



www.coventryplace-ga.com

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OFFICE HOURS

Monday–Friday 9 a.m.–5 p.m.
Weekends 7 a.m.–3 p.m.

COVENTRY PLACE CONTACT INFORMATION

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Baseball Begins

For baseball fans, the most important event of the year takes place this month: opening day! Come root for the home team at our opening day party, then make plans to join us the rest of the season as we watch MLB games together. Check the calendar for details!

March Weather Folklore

According to an old saying, “March comes in like a lion and goes out like a lamb.” Weather folklore often illustrated balance in nature, so if the month roared in with storms, then it should end on a calm, docile note. Since March marks the end of winter and the beginning of spring, this prediction can be true at times, but for parts of the country, elements of both seasons can be felt throughout the month.



March 2020



Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!

Trivia Whiz

Bowled Over by Cereal

Invented as a health food in the 1800s, cereal is now so popular, National Cereal Day is celebrated each year on March 7. Spoon out these facts about the breakfast food.

About 2.7 billion boxes of cereal are sold in the U.S. every year.

Kellogg's Corn Flakes was the first cereal to offer a prize, a picture book, in the early 1900s.

The first athlete to appear on a Wheaties box was baseball great Lou Gehrig in 1934.

Grape-Nuts were included in some U.S. military rations during World War II.

The marshmallows in Lucky Charms are called marbits.

Snap, Crackle and Pop debuted as mascots for Rice Krispies in 1933.

Honey Nut Cheerios, Frosted Flakes and Honey Bunches of Oats consistently rank among the bestselling cereals in the U.S.



Brain Bender: Leprechaun Logic

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick's Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they're taking to the party.

- Bridget is the same age as the leprechaun who likes bread.
- The 8-year-old girl is not bringing a cake.
- Declan isn't taking the stew.
- Erin loves rainbows. She is younger than Seamus.
- Seamus and his twin sister are 8 years old.
- The youngest leprechaun, who is 6, isn't bringing cake or stew.
- Bridget isn't taking bread, and Seamus isn't taking cookies.

(Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)

Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.



Wit & Wisdom



Global Ways To Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

Hygge. This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create *hygge* in your daily routine.

Lagom. Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing *lagom*, as is finding a happy medium between a cluttered or a sparsely decorated room.

Wabi-sabi. The ancient Japanese concept of *wabi-sabi* celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws. This idea can be seen in *kintsugi*, the art of

filling cracks in broken pottery with gold to make them part of the item's appeal.

Gezellig. At the heart of Dutch culture, *gezellig* can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered *gezellig*—even something unpleasant, such as waiting in a long line—if you're with a friend.

Meraki. In Greece, *meraki* means to take pleasure and pride in a task, whether big or small. The term is often associated with cooking, specifically the love and creativity put into a recipe, but can apply to any undertaking.



BE SURE TO ...

1. Check the bulletin board DAILY for additional activities or cancellations.
2. Listen to announcements.
3. When signing up for a trip to the doctor, put down the time as 30 minutes before your appointment.

Church Bus Schedule!!!!

Saturday

5:00PM..... St. Thomas More Catholic Church

Sunday 10:00

AM..... Decatur United Methodist Church

Bible

Reading!!!!

In The Library
Every Tuesday 4:00 - 4:55

DINING ROOM SERVING HOURS

Breakfast

7-8:15 a.m.

Lunch

12-1 p.m.

Dinner

5-5:30 p.m.

The Dining Room Closes

at 6 p.m.

Lunch Bunch Outings

Our Lunch Bunch heads to a local restaurant twice a month, and we welcome anyone who wants to join us! Get the dish on our next outing at the front desk or on the calendar.

Birthday Luncheon

It's time to blow out those birthday candles! Join us on March 10th for our monthly Birthday Party! Everyone is invited to bring 3 guests to share in cake and a great time with your friends and neighbors. Don't forget to make a wish before you take that deep breath!

BE SURE TO ...

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2. Listen to announcements.

3. When signing up for a trip to the doctor, put down the time as 30 minutes before your appointment. Be sure to sign up on the hour and half hour.

Sunday	Monday	Tuesday
1	2	3
1:30pm Bingo in the Card Room 3:00pm Hymn Sing Along Followed by Chapel Services in the Card Room	10:00am Chair Exercises With John Clerici 2:30pm Adult Coloring in the Card Room 4:00pm Bridge in the Library	9:00am-2:00pm Doctor Runs 2:30pm Bingo in the Card Room 3:30pm Easy Kung-Fu with Billy Mayfield in the Card Room
8	9	10
Daylight Saving Time (Begins) 1:30pm Bingo in the Card Room 3:00pm Hymn Sing Along Followed by Chapel Service in the Card Room	10:00am Chair Exercises With John Clerici 2:30pm Game Of Choice in the Card Room 4:00pm Bridge in the Library	9:00am-2:00pm Doctor Runs 12:00pm Birthday Lunch 2:30pm Bingo in the Card Room 3:30pm Easy Kung-Fu with Billy Mayfield in the Card Room Happy Birthday Steve Harris
15	16	17
1:30pm Bingo in the Card Room 3:00pm Hymn Sing Along Followed by Chapel Services in the Card Room	9:30am Field Trip Road to Tara Museum 10:00am Chair Exercises With John Clerici 4:00pm Bridge in the Library	HAPPY ST. PATTY'S DAY 1:15pm Bible Talk in the Library 2:30pm Bingo (free for St. Patty's Day) In the Card Room 3:30pm Easy Kung-Fu with Billy Mayfield in the Card Room
22	23	24
1:30pm Bingo in the Card Room 3:00pm Hymn Sing Along Followed by Chapel Services in the Card Room	10:00am Chair Exercises With John Clerici 1:30pm Shopping Trip Home Goods 2:00p Movie and Popcorn in the TV Room 4:00pm Bridge in the Library	1:30pm Book Club in the Library 2:30pm Bingo in the Card Room 3:30pm Easy Kung-Fu with Billy Mayfield in the Card Room
29	30	31
1:30pm Bingo in the Card Room 3:00pm Hymn Sing Along Followed by Chapel Services in the Card Room	10:00am Chair Exercises With John Clerici 2:30pm Meet Your Neighbor Chip McClanahan 4:00pm Bridge in the Library	2:30pm Bingo in the Card Room 3:30pm Easy Kung-Fu with Billy Mayfield in the Card Room Happy Birthday Dorothy Mayfield

Wednesday	Thursday	Friday	Saturday
4 9:00am “Kroger” Grocery Run 10:00am Chair Exercise With John Clerici in the Card Room 1:30pm “Kroger” Grocery Run 2:30pm Arts and Crafts in the Card Room 7:00pm Movie and Popcorn in the TV Room	5 11:00am Rosie’s Jewelry & More Sale in the Card Room 12:15pm Emory Speaks in the Dining Room 2:30pm Wine and Cheese Party in the Card Room 4:00pm Bridge in the Library 7:00pm Easy Kung-Fu with Billy Mayfield in the Card Room	6 9:30am Walmart Shopping Trip 2:30pm Bingo in the Card Room	7 10:00 Come Enjoy Drinks and Donuts With Your Neighbors in the Lobby 2:30pm Popcorn and Movies in the TV Room
11 9:00am “Kroger” Grocery Run 10:00am Chair Exercise With John Clerici in the Card Room 1:30pm “Publix” Grocery Run 2:30pm Arts and Crafts in the Card Room 7:00pm Movie and Popcorn in the TV Room Happy Birthday Betsy Brown	12 2:30pm The Legend Show (music) in the Card Room 4:00pm Bridge in the Library 7:00pm Easy Kung-Fu with Billy Mayfield in the Card Room	13 9:00 Podiatrist on the 5th Floor in the TV Room (sign Up on the Bullion Board 11:00am Let’s Eat Out (at Athen’s Pizza) 2:30pm Bingo in the Card Room	14 10:00 Come Enjoy Drinks and Donuts With Your Neighbors in the Lobby 2:30pm Popcorn and Movies in the TV Room
18 9:00am “Kroger” Grocery Run 10:00am Chair Exercise With John Clerici in the Card Room 1:30pm “Kroger” Grocery Run 2:30pm Game Of Choice in the Card Room 7:00pm Movie and Popcorn in the TV Room	19 2:30pm Wine and Cheese Party in the Card Room 4:00pm Bridge in the Library 7:00pm Easy Kung-Fu with Billy Mayfield in the Card Room	20 9:30am Dollar Tree Shopping Trip 2:30pm Bingo in the Card Room	21 10:00 Come Enjoy Drinks and Donuts With Your Neighbors in the Lobby 2:30pm Popcorn and Movies in the TV Room
25 9:00am “Kroger” Grocery Run 10:00am Chair Exercise With John Clerici in the Card Room 1:30pm “Kroger” Grocery Run 2:30pm Adult Coloring in the Card Room 7:00pm Movie and Popcorn in the TV Room	26 2:30pm Karaoke Sing Along With Maria in the Card Room 7:00pm Easy Kung-Fu with Billy Mayfield in the Card Room	27 11:00am Let’s Eat Out (at Jason’s Deli) 2:30pm Bingo in the Card Room	28 10:00 Come Enjoy Drinks and Donuts With Your Neighbors in the Lobby 2:30pm Popcorn and Movies in the TV Room

Talk About It

Up in the Air

From flying kites to flying planes, humans have long been fascinated with all things air-related. Gather with a group and “air” your thoughts about a few.

Have you ever flown a kite? How old were you? Where did you fly it?

Did you fly toy airplanes or launch rockets when you were growing up?

Have you traveled on an airplane? If so, was it a small plane or a large jet? Did you fly regularly or occasionally? Where did you go?

If you’ve ridden in a helicopter, what was that like?

Did you or anyone you know learn to fly a plane in the military or earn a pilot’s license? Talk about that experience.

Hot air balloons provide a bird’s-eye view at a slower pace than planes. Did you ever ride in one?

Have you ever been sky diving, hang gliding or bungee jumping?



Historic Train Stations

Train stations have been the settings for countless hellos and farewells, reunions and celebrations. Have you passed through any of these great American railway stops?

Grand Central Terminal, New York City. It’s one of the most visited sites in the Big Apple. More than 750,000 people pass through the world-famous landmark each day, but not all are there to catch a train or subway. Grand Central was completed in 1913.

30th Street Station, Philadelphia. Trains arrive and depart from all four directions at this station, one of the

country’s busiest. Built in 1933, its main concourse has 95-foot-high ceilings, five-story windows and marble floors.

Los Angeles Union Station. Called the “last of the great railway stations,” this terminal began service in 1939 and is the largest in the western U.S. To reflect the city’s heritage, it was designed with a blend of styles, including Spanish colonial and art deco.

Union Station, Kansas City, Mo. This Midwestern hub was the third-largest train station in the nation when it opened in 1914, and thousands of soldiers traveled through it during World War II. The Grand Hall features massive chandeliers and a 6-foot clock.

Main Street Station, Richmond, Va. This ornate, red brick building with its clay-tiled roof and a domed clock tower saw its first passengers in 1901.





HAPPY 101ST BIRTHDAY ANNA DORSEY



CLEAN OUT YOUR CLOSET DAY
HELP THE HOMELESS IN ATLANTA
THANK YOU RESIDENTS



THANK YOU BETTY LEWIS FOR
PARTICIPATING IN ALL ACTIVITIES



Jest a Few Holiday Jokes

These St. Patrick's Day-related jokes will have you Dublin over with giggles!

Rainbow Riddles

What do you call a rainbow over a farm?

A grain-bow.

What about one over a construction site?

A crane-bow.

Over an airport runway?

A plane-bow.

What if it's over the city of Madrid?

A Spain-bow.

Clover Comedy

Why do we wear shamrocks on St. Patrick's Day?

Because regular rocks are too heavy!

What happens when you cross poison ivy with a four-leaf clover?

You get a rash of good luck.

Why shouldn't you iron a four-leaf clover?

You might press your luck.

March 2020

January Birthdays!



Back row; Betty Lee, Ruby, Jackie
Front Row; Shirley, Billy

February Birthdays!



Back Row, Consuello, Lillian Front Row; Anna, Jessie,
June, Janice