



RIVER OAKS PLACE
L E N O I R C I T Y

100 W 5th Ave. • Lenoir City, TN 37771 • (865) 988-9321

March 2014

Happy Birthday!

- 3/1 Faye Rowland
- 3/11 Beth Olson
- 3/14 Tim Sexton
- 3/17 Tammy Anderson
- 3/18 Barbara Hoke
- 3/24 Flossie Shelton



Protect Yourself

When you visit a doctor's office, there are usually sick people around. To limit your exposure to germs, take your own books or magazines (and toys, if you have children with you) and pack tissues and hand sanitizers. In the waiting room, keep as much space as possible between you and other patients.



Feline Flex

Copy cats and do stretching exercises when you wake up. The practice will boost circulation and digestion, and can ease back pain.

River Oaks Place Store Coupon!

Come and visit our River Oaks Place Store! We have shamrocks in stock! This Coupon Is Good for 25c.

Good Until April 1, 2014 We have a lot of new exciting items at the store. Cards, candy, cookies, toiletries and soda. Please be sure to stop by and see Cindy! She will be happy to take requests for items you would like to see in our Store!
~ Happy Shopping! ~ Happy Spring!



Goodbye, Winter

Are you ready for some warmer weather? The first day of spring is March 20.

March Folklore

So many mists in March you see; so many frosts in May will be.



Holiday ABCs for March

G is for spring's Growth of grass, leaves and flowers
R is for nature's Renewal
E is for the End of winter
E is also for Evenings getting longer
N is for the gift of a New season



A Senior Solutions Management Property
www.ssmgrp.com
www.facebook.com/ssmgrp

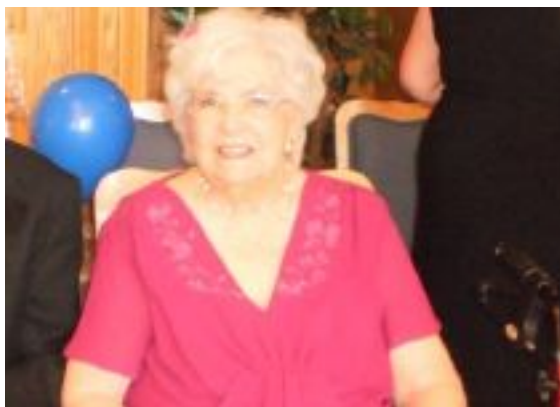


Memories!

Talk About It: Spring Fever

Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone's experiences were similar or different.

- What is your favorite springtime memory?
- Did you or your family plant a garden in the spring?
- Do you have a favorite spring flower?
- How did your family spend spring break from school? Did you ever go on a spring break trip?
- Do you enjoy rain? What about thunderstorms?
- Is there anything you don't like about the return of warmer weather?



Resident Okla Gragg!

Okla Juanita was born Sept. 6. and was raised in Campbell, TN! She lived and worked hard growing up in the mountains. She was lovingly raised by her beloved grandmother and mother. She was married to James Gragg for many years; they were blessed with four children, nine grandchildren and eight great-grandchildren! Okla has also taken care of and loved many children who have come in and out of her home! Okla was a avid gardener with gardens that would rival the

Biltmore. She could plant and grow anything! Okla was very active in the church, and her caring nature was well known. She loved having friends over, and everyone was family. Her favorite food is anything chicken; I have been told she made the best fried chicken ever! If you are around Okla for any amount of time, she will show you her love for singing. She sings daily, and we love to hear her beautiful voice. Okla had a successful craft business and won numerous awards for a "keepsake bear" she made, among many other items. She traveled all over the country displaying her crafts. She was quite a business woman. We love you so much, Okla, and are very blessed to have you as part of our River Oaks Place family! Keep singing, dear friend!



More Than Just a Four-Leaf Clover

We all know the four-leaf clover is a symbol of good luck. But do you know about these other good luck charms?

Cricket. In Asia, crickets are considered good luck. If crickets stop chirping, danger is present. It is considered very bad luck to kill a cricket. American Indian tribes

believed that imitating a cricket's chirp was disrespectful.

Chimney sweeps. The English consider chimney sweeps to be good luck. This belief dates to a legend that claims a chimney sweep saved the life of King George when the king's horse panicked. If a bride sees a chimney sweep on her wedding day, she will have good luck!

Acorns. Vikings believed that oak trees were sacred to Thor, known for creating lightning and thunder with his powerful hammer. Acorns were considered protection from lightning and a general good luck charm.



Everybody's Irish!

Many Americans celebrate St. Patrick's Day with more enthusiasm than much of Ireland, itself, so enjoy these bits of Irish wit and wisdom as you celebrate on March 17:

"May your glass be ever full, may the roof over your head be always strong, and may you be in heaven half an hour before the devil knows you're dead."

—*Irish toast*

"May you always walk in sunshine. May you never want for more. May Irish angels rest their wings right beside your door."

—*Irish Blessing*

"Here's to me, and here's to you, and here's to love and laughter—I'll be true as long as you, and not one moment after."

—*Irish toast*

"May you live as long as you want, and never want as long as you live."

—*Irish Blessing*

"Here's to a long life and a merry one. A quick death and an easy one. A pretty girl and an honest one. A cold beer—and another one!"

—*Irish toast*

Cheers!

Toast like the Irish on St. Patrick's Day by saying "Cheers" in Gaelic: "Sláinte" (pronounced *slaan-cheh*).



Happy St. Patrick's Day

'Tis the luck o' the Irish smilin' at ya!
Wishin' you the best for a happy St.
Patrick's Day!

Cry Me a River

And while you're at it, make it green! A green river in Chicago means St. Paddy's Day festivities are in full swing. The Chicago River, at just 156 miles long, flows through downtown Chicago and is actually a 19th century engineering marvel. Its flow, which used to run north and emptied into Lake Michigan, was redirected south toward the Mississippi River basin for sanitation purposes. In 1961, parts of the river were dyed green by the local plumbers' union to locate and disconnect a waste line that was emptying into the river. Luckily for Irish Americans, that event gave birth to the idea of dyeing the entire river on St. Patrick's Day.

In 1962, the first trial run, 100 pounds of dye were pumped into the water making the river green for a week. The second year, planners cut the amount used in half, and the river was only green for three days. Today's perfected measurement, 40 pounds, produces the famous Kelly-green-colored water for four to five hours of tons o' fun entertainment.



Talk About It

Childhood Melodies

Music has a way of bringing back memories in our lives. Songs and nursery rhymes we learned as children have a special place in our hearts. Use the following questions to reminisce with your friends and neighbors.

What songs or nursery rhymes do you remember from your childhood? Where did you learn them? Did your parents or grandparents sing to you?

Many children's songs and rhymes feature memorable characters such as Little Bo Peep or Old McDonald. Can you name more? Do you have any favorites?

Some children have a special lullaby that helps them fall asleep. Did you have one as a child? What was it and who sang it to you? Did you sing any lullabies to your children or grandchildren?



March 2014

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



MARCH



| | | | | | | | | | | |
|---|--|---|---|---|--|--|------------------------|------------------------|----|----|
| <h1>MARCH</h1> | | | | | | | 1 | | | |
| 2 | Sing Along! | 3 | 4 | Almanac! | 5 | 6 | FRANK AND JERRY | 7 | 8 | |
| Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Sing Along With Faye! | Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Almanac Readings 3 Communion 6:30 Wii | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Welcome Ambassadors! | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 The Frank and Jerry Show! | Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo | | | | |
| 9 | Johnny Cruze! | 10 | 11 | Jazzy Social! | 12 | Kingston Pike! | 13 | Movie! | 14 | 15 |
| Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Johnny Cruze! | Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2Jazzy Happy Hour Social! Snacks! 3 Communion 6:30 Wii | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Kingston Pike Baptist! | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Movie at 2! | Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo | | | | |
| 16 | St. Pat's Party! | 17 | 18 | Winter Social! | 19 | Kingston Pike! | 20 | Wine and Music! | 21 | 22 |
| Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 St. Patrick's Day Party! Get Your Jig on! Wear Green!!! | Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Last Day of Winter Social! Hot Cocoa! 3 Communion 6:30 Wii | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Kingston Pike Baptist! | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Wine and Music! | Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo | | | | |
| 23/30 | Beer and Nuts | 24/31 | 25 | Robert Frost | 26 | Kingston Pike! | 27 | Egg Craft! | 28 | 29 |
| Feeling Fit! Walking Club 9 Church 2 Manicures 4 Bible Study | 24th -Servant's Heart 2 p.m. 31st -10 Chair Exercise 10:30 Morning Stretch! 2 Beer and Nuts Night ... N/A Beer will be available also ... Action Movie! | Feeling Fit! Walking Club 8:45 Inspirational Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 2 Bingo 3 Bridge | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercises 10:30 Morning Stretch! 1:45 Resident Council Meeting! 2:15 Robert Frost Birthday ... Poems and Snacks! 3 Communion | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Kingston Pike! | Feeling Fit! Walking Club 8:45 Inspiration Coffee Club 10 Chair Exercise 10:30 Morning Stretch! 2 Egg Craft Decoration! | Feeling Fit, Walking Club 10 Chair Exercises 2 Bingo | | | | |