



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 | MEMORY CARE

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 - Memory Care

March 2025



9:30 Daily Chronicles **1**
 10:30 Noodle Ball
 11:00 Laugh Out Loud
 1:30 Short Stories
 2:00 Connect 4
 3:45 Bowling
 6:30 Hand Massages

9:30 Daily Chronicles **2**
 10:30 Hymn Sing-Along
 11:00 Fellowship Discussion
 1:30 Inspirational Conversations
 2:45 Fellowship w/Tom & Lisa - B
 3:45 Ice Cream Social
 6:30 National Geographic

9:30 Daily Chronicles **3**
 10:30 Chair Yoga
 11:00 Community Outing
 1:30 Finish the Phrase
 2:00 Manicure Monday
 3:45 Junk Drawer Detective
 6:30 Musical Melodies

9:30 Daily Chronicles **4**
 10:30 Walking Club with Stephanie
 11:00 Balloon Swat
 1:30 Short Stories
 2:00 Cooking Connection
 3:45 Rockin' to the 60's
 6:30 Game Show Classics

8:30 Bible Study with Bill **5**
 9:30 Daily Chronicles
 10:30 Zumba
 11:00 Puzzles
 1:30 Finish the Phrase
 2:00 Crafternoon
 3:45 Bible Trivia
 6:30 Western Wednesday

9:30 Daily Chronicles **6**
 10:30 Beanbag Bullseye
 11:00 Price is Right
 1:30 Short Stories
 2:00 Armchair Travel Club
3:45 Birthday Celebrations w/ Jennifer Magnolia HH
4:30 Pathways Open House
 6:30 Theater Thursdays Movie

9:30 Daily Chronicles **7**
 10:30 Ball Drumming
 11:00 Watercolor Art
 1:30 Finish the Phrase
2:00 Bingo w/ Amy Compassus
 3:45 Mix and Match
 6:30 Mindful Melodies

9:30 Daily Chronicles **8**
 10:30 Noodle Ball
 11:00 Laugh Out Loud
 1:30 Short Stories
 2:00 Connect 4
 3:45 Bowling
 6:30 Hand Massages

9:30 Daily Chronicles **9**
 10:30 Hymn Sing-Along
 11:00 Fellowship Discussion
 1:30 Inspirational Conversations
 2:45 Fellowship w/Tom & Lisa - B
 3:45 Ice Cream Social
 6:30 National Geographic

9:30 Daily Chronicles **10**
 10:30 Chair Yoga
 11:00 Community Outing
 1:30 Finish the Phrase
 2:00 Manicure Monday
 3:45 Junk Drawer Detective
 6:30 Musical Melodies

9:30 Daily Chronicles **11**
 10:30 Walking Club with Stephanie
 11:00 Balloon Swat
 1:30 Short Stories
 2:00 Cooking Connection with Gentiva
 3:45 Rockin' to the 60's
 6:30 Game Show Classics

8:30 Bible Study with Bill **12**
 9:30 Daily Chronicles
 10:30 Zumba
 11:00 Puzzles
 1:30 Finish the Phrase
 2:00 Crafternoon
 3:45 Bible Trivia
 6:30 Western Wednesday

9:30 Mass w/Father James **13**
 10:30 Beanbag Bullseye
 11:00 Price is Right
 1:30 Short Stories
2:00 Special Guest Activity w/Shawna, TexMed HH
 3:45 Dominos
 6:30 Theater Thursdays Movie

9:30 Daily Chronicles **14**
 10:30 Ball Drumming
 11:00 Watercolor Art
 1:30 Finish the Phrase
 2:00 Bingo
 3:45 Mix and Match
 6:30 Mindful Melodies

9:30 Daily Chronicles **15**
 10:30 Noodle Ball
 11:00 Laugh Out Loud
 1:30 Short Stories
 2:00 Connect 4
 3:45 Bowling
 6:30 Hand Massages

9:30 Daily Chronicles **16**
 10:30 Hymn Sing-Along
 11:00 Fellowship Discussion
 1:30 Inspirational Conversations
 2:45 Fellowship w/Tom & Lisa - B
 3:45 Ice Cream Social
 6:30 National Geographic

9:30 Daily Chronicles **17**
 10:30 Chair Yoga
 11:00 Community Outing
 1:30 Finish the Phrase
 2:00 Manicure Monday
 3:45 Junk Drawer Detective
 6:30 Musical Melodies

9:30 Daily Chronicles **18**
 10:30 Walking Club with Stephanie
 11:00 Balloon Swat
 1:30 Short Stories
 2:00 Cooking Connection
 3:45 Rockin' to the 60's
 6:30 Game Show Classics

8:30 Bible Study with Bill **19**
 9:30 Daily Chronicles
 10:30 Zumba
 11:00 Puzzles
 1:30 Finish the Phrase
 2:00 Crafternoon
 3:45 Bible Trivia
 6:30 Western Wednesday

9:30 Daily Chronicles **20**
 10:30 Beanbag Bullseye
 11:00 Price is Right
 1:30 Short Stories
2:00 Crafts with Erika - Home Instead
 3:45 Dominos
 6:30 Theater Thursdays Movie

9:30 Daily Chronicles **21**
 10:00 Dominos With Friends
 10:30 Ball Drumming
 11:00 Watercolor Art
 1:30 Finish the Phrase
2:00 Bingo w/ Amy Compassus
 3:45 Mix and Match
 6:30 Mindful Melodies

9:30 Daily Chronicles **22**
 10:30 Noodle Ball
 11:00 Laugh Out Loud
 1:30 Short Stories
 2:00 Connect 4
 3:45 Bowling
 6:30 Hand Massages

9:30 Daily Chronicles **23**
 10:30 Hymn Sing-Along
 11:00 Fellowship Discussion
 1:30 Inspirational Conversations
 2:45 Fellowship w/Tom & Lisa - B
 3:45 Ice Cream Social
 6:30 National Geographic

9:30 Daily Chronicles **24**
 10:30 Chair Yoga
 11:00 Community Outing
 1:30 Finish the Phrase
 2:00 Manicure Monday
 3:45 Junk Drawer Detective
 6:30 Musical Melodies

9:30 Daily Chronicles **25**
 10:00 Cooking with Casey
 10:30 Walking Club with Stephanie
 11:00 Balloon Swat
 1:30 Short Stories
 2:00 Cooking Connection
 3:45 Rockin' to the 60's
 6:30 Game Show Classics

8:30 Bible Study with Bill **26**
 9:30 Daily Chronicles
 10:30 Zumba
 11:00 Puzzles
 1:30 Finish the Phrase
 2:00 Crafternoon
 3:45 Bible Trivia
 6:30 Western Wednesday

9:30 Daily Chronicles **27**
 10:30 Beanbag Bullseye
 11:00 Price is Right
 1:30 Short Stories
 2:00 Scavenger Hunt
 3:45 Dominos
5:30 Memory Care Family Support Group
 6:30 Theater Thursdays Movie

9:30 Daily Chronicles **28**
 10:30 Ball Drumming
 11:00 Watercolor Art
 1:30 Finish the Phrase
 2:00 Bingo
 3:45 Mix and Match
 6:30 Mindful Melodies

9:30 Daily Chronicles **29**
 10:30 Noodle Ball
 11:00 Laugh Out Loud
 1:30 Short Stories
 2:00 Connect 4
 3:45 Bowling
 6:30 Hand Massages

9:30 Daily Chronicles **30**
 10:30 Hymn Sing-Along
 11:00 Fellowship Discussion
 1:30 Inspirational Conversations
 2:45 Fellowship w/Tom & Lisa - B
 3:45 Ice Cream Social
 6:30 National Geographic

9:30 Daily Chronicles **31**
 10:30 Chair Yoga
 11:00 Community Outing
 1:30 Finish the Phrase
 2:00 Manicure Monday
 3:45 Junk Drawer Detective
 6:30 Musical Melodies

