



LEGACY HOUSE

Avondale

2635 N Dysart Road • Avondale, AZ 85392

Meet Your Management Team

Executive Director- Carol Mazza
Res. Care Coordinator- Mariah Crawford
Marketing Director- Jennifer Eldredge
Maintenance Director- Rory Tanner
Food Service Director- William Torres
Activities Director- Amy Heusted

Happy Birthday!

15 "Mack"
24 Phyllis O.
27 Terry S.
29 Bob B.

Welcome New Residents

Gary P. Cindy P.
Yvonne H. Phyllis S.
Geri B. Velma B.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.

Geography 101: Blarney Castle

Each year, thousands of visitors flock to this medieval fortress in County Cork, Ireland, and most of them have one goal: kissing the Blarney Stone. But it's no simple task. After climbing steep spiral staircases to the top of the castle, they must lean backward and hang upside down in order to touch their lips to the historic stone. Legend says that those who carry out the custom will be awarded eloquence, or the "gift of gab," and never be at a loss for words.

March 2020



Springing Into the Season

With their trumpet-shaped blooms, daffodils announce the arrival of spring. The bright yellow and white flowers are one of the season's first and among the few plants that can grow through the snow. According to a Welsh legend, if you see the first daffodil, your year ahead will be filled with wealth.

Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Church Services - MPR 2:00 Bingo with Dan - MPR 6:00 Movie -T	2 9:30 Sit and Be Fit MPR 10:00 Bridge Group- CR 10:00 Chef's Chat 11:00 Coloring Club -ACR 2:00 Bingo MPR 6:00 Movie -T	3 9:30 Let's Paint - ACR 10:45 Chair Yoga w/Debbie -ACR 12:00 Birthday Lunch - PDR 2:00 Phase 10 -ACR 6:00 Movie -T	4 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Creativity Hour- ACR 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	5 9:30 Chair Yoga w/Debbie 10:30 Coffee Connection - B 2:00 Bingo MPR 6:00 Movie -T	6 9:00 Casino Outing 9:30 Sit and Be Fit MPR 10:30 Errands 11:00 UNO -ACR 2:00 Sing Along - MPR 6:00 Movie -T	7 10:00 Community Car Show 6:00 Movie -T
8 10:00 Church Services - MPR 2:00 Bingo with Dan - MPR 6:00 Movie -T	9 9:30 Sit and Be Fit MPR 10:00 Bridge Group- CR 11:00 Coloring Club -ACR 2:00 Bingo MPR 6:00 Movie -T	10 10:45 Chair Yoga w/Debbie -ACR 12:00 Juliet Lunch- PDR 2:00 Phase 10 -ACR 6:00 Movie -T	11 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Creativity Hour- ACR 10:30 Shopping at Fry's * 1:00 Massage Therapy-T 2:00 Documentary -T 6:00 Movie -T	12 9:30 Chair Yoga w/Debbie 10:30 Coffee Connection - B 2:00 Bingo MPR 3:00 Gold Panning - Courtyard 6:00 Movie -T	13 9:30 Sit and Be Fit MPR 10:00 Nail Time - ACR 10:30 Errands 2:00 Social Hour w/ Sam Stefanski -B 6:00 Movie -T	14 9:30 Sit and Be Fit - ACR 1:00 Movie Matinee -T 1:30 Family Feud - B 3:00 Card Games- 6:00 Movie -T
15 10:00 Church Services - MPR 2:00 Bingo with Dan - MPR 6:00 Movie -T	16 9:30 Sit and Be Fit MPR 10:00 Activities Meeting 10:00 Bridge Group- CR 11:00 Coloring Club -ACR 2:00 Bingo MPR 6:00 Movie -T	17 St. Patrick's Day 9:30 Let's Paint - ACR 10:45 Chair Yoga w/Debbie -ACR 2:00 Community Craft- ACR 6:00 Movie -T	18 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Creativity Hour- ACR 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	19 9:30 Chair Yoga w/Debbie 10:30 Coffee Connection - B 2:00 Bingo MPR 6:00 Movie -T	20 9:30 Sit and Be Fit MPR 10:30 Errands 11:00 UNO -ACR 2:00 Social Hour w/ Ronny Lee -B 6:00 Movie -T	21 9:30 Sit and Be Fit - ACR 1:00 Movie Matinee -T 1:30 Family Feud - B 3:00 Card Games- 6:00 Movie -T
22 10:00 Church Services - MPR 2:00 Bingo with Dan - MPR 6:00 Movie -T	23 9:30 Sit and Be Fit MPR 10:00 Bridge Group- CR 10:00 Resident Town Hall - T 11:00 Coloring Club -ACR 2:00 Bingo MPR 6:00 Movie -T	24 10:45 Chair Yoga w/Debbie -ACR 12:00 Romeo Lunch -PDR 2:00 Phase 10 -ACR 6:00 Movie -T	25 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Creativity Hour- ACR 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	26 9:30 Chair Yoga w/Debbie 10:30 Coffee Connection - B 2:00 Bingo MPR 6:00 Movie -T	27 9:30 Sit and Be Fit MPR 10:00 Nail Time - ACR 10:30 Errands 2:00 Social Hour w/ Patrick Mcnally -B 4:00 Dinner in Ireland 6:00 Movie -T	28 9:30 Sit and Be Fit - ACR 1:00 Movie Matinee -T 1:30 Family Feud - B 3:00 Card Games- 4:00 Take 5 Dance Recital -MPR 6:00 Movie -T
29 10:00 Church Services - MPR 2:00 Bingo with Dan - MPR 6:00 Movie -T	30 9:30 Sit and Be Fit MPR 10:00 Bridge Group- CR 11:00 Lunch Out- Irish WolfHound 2:00 Bingo MPR 6:00 Movie -T	31 9:30 Let's Paint - ACR 10:00 Movie Outing- TBD 10:45 Chair Yoga w/Debbie -ACR 2:00 Phase 10 -ACR 6:00 Movie -T			MPR- Multi Purpose Room T- Theater ACR- Activity Craft Room CR- Card Room B- Bistro PDR- Private Dining Room	



Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

Year	Milestone
1847	The first U.S. postage stamps are issued.
1860	The Pony Express mail service begins.
1918	Airmail service between New York and Washington, D.C., takes off.
1942	Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.
1963	ZIP codes are assigned.
1971	The Post Office Department is renamed the U.S. Postal Service.
1993	A stamp featuring Elvis Presley becomes the bestselling commemorative stamp.
2007	The "forever" stamp debuts.

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.