

Crescendo Senior Living OF PLACENTIA

351 East Palm Drive • Placentia, CA 92870 • 714.528.4990

March 2019



March 10, 2019, Don't Forget To Move Your Clock Forward!



Sunday, March 17th, St. Patrick's Day!

Come join us and celebrate St. Patrick's Day @ 2:00 pm in the Bistro! Don't forget to wear your green!



**So Long, Winter
Welcome, Spring!**



Meet and Greet

Dear families, please join us on March 20th @ 6pm, Wednesday, to meet the new Executive Director and Wellness Director. Looking forward to meeting all of you! Dessert will be provided.

What's **NEW!** New?



Out & About

Transportation Service

At this time we currently have no transportation service. We are seeking to resolve this situation as soon as possible. If you have any questions, please contact our Executive Director.

Come See Our Furry Friends (OCSPCA)

Help. Hope. Heals. Pets
Every 2nd Wednesday of the Month @ 4:00 pm



Pet Therapy

Monday at 5:45 pm
Pet Pals in the Bistro

Resident Council

Thursday, March 21st @ 2:00 pm in the Bistro

Food Committee Meeting

Tuesday, March 26 @ 1:45 pm
in the Bistro with Chef George.



Women's Group

Wednesday, March 6 @ 1:30 pm
in the Activity Room.

It's that time again, ladies, to come together to discuss what special event that we can support outside of our community.



Men's Club!

Men, come join us Thursday, March 7th @ 11:30 am in the Activity Room. Men's Club offer ways for men to come together and socialize, making new friends while enjoying being a part of creating different and new activities.



Join Us in Celebrating Our March Birthdays!

Wednesday, March 13th @ 2:30 pm in the Bistro.
Esta Mae Pharris
Patrica McWhirt
Herci Duralde
Elma Marquez



Happy Hour! Weekly Every Thursday @ 3:30 pm



Ice Cream Social!

It's that time again, for some yummy scoops of ice cream!
Friday, March 22nd @ 1:30 pm in the Bistro!

Director's Corner

Executive Director!

Happy March Residents and Family Members!

We are really looking forward to meeting all of you at our "Meet and Greet" this month! It will be a great opportunity to get to know one another and to put a face to the name :)

Due to our Meet and Greet we will not be having our usual Sunday Brunch this month. We will continue to have Sunday brunches quarterly, so keep an

eye out for the new schedule for brunch!

We look forward to making our Crescendo home the very best it can be, and encourage your input and feedback concerning your loved ones.

Sincerely,
Dale K. Woytek-Executive Director

Ruby Uphus-Director of Wellness

Health & Fitness



Why Physical Activity Is Important!

Physical activity has many benefits for older adults. It not only helps you feel better physically and emotionally, it:

- helps to control weight, blood pressure, cholesterol, diabetes, and bone and joint problems like arthritis
- reduces the risk of heart disease, strokes and some cancers
- helps to manage pain
- helps to maintain and increase joint movements

Importantly it helps to reduce the risk of injury from falls, a major concern with ageing.



Clinical Corner

Nurse's Corner!

Movie Watch

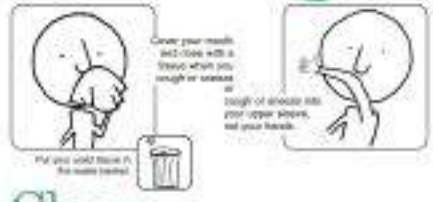
Movie Nights!

Come enjoy a good movie, on Wednesday and Friday nights along with popcorn @ 6:00 pm in the TV room!



Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands





Food is fuel.
» Fill up on the good stuff.

March:



National
Nutrition
Month



Luck of the Irish

Happy
St. Patrick's Day