

Optimism Month

If you wake up March 1st on the wrong side of the bed, then change your tune because March is Optimism Month!

Have you ever been annoyed by all those "glass is half full" people? Well, a perpetually chipper person can be a little annoying, too. But think about some of the serene, pleasant people you encounter from day to day. What do you suppose their secret is?

We've all heard it before: Positive thinking can drastically improve your mood and even your physical health. But have you ever actually tried it? The next time something irritates or upsets you, take a moment to "think about your thinking." Can you consider the situation from a different angle, or maybe put it in perspective?

Here's an example of how you can add some optimism to your life. Next time you're faced with a staggering total at the grocery store checkout, you might think, "Good gracious! Things are just too expensive these days!" That thought will cause you stress. You might feel overwhelmed and frustrated because you can't really keep prices from going up. You can, however, focus on something good: "I'm going to really enjoy that tea I bought" or "I'm looking forward to making some cookies and sharing them with my friends." While we can't avoid the challenges of day-to-day living, we can elevate our mood and overall well-being with something as simple as optimistic thinking.

Give it a try! You might be pleasantly surprised.

Red Hat Society

"When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me..."

It all began with a hat and a poem. In 1997, a woman named Sue Ellen Cooper gave her friend a unique gift for her 55th birthday. It was a smashing red hat, and she paired the present with a copy of Jenny Joseph's poem "Warning."

The gift was so well received that Sue Ellen started giving the same gift to other friends on their birthdays. That led to the establishment of tea parties where the friends gathered in not only their red hats, but purple dresses and flashy accessories such as feather boas. Eventually, their activities gained national attention as groups of women across the country followed suit.

The "Red Hatters" became so popular that a "Hatquarters" was founded to field emails and provide advice regarding formation of new chapters. The official Red Hat Society website has a concise answer for those who might wonder, "What does the Red Hat Society do?" The response: "We do exactly what we wish to do."

The main purpose of the organization is to foster social interaction among women who are embracing life after 50. If that description fits you, consider joining a chapter or starting your own — if you haven't already!

The Iditarod: The World's 'Coolest' Race!

On March 6th, the Iditarod dogsled race starts at 10:00 am in Anchorage, Alaska. On that day, mushers with teams of 12 to 16 dogs begin their 1,150-mile trek to Nome, Alaska, in an event that takes ten to 17 days.

The first official Iditarod race was in 1973. You might have heard that the Iditarod began when a team of sled dogs and their musher raced across the harsh Alaskan terrain to get vaccines to sick children. There is some truth to that: In 1925, the town of Nome was on the brink of a diphtheria epidemic. With weather conditions too treacherous for airplanes, dogsledders rushed a lifesaving serum across 700 miles in about six days.

After that, though, airplanes largely replaced dogsleds as the main shipping method in Alaska, and the tradition of dog sledding was becoming a thing of the past. In an effort to commemorate the heroic efforts of past mushers and to preserve that aspect of Alaskan culture, Dorothy Page proposed a race along the Iditarod Trail as a component of the 1967 Alaska centennial celebration. Since then, the race has been an annual event of worldwide popularity. So this March, start skimming your newspapers and programs for some Iditarod action. Mush, mush!

Featured Community



Savannah Court, offering gracious retirement living, is located in Newnan, GA, best known as the "City of Homes." The assisted living and memory care community is not far from the downtown area, also known as "Old Newnan," where you will find beautifully preserved historical buildings, churches, shopping, restaurants and lots of true southern hospitality.

Savannah Court is an elegant yet comfortable and affordable assisted living community full of many wonderful residents. There are numerous scheduled activities daily, designed to engage each and every resident. Join a morning exercise class, compete in a game of bridge or bingo, or enjoy a cup of sweet tea or coffee on the front porch.

Your Staff

Susan Hernandez
Associate Executive Director

Joanne Demayo
Resident Care Director

Anthony Santamauro
Resident Programming Director

James Duberry
Food & Beverage Director

Yvonne Ortiz
Business Office Manager

Gail Austin
Marketing Director

SLM Times

March 2010



Letter from the Executive Director

Top of the morning to you!

Since it's March, I thought I would practice my Irish brogue. Not bad, huh?

St. Patrick is believed to have driven the snakes from Ireland. Once a pagan himself, St. Patrick is one of Christianity's most widely known figures.

The modern secular holiday is based on the original Christian saint's feast day, also thought to be the date of the saint's death. In 1737, Irish immigrants to the United States began observing the holiday publicly in Boston and held the first St. Patrick's Day Parade in New York City in 1766.

Today, the tradition continues with people from all walks and heritages wearing green, eating Irish food and attending parades. St. Patrick's Day is bursting with folklore, from the shamrock to the leprechaun to pinching those who are not wearing green.

This year, March 14th marks the beginning of daylight-saving time. At 2:00 am on Sunday, March 14th, the time jumps right on to 3:00 am, skipping a whole hour. So before you go to bed Saturday night, set your clock ahead so you won't be an hour behind everyone else in the morning!

Warmest Regards,

Susan Hernandez, Associate Executive Director

Rene Sanz, Jr., Director of Operations

Month at a Glance

Saturday, March 6th, 2:00 pm

Judy Lanier

Wednesday, March 10th, 2:00 pm

The International Singers

Monday, March 15th, 1:30 pm

Healthy Skin for Healthy Lifestyles
Refreshments, free gift bags and a raffle drawing

Wednesday, March 17th, 2:00 pm

Fitzgerald and Maude

Saturday, March 20th, 6:30 pm

Ron Dagon

Wednesday, March 24th, 6:30 pm

Tony's Rock 'n' Roll Show

Thursday, March 25th, 1:15 pm

Resident Council Meeting, March Birthday Cake

Wednesday, March 31st, 2:00 pm

Larry Brendler

Birthdays

Tusia W., 2nd • Arnold R., 6th • Juanita D., 9th
Robert N., 9th • Frances C., 13th • Natalie J., 14th
Sylvia A., 18th • Sylvia K., 28th • Joseph K., 29th
Joyce N., 30th

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The Peninsula

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The Peninsula

March 2010

SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>9:30 Exercise with Ellie 1 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks 7:00 Movie Channel 3</p>	<p>9:30 Trip to Walmart 2 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula 7:00 Movie Channel 3</p>	<p>9:30 Exercise 3 10:30 Bingo 2:00 Tony's Music Program 3:15 Ice Cream Social 7:00 Movie</p>	<p>9:30 Publix 4 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks</p>	<p>9:30 Exercise 5 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour</p>	<p>9:30 Exercise 6 10:30 Bingo 2:00 Judy Lanier 3:15 Snacks 7:00 Movie Ch. 3</p>
<p>10:00 Communion 7 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner</p>	<p>9:30 Exercise with Ellie 8 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks 7:00 Movie Channel 3</p>	<p>9:30 Trip to Walmart 9 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula 7:00 Movie Channel 3</p>	<p>9:30 Exercise 10 10:30 Bingo 2:00 International Singers 3:15 Ice Cream Social 7:00 Movie</p>	<p>9:30 Publix 11 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks</p>	<p>9:30 Exercise 12 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour</p>	<p>9:30 Exercise 13 10:30 Bingo 1:30 Movie Matinee Activity Room 3:15 Snacks 7:00 Movie Ch. 3</p>
<p>DAYLIGHT-SAVING TIME BEGINS 14 10:00 Communion 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner</p>	<p>9:30 Exercise with Ellie 15 10:30 Math Bingo 1:30 Healthy Skin Presentation 3:00 Tony's Music Special 3:15 Snacks 7:00 Movie Channel 3</p>	<p>9:30 Trip to Walmart 16 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula 7:00 Movie Channel 3</p>	<p>ST. PATRICK'S DAY 17 9:30 Exercise 10:30 Bingo 2:00 Fitzgerald and Maude 3:15 Ice Cream Social 7:00 Movie</p>	<p>9:30 Publix 18 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 2:00 Tony's Special 3:15 Snacks</p>	<p>9:30 Exercise 19 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour</p>	<p>FIRST DAY OF SPRING 20 9:30 Exercise 10:30 Bingo 1:30 Movie Matinee Activity Room 3:15 Snacks 6:30 Ron Dagon</p>
<p>10:00 Communion 21 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner</p>	<p>9:30 Exercise with Ellie 22 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks 7:00 Movie Channel 3</p>	<p>9:30 Trip to Walmart 23 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula 7:00 Movie Channel 3</p>	<p>9:30 Exercise 24 10:30 Bingo 3:15 Ice Cream Social 6:30 Tony's Rock and Roll Show</p>	<p>9:30 Publix 25 9:30 Exercise with Paragon 10:30 Jeopardy 1:00 Father Joe 1:45 Resident Council & March Birthdays 3:00 Tony's Music Program 3:15 Snacks</p>	<p>9:30 Exercise 26 10:00 Jewish Service 11:00 News and Views 1:00 Adult Education 1:30 Tony's Music Surprise 4:15 Happy Hour</p>	<p>9:30 Exercise 27 10:30 Bingo 1:30 Movie Matinee Activity Room 3:15 Snacks 7:00 Movie Ch. 3</p>
<p>PALM SUNDAY 28 10:00 Communion 10:30 Hangman 11:15 Bible Study 1:30 Movie Matinee 2:00 Church Service 3:00 Poets' Corner</p>	<p>PASSOVER BEGINS AT SUNSET 29 9:30 Exercise with Ellie 10:30 Math Bingo 1:00 Arts and Crafts 1:00 Adult Education 1:30 Tony's Special 3:15 Snacks 7:00 Movie Channel 3</p>	<p>9:30 Trip to Walmart 30 9:30 Exercise with Paragon 10:30 Bingo 1:30 Arts and Crafts 2:00 Broadway at The Peninsula 7:00 Movie Channel 3</p>	<p>9:30 Exercise 31 10:30 Bingo 2:00 Larry Brendler 3:15 Ice Cream Social 7:00 Movie</p>	