CONNECTIONS MOUNT OLIVET DAY SERVICES

Is the warmth of spring arriving soon?



We sure hope so! We are looking forward to the sun, birds, flowers and greenery that are sure to be just around the corner. We are also excited to welcome our participants and families to our new outdoor space in the months to come – stay tuned!

As always feel free to reach out with any questions or concerns – **smatthews@mtolivetdayservices.org** or 612-861-3305 ~ *Steph*

Hello families,

"The month of March symbolically represents new growth, fertility and procreation in humans, plants and animals".

A big thank you to all who preserved the frigid wintery weather over the last two months and tried to consistently attend. As we anticipate better weather ahead and the rebirth of a new season, we look forward to resuming outings and enjoying the lovely spring weather. Last month we celebrated Black History month and learned about the contributions of several famous African Americans. We also celebrated Valentine and enjoyed some great music from our entertainers. This month promises to be eventful with some great Outings sites and wonderful entertainers to help us welcome in Spring

We have two MODS work Anniversaries this month. Please help me wish our director Stephanie on her one-year Anniversary at MODS. Where did the time go? It seems like it was

yesterday since you joined us. Thank you for your leadership! Anniversary greetings are also extended to Scott for 28 years of dedicated service to MODS. Thank you, Scott, for the many roles you provide here, interior decorator, great sense of humor, flexibility, patience and most of all for the care you give to our participants.

Happy Spring! ~ *Allison*



CONNECTIONS MOUNT OLIVET DAY SERVICES

	March Happenings:	March Birthdays:
	ch 7 xtile Center exhibit "A common Thread" -12noon – FREE	3 / Lois W 27 / Lois C
of Spring	arch 11 n Garden and enjoy the first breath -12noon – FREE	7 / Desiree S 31 / Heather J 12 / James M
Thursday, March 20 Scenic Drive Time: 1:15-2:15pm – FREE		March Anniversaries:
Wednesday, March 26 Come enjoy a beverage and a pastry among the promising flora and Fauna. Time: 1:15-2:15pm – \$7		14 / Jane A, 2 years 18 / Stephanie M, 1 year 20 / Lucinda N, 1 year
March Entertainment: Tuesday Music with Mike O March 4		27 / Scott N, 28 years
Friday March 7	Music with Charlie W Piano & Singing	<image/>
Tuesday March 11	Music with James S Piano & Singing	
Tuesday March 18	The Bloomingtones Choral group	
Friday March 21	Music with Jan & Cathy Piano & Flute	
Tuesday March 25	Richfield Silver Notes Choral group	
Monday March 31	Music with Russel S Music with Assorted instruments	

CONNECTIONS MOUNT OLIVET DAY SERVICES



Health Talk with Nurse DeDe

How are you handling winter? Winter seems to last forever with less sunlight, cold outside and just not wanting to be outside.

For our talk/activity for next month, we will continue with chair exercises. I just completed a class on chair exercises through Ageless Grace that I would like to share with you. These exercises help with balance and memory. We will continue chair exercise through April. I will start this new class on March 19th at 1:30pm. Stay

at 1:30pm. Stay warm and drink plenty of fluids.

~ De-De





Polka is always welcome at MODS!