

THE Courtyards *Lifestyle*

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

A MESSAGE FROM KASANDRA



As we embrace the month of March, let us welcome the changing season and the promise of new beginnings. Just as the earth begins to awaken from its winter slumber, may you also find renewed energy and vitality in your hearts. March brings with it a sense of hope and rejuvenation, a time to reflect on the beauty of growth and transformation. Let us

take this opportunity to embrace the present moment, to cherish the memories we hold dear, and to look forward to the adventures that lie ahead. Remember that each day is a gift, filled with infinite possibilities and opportunities to create moments of joy and connection. No matter the challenges you may face, know that you are surrounded by a community that cares for you, supports you and celebrates the unique light that shines within each of you. May the month of March be a time of inspiration, gratitude and renewal for all of us. Let us cherish the beauty of each day, the strength of our collective spirit and the love that binds us together as one family. With warmth and encouragement, KaSandra



MARCH 2024



Our Management Team
Executive Dir. KaSandra L.
Marketing Dir. Atriza K.
Director Of Dining Tommy C.
Activity Dir. Joni R.
Admin Assistant Marisol C.

Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.

COURTYARDS
OF ODESSA

MARCH 2024

**MARCH
BIRTHDAYS**

Assisted Living
Alicia H.
Memory Care
Carla M.
Ann H.

**Memorable
Melody:
'When Irish
Eyes Are
Smiling'**

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams," and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.

**"Life is a painting,
and you are the artist.
You have on your palette all
the colors in the spectrum."
—Paul J. Meyer**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Welcome March May it bring you.. Good Health Many Blessings Splendid Surprises Warm Memories & Unexpected Miracles.. Amen</p>				<p>Please be advised schedule may be subjected to change</p>	<p>National Peanut Butter Lovers' Day 7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Resident Council Meeting 11:00 Hot Chocolate Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Fun In The Sun 5:00 Dinner</p>	<p>Dr. Seuss' Birthday 7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 4:00 Music Therapy & Hydration 5:00 Dinner</p>
<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Church Service With Mark 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner</p>	<p>HAPPY BIRTHDAY ANN 7:00 Breakfast 9:00 Early Bird Gets Fit 9:00 Nails By Amenti Beauty Academy 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Craft 5:00 Dinner</p>	<p>HAPPY BIRTHDAY ALICIA 7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Online Worship 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner 6:00 The Chosen W/ Ashely</p>	<p>HAPPY BIRTHDAY CARLA 7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Walmart Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Fun In The Sun 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 4:00 Music Therapy & Hydration 5:00 Dinner</p>
<p>7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Craft 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Online Worship 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner 6:00 The Chosen W/ Ashely</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 United Supermarket Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Fun In The Sun 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 4:00 Music Therapy & Hydration 5:00 Dinner</p>
<p>St. Patrick's Day Wear Green 7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Church Service With Mark 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 1:30 Happy Hour 2:30 Skip-Bo With Friends 4:00 St. Patrick's Day Parade 5:00 Dinner</p>	<p>National Sloppy Joe Day 7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner</p>	<p>First Day of Spring 7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Craft 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Online Worship 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner 6:00 The Chosen W/ Ashely</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Target Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Fun In The Sun 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 4:00 Music Therapy & Hydration 5:00 Dinner</p>
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<p>Easter Sunday 7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Craft 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Online Worship 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner 6:00 The Chosen W/ Ashely</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:30 Book Club Discussion 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 10:00 Dollar Tree Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Fun In The Sun 5:00 Dinner</p>	<p>7:00 Breakfast 9:00 Early Bird Gets Fit 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:30 Easter Egg Hunt 5:00 Dinner</p>

Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

Assisted Living Family Celebrates Love and Friendship



In a heartwarming celebration of love and friendship, our assisted-living family came together to enjoy a memorable Galentine's party. The month of February has truly been good to us, filled with joy, laughter and cherished moments that will be treasured forever. Thank you to all who made this special event possible, and here's to many more moments of love and connection in the days ahead.

Permian Senate Strikes a Perfect Balance of Fun and Fine Dining in Memory Care



Residents participated in a heartwarming display of community engagement, the Permian Senate recently stepped up to serve both fun and culinary delights at our memory care residence. The friendly competition heated up as they bowled their way to victory, while the residents were treated to a gourmet dining experience unlike any other. The Permian Senate's selfless act of service not only brought joy and laughter to the memory care residents, but also showcased the power of coming together for a good cause. It was a day filled with camaraderie, good food and unforgettable memories that will

surely be cherished by all who were present. A huge thank-you to the Permian Senate for their compassion and dedication in serving up smiles and delicious meals to our cherished residents. This remarkable event exemplifies the beauty of community, connection, and the shared joy that comes from giving back.

Hello, Spring

The first day of spring is March 20. Celebrate with a stroll outdoors, some spring cleaning, or a salad of fresh spring greens.

Laugh Lines: Jest a Few Holiday Jokes

These St. Patrick's Day-related jokes will have you Dublin over with giggles!

Rainbow Riddles

What do you call a rainbow over a farm?

A grain-bow.

What about one over a construction site?

A crane-bow.

Over an airport runway?

A plane-bow.

What if it's over the city of Madrid?

A Spain-bow.

Clover Comedy

Why do we wear shamrocks on St. Patrick's Day?

Because regular rocks are too heavy!

What happens when you cross poison ivy with a four-leaf clover?

You get a rash of good luck.

Why shouldn't you iron a four-leaf clover?

You might press your luck.

Leprechaun Laughs

What's a leprechaun's favorite place to relax?

The paddy-o!

What do you call leprechauns who collect plastic bottles?

Wee-cyclers.

Why do leprechauns hate running?

They'd rather jig than jog.

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.