



The Chatterbox

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www.theparksidevillage.com

MARCH EVENTS:

- 1) Gentle Floor Yoga
- 2) Farkle Dice party
- 5) Chair Yoga
- 6) Women's Breakfast /Cribbage
- 7) Men's Breakfast
- 8) Gentle Floor Yoga/ **Movie Day**
- 9) Coffee Hour (hosts: Joan Cavanaugh, Nancy Nesheim, Jo Shaffer) / "500" Mixed cards
- 10) **Dorothy Hatfield's 80th B-day Open House**
- 11) **Daylight Savings Begins**
- 12) Chair Yoga
- 13) **Coloring Coffee Clutch** / Lunch Bunch/ B I N G O
- 14) Coffee with Nurse Nicole & Blood Pressure checks
- 15) Gentle Floor Yoga / **Casino Trip**
- 16) **Irish Dancers**/ Farkle Dice Party
- 17) **Happy St. Patrick's Day** / Potluck Supper
- 19) Chair Yoga
- 20) **1st Day of Spring!** / Cribbage
- 22) Gentle Floor Yoga
- 23) Coffee Hour (hosted by Barb Reddeman)
Guest Speaker from Old National on Estate Planning/ "500" cards
- 25) Palm Sunday
- 26) Chair Yoga
- 27) **Coloring Coffee Clutch**/ B I N G O
- 29) Gentle Floor Yoga
- 30) Good Friday (office closed at noon) / Farkle Dice Party



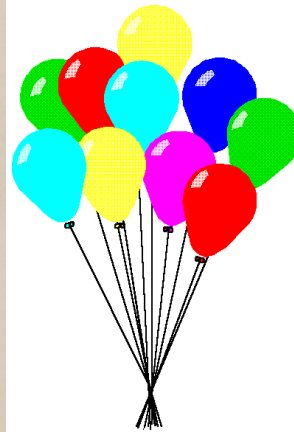
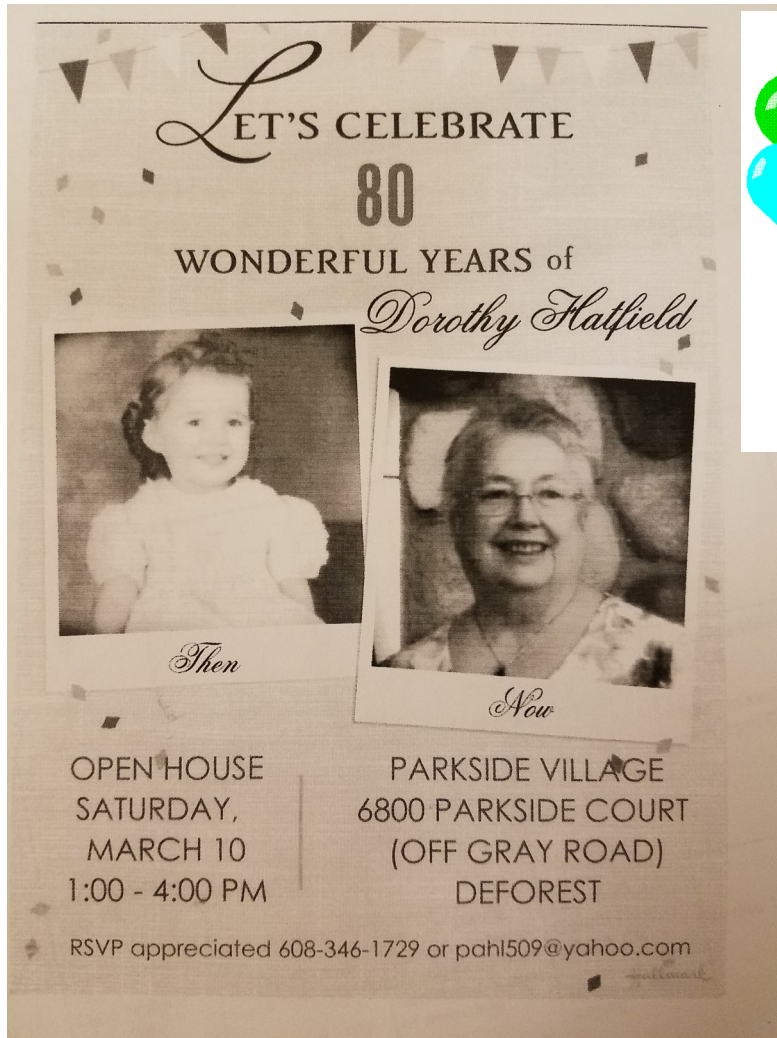
In the Spring I have counted 136 different kinds of weather inside of 24 hours.

~Mark Twain

YOGA IN MARCH:

Thursday mornings 7:30 AM (45 minute classes) with instructor Martha will be gentle Yoga for beginners (Senior friendly) the classes on Thursdays you will actually get on the floor and need a mat and also a towel or small blanket. **Monday mornings at 10 AM** (1 hour classes) with instructor Kim will be Yoga for beginners as well but we will use chairs to assist with the stretches. **Both classes are open and free to all our residents.** You can attend both or just one or the other days and you don't have to commit ahead of time just show up when you are available to attend. The instructors may have waiver forms for you to sign. If we get a good response we will also offer these same classes in April. Yoga helps keep you fit and strong and the stretches keep you more limber and balanced which can hopefully help with falls prevention as we age. Men encouraged to try too!





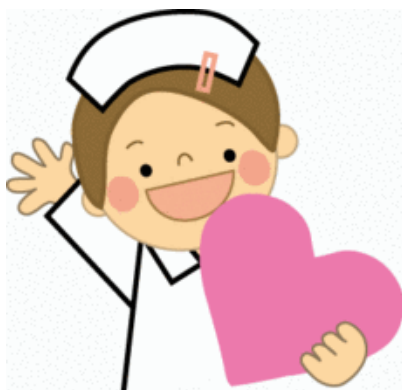
**Dorothy Hatfield
80th Birthday
OPEN HOUSE**

**March 10th
1-4 PM in the
Parkside**

Community Room

**Thank you for attending and
making this celebration
memorable.**

**Cards welcome, but please
no gifts. Your presence is
gift enough!**



COFFEE WITH NURSE NICOLE:

On Wednesday, March 14th at 10 AM, Nurse Nicole from Assisted Living will be here in our community room to share information on the warning signs of a stroke. She will take questions and also provide blood pressure checks afterwards.



Stop into the Community room that morning for a cup of coffee, a snack and get some Valuable and helpful health information in a relaxed comfortable environment. Family & Friends welcome!

dreamstime





LUNCH BUNCH: The Lunch Bunch will be meeting on Tuesday, March 13, at the DeForest Family Restaurant at 11:30 AM. The luncheon cost is \$13.00.

Hostesses are: Dorothy Karls, Legertha Champagne and Darlene Schmidt. Reservations should be made by Friday, March 9 and give your menu choice. Call Dorothy at 846-4148 or Legertha at 846-5746.

All area ladies are welcome to attend this social lunch.



THANK YOU!

Thank you to Parkside friends who came to the Open House and

for the birthday greetings and gifts that I received for my 95th Birthday.

You helped make it a special day and I will cherish the memories forever.

~Barbara Henschel

Do you have issues with moving around, have joint or muscle pain, difficulty with doing things in and around your condo?

Genesis Rehab Services offers Outpatient Therapy services both at our office in Parkside Assisted Living or in your own home.

Our services are tailored for you and your needs.

For information please contact Michelle at 608-846-8844 or visit our website for more information. <http://www.genesisrehab.com/InfoforPatients/PatientOverview.aspx>

LOOK WHO'S COMING TO DO A SHORT IRISH DANCE RECITAL FOR US!!

We are very lucky and honored to be having a group of Cashel Dennehy School of Irish Dance students

(including Monnie VonBehren's granddaughter) to entertain us with a short recital on

Friday, March 16th around 9:30 or 9:45.

Stop in and enjoy this festive entertainment with beautiful music and costumes right here in our very own Community Room.

Saturday, March 17th 4:30 PM

St. Patrick's Day Potluck

Bring a dish to share...perhaps your mother's favorite corn beef and cabbage, or one of your favorite desserts or side dishes. Wear some festive green and come for a fun evening spent with friends. We are in need of hostesses for a wee bit o' help settin' up and takin' down. Please let Todd or Julie know if you can help. Thank you!



Casino Bus Trip to Diamond Jo's in Dubuque Iowa

Thursday, March 15, 2018



Trip Cost: \$32.00 per person

Trip includes: \$25 Promo Cash, Senior day-put one point on your card and get the buffet for \$7.00. Plus donuts, milk or juice provided on the bus.

Bus Arrives Parkside 7:45, Departs Parkside 8 am, Picks up at Westshire 8:15 AM

Arrives at Diamond Jo's at 10 AM, Departs Diamond Jo's at 2 PM, Back to Westshire at 4pm and back to Parkside 4:15 PM (approx.)

Philys Clark needs your rsvp by March 5th and monies are due by March 10th. Either a check made out to her Philys Clark or cash.

Bring your players card if you have one. The promo \$25 will be loaded to your card. If you need a card bring a picture ID and social security card. You will need these to get the promo cash and/or if you win a jackpot (THINK POSITIVE).

For questions or to rsvp contact Philys Clark at 846-4621.



CONGRATS!

Jan Weigen
and

Betty Kamin for being our February **"Keeping Active"** winners. They will each get a \$10.00 Pick n Save Gift card. Please see Julie or Todd if you want to get in on the fun!!

Coffee Hour Speaker for Friday, March 23rd

Old National Bank will be here to speak at Coffee hour about Estate Planning. Even if you already have your Estate Planning done this may be of interest to you as a review.

Old National Bank came last year and did a really nice presentation on scams that commonly target the senior population.

