

## Person, Place or Thing?

I know a famous Mr.  
I come in an array of colors  
Some types like to count me  
A Tiffany & Co. classic is based  
on my shape  
Coffee is made from me  
I like franks  
One of my varieties shares its  
its name with a horse  
In Spanish, I am frijoles  
In the Navy, I'm served as soup  
My string is sometimes steamed

## Laughter is good Medicine!

- Q. How are stars like false teeth?  
A. They both come out at night
- Q. Which dessert is perfect for eating in bed?  
A. A Sheet cake
- Q. Why did the butcher work extra hours at the shop?  
A. To make ends meat.
- Q. What do you call cheese that is sad?  
A. Blue cheese
- Q. What do you call blueberries playing the guitar?  
A. A jam session

## Song Of March

With winter's footprints in the past,  
and snows begin to melt at last.

With longer days and shorter nights,  
the wayward winds of March take flight.

Four winds she holds within her grip,  
then hurls them from her fingertip.

Her woolly, fleecy clouds of white,  
she sets in skies of blue delight.

Her wild bouts of gusty breezes  
roar through valleys, hills, and trees.

That high pitch whistling song she sings  
awakens earth and flowering things.

She tears a hole in heaven's sky  
so sun can shine and rain can cry.

She gently calms as spring draws near,  
as blooming daffodils appear.

She welcomes April showers in,  
then gathers up her dwindling winds.  
Now her long journey home begins,

knowing she'll be back this way,  
upon a cold, late winter's day,

when nights grow short  
and days grow long.

Listen for her whistling song!



Welcome to  
Solstice Senior  
Living At Bangor

## March Birthday's

Richard F.	3/9
Rachel D.	3/12
Arthur L.	3/13
Joan H.	3/13
Donald W.	3/14
Nora G.	3/15
Robert L.	3/21

*"The meeting of preparation  
with opportunity generates the  
offspring we call luck."*

*— Anthony Robbins*

## I Am Not Old

My eyes are fine; they are just printing words small.  
I just use a walking stick to seem stately and tall.

Nothing is wrong with my sense of smell.  
My ears are fine if you don't whisper but yell.

The wrinkles are just laugh lines; they will go away.  
It is fashion that has turned my hair from black to gray.

It's the cold, not age that is stiffening my knees.  
I like to hum as I walk; it's not a wheeze.

What extra kilos? My scale is broken down.  
If I try, I can still fit into my wedding gown.

my bones don't creak; my shoes are new.  
My memory is sharp. Oh, do I know you?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>8:45  Sittercise [AR] <b>1</b></p> <p>10:00  Spiritual Fellowship [C]</p> <p>11:15  <i>Hymns with Leila [Atrm]</i></p> <p>2:00  <b>Sunday Afternoon at the Movies! The Intern [TV]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  20 Questions! [AR]</p>	<p>8:45  Sittercise [AR] <b>2</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Morning piano with Galen [Atrm]</b></p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>12:30  <b>Mingle Monday's meet your neighbor! [DR]</b></p> <p>2:00  <b>Service with Steve Smith/First Methodist Church of Bangor [C]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  Elder Life Story Interviews with Husson College [AR]</p> <p>6:30  <b>Gospel Music with Shepherd's Kids! [Atrm]</b></p>	<p>8:45  Sittercise [AR] <b>3</b></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  <b>St Patrick's Day Craft! [AR]</b></p> <p>2:00  <b>Voices of Love singing group! [Atrm]</b></p> <p>3:00  High Stakes BINGO!! [AR]</p> <p>4:00  <i>Bible Study with Dave [C]</i></p> <p>6:30  Skip-Bo [TV]</p>	<p>8:45  Sittercise [AR] <b>4</b></p> <p>10:00  Wii Bowling [GM]</p> <p>10:30  Beginners Tia Chi [AR]</p> <p>11:00  Rummikub! [TV]</p> <p>2:00  New Group Game! The Vicar's Cat! [AR]</p> <p>3:00  Pokeno! [AR]</p> <p>4:30  <b>Puzzle Time! [AR]</b></p> <p>6:30  <b>PJ BINGO Party! [AR]</b></p>	<p>8:45  Sittercise [AR] <b>5</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag Toss with Renee! [Atrm]</p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>11:30  <b>Blood Pressure Clinic with Kindred</b></p> <p>1:00  "Down Memory Lane" One Day Video's [DR]</p> <p>2:00  Adult Coloring [AR]</p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  Sing &amp; Swing Songsters [Atrm]</p> <p>6:30  "Hand and Foot" card game night! [TV]</p>	<p>8:45  Gentle Yoga [AR] <b>6</b></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Knit and Chat! [TV]</b></p> <p>11:00  <b>Resident Council Meeting [AR]</b></p> <p>12:30  <b>Friendly Friday's! [AR]</b></p> <p>2:00  <b>Elevate Inspires with Andre! Come cook and eat! [AR]</b></p> <p>4:00  Happy Hour! [TV]</p> <p>6:30  Friday Night Bean Bag Toss! [Atrm]</p>	<p>8:45  Sittercise [AR] <b>7</b></p> <p>9:30  Rummikub [AR]</p> <p>10:00  Fun with Wii Bowling! [GM]</p> <p>11:00  Bean Bag with Randy! [Atrm]</p> <p>11:00  Spite &amp; Malice with Annegrete! (New Card game) [GM]</p> <p>2:00  Pokeno with Randy! [AR]</p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  <b>Ragtime Piano with Masanobu [Atrm]</b></p> <p>6:30  Skip-Bo Night ! [TV]</p>		
<p><b>Daylight Saving Time Begins</b> <b>8</b></p> <p>8:45  Sittercise [AR]</p> <p>10:00  Spiritual Fellowship [C]</p> <p>11:15  <i>Hymns with Leila [Atrm]</i></p> <p>2:00  <b>Sunday Afternoon at the Movies! I'll See You In My Dreams [TV]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  20 Questions! [AR]</p>	<p>8:45  Sittercise [AR] <b>9</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Morning piano with Galen [Atrm]</b></p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>12:30  <b>Mingle Monday's meet your neighbor! [DR]</b></p> <p>2:00  Crossword Crossers [AR]</p> <p>2:30  Pokeno [AR]</p> <p>3:30  High Stakes Bingo with Gary! [AR]</p> <p>6:30  <b>Gospel Music with Shepherd's Kids! [Atrm]</b></p>	<p>8:45  Sittercise [AR] <b>10</b></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag with Renee! [Atrm]</p> <p>2:00  Left, Right, Center! [AR]</p> <p>3:00  High Stakes BINGO!! [AR]</p> <p>4:00  <i>Bible Study with Dave [C]</i></p> <p>6:30  Skip-Bo [TV]</p>	<p>8:45  Sittercise [AR] <b>11</b></p> <p>10:00  Wii Bowling [GM]</p> <p>10:30  Beginners Tia Chi [AR]</p> <p>11:00  Rummikub! [TV]</p> <p>12:30  <b>Monthly Birthday Celebration! [DR]</b></p> <p>2:00  "Word within a Word" [AR]</p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:30  <b>Puzzle Time! [AR]</b></p> <p>6:30  <b>Con Brio Brass Band! [Atrm]</b></p>	<p>8:45  Sittercise [AR] <b>12</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag Toss with Renee! [Atrm]</p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>1:00  "Down Memory Lane" One Day Video's [DR]</p> <p>2:00  Adult Coloring [AR]</p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  Sing &amp; Swing Songsters [Atrm]</p> <p>6:30  "Hand and Foot" card game night! [TV]</p>	<p>8:45  Gentle Yoga [AR] <b>13</b></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Knit and Chat! [TV]</b></p> <p>12:30  <b>Friendly Friday's! [AR]</b></p> <p>2:00  <i>Catholic Service with Father Rollie [C]</i></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  <b>Folk music with Zella! [Atrm]</b></p> <p>4:00  Happy Hour! [TV]</p> <p>6:30  Friday Night Bean Bag Toss! [Atrm]</p>	<p>8:45  Sittercise [AR] <b>14</b></p> <p>9:30  Rummikub [AR]</p> <p>10:00  Fun with Wii Bowling! [GM]</p> <p>11:00  <b>Art with Andrea! [AR]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>6:30  Skip-Bo Night ! [TV]</p>		
<p>8:45  Sittercise [AR] <b>15</b></p> <p>10:00  Spiritual Fellowship [C]</p> <p>11:15  <i>Hymns with Leila [Atrm]</i></p> <p>2:30  <b>Unity Singing Group! [Atrm]</b></p> <p>3:30  High Stakes Bingo with Gary! [AR]</p> <p>4:30  20 Questions! [AR]</p> <p>6:30  <b>Sunday Night at the Movies! Five Flights Up [TV]</b></p>	<p>8:45  Sittercise [AR] <b>16</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Morning piano with Galen [Atrm]</b></p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>12:30  <b>Mingle Monday's meet your neighbor! [DR]</b></p> <p>2:00  Crossword Crossers [AR]</p> <p>2:30  Pokeno [AR]</p> <p>3:30  High Stakes Bingo with Gary! [AR]</p> <p>6:30  <b>Gospel Music with Shepherd's Kids! [Atrm]</b></p>	<p><b>St. Patrick's Day</b> <b>17</b></p> <p>8:45  Sittercise [AR]</p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag with Renee! [Atrm]</p> <p>12:30  <b>Leprechaun Luncheon! [DR]</b></p> <p>2:00  Seven! [AR]</p> <p>3:00  <b>Celebrate St Patrick's Day! [AR]</b></p> <p>4:00  <i>Bible Study with Dave [C]</i></p> <p>6:30  Skip-Bo [TV]</p>	<p>8:45  Sittercise [AR] <b>18</b></p> <p>10:00  Wii Bowling [GM]</p> <p>10:30  Beginners Tia Chi [AR]</p> <p>11:00  Rummikub! [TV]</p> <p>2:00  <b>St Joe's Health Talk's-Heart Health with Dana! [AR]</b></p> <p>3:00  Pokeno with Gary! [AR]</p> <p>4:30  <b>Puzzle Time! [AR]</b></p> <p>6:30  <b>White Elephant Bingo!</b></p>	<p>8:45  Sittercise [AR] <b>19</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag Toss with Renee! [Atrm]</p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>1:00  "Down Memory Lane" One Day Video's [DR]</p> <p>2:00  <b>"Food for Thought" with Chef Michael! [Atrm]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  Sing &amp; Swing Songsters [Atrm]</p> <p>6:30  "Hand and Foot" card game night! [TV]</p>	<p>8:45  Gentle Yoga [AR] <b>20</b></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Knit and Chat! [TV]</b></p> <p>12:30  <b>Friendly Friday's! [AR]</b></p> <p>2:00  Pokeno!! [AR]</p> <p>4:00  Happy Hour! [TV]</p> <p>6:30  Friday Night Bean Bag Toss! [Atrm]</p>	<p>8:45  Sittercise [AR] <b>21</b></p> <p>9:30  Rummikub [AR]</p> <p>10:00  Fun with Wii Bowling! [GM]</p> <p>11:00  Bean Bag with Randy! [Atrm]</p> <p>11:00  Spite &amp; Malice with Annegrete! (New Card game) [GM]</p> <p>2:00  Pokeno with Randy! [AR]</p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  <b>Bill Trowell on Piano!! [Atrm]</b></p> <p>6:30  Skip-Bo Night ! [TV]</p>		
<p>8:45  Sittercise [AR] <b>22</b></p> <p>10:00  Spiritual Fellowship [C]</p> <p>11:15  <i>Hymns with Leila [Atrm]</i></p> <p>2:00  <b>Fred and Deb! [Atrm]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  20 Questions! [AR]</p> <p>6:30  <b>Sunday Night at the Movies! Our Souls At Night [TV]</b></p>	<p>8:45  Sittercise [AR] <b>23</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Morning piano with Galen [Atrm]</b></p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>12:30  <b>Mingle Monday's meet your neighbor! [DR]</b></p> <p>2:00  Crossword Crossers [AR]</p> <p>2:30  Pokeno [AR]</p> <p>3:30  High Stakes Bingo with Gary! [AR]</p> <p>6:30  <b>Gospel Music with Shepherd's Kids! [Atrm]</b></p>	<p>8:45  Sittercise [AR] <b>24</b></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag with Renee! [Atrm]</p> <p>2:00  Left, Right, Center! [AR]</p> <p>3:00  High Stakes BINGO!! [AR]</p> <p>4:00  <i>Bible Study with Dave [C]</i></p> <p>6:30  Skip-Bo [TV]</p>	<p>8:45  Sittercise [AR] <b>25</b></p> <p>10:00  Wii Bowling [GM]</p> <p>10:30  Beginners Tia Chi [AR]</p> <p>11:00  Rummikub! [TV]</p> <p>2:00  <b>Pokeno! [AR]</b></p> <p>3:00  <b>Town Hall Meeting [Atrm]</b></p> <p>4:00  Fact or Fiction? [AR]</p> <p>6:30  <b>Change It Up Bingo! [AR]</b></p>	<p>8:45  Sittercise [AR] <b>26</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag Toss with Renee! [Atrm]</p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>1:00  "Down Memory Lane" One Day Video's [DR]</p> <p>2:00  Adult Coloring [AR]</p> <p>3:00  <b>Kindred at Home Health Talks with Kelly! [TV]</b></p> <p>4:00  Sing &amp; Swing Songsters [Atrm]</p> <p>6:30  "Hand and Foot" card game night! [TV]</p>	<p>8:00  <b>Heavenly Feet and Spa Day!</b> <b>27</b></p> <p>8:45  Gentle Yoga [AR]</p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Knit and Chat! [TV]</b></p> <p>11:00  <b>Volunteering-Boulter Senior Center High Stakes BINGO and out to lunch!</b></p> <p>12:30  <b>Friendly Friday's! [AR]</b></p> <p>1:30  <b>PVSC Senior College Class-Film Comedy as Social Critique [AR]</b></p> <p>4:00  Happy Hour! [TV]</p> <p>6:30  Friday Night Bean Bag Toss! [Atrm]</p>	<p>8:00  <b>Heavenly Feet and Spa Day!</b> <b>28</b></p> <p>8:45  Sittercise [AR]</p> <p>9:30  Rummikub [AR]</p> <p>10:00  Fun with Wii Bowling! [GM]</p> <p>11:00  <b>Art with Andrea! [AR]</b></p> <p>2:00  <b>The Roustabouts! Blue Grass Music! [Atrm]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>6:30  Skip-Bo Night ! [TV]</p>		
<p>8:45  Sittercise [AR] <b>29</b></p> <p>10:00  Spiritual Fellowship [C]</p> <p>11:15  <i>Hymns with Leila [Atrm]</i></p> <p>2:00  <b>Sunday Afternoon at the Movies! Heaven is For Real [TV]</b></p> <p>3:00  High Stakes Bingo with Gary! [AR]</p> <p>4:00  20 Questions! [AR]</p>	<p>8:45  Sittercise [AR] <b>30</b></p> <p>9:45  <i>Bone Builders [AR]</i></p> <p>10:00  Wii Bowling [GM]</p> <p>11:00  <b>Morning piano with Galen [Atrm]</b></p> <p>11:15  <i>Tai Chi [AR]</i></p> <p>12:30  <b>Mingle Monday's meet your neighbor! [DR]</b></p> <p>2:00  Crossword Crossers [AR]</p> <p>2:30  Pokeno [AR]</p> <p>3:30  High Stakes Bingo with Gary! [AR]</p> <p>6:30  <b>Gospel Music with Shepherd's Kids! [Atrm]</b></p>	<p>8:45  Sittercise [AR] <b>31</b></p> <p>10:00  Dominoes/Rummikub [TV]</p> <p>11:00  Bean Bag with Renee! [Atrm]</p> <p>3:00  High Stakes BINGO!! [AR]</p> <p>4:00  <i>Bible Study with Dave [C]</i></p> <p>6:30  Skip-Bo [TV]</p>	 <b>SOLSTICE</b> SENIOR LIVING AT BANGOR			<p>922 Ohio Street Bangor, ME 04401 207-262-9600</p>	<p><b>Location Keys</b></p> <p>Atrium Atrm</p> <p>Game Room GM</p> <p>TV/Media Room TV</p> <p>activity room AR</p> <p>chapel C</p> <p>dining room DR</p>	<p> <b>Be Adventurous</b></p> <p> <b>Be Challenged</b></p> <p> <b>Be Connected</b></p> <p> <b>Be Inspired</b></p> <p> <b>Be Social</b></p> <p> <b>Be Well</b></p>