

March

2020

Tamarack Assisted Living Center
1224 E Tamarack Rd
Altus, OK 73521

 Cas VanPelt
Activity Director
(580) 379-6990

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Bus to church 10:00 FBC Channel 72 1:30 Bingo 	2 9:00 Morning Stroll 10:00 Skip- Bo 1:30 Chair Exercise 2:00 Horse Races 5:30 Dallas	3 9:00 Morning Stroll 10:00 Coffee with Kay EW 11:00 Chair Exercise with Cas 1:30 Bingo 6:00 Church with Dean	4 Norma's Bday 10:00 Craft Time- Clover Painting 10:00 Coffee Cup Bunch 11:00 Chair Exercise 1:30 Show and Tell 6:00 Movie Night	5 9:00 Nail Care Appts 10:00 Bible Study 10:00 Skip Bo 11:00 Nail Care Appts 1:30 Bingo	6 9:00 Morning Stroll 10:00 Kitchen Creation 11:00 Nail Care 1:30 Shingles Awareness 3:30 AAFB Youth Group Reads	7 Ernest's Bday 10:00 Skip- Bo 10:30 Chair Exercise 1:30 Bingo 5:30 Movie Night
8 9:00 Bus to church 10:00 FBC Channel 72 1:30 Bingo Daylight Savings	9 09:00 Morning Stroll 10:00 Skip- Bo 1:30 Chair Exercise 2:00 Horse Races 2:30 Class with Mark 5:30 Dallas	10 Shirley S Bday 9:00 Morning Stroll 10:00 Coffee with Kay 11:00 Chair Exercise with Cas 1:30 Bingo 6:00 Church with Doug	11 10:00 Painting Class with Maddison 11:00 Chair Exercise 1:30 Walmart 6:00 Movie Night	12 9:00 Nail Care Appts 10:00 Bible Study 10:00 Skip Bo 11:00 Nail Care Appts 1:30 Bingo	13 9:00 Morning Stroll 10:00 Kitchen Creation- Chocolate Chip Cookies 11:00 Nail Care 1:30 Sleep Awareness Class Dress in Blue Day	14 10:00 Skip- Bo 10:30 Chair Exercise 3:00 Museum Trio Recital 5:30 Movie Night
15 9:00 Bus to church 10:00 FBC Channel 72 1:30 Bingo Red Nose Day	16 9:00 Morning Stroll 10:00 Skip- Bo 1:30 Chair Exercise 2:00 Horse Races 5:30 Dallas	17 HAPPY ST. PATRICK'S DAY 9:00 Morning Stroll 10:00 Coffee with Kay 11:00 Chair Exercise with Cas 1:30 Bingo 6:00 Church with Erin	18 Betty's Bday 10:00 Craft Time- Refrigerator Scrabble 11:00 Chair Exercise 1:30 Senior Spelling Bee 6:00 Movie Night	19 9:00 Nail Care Appts 10:00 Bible Study 10:00 Skip Bo 11:00 Nail Care Appts 1:30 Bingo Spring Begins	20 9:00 Morning Stroll 10:00 Would You Be My Neighbor, Movie Showing in Front Sitting Room 11:00 Nail Care 1:30 Mad Hatter Tea Party	21 10:00 Skip- Bo 10:30 Chair Exercise 1:30 Bingo 5:30 Movie Night
22 9:00 Bus to church 10:00 FBC Channel 72 10:30 Garden Club 1:30 Bingo	23 9:00 Morning Stroll 10:00 Skip- Bo 1:30 Chair Exercise 2:00 Horse Races 5:30 Dallas	24 9:00 Morning Stroll 10:00 Coffee with Cas 11:00 Chair Exercise with Cas 1:30 Home School Kids 6:00 Church with Jim	25 10:00 Joshua Lightfoot Plays Bluegrass 1:30 Walmart 6:00 Movie Night	26 9:00 Nail Care Appts 10:00 Bible Study 10:00 Skip Bo 11:00 Nail Care Appts 2:00 Dan Iken Sing Along	27 9:00 Morning Stroll 10:00 Kitchen Creation 11:00 Nail Care 1:30 Diabetes Awareness Class	28 10:00 Skip- Bo 10:30 Chair Exercise 1:30 Bingo 5:30 Movie Night
29 9:00 Bus to church 10:00 FBC Channel 72 1:30 Bingo Wear Plaid Day	30 9:00 Morning Stroll 10:00 Skip- Bo 1:30 Chair Exercise 2:00 Horse Races 5:30 Dallas  Doctors Day	31 9:00 Morning Stroll 11:00 Chair Exercise with Cas 1:30 Bingo 6:00 Church with Lupe 7:00 Oklahomas Most Notorious Crimes by Ken Frates				

1. It's March—Happy New Year, ancient Romans!

Welcome to the third month of the year—or, if you were born before 150 B.C., the first! According to the oldest Roman calendars, one year was ten months long, beginning in March and ending in December. It may sound crazy, but you can still see traces of this old system in our modern calendar: because December was the tenth month, it was named for the number ten in Latin (*decem*), just like September was named for seven (*septem*). So, what about January and February? They were just two nameless months called “winter,” proving that winter is literally so awful it doesn't even deserve a spot on the calendar.

2. March was named for war—and lives up to its title

So, if so many months were named for their Latin numbers, why wasn't March called... *unumber*? Firstly, because that sounds ridiculous, and secondly, because the Gods had dibs on it. March was actually named for the Latin *Martius*—aka Mars, the Roman God of war and a mythical ancestor of the Roman people via his wolf-suckling sons, Romulus and Remus. With the winter frosts melting and the ground becoming fertile for harvest again in the Northern hemisphere, March was historically the perfect month for both farmers to resume farming, and warriors to resume warring.

Incidentally, the Pentagon still seems to agree with this Roman tradition: with the exception of the recent War on Afghanistan, almost all major US-NATO led military operations since the invasion of Vietnam have begun in the month of March. To name a few: Vietnam (initiated March 8, 1965), Iraq (March 20, 2003), and Libya (March 19, 2011) all follow the trend.

3. Beware The Ides of March unless you're a cat

We've all heard it uttered, but what does “beware the Ides of March” actually mean? On the Roman calendar, the midpoint of every month was known as the Ides. The Ides of March fell on March 15th. This day was supposed to correlate with the first full moon of the year (remember, winter didn't count then) and marked by religious ceremonies, but thanks to Shakespeare's *Julius Caesar* we know it for another reason. Supposedly, in 44 BC, a seer told Julius Caesar that his downfall would come no later than the Ides of March. Caesar ignored him, and when the fated day rolled around he joked with the seer, “The Ides of March have come.” The seer replied, “aye, Caesar; but not gone.” Caesar continued on to a senate meeting at the Theatre of Pompey, and was summarily murdered by as many as 60 conspirators. Ironically, the spot where Caesar was assassinated is protected in today's Rome as a no-kill cat sanctuary.

So, if someone tells you “beware the Ides of March,” they are probably just being a jerk, or letting you know they've read Shakespeare.

PLEASE NOTE ALL CHANGES ON THE CALENDER, IF YOU HAVE ANY QUESTIONS PLEASE ASK CAS.

THANK YOU