



MARDI GRAS

Celebration at Rutland Place



MARCH 2023

The Rutland Rave

Celebrating the Arrival of Spring at Rutland Place Retirement Community

EXECUTIVE DIRECTOR'S CORNER

March Into Springtime at Rutland Place

Yay! It's March and it is the wonderful month that brings the new beginnings of Spring! Green leaves start popping out on the trees, birds start chirping and flowers begin to show their beautiful colors! We can get rid of that heavy winter coat and welcome the festivities of fun and spring.

DID YOU KNOW?

- **March's birth flower** is the daffodil or jonquil! The daffodil signifies regard or unrequited love. The jonquil means "I desire a return of affection."
- **March's birthstone is the aquamarine.** This gem is a type of beryl; its color can be pale to dark blue, greenish-blue, or blue-green; deep, intense blue versions are more valuable.
- **March's Zodiac signs** are Pisces (February 20th to March 20th) and Aries (March 21st to April 20th).
- Every year, March and June finish on the same day of the week.
- March is the time of year when animals start waking up from hibernation.
- March is the equivalent of September in the Southern Hemisphere.
- And be sure to watch out for these special events in March!
- March's full Moon, the **Worm Moon**, reaches peak illumination on the morning of Tuesday, March 7th. Look for it in the evening of Monday, the 6th, as the moon rises above the horizon!

- Sunday, March 12th is the start of **Daylight Saving Time**, which begins at 2:00 a.m. that day. Don't forget to "spring forward" and set the clocks one hour ahead or you may find yourself an hour late to everything!
- Friday, March 17th is **St. Patrick's Day.** According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity. Come join the fun at Rutland Place's annual St. Patrick's Day Party! You'll want to dance a jig and enjoy authentic Irish fare and entertainment!
- The March equinox occurs on Monday, March 20th. In the Northern Hemisphere, this is known as the vernal or spring equinox and marks the start of the spring season. At this time, the sun crosses the celestial equator on its way north. Also on this day, the sun rises exactly in the east and sets exactly in the west—a good thing to know if you get lost in the woods.
- Tuesday, March 21 is the **first official day of Spring!** Be sure to check out what fun activities Dave, our fabulous Life Enrichment Director, has planned for you!

It is the month of GREEN...ready the blarney stone, we'll be creating our own "Luck o' the Irish" at Rutland Place this month!

—Karen Tucker, Executive Director



Enjoy Some Irish Fun!

Dinner and Music at McNamara's Irish Pub

Friday, March 10th
Departs 4:00 p.m.

St. Patrick's Day Party Featuring Entertainment & Irish Delights

Friday, March 17th
4:30 p.m.

We Enjoyed a Sweet Valentine's Day at Rutland Place!



A Note from Dave...Learning All About March!

It's crazy to think we are already in our third month of 2023. March is the third month of the year, but the first month of spring. If you feel anything like me then you are excited to welcome spring. Warmer weather, longer days, and much prettier colors!

Longing for longer days? No worries, Daylight savings is in March which means we will set our clocks forward to "Summer Time." Mark your calendars for March 12th! With the longer days come warmer weather also. I encourage everyone to enjoy the nice temperatures March will bring us. Join us on excursions, walk the walking trail, and enjoy each others company.

March also brings madness! March Madness is another name for the College Basketball National Championship. Sixty-eight College basketball teams will play in a tournament for title of the Division 1 Basketball Tournament. "March Madness" is even popular among non-sporting fans and creates nationwide celebrations. This year, Selection Sunday is Sunday,

March 12th. The tournament begins Tuesday, March 14th and the Finale will be on Monday, April 3rd. I want to remind everyone that you are more than welcome to enjoy the tournament in our theater as long as there aren't any other activities going on.

To celebrate St. Patrick's day we will be going to McNamara's Irish Restaurant and Pub. We will also have our own St. Patrick's Day celebration in our Dining Room. You can expect a themed dinner along with some Irish-themed music to help us celebrate.

And how can we forget spring cleaning? It's about that time we put our winter clothes up and get our short sleeves out! With the arrival of spring and more sunshine, it never fails that I find the energy to clean (I may finally finish putting up all my Christmas décor at home!)

I'm looking forward to what march brings and I hope you are too!

—Dave Putman, Life Enrichment Director

Memorable Moments at Rutland Place!



Melba was visited by her son on her birthday. He brought her flowers and balloons! So sweet! So glad we were there to capture this candid moment!



Breakfast outing at First Watch



Thank you to Daughters of the American Revolution for bringing the Fife and Drum songs of the American Revolution to Rutland Place. We all learned a lot about the marching songs, fighting, and victory songs played. It was very informative and interesting. Thank you to the Daughters of the American Revolution.



Update day! Residents help one another update the directories as new residents join our community!



John Wayne made a special appearance here during our Joy Singers country western performance!



We Had a Great Valentine's Day!



Upcoming Events

- 1st—Music by The Silver Notes
- 2nd—Making St. Patrick's Day Ornaments
- 3rd—Bus to Tennessee State Museum
- 7th—Jewelry Making
- 8th—Help with Directory Updates
- 9th—New Resident Orientation
- 10th—Plant Workshop
Lead by instructor
- 10th—Music by Patrick Calvert
- 10th—Bus to McNamara's Irish Restaurant
- 14th—Bus to Jeff's Family Restaurant
- 15th—Horse Racing with Kris
- 17th—Food Committee Meeting
- 17th—St. Patrick's Day Celebration
- 20th—Music by Pam Weston
- 23rd—Jewelry Sale for Residents
- 24th—Bus to the Chocolate Covered Strawberry
- 28th—Bus to Shop Springs Creamery
- 28th—Safety Committee Meeting
- 29th—Resident Town Hall Meeting
- 30th—Birthday Bash
- 30th—Music by Tony Zain
- 31st—Don't Need It, You Take it Day
- 31st—Bus to Cracker Barrel for Dinner

RUTLAND PLACE

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RutlandPlaceSeniorLiving.com

Karen Tucker.....Executive Director
Pam BartonMarketing Director
David PutmanLife Enrichment Director
Eric WebbFood Service Director
Minna PolhemusAdministrative Services Director
Tara ArmstrongBuilding & Grounds Director
Brandon KilloranDining Room Manager
Stefan Reed, Amanda Jones-Valero.....Housekeeping
Pattie Crawford.....Sous Chef
Mike Guerrieri, Dave BoltzMaintenance Assistants
Cathy SalisburyDirector of Home Services

Tommy HallDriver
Keely Sellars, Callie Cash, Catherine Powell, Lisa Swafford, Anslee Powell, Hunter LaRose, Debi Lelievre, Macie Rogers, Isabella Southerland, Tina Rogers, Wyatt Smith, Terrance Graves, Godfrey Afoutou, Chris Gordan, Chloe Turner, Addison Hill, Jennie ShaddoxFood Service
Jeanna Warren, Ashley Weatherford, Reece Lopez, Carrie Capps, Michelle Dillon, Glenn Harla, Quay Phelps, Lori HarrisFront Desk
Maria De La Garza, Sylvia O'Choa, Rachel Bassett, Holly SargentHome Services
Rachel Burgener.....Salon

Celebrating March Milestones!

RESIDENT BIRTHDAYS

Beverly Bernhardt 1st	Shirley Wallace4th	Libby Pierce12th	Carol Haley24th
Peggy Nichol4th	Belle Butler5th	Gary Orr.....15th	Dorothy Mobley 29th
Frances Partee4th	Proc Garner9th	Dianne Cozart....23rd	Have a great day!

STAFF BIRTHDAY Godfrey Afoutou.....25th