

# Drumconner Lancing newsletter March 2024

Drumconner Nursing home  
13-21 Brighton Road  
Lancing  
BN15 8RJ



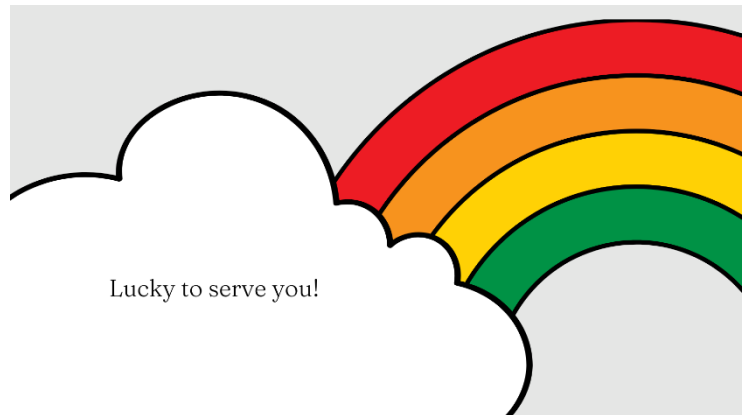
## IN THIS ISSUE

Welcome .....	2
Highlights .....	3
Upcoming Events .....	5
March Calendar .....	6
March Birthdays .....	7
Noticeboard .....	8
Laughing Matters .....	12
Chefs corner.....	13
Anagrams.....	14

# Welcome

Hello Residents, Families and Friends!

We are really looking forward to this month – there is so much to celebrate! Join us at any of our events and programs that celebrate St. Patrick's Day, International Women's Day, Easter, and more. It's sure to be a busy month at our community and I hope you'll be a part of all the fun!



This month, consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you're lucky!

Here's to March!

## March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**

Birthstone: **Aquamarine**

Flower: **Daffodil**

## Quote of the Day

When I've least expected it,  
an enormous opportunity or  
stroke of luck has crossed  
right under my nose.

– **Julie Andrews**

# Highlights of February

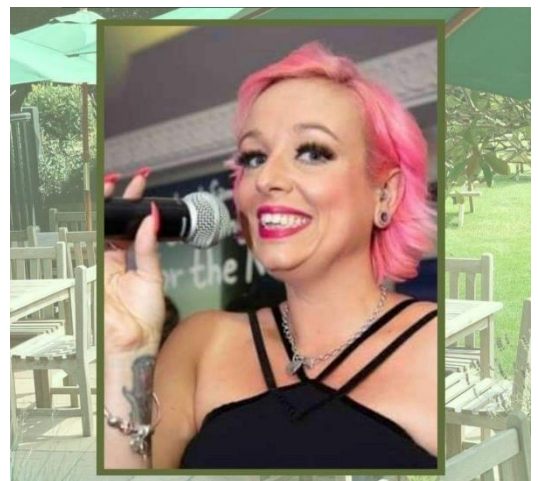
We changed Valentines Day into a feel good day. Everyone was gifted a handmade rose gift that was made by one of the other residents. Our very talented chef made a lovely meal for all to enjoy at lunch time. We then spent the afternoon watching the very talented dancers Rares and Emma.



Pancake day went down a sweet treat!! We had so many different toppings to choose from we flipped between flavours.

## New singer

Jenna Hall came in to preform for us. Singing fantastic hits with a mixture of different artists like Neil Diamond, Perry Como, Matt Monro and the list goes on. Everyone had fun dancing and singing along. We look forward to seeing her again.



# What We've Been Up To



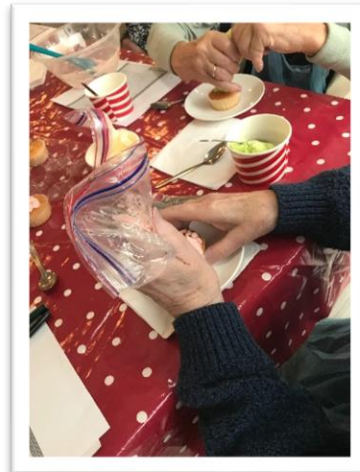
**Keep fit twice a week**



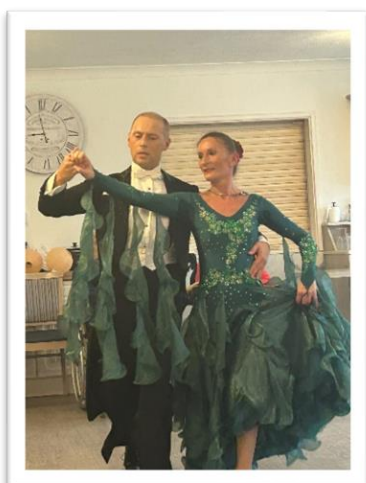
**Bloom the sheep came to visit**



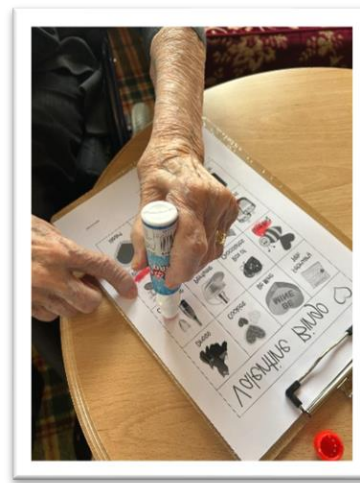
**Hearts from me to you**



**Cake decorating**



**Dancing the afternoon away**



**Bingo**

# Upcoming Events

## Dom's drumming

Monday 4<sup>th</sup> March 2pm

## Heather with the harp

Monday 11<sup>th</sup> March 2.30pm

## Geoff (music)

Friday 15<sup>th</sup> March 2.30pm

## Sing well (singers)

Thursday 21<sup>st</sup> 2.30pm

## Rares and Emma (dancers)

Friday 29<sup>th</sup> March 2.30pm

## Easter Celebrations



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# Regular Events

Keep fit.

Tuesday and Thursday 11.30am

Church service every fortnight

Tuesday 2pm

## Special Days

- 1<sup>st</sup> World Day of Prayer
- 3<sup>rd</sup> Caregiver Appreciation Day
- 8<sup>th</sup> Intl. Women's Day
- 10<sup>th</sup> Mothering Sunday (UK)
- 15<sup>th</sup> The Ides of March
- 17<sup>th</sup> St. Patrick's Day
- 19<sup>th</sup> First Day of Spring (N. Hemisphere)
- 21<sup>st</sup> World Poetry Day
- 24<sup>th</sup> Palm Sunday
- 25<sup>th</sup> Greek Independence
- 31<sup>st</sup> Easter



# March 2024

MONDAY

TUESDAY












WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

					* March Anytime *  <b>1</b> Autumn Saint David's Day World Day of Prayer	<b>2</b>	World Wildlife Day  <b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	Women's Day 	<b>9</b>	The Oscars  <b>10</b>
Labour Day <b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	The Ides of March	<b>16</b>	St Patrick's Day  <b>17</b>
<b>18</b>	<b>19</b>	Spring  <b>20</b>	Harmony Day  <b>21</b> Day of Forests World Poetry Day	<b>22</b>	World Water Day  <b>23</b> World Meteorological Day Independence Day - Israel	<b>24</b>	
Greek Independence Day  <b>25</b> Holi Independence Day - Greece	Anniversary of Beethoven's Death  <b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	Easter  <b>31</b>	

# March Birthdays

In March, we celebrate birthdays with:

- **A. Bruder**
- **D. Allen**

Please join us in the recreation room on the first Sunday  
In March to celebrate!



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads-up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

## **Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless. They are always willing to help others

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

WOW!

## **Historical Events in March: The Lindbergh Baby Kidnapping**

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

# Noticeboard



## LIBRARY SERVICE

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We have a lovely collection of books in the top lounge please do help yourself. If you have really enjoyed one, please share your thoughts with our team and other residents. Happy reading

## THANK YOU

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We would like to issue a heartfelt thanks to relatives and staff who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

## HAIRDRESSER

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We have a hairdresser who attends every Thursday and Friday . If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

## FAMILY EVENT

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We love welcoming family members to our special family events and meal times! Be sure to RSVP for our March event so that we can save your spot. Thank you!

## OUT AND ABOUT

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We are fortunate enough to have access to transportation that we use to take excursions around town. Unfortunately, we can't always take every resident on each outing, simply because of space. We do our very best to rotate the residents who go!

## SHARE YOUR TALENTS

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Have you always loved to garden? Perhaps you are an avid scrapbooker? Share your talents with your neighbours by co-hosting an activity with a staff member. See us for more details!



# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So, a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body function, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.

# Chefs corner

A mixture of delights from our talented chefs.





## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____