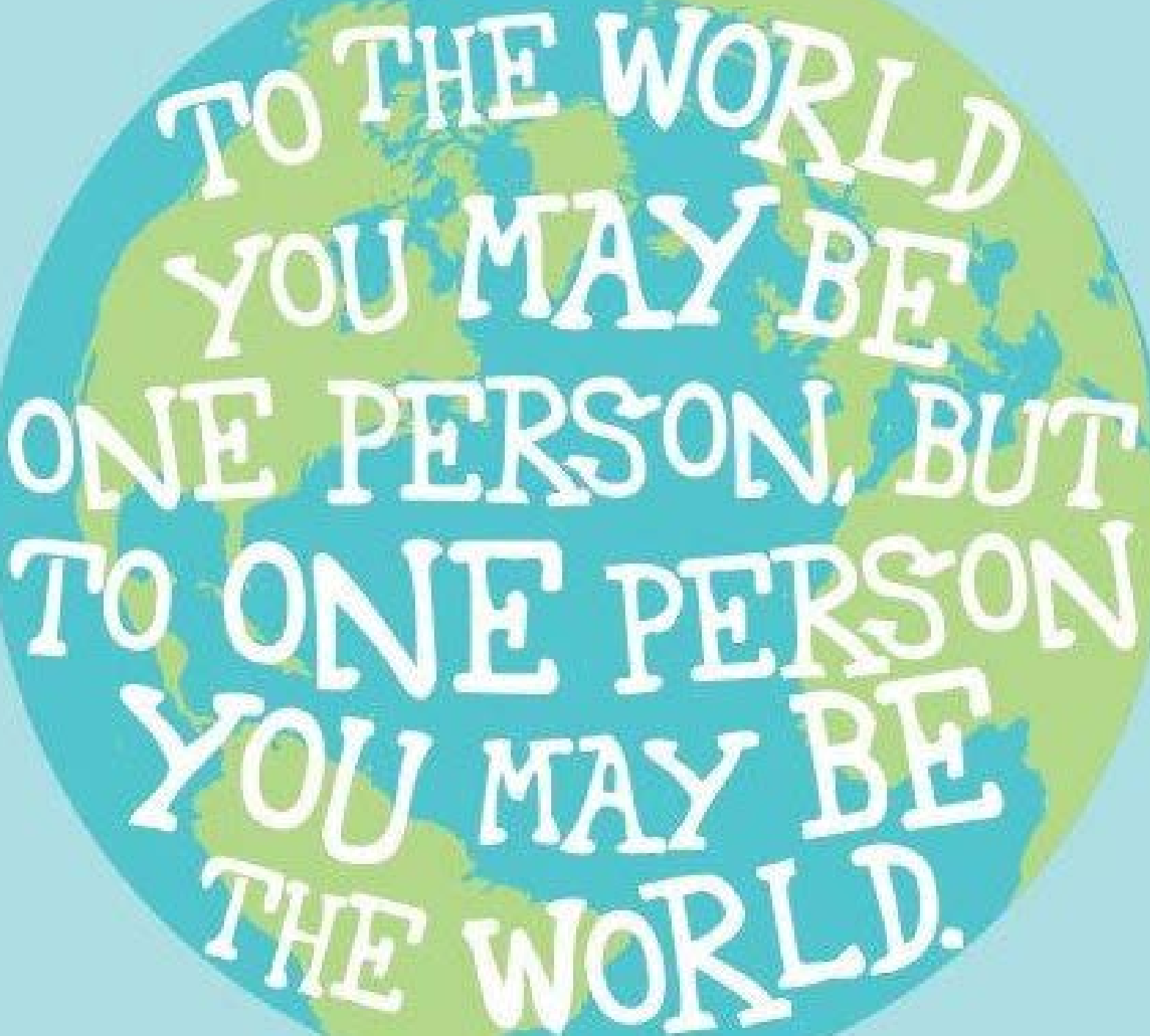


Shavings

The Magazine
of

The  Estates
A T C A R P E N T E R S

March 2021



TO THE WORLD
YOU MAY BE
ONE PERSON, BUT
TO ONE PERSON
YOU MAY BE
THE WORLD.

From The Executive Director



In March we will “celebrate” the one-year anniversary of the pandemic. What a year it has been!

If the past year has taught us anything it has taught us to be resilient. Despite our frustrations, near constant uncertainty, and fear of infection – we can now look forward to the slow process of moving our community, state, and country forward.

Recently, I commented to a group of residents that it was easier to shut things down than to re-open the community. This statement was not intended to indicate that the work of shifting to apartment meal delivery, shutting down our campus, restricting visitors, etc. was easy – I can assure you it was not. Our Leadership Team exceeded every expectation when they met my unreasonable timeframes and shifted longstanding practices – sometimes with little to no notice.

On Monday, March 1, we will enter Phase 2 of our re-opening with excitement and more than a little hesitancy. The success of this phase will depend on all of us doing the right thing. It will depend on all of us insisting that visitors in the apartments wear their masks and require that each of us continue to “respect” the deadly and highly contagious virus that has infected over 113 million people around the world and more than 28 million in the United States.

In a 1948 speech to the House of Commons, Winston Churchill stated, “those who fail to learn from history are condemned to repeat it.” While it may be exciting to have friends and family visit you in your apartment, we must remember that the risk of infection remains, and that the vaccine is not a guarantee of protection.

All of us long for the day when we can reflect on the pandemic of 2020. To get to that point we must continue to wear our masks, act as though everyone we have contact with has the virus, practice social distancing, and wash our hands. We must do so because our individual action impacts others and none of us want to “roll back” our re-opening because of an outbreak on our campus.

For many years I have written about our Estates’ family and remain impressed with how we take care of each other and look out for each other. In honor of the Dr. Seuss theme of this newsletter, I thought I would end with my weak effort at a short Seuss-like poem.

When things open up,
When you think all is well,
Remember the risk,
That all is not swell.
The virus remains,
It could infect us all.
But our Estates’ family is strong,
And we will answer the call.
We are stronger as one,
We can make it through,
But there can be no me,
I must think of you.

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS



Ralph & Martha Hopkins, B-307, Phone: (386)-337-5459

Ralph & Martha Hopkins join us from Kissimmee, Florida. Ralph is originally from Detroit while Martha is originally from Tennessee. Ralph worked as a manager at a printshop and Martha worked as a Senior Accountant with Tupperware. Ralph enjoys woodworking and football. Martha enjoys gardening, baking and football as well. We are very happy they have called the Estates their home.



Today you are You,
that is truer than true.
There is no one alive
who is Youer than You.
- Dr. Seuss



MEMORIALS, HONORARIUMS, AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of January 2021:

Ashley Cockrell, Joanne Cotton, Rodney Merkert, Brian Robare, John Thompson, Matthew Thompson, and Sheri Turner.



Green Eggs and Ham on Your Plate

As a child I remember going to the pediatrician's office and first being introduced to Dr. Seuss. I fell in love with the funny looking characters and the silly rhymes that filled the pages. It was not until I got older that I noticed some interesting themes hiding within his pages. March is National Nutrition Month. You might be wondering, "What on earth does Dr. Seuss and National Nutrition Month have anything to do with each other?" I'm glad you asked.

Green Eggs and Ham was one of my favorite stories as a kid. One character was obsessed with green eggs and ham and another character refused to try this peculiar meal. When he finally does try it, he loves them! We can be the same way when it comes to trying new foods for the first time. There are many healthy foods that we did not like when we were younger but might like now. Why not give those brussels sprouts another try this month? You never know...you might just like it!

One Fish, Two Fish, Red Fish, Blue Fish teaches us another lesson. This story refers to funny things being everywhere, "from here to there." This is especially true in the nutritional world. Fad diets will always be out there. As promising as many of these diets may seem, most are not sustainable for life. Avoid these fads and focus on the basics: 1) Eat a colorful, balanced diet, 2) moderation is always key, and 3) limit processed foods. You cannot go wrong.

Wherever you find yourself in your nutritional journey, remember that balance is key. Find healthy foods that you like and do not be afraid to try something new. This adds to your nutritional adventure and helps keep you from feeling stagnant. When in doubt, reach out to your healthcare provider for more recommendations.

- *Marco Silvera, Wellness Coordinator*

The Cat in the Hat's Favorite Foods (In Honor of National Nutrition Month)



The Cat in the Hat is quite a cool dude.
He likes to have fun, he loves to eat food.
He likes to eat at night, he likes to eat during the day,
He eats from all the food groups, it's like a buffet!
He'll eat cheese here, he'll drink milk there,
He'll eat yogurt almost anywhere!
Now he'll eat some beans and corn on the cob,
He'll eat in the dining room when Dean cooks for a mob.
He loves a good steak, full of protein and such,
But one full of fat? Now THAT'S just too much!
He'll eat an apple, a melon or berry,
A pear or banana and oh yes, a cherry!
This cat will eat anything in a car, bus or train,
He loves to eat foods that are loaded with grains.
Brown rice and barley, he'll put in his soup,
Pasta and bagels are two more in this group.
And we can't forget, the oils and the sweets
Now he has to be careful with these foods he eats.
Cream cheese on his bagel or some candy to take,
And his favorite of all is Pat B's carrot cake!
It's hard for this Cat to be good all the time,
And it's harder for Cheri to think of more rhymes.
So, it's time for the Cat to go on to bed,
While visions of food groups dance in his head.
From the Cat in the Hat and Cheri too,
Stay happy and healthy,
We bid you adieu!



- *Cheri Shrader, Director of Nursing*

Oh! The Places You'll Go

Ever since I was a little girl, books have had a huge impact on me. Mostly on the way I view and live my life. It started with the sweet fairytales of far-off places, princes & princesses, and true love. As a child, I just thought they were lovely stories that would entertain me. However, as I grew up, those stories turned into more than just that. They turned into stories about bravery, courage, compassion, etc. They influenced me to believe in myself and to become the person I wanted to be. In addition to those fairytales, I also started to read goofy stories about the Cat in the Hat, Green Eggs and Ham, the Sneetches, and many more classic Dr. Seuss stories. Just like the fairytales, Dr. Seuss created fun stories that also taught lessons. The Cat in the Hat taught me to never let a rainy day ruin my day, Green Eggs and Ham taught me to try new things (not just food), and the Sneetches taught me to never be envious of what others may have that I do not, that I am perfect the way that I am, and to never judge the way a person looks. Books have the power to captivate you in so many ways. Whether it is taking you away from the reality of this world or helping you realize your destiny. Books are POWERFUL! As Dr. Seuss said, “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

- Kira Morisako, Resident Lifestyles Assistant

Top 3 Best Books to Read in 2021 (So Far)

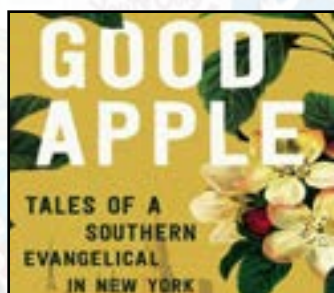
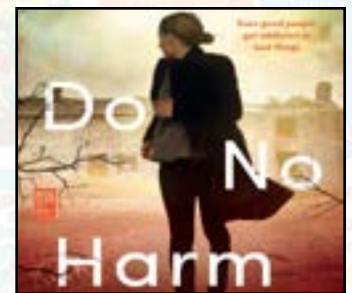


Girls With Bright Futures by Tracy Dobmeier & Wendy Katzman

A sharp, irresistibly fun fictional look at college admissions. Three moms, a frantic PTA type, a renowned tech exec, and her down-to-earth assistant, will stop at nothing to ensure the success of their daughters, who attend an elite Seattle private school.

Do No Harm by Christina McDonald

Emma is a well-respected doctor who loves her work and her doting detective husband. But when their young son is diagnosed with cancer, an expensive treatment is their only hope.



Good Apple by Elizabeth Passarella

Elizabeth Passarella (Southerner and evangelical Christian) details, with often hilarious transparency, what it is like to bear seemingly contradictory labels, and how her relationship with religion has shaped her identity—and influenced her rebellion.

Source: <https://www.realsimple.com/>

Sunday	Monday	Tuesday	Wedn
<p>Gift Shop Hours M-F 8:30 - 10:00 a.m. 2:00 - 3:30 p.m.</p> <p>Salon OPEN</p> <p>For more details, please check the posters by the C/D, F/G, and M elevators.</p>	<p><i>National Peanut Butter Day</i> 01</p>  <p>8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 1:00-3:00 Peanut Butter Day Celebration - 19TH HOLE 2:00 Mah Jongg - A/B 3rd Floor 2:00 Comedy Series - AUD 6:00 Scrabble - C/D 3rd Floor</p>	<p>02</p> <p>8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays - AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore - AUD</p>	<p>8:15 Daily Devo 9:00 Group Exer 10:00 Bean Bag 1:00 Wii Bowlin 2:00 Spiritual Se 6:00 Bridge - C/D 6:15 Mexican Tr F/G 3rd Flo</p>
<p>07</p> <p>9:30 CHERA Worship - MDR 1:30 Hand & Foot - C/D 3rd Floor 2:00 Mah Jongg - A/B 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>08</p> <p>8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 2:00 Mah Jongg - A/B 3rd Floor 2:00 Comedy Series - AUD 6:00 Scrabble - C/D 3rd Floor</p>	<p>09</p> <p>8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays - AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore - AUD</p>	<p><i>Race of the Two Seas</i> Start</p> <p>8:15 Daily Devoti 9:00 Group Exerci 10:00 Bean Bag B 10:00 Journey TH CR 1:00 Wii Bowling 2:00 Spiritual Seri 6:00 Bridge - C/D 6:15 Mexican Trai F/G 3rd Floor</p>
<p><i>Spring Ahead</i> 14</p> <p>9:30 CHERA Worship - MDR 1:30 Hand & Foot - C/D 3rd Floor 2:00 Mah Jongg - A/B 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p> 	<p>15</p> <p>8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 2:00 Mah Jongg - A/B 3rd Floor 2:00 Comedy Series - AUD 6:00 Scrabble - C/D 3rd Floor</p>	<p><i>Race of the Two Seas</i> End 16</p> <p>8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays - AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore - AUD 7:30 CHERA Quaterly Meeting - MDR</p>	<p><i>St. Patrick's</i></p> <p>8:15 Daily Devotion 9:00 Group Exercise 10:00 Bean Bag Bas 12:00-6:00 Taste of 1:00 Wii Bowling L 2:00 Spiritual Series 6:00 Bridge - C/D 3 6:15 Mexican Train F/G 3rd Floor</p>
<p>21</p> <p>9:30 CHERA Worship - MDR 1:30 Hand & Foot - C/D 3rd Floor 2:00 Mah Jongg - A/B 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>22</p> <p>8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 2:00 Mah Jongg - A/B 3rd Floor 2:00 Comedy Series - AUD 6:00 Scrabble - C/D 3rd Floor</p>	<p><i>National Chip & Dip Day</i> 23</p> <p>8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays - AUD 1:00 Bible Study with Jim Moore - AUD 1:00-3:00 Chip & Dip Celebration - 19TH HOLE 2:30 Bible Study with Gayle Moore - AUD</p>	<p>8:15 Daily Devoti 9:00 Group Exerci 10:00 Bean Bag B 1:00 Wii Bowling 2:00 Spiritual Seri 6:00 Bridge - C/D 6:15 Mexican Trai F/G 3rd Floor</p>
<p><i>Palm Sunday</i> 28</p> <p>9:30 CHERA Worship - MDR 1:30 Hand & Foot - C/D 3rd Floor 2:00 Mah Jongg - A/B 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p> 	<p>29</p> <p>8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Body Balance - AUD 11:00 Kindness Crew - CR 11:00 Silent Singers - AUD 1:00 Wii Bowling League - GR 2:00 Mah Jongg - A/B 3rd Floor 2:00 Comedy Series - AUD 6:00 Scrabble - C/D 3rd Floor</p>	<p>30</p> <p>8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 11:00 Miscellaneous Tuesdays - AUD 1:00 Bible Study with Jim Moore - AUD 2:30 Bible Study with Gayle Moore - AUD</p>	<p>8:15 Daily Devo 9:00 Group Exer 10:00 Bean Bag 1:00 Wii Bowlin 2:00 Spiritual Se 6:00 Bridge - C/D 6:15 Mexican Tr F/G 3rd Flo</p>

Wednesday	Thursday	Friday	Saturday
<p>03</p> <p>Activities - PHONE Exercise - AUD Baseball - AUD Golf League - GR Series - AUD D 3rd Floor Main - or</p>	<p>04</p> <p>Ping Pong ALL DAY 8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - 19TH HOLE 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 1:00 Scrabble - C/D 3rd Floor 2:00 Reflections - 19TH HOLE 2:00 Movies - AUD</p>	<p>05</p> <p>8:00 Coffee Hour - CR 8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - C/D 3rd Floor</p>	<p>06</p> <p>Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>
<p><i>Two Seas</i> 10</p> <p>Activities - PHONE Exercise - AUD Baseball - AUD through Grief - League - GR Series - AUD D 3rd Floor Main - or</p>	<p>11</p> <p>Ping Pong ALL DAY 8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 1:00 Scrabble - C/D 3rd Floor 2:00 Reflections - 19TH HOLE 2:00 Movies - AUD</p>	<p>12</p> <p>8:00 Coffee Hour - CR 8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:00-3:00 Sundaes - 19TH HOLE 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - C/D 3rd Floor</p> 	<p>13</p> <p>Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>
<p><i>St. Patrick's Day</i> 17</p> <p>Activities - PHONE Exercise - AUD Baseball - AUD St. Ireland - MDR League - GR Series - AUD D 3rd Floor Main - or</p> 	<p>18</p> <p>Ping Pong ALL DAY 8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 1:00 Scrabble - C/D 3rd Floor 2:00 Reflections - 19TH HOLE 2:00 Movies - AUD</p>	<p>19</p> <p>8:00 Coffee Hour - CR 8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - C/D 3rd Floor</p>	<p>20</p> <p>Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>
<p>24</p> <p>Activities - PHONE Exercise - AUD Baseball - AUD Golf League - GR Series - AUD D 3rd Floor Main - or</p>	<p>25</p> <p>Ping Pong ALL DAY 8:15 Daily Devotions - PHONE 9:00 Gentle Yoga - AUD 10:00 Strength Training - FC 10:00 Senior Scholars - AUD 1:00 Scrabble - C/D 3rd Floor 2:00 Reflections - 19TH HOLE 2:00 Movies - AUD</p>	<p>26</p> <p>8:00 Coffee Hour - CR 8:15 Daily Devotions - PHONE 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 11:00 Cranium Crunches - AUD 1:00 Wii Bowling - GR 1:30 Hand & Foot - A/B 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - C/D 3rd Floor</p>	<p><i>Happy Passover</i> 27</p> <p>Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p> 
<p>31</p> <p>Activities - PHONE Exercise - AUD Baseball - AUD Golf League - GR Series - AUD D 3rd Floor Main - or</p>	<p>Abbreviations Key</p> <p>AUD - Auditorium Art Studio D-406 19TH HOLE - Outside C/D PHONE - Phone Call MDR - Main Dining Room GR - Game Room CR - Community Room</p>	 <p><i>Hello</i> March</p>	

March Events

MARCH 1ST, 2021

National Peanut Lovers Day

1:00-3:00 p.m.

Join us at the **19TH HOLE** for some delicious peanut butter treats. No reservations necessary! This special event kicks off at 1:00 p.m. and will be available until 3:00 p.m.

MARCH 17TH, 2021

Taste of Ireland

12:00-6:00 p.m.

Be whisked away through your taste buds in the **Main Dining Room** for a delicious Irish meal! Enjoy celtic music, delicious food, and famous irish beverages. This is part of your regular dining meal, so please make your usual reservations with Dining Services.

MARCH 23RD, 2021

National Chip & Dip Day

1:00-3:00 p.m.

Come on out to the **19th Hole** for some nachos, put together by our Dining Services department. No reservations needed! We will be out there to serve from 1:00-3:00 p.m.



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$387,338.90. As of January 31, 2021, \$64,069.58 has been used to help residents. Monies are taken from the interest earned.

Health Center Update

March is a great month to celebrate many different recreational pursuits, but the luck of the Irish of St. Patrick's Day and a week dedicated to celebrating the famous Dr. Seuss are some of our favorites. Recreational staff enjoy reminiscing with residents on the superstitions of St. Patrick's Day and how Dr. Seuss encouraged kids to read...even those who did not enjoy reading.

Here are some fun superstitions to think about around St Patrick's Day:

1. Do not drop a dish towel on March 17th, unless you are ready for some unexpected company.
2. Getting a haircut on March 17th is not suggested unless your barber or beautician want to do it under the moonlight.
3. Never ask a fisherman where he is going fishing or change the name of his boat.
4. If you live on a farm, and the hen and her chicks want to come in your house, let them in! They bring good luck. If it is a rooster coming in, company is coming.
5. Mint Sprigs around the wrist could cure an upset stomach.
6. The Irish also say that throwing your shoes on the way home from a St. Patrick's Day party brings good luck!

Now to celebrate Dr. Seuss! He began writing his books in the early 1940's. His first book was rejected twenty-seven times before being printed. The residents have read these books to their children and grandchildren and were encouraged by how Dr. Seuss did not give up even with the setbacks that he had. In the past, residents have enjoyed the kids from the elementary schools coming to read to them. The students even seemed to enjoy listening to the residents read the stories which in return had smiles on everyone's faces. The residents say it is nice to reminisce and read Dr. Seuss books when the kids are here.

These are just two of the things we celebrate in March that the residents in the Health Center love to talk about. The Recreation staff will continue to encourage through visiting in rooms, going outside for fresh air, reading to the residents, watching movies, listening to music, participating in word puzzles, jigsaw puzzles and passing out yummy snacks. Staff will also reminisce, hold hands, and share smiles throughout the day! Continue to send prayers, cards, and air hugs to all the residents in the Manor and Villa!

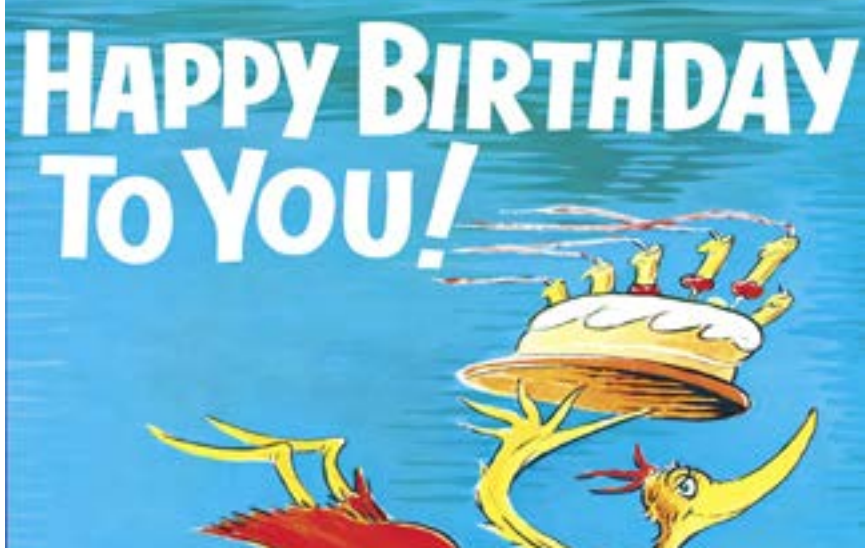
- *Jamie Backensto, Director of Recreation, Health Center*

COVID-19 Vaccine and Seniors

Older adults are at the highest risk of becoming infected with COVID-19. Because of this, it is crucial for seniors to get the vaccine as soon as possible. The data suggests the two vaccines that are currently available, Moderna and Pfizer, are extremely safe and well tolerated in this age group. You cannot get COVID-19 from this vaccine. Side effects may be experienced after receiving the second dose of the vaccine that include fever, fatigue, headache, and muscle aches, but there is not an illness or infection that you can contract directly from receiving the vaccine. These side effects are minimal and short lived. Allergic reactions like swelling, itching, and difficulty breathing are extremely rare.

Those with underlying health conditions are highly encouraged to get the vaccine. About 95% of the protection against the virus happens after the second dose. The antibody levels that are achieved with that 95% effectiveness will take place within seven to ten days after the second dose. According to the current data, the vaccine is about 50 – 55% effective in preventing COVID-19 symptoms after the first dose. The second dose is used to boost patients' immunity to the virus.

- *Rana Khan, Director of Nursing, Health Center* Source: <https://www.verywellhealth.com>



ESTATES

Robert Masden.	01
Sue Tschudy.	01
Robert Bucklin.	02
Betty Vocelle.	02
Jane Kramer.	04
Rose Schmidt.	06
Theresa Hollywood. . .	07
Robert Smith.	09
Frances Martin.	10
Virginia Collier.	11
Patti Davis.	11
Roz Coleman.	12
Ron Doolittle.	12
Edna Thompson.	12
Maryann Vespa.	13
MaryAnn Williams. . . .	14
Richard Bauer.	15
Ann Pryor.	15
Gary Tidwell.	15
Millie Palermo.	17
Tacy Sarbaugh.	18
Ann Wolfe.	19
Peggy Lewis.	20
Dorothy Holmstrom. . .	24
Bertilou Hatton.	26
Herbert McKelvey. . . .	27
Kay Kennedy.	30

HEALTH CENTER

Betty Ball.	04
Annabelle Fisackerly. .	07
William Cotton.	12
Virginia Glass.	15
Rita Guido.	16
Ann Morse.	19
JoeAnn Dickson.	30



March 4th - "Night at the Museum"
 Starring Ben Stiller, Robin Williams, and Dick Van Dyke. A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc at night.
 (PG - 108 minutes)

March 11th - "Top Gun"
 Starring Tom Cruise, Kelly McGillis, and Val Kilmer. As students at the United States Navy's elite fighter weapons school compete to be best in the class, one daring young pilot learns a few things from a civilian instructor that are not taught in the classroom.
 (PG - 110 minutes)

March 18th - "La La Land"
 Starring Emma Stone, Ryan Gosling, and John Legend. While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.
 (PG-13 - 128 minutes)

March 25th - "Old Dogs"
 Starring Robin Williams, John Travolta, and Kelly Preston. Two friends and business partners find their lives turned upside down when strange circumstances lead them to be the temporary guardians of seven year-old twins.
 (PG - 88 minutes)

TWO LITTLE BOYS

A couple had two little boys, ages eight and ten, who were excessively mischievous. The two were always getting in trouble and their parents could be assured that if any mischief occurred in their town, their two young sons were some way involved. The parents were at their wits end as to what to do about their sons' behavior. The mother had heard that a clergyman in town had been successful in disciplining children in the past, so she asked her husband if he thought they should send the boys to speak with the clergyman. The husband said, "We might as well. We need to do something before I really lose my temper!" The clergyman agreed to speak to the boys but asked to see them individually. The eight-year-old went to meet with him first. The clergyman sat the boy down and asked him sternly, "Where is God?" The boy made no response, so the clergyman repeated the question in an even sterner tone, "Where is God?" Again, the boy made no attempt to answer. So, the clergyman raised his voice even more and shook his finger in the boy's face, "WHERE IS GOD?" At that, the boy bolted out of the room and ran directly home, slamming himself in the closet. His older brother followed him into the closet and asked him what had happened. The younger brother replied, "We are in BIG trouble this time. God is missing and they think we did it."

"Life is too short to wake up in the morning with regrets. So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said it'd be easy, they just promised it would be worth it."

-Dr. Seuss

God Bless You!

- *Chaplain Randy Horn*



Easter
SERVICES

A special Easter service is planned for Sunday, April 4th from 9:30 until 10:30 a.m. in the Main Dining Room. There will be special music and beautiful Easter lilies. The Silent Singers will perform and J.C Powell will provide an inspiring sermon.

Welcome Back Sunday Morning Services

Finally, the day has come. We are blessed to start meeting for our Sunday Morning Worship Services. Please notice the change of times and location in your monthly Shavings calendar. We are looking forward to a great time of worship together. Sunday services will be held from 9:30am to 10:30am beginning March 7th, in the Main Dining Room.

Journey Through Grief with Chaplain Randy

You are welcome to join Chaplain Randy Horn for a private, informal time together to share in the grief of losing a loved one. You will gain strength and encouragement by attending these meetings, held every second Tuesday of each month at 10:00 a.m. in the Community Room. A wonderful study guide will be provided by Alan D. Wolfelt, PhD called, "Healing your grieving heart."

The Estates

A T C A R P E N T E R S

Today was
GOOD

Today was
FUN

Tomorrow is
ANOTHER

ONE

-Dr. Seuss-



Visit us on the web at: www.EstatesatCarpenters.com