



March Birthdays

Kathryn Alford	March 3
Virginia Liddicoat	March 4
Carol Capp	March 13
Dolores Pietsch.....	March 18
Fran Cognata.....	March 20
Deianna Casiano	March 25



March 2025

Dates to Celebrate

First Day of Ramadan.....	3/1
Caregiver Appreciation Day	3/3
Mardi Gras	3/4
International Women's Day	3/8
Daylight Saving Time Begins.....	3/9
Purim.....	3/13-14
Full Moon.....	3/14
St. Patrick's Day	3/17
Spring Begins.....	3/20



Birthstone - Aquamarine/Bloodstone
 Flower - Daffodil | Zodiac - Pisces/Aries



Let's Dance!

It's time to celebrate one of Ireland's most famous patron saints: St. Patrick. We celebrate St. Patrick's Day on March 17, as cities nationwide bleed green — green clothing, green food and even green beer. Interestingly, St. Patrick actually wore blue vestments, not green. That's a surprise. And, there are many, many other unique aspects to this holiday, and more specifically, celebrating Irish culture. Let's delve into one: dancing.

Irish dancing has a long history, with steps of record emerging from the 1600s and more prominently taking center stage in the 1700s. The Irish jig, also known as step dance, is among the dances that one encounters nationwide on St. Patrick's Day. Festivals, parades and other events are commonplace for the day, and dancing might be a main feature.

Step dance is a traditional Irish dance and one that can be done as a singular performance as well as in groups. It's both familiar and formal, with groups such as Riverdance featuring such styles. Irish step dancing is also a competitive endeavor, something done for more than a century. The costumes are elaborately designed, usually with a bit of Celtic inspiration, to hone in on the lower half of the body and the fancy footwork. In step dance, the upper half of the body is more locked in place, rigid even. Next time you observe step dance, be sure to take notice of the body posture and form.



LYNRIDGE

OF WACO | ASSISTED LIVING

Palette of Possibilities

Throughout the month of March, we find ourselves in a space of renewal, no matter the country of residence. New life is springing forth all around and ceremonies, traditions and rituals abound as we welcome the new spring season. There's an emerging brightness to life. Countries like Mexico and India embrace the concept of renewal and the "palette of possibilities" that accompany such with art, creativity and color, and more specifically, through India's Holi celebration and Mexico's muralism.

Holi, the Festival of Colours, Love and Spring is celebrated in Nepal, India and other southern Asian countries beginning March 14 this year. This ancient Hindu festival centers around explosions of color, love and life as the negativity of one's life becomes cleansed. Rebirth and renewal become new possibilities as people clothed in all white douse themselves and others with colorful powders in the streets. This part of the culture and tradition breathes new life into the air. The blank canvas of white becomes a place of vibrant color. It's a beautiful and integral part of sharing life and experiencing truly joyful moments.

Mexican muralism also begins with a blank canvas, but the ancient art focuses a little more on art's accessibility. Creativity and color bring forth new life, and Mexican muralism allows this to happen more

fully. Personal expression and authenticity flow from this artistic movement, lending itself to new life and renewal. Murals have historically told stories on walls and buildings through a language that continues to speak from generation to generation. They promote a stronger sense of self and culture as expressed through art. Again, this movement is an integral part of sharing life together.

Color, art and creativity are sources of hope, love and renewal, no matter where they're found.



March 2025

Meet our Team of Leaders

Tammy Johnson
Executive Director

Tori Jones
Business Director

Tammy Zanter
Resident Care Coordinator

Amanda Wolfe
Sales & Marketing Director

Melissa Fuston
Lifestyles Director

Ryan Amthor
Culinary Director

Brett Wilhite
Maintenance Director

Stephanie Hiller
Pathways Director

LYNRIDGE

— OF WACO —
ASSISTED LIVING • MEMORY CARE

5317 Speegleville
Waco, TX 76712

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Lynridge of Waco - Assisted Living

March 2025



							1 10:00 Resident Lead Games - SR 2:00 Sit 'n Chat - DR 3:00 Bingo - SR
2 10:30 Sunday Worship w/Mark Popp - PR 2:00 Phase 10 - SR 6:00 Movie - DR	3 10:00 Silver Sneaker w/Visiting Angels - FC 2:00 Learn to Play Dominoes - PR 3:00 Happy Hour - BA 4:00 Afternoon Stretching - FC	4 Bus: Appointment Day 10:00 Walking Club with Select 2:00 Resident Committee Meeting - DR 3:00 Bingo - SR	5 Bus: Grocery Shopping \$ 10:00 Dance Exercise - FC 2:00 Bible Study - LR 3:00 Happy Hour - BA 6:00 Classics after Dinner - DR	6 Bus: Appointment Day 10:00 Price is Right Club - PR 1:00 White Chocolate Cheesecake - CK 2:00 Chair Yoga - FC 3:00 Bingo - SR	7 9:00 Veteran's Coffee with Right at Home - DR 10:00 Target Trip - Bus 1:00 Craft: Shamrock Wreath 3:00 Happy Hour by Compassus - BA	8 10:00 Resident Lead Games - SR 2:00 Sit 'n Chat - DR 3:00 Bingo - SR	
9 10:30 Sunday Worship w/Mark Popp - PR 2:00 Learn Canasta with Fran - SR 6:00 Movie - DR	10 10:00 Silver Sneaker w/Visiting Angels - FC 2:00 Book Club 3:00 Happy Hour by Accent Care - BA 4:00 Afternoon Stretching - FC	11 Bus: Appointment Day 10:00 Walking Club with Select 11:00 Calendar Planning - CR 2:30 Talk With Select Rehab: Diabetes - SR 3:00 Bingo - SR	12 Bus: Grocery Shopping \$ 10:00 Dance Exercise - FC 2:00 Bible Study - LR 3:00 Happy Hour - BA 6:00 Classics after Dinner - DR	13 Bus: Appointment Day 10:00 Price is Right Club - PR 11:00 Calendar Follow Up - CR 2:00 Chair Yoga - FC 3:00 Bingo - SR	14 10:00 Shopping at 5 Below \$ 1:30 Bake a Pie with Melissa - CK 3:00 Happy Hour - BA	15 10:00 Resident Lead Games - SR 2:00 Sit 'n Chat - DR 3:00 Bingo - SR	
16 10:30 Sunday Worship w/Mark Popp - PR 2:00 Cooking with Janice - CK 6:00 Movie - DR	17 Vote for Friday Lunch Outing 10:00 Silver Sneaker w/Visiting Angels - FC 2:00 Learn to Play 42 - PR 3:00 Happy Hour - BA 4:00 Afternoon Stretching - FC	18 Bus: Appointment Day 10:00 Walking Club with Select 2:00 Welcome Committee Meeting - CR 3:00 Bingo - SR	19 Bus: Grocery Shopping \$ Voting for Lunch Trip ENDS 10:00 Dance Exercise - FC 2:00 Bible Study - LR 3:00 Happy Hour - BA 6:00 Classics after Dinner - DR	20 Bus: Appointment Day 10:00 Price is Right Club - PR 2:00 Chair Yoga - FC 3:00 Bingo - SR	21 11:00 Residents Choice Lunch Outing 1:00 Craft: Hand Knit Chunky Pillow - CR 3:00 Happy Hour - BA	22 10:00 Resident Lead Games - SR 1:30 \$ Outing: Play: "Arsenic and Old Lace" \$ 2:00 Sit 'n Chat - DR 3:00 Bingo - SR	
23 10:30 Sunday Worship w/Mark Popp - PR 6:00 Movie - DR	24 10:00 Silver Sneaker w/Visiting Angels - FC 2:00 Book Club 3:00 Happy Hour - BA 4:00 Afternoon Stretching - FC	25 Bus: Appointment Day 10:00 Walking Club with Select 2:00 Town Hall- DR 3:00 Bingo - SR	26 Bus: Grocery Shopping \$ 10:00 Dance Exercise - FC 1:30 Menu Meeting with Chef - DR 2:00 Bible Study - LR 3:00 Happy Hour: BIRTHDAY CELEBRATION by Accent Care - BA 6:00 Classics after Dinner - DR	27 Bus: Appointment Day 10:00 Price is Right Club - PR 11:00 Trivia - PR 2:00 Chair Yoga - FC 3:00 Bingo - SR	28 10:00 Trip to the Richland Mall \$ 1:30 Seniors Serving Seniors - CR 3:00 Happy Hour - BA	29 10:00 Resident Lead Games - SR 2:00 Sit 'n Chat - DR 3:00 Bingo - SR	
30 10:30 Sunday Worship w/Mark Popp - PR 3:00 Dominoes - SR 6:00 Movie - DR	31 10:00 Silver Sneaker w/Visiting Angels - FC 3:00 Happy Hour - BA 4:00 Afternoon Stretching - FC						KEY Craft Room.....CR Dining Room.....DR Country Kitchen.....CK Bar Area.....BA Living Room.....LR Sun Room.....SR