

The Garden Globe

The Gardens at West Highlands 2641 Garry Drive Lethbridge 403-317-3024

Celebrating March

Free Mini Massages

March 1st

Handbells

March 2nd

Butterfly Craft

March 2nd

Book Club: "Jane Eyre"

March 3rd

Sing Along

March 9th

Learn Whist

March 9th

Resident Council

March 10th

Scategories

March 13th

St. Patrick's Day Party

March 17th

Horse Races

March 18th

Mennonite Choir

March 19th

Hawaiian Haystacks: Veggie Chopping!

March 20th

Homemade Ice Cream

March 23rd

Personal Touch Fashions

March 23rd

Hawaiian Party

March 24th

Free Mini Massages

March 29th

Birthday Party with Classic Legends

March 30th

Say Goodbye to Maxine

March 31st

Hawaiian Days are Coming!



This year, Hawaiian days are becoming a Hawaiian week! From Monday, March 20th to Friday the 24th, we will celebrate our dream of a Hawaiian vacation! On the 20th, our afternoon activity is to help the kitchen chop, dice and slice the toppings for the Hawaiian Haystacks for supper that night! Thursday we will taste Hawaiian ice cream! Friday at 2:30 is party time where you will enjoy tasty snacks and drinks whipped up by Maxine while watching the talented Scott family perform Hawaiian dances! Feel free to dress up for the occasion in your best Hawaiian outfit!

St. Patrick's Day Celebrations

History lesson: St. Patrick was born in Britain, but when he was 16, he was kidnapped and forced to work in Ireland. Four years later he escaped his captors and returned to Britain. He then had a dream telling him to return to the people of Ireland. He returned as a bishop in the Catholic Church, teaching the people about Christianity; this is what we celebrate today! One way you can celebrate is to wear as much green as you possibly can even if the shades don't match! Let's see your green at our St. Patrick's Day party on March 17th at 2:00pm! There will be great snacks and entertainment!



Maxine's Last Day is Friday March 31st and we want to wish



her the best in her future adventures in Africa but also want her to know how much we appreciate all she's done for The Gardens and for each of us individually. She will be back once in a while to check in on us, but Africa will keep her fairly busy until then! Please come down to the dining room at 2:00 to say farewell and make a lasting memory with her. Feel free to bring any munchies; you can ask Donna for more details concerning that.

Mini Massages Make a Double Comeback this March!

As many of you are aware, college students in the massage therapy program come several times a year to get some hands-on experience (literally). They have a gentle touch and will ask you if the pressure they are using is comfortable for you; do not be hesitant to tell them if you feel uncomfortable. It is a very relaxing experience and only lasts for 15 minutes! They will be here again on Wednesday, March 1st as well as Wednesday, March 29th so make sure you sign up by the mailboxes to ensure you get the timeslot you want! Available times range from 1:00pm – 2:45pm. Did I also mention it's free?



Book Club



“The Grapes of Wrath” brought on such a great conversation, thanks to all of you who partook in the reading and discussion! The entire book was discussed so we are going to tackle “Jane Eyre” by Charlotte Bronte next and discuss it on March 3rd! If you would like to join our group, you can tell Randi and/or come to our next meeting! We would love to have more perspectives and conversations added to the group!

Line Dancing

Come join us every Wednesday afternoon at 3:30pm for some extra exercise! We are just a small group and would LOVE to have you join us! The songs we dance to often share moves with other songs so once you learn the basic steps you can dance to anything! Come and watch to see if you're interested.



Personal Touch Fashions are Coming Again

On Thursday, March 23rd we hope you can make it out to shop with Personal Touch Fashions sometime between 9:00am-12:00pm in the main foyer! They have a wide selection of clothing as well as accessories, so make sure you check it out! They won't be back until June 28th.



Learn A Game!

On March 9th at 3:00, we will have an hour of learning Whist taught by Alfred. If you've previously wanted to join the evening game nights but haven't known how to play, worry no more (just make sure you come!). If you would like to learn Bridge as well, please inform Randi and we will set up a similar time for that in April!



Regular Activities at The Gardens

March Activities at the Gardens

Everyday (Except Sunday)

Coffee, Chat & Crib

Sunday

Shuffleboard

Monday

Exercises / Scrabble / Movie Night / Pay Me

Tuesday

Tai Chi/Yoga / Bridge / Bingo / Canasta / Shuffleboard

Wednesday

Exercises / Line Dancing / Rook / Crib

Thursday

Tai Chi/Yoga / Whist

Friday

Exercises / Yarn Time / Movie Night / Pay Me

Saturday

Various Games / Shuffleboard (twice!)

March Activities at The Gardens

March 1 – Free Mini Massages

March 1 – Bingo

March 2 – Handbells

March 2 – Butterfly Craft

March 2 – Billiards

March 2 – Pre-dinner flute music by Karen by request

March 3 – Book Club

March 6 – Carpet Bowling

March 8 – Bean Bag Toss

March 9 – Sing Along

March 9 – Learn Whist

March 10 – Resident Council

March 10 – Billiards

March 13 – Scategories

March 15 – Wii Games

March 16 – Bean Bag Toss

March 17 – St. Patrick's Day Party!

March 18 – Horse Races

March 19 – Mennonite Choir

March 20 – Chop ingredients for Haystacks at Supper!

March 22 – Carpet Bowling

March 23 – Personal Touch Fashions

March 23 – Billiards

March 23 – Homemade Ice Cream

March 24 – Hawaiian Party

March 27 – Bean Bag Toss

March 29 – Free Mini Massages

March 29 – One-Eyed Jacks/Sequence

March 30 – Birthday Party with Classic Legends

March 30 – Billiards

March 31 – Hearing Life Canada

March 31 – Say Goodbye to Maxine

February in Review!



We've had a lot of fun in our crochet and knitting group! Look at em' go! Join us every Friday afternoon!



Thank you Loretta and crew for celebrating Alfred & Annette's 60th wedding anniversary! The cake was delicious!



Pauline's family and their friends led a wonderful worship sing-a-long! It's fun to sing those old hymns!



Susie was a successful bingo player – she won 5 games (therefore 5 chocolate bars!)

Our Sequence crowd is growing but we always want to see more of you out! If you don't know how to play, don't worry, you'll catch on fast!



Happy Valentine's Day everyone! We sure had fun listening to Karaoke Karen. We will see her again soon!



Happy birthday to all of you with February birthdays!



Butterfly Craft!

March Birthdays

Famous Birthdays

Albert Einstein (scientist) – March 14, 1879

Jerry Lewis (actor) – March 16, 1926

Johann Sebastian Bach (composer) – March 21, 1685

Aretha Franklin (singer) – March 25, 1942

Warren Beatty (actor) – March 30, 1937

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