

"Spring is nature's way of saying, 'Let's Party!'"
—Robin Williams

March 2020

The GRAND Gazette

A monthly newsletter for Hillcrest Country Estates
Grand Lodge York & Lancaster households

Fun Spring Activities

March 19th is the first official day of spring! In spring everything is fresh and the weather starts to warm up again. To celebrate this wonderful season, here are three activities for you to try.

- **Redecorate:** Bring spring inside with fun spring decorations. Create colorful paintings to hang on the wall, or cut some flowers out of fun paper. You can even put them on your front door!
- **Plant a Flower:** And speaking of decorations, what better decoration than fresh flowers? Did you know that the first flowers to bloom are typically dandelions, daffodils and tulips according to justfunfacts.com? Try growing your own flowers in a small pot or jar. Then put them by a window so your new plant can enjoy the sun. This way you can appreciate the beauty of nature from the comfort of the indoors.
- **Explore Nature:** As you're waiting for your new plant to grow, go outside and explore nature. Make the adventure even better by bringing a picnic with you. Maybe even splash in some puddles while you're there, just make sure you wear your rain boots!

Try some of these fun activities as you enjoy this great season. What other ideas can you come up with to celebrate spring?



MARCH BIRTHDAYS

March 26: Edith Nabity

WELCOME TO LODGE LIFE!

Grace Ploetz
John Roger Groff
Ann Marino

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Jessica Fredrickson, (402) 885-7022

DIRECTOR OF HEALTH SERVICES:

Lisa Winterstien, (402) 885-7362

RECREATION LEADER:

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Dave Creal, (402) 933-4690

ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!

Hillcrest Country Estates GRAND LODGE

MARCH HIGHLIGHTS

- March 6: Music with Denell, 3 p.m.
- March 12: Dowds Irish Dancers, 6 p.m.
- March 13: Putt Putt, 10 a.m.
- March 15: Paint and Sip, 2:30 p.m.
- March 20: Scatter Joy Acres Pet Visits, 1 p.m.
- March 27: Car Racing, 10 a.m.
- March 31: Music with Jean, 1:30 p.m.

—Wednesdays: Handbell Playing with Michael, 11 a.m.

Exercise Classes

- Mondays: Aqua Therapy with Norma, 12:30 p.m.
- Tuesdays: Tai Chi with Michael, 12:30 p.m.
- Thursdays: Yoga with Meg, 12:30 p.m.
- Fridays: Walking with Beth, 12:30 p.m.

FEATURED EVENT

St. Patrick's Day Party

Tuesday, March 17
1 p.m.

Come celebrate St. Patrick's Day with Irish themed food and fun!

Lisa's Letter



How is it March already? My, how the time flies. I just want to start this month by saying what a joy it is to be a part of the Grand Lodge family. Our residents are absolutely the best, and we want to make sure their needs are always met. Just a reminder that the nursing team is always available

to help. If you have any questions, concerns or suggestions please don't hesitate to bring them to our attention. We are here for you and your loved ones.

I also want to highlight a special annual event here at the Grand Lodge. We believe in giving back, and to that end, we are hosting a special Parkinson's fundraiser that we want to invite all of you to. Come have breakfast at the Grand Lodge on Friday, March 27 from 7:30-10 a.m. The Pancake Man® will be here, and all proceeds are going to support Parkinson's Nebraska. We would love to see you all there!

—Lisa Winterstien, Director of Health Services

Pancakes for Parkinson's

Friday, March 27
7:30-10 a.m.

The Pancake Man is coming to the Grand Lodge! Come to this fundraiser to enjoy delicious pancakes and help us raise donations for Parkinson's Nebraska!

RESIDENTS IN ACTION

Spring is around the corner! I know we are all looking forward to nicer weather. We have lots of fun planned for the upcoming month. Weather permitting, we will be looking to take some outdoor/park outings later in March on our Wednesday afternoon bus rides. We also have a St. Patrick's Day Party on March 17

at 1 p.m. that everyone is invited to. And lastly, on March 27 The Pancake Man® will be in the building. He will be flipping pancakes and having fun. All of the proceeds from this annual fundraiser will be going to benefit Parkinson's Nebraska.

– Michael Pollock, Director of Lifestyle & Wellness



Creighton Prep students and residents enjoy a fun game day.



Edie and a Creighton Prep student play a minute-to-win-it challenge.



Shirley completes against a Creighton Prep student in a minute-to-win-it challenge.

A MONTH IN REVIEW

We had an excellent Casino Day turnout last month. What fun! Many thanks to the Aureus Group for volunteering their time to come in and be our dealers and helpers. They made this event a success.

We “gambled” the day away with poker, blackjack, craps and everything you’d find at a casino. It was a fun event for everyone!

– Michael Pollock, Director of Lifestyle & Wellness



Ann runs a game table on Casino Day.



Everyone enjoys 'gambling' on Casino Day.



Volunteers from the Aureus Group pose with residents after a fun Casino Day.