



THE Greenhaven Estates Lifestyle



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ASSISTED LIVING COMMUNITY
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MARCH 2024

Mad for March Madness

From bragging rights to heartbreaking busted brackets, college hoops will be the center of many discussions this month as the NCAA Division I basketball tournament gets underway. Here's some March Madness trivia to add to your tourney talk:

- The tournament debuted in 1939. Only eight teams competed, with Oregon defeating Ohio State.
- The phrase "March Madness" was first used to describe the tournament in 1982, by sportscaster Brent Musburger.
- Predicting the winner of each game by filling out a bracket is popular, even for folks who don't usually watch basketball. Over 35 million people participate in the activity every March.
- The odds of filling out a perfect bracket—that is, correctly picking the winner of every game—is 1 in 9.2 quintillion. One quintillion is a 1 followed by 18 zeroes, or you could think of it as "a million trillion"!
- Each team is ranked, or seeded, within its region. In 1985, the No. 8-ranked Villanova Wildcats became the lowest-seeded team to win the tournament.
- Only once did all conference No. 1 seeds advance to the Final Four. In 2008, the Kansas Jayhawks won what many called the most predictable March Madness ever.
- Another first-and-only occurred in 2018, when a No. 16-seeded school (Maryland-Baltimore County) defeated a No. 1 seed (Virginia) in the opening round.
- UCLA has won the tournament 11 times, more than any other school.

MARCH 2024

Spring Travels

What says March better than spring break?

- The annual ritual dates to ancient Greek and Roman times when young men and women celebrated the season, which included dancing.
- One of the initial events in the United States occurred in the mid-1930s when the Colgate University swimming team moved its Christmas break training from Hamilton, N.Y., to Fort Lauderdale.
- The 1960 movie "Where the Boys Are," based on Midwestern college women going to Fort Lauderdale for spring break, helped ignite the craze.
- Spring break peaked in 1985 in Fort Lauderdale as an estimated 380,000 visited.
- Today, the top spring break destinations (according to www.TripAdvisor.com) include Cancun, Acapulco, Key West, Myrtle Beach and South Padre Island.

"Four-leaf clovers aren't rare ... People who look for them are." —Christy Jordan

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
3	4	5	6	7	8	9
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	10:00 Shopping 12:30 Games 1:30 Fit for Life Class 3:00 Happy Hour 3:30 Bridge	9:30 Exercise 10:30 Morning Walk 2:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour 5:00 Movie Night	9:30 Exercise 10:30 Morning Walk 12:45 Resident Council Meeting 2:00 Cooking 3:00 Happy Hour	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
10	11	12	13	14	15	16
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	10:00 Shopping 12:30 Games 1:30 Fit for Life Class 3:00 Happy Hour 3:30 Bridge	9:30 Exercise 10:30 Morning Walk 2:00 Bingo 2:00 Book Club Meeting 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour 5:00 Movie Night	9:30 Exercise 10:30 Morning Walk 12:45 Chef's Chat 2:00 Cooking 3:00 Happy Hour	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
17	18	19	20	21	22	23
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	10:00 Shopping 12:30 Games 1:30 Fit for Life Class 3:00 Happy Hour 3:30 Bridge	9:30 Exercise 10:30 Morning Walk 2:00 Bingo 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour 5:00 Movie Night	9:30 Exercise 10:30 Morning Walk 12:45 Town Hall Meeting 2:00 Cooking 3:00 Happy Hour	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
24	25	26	27	28	29	30
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games	10:00 Shopping 12:30 Games 1:30 Fit for Life Class 3:00 Happy Hour 3:30 Bridge	9:30 Exercise 10:30 Morning Walk 2:00 Bingo 2:00 Book Club Meeting 2:15 Meditation with Shaku 3:00 Karaoke Happy Hour 5:00 Movie Night	9:30 Exercise 10:30 Morning Walk 2:00 Cooking 3:00 Happy Hour	10:30 Morning Walk 10:45 Church 12:30 Arts & Crafts 2:00 Bingo 3:00 Happy Hour	9:30 Exercise 10:30 Morning Walk 12:30 Outing 3:00 Happy Hour 5:30 Movie Night	9:30 Exercise 10:30 Morning Walk 10:30 Workbooks (Crosswords, Word Search, Etc.) 3:00 Nails
31						
11:00 Workbooks (Crosswords, Word Search, Etc.) 1:00 Matinee- Resident's Choice 4:00 Games						

Wild World: Wildebeest

These antelopes got their name from Dutch settlers who thought the “wild beasts” had an untamed appearance and energetic nature. Also known as gnus, wildebeests are found in the Serengeti plains of southeastern Africa. They have a unique, disproportionate appearance: a boxy head and broad, striped shoulders that taper off into slimmer hindquarters. Their coats range between black, brown and tan, and both males and females have curved horns and a bushy mane. Through woodlands and grassy plains, these amazing animals travel up to 1,000 miles a year in large herds that help protect them from predators. They’re often accompanied by zebras, who eat the top layer of grass and leave the tasty lower layer for their gnu friends.



Popular Pages: ‘A Man Called Ove’

Often when you look below the surface, there’s a whole new story to tell. That’s the case for grumpy old Ove, who’s in need of someone to chip away at his icy exterior and reintroduce him to the warmth in life. Luckily, several characters are up to the challenge, including the curious new family next door and a persistent stray cat. Fredrik Backman’s heartwarming 2012 novel is such a crowd-pleaser that multiple film adaptations have been made: a Swedish drama in 2015 (starring Rolf Lassgård) and an English version in 2022 (with Tom Hanks).



Green Eggs and Ham

One of America’s most-beloved authors, Dr. Seuss, was born Theodor Seuss Geisel on March 2, 1904. Twenty-seven publishing houses turned down his first book before it was printed, and now he has sold more than 200 million copies. His books include “The Lorax,” “The Cat in the Hat” and “Oh, the Places You’ll Go!” Seuss died on Sept. 21, 1991, but his legacy and messages live on.

A Wunnerful Life

Accordianist, bandleader, radio host, television producer, real estate investor—his many diverse roles made Lawrence Welk a timeless favorite of many Americans. March 11 marks the anniversary of his birth in 1903 to a German-speaking immigrant family from Alsace-Lorraine. Ambitious even as a young man, Welk left the family farm in Strasburg, N.D.—now a popular tourist attraction—to pursue a career in music.

By the 1930s, Welk had assembled a touring big band that played popular dance music, as well as classic American arrangements. According to Welk himself, a dancer in Pittsburgh described the sound as “effervescent,” and the style became known as “Champagne Music.” The band played regularly in Chicago and New York and on its own syndicated radio show.

In 1951, Welk moved to Los Angeles, where he began producing “The Lawrence Welk Show” for a local television station. The show became a hit and aired for more than 30 years, becoming iconic for its good-humored, easy-listening style and focus on wholesome entertainment.

In addition to his success as a musician and entrepreneur, Welk is well-known for his affable yet quirky German accent and his signature beat count, “A one and a two.” This March 11, put on some hot jazz or Dixieland to commemorate the life of Lawrence Welk.

How many words can you come up with using the letters in “fun and games”?

