Keyes, RDN*



# The Benefits of Beans

Legumes are a versatile and economical source of protein that is often overlooked and undervalued in our food supply. They also offer numerous health benefits and have the potential to improve the diet quality and long-term health of those who consume them regularly. The recently released 2020-2025 Dietary Guidelines for Americans recommended a shift in our food sources of protein from red and processed meats (hot dogs and sausage) to include more plant-based proteins such as beans, peas and lentils. Both the DASH and Mediterranean diet plans encourage regular consumption of legumes.

## What are Legumes?

They have a unique nutrient profile that fits into both the protein and vegetable food groups. Dried beans can be found in the grocery store in both dried and canned forms.

## Nutritional Benefits

Beans are an excellent source of plant protein and rich in micronutrients such as B vitamins, selenium, potassium, zinc. Although it used to be thought that vegetarians and vegans had to pair legumes with grains at every meal to create a “complete” protein it is now understood that a variety of plant foods eaten throughout the day works just as well. Replacing animal proteins with dried beans can lower intake of saturated fat and sodium while increasing intake of dietary fiber. One half cup of cooked dried beans contains approximately 115 calories and 8 grams of protein.

## What about Antinutrients?

Some have raised concern that legumes contain “antinutrients” that reduce their nutritional value or cause harm if ingested. Raw legumes contain compounds such as lectins, phytates, and tannins that can interfere with digestion and absorption of some nutrients. Fortunately, soaking and cooking beans significantly reduces the levels of antinutrients as do processing treatments such as milling, germination and fermentation. As for potential harms of antinutrients, except for undercooked kidney beans antinutrients have not been shown to cause any ill effects in humans.

## Preparing dried beans for use in meals and recipes

Dried beans are the most economical way to include beans in your diet. The cost of one ½ cup of dried beans is about 1/3 the cost of canned beans. Dried beans need to be soaked prior to cooking. The Hot Soak method is the recommended method because it reduces cooking time and gas-producing compounds and produces consistently tender beans. The Traditional Soak method is best for pressure cooking beans.

## Cooking the Beans

To cook soaked beans, add fresh cold water to fully cover the bean. Maintain water at a gentle simmer during cooking to prevent split skins. Keep beans covered with water during the cooking process. Add cold water periodically during cooking to ensure the beans are covered. When fully cooked the beans will be tender but not mush. To cook beans more quickly try using a pressure cooker using the manufactures instructions. One pound of dried beans (about 2 cups) is equal to 6 cups of cooked beans. If short on time, beans in the canned form can be substituted in most recipes. While canned beans offer the most convenience, they will be higher in sodium than dried beans. If using canned beans, consider rinsing before adding to your favorite recipe to reduce the sodium content. One 15 oz can of beans is equivalent to 1 ¾ cups of cooked beans.



# Satonhá:ren tsi Sahsiéríte

*Best Wishes on your Birthday and throughout the coming year!*

- |                        |                       |                           |
|------------------------|-----------------------|---------------------------|
| 1- Laura Jandrew       | 15- Alan Beeson       | 27- Ruth Ghostlaw         |
| 2- Denise Oakes Porter | Thomas Herne          | Agnes (Sweets) Jacobs     |
| Dolores Stanfield      | Mary (Ginger) Seymour | 28- Kenny Terrance        |
| 3- Tommy Cooke         | 16- Barbara DeRouchie | Irene Gambill             |
| 4- Venita Loran        | 17- Patricia Benedict | Eleanor Jacobs            |
| Josephine Tarbell      | 18- Victor Martin     | 29- Kathy Colburn         |
| Sandra Fox             | 19- Catherine Cook    | Bobby Delormier           |
| Tim Sunday             | Jean M. Oakes         | 30- Katherine David       |
| 5- Elizabeth Smith     | Francis LaFrance      | 31- M. Maxine Stone       |
| Lucy Benedict          | 20- Barbara Hillyard  | Larry (The Eagle) Edwards |
| Sherri David           | Florence Patterson    | Gauthier                  |
| Dinah David            | Cynthia Cole          |                           |
| 7- Janine Cook         | 21- Marion Campbell   |                           |
| Betty Larche           | 22- Judy Hampton      |                           |
| Frank P. Scott         | 23- Christie Horn     |                           |
| 9- Barbara Namias      | Peter Cree            |                           |
| Marie Casey            | William Billings      |                           |
| Louise Ingle           | 24- Trudy Putnam      |                           |
| 11- Esther Jock        | 25- Sandra Garrow     |                           |
| 14- Rosemary Bonaparte | 26- Carol Coughlin    |                           |

If you are a Senior Club Member and your Birthday is missing or wrong, please contact the Senior Club (518) 358-2963

**March Birthday Party is  
Wednesday, March 26th.  
Hope to see you there!**

## Ride to Nowhere is Back!

Sign up- hop in the van and only the driver knows Where we are Going!

**Thursday, March 20, 2025**

**Leave the Senior Center at 12:45 pm**

Call to Register with Katie or Tenisha in the Activities office at 518-358-2963.





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

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 Regis Mohawk Senior  
 Center

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- Caregiver Support
- Supper Bags
- Congregate Meals
- Nutrition Counseling
- Nutritional Education
- Home Delivered Meals
- Referrals
- Craft Activities
- Socialization
- Information & Assist..

## Activities in March:

- March 3– Coloring Contest Begins
- March 6– Box Lunch Bingo at Iakhihsotha &  
National Oreo Day
- March 13– Senior Club Trip to Deer Valley
- March 14– St. Patrick's Day Party & Coloring Contest  
Ends at 10:30 am
- March 18– March for Meals: Parfait Bar &  
Nutrition Bingo
- March 19– National Let's Laugh Day
- March 20– Ride to Nowhere
- March 21– Virtual Bowling Tournament
- March 24– National Cocktail Day (NA)
- March 25– Book Club Gathering
- March 26– March Birthday Meal
- March 27– Craft Class
- March 31– National Crayon Day

