



March 2025

hello
SPRING



1 10:00AM– Step Into Spring:
March Walking Club
1:00PM– March Madness Jigsaw
Puzzle Challenge
1:30PM–March Shuffle:
A Friendly Card Battle
3:00PM–Brain Boosters:
March Word Search Puzzle Mania

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:15AM–Communion W/St. John Catholic Church 10:30AM–Worshipn Service AL (Commons Lobby) 3:00PM–Madison Baptist Church Service	3 10:00AM–Lucky Leprechaun Leg Lifts 10:30AM– March Trivia Topics & Questions 1:30PM–Madison Boot Scoot- ers Line Dancers 3:00PM–Clover Crunch Twists (ILF) Building #3	4 Happy Birthday Kitty Jenkins & Tom McSwiney! 10:00AM–Gold Coin Cardio 1:30PM–Lucky Bingo 2:30PM– Pet Therapy W/ Jaxson 3:00PM– Daffodil Arm Circles (ILF) Building #3	5 Ash Wednesday Happy Birthday Gordon Coats! 10:00AM–Lucky Charms Chair Exercise 2:30PM–Communion W/ Harvest Pointe Methodist 3:00PM– Pot o’ Gold Bingo (ILF) Building #3 6:30PM– Bible Study (ILF)	6 10:00AM– Lucky Charms Chair Exercise 9:00AM– Podiatrist (ILF) #3 1:00PM– Sip & Paint W/ Jessica 1:30PM– Lucky Hands & Winning Feet 2:30PM– Lucky Bingo 3:00PM– Clover Crunch Twists (ILF) Building #3	7 Employee Appreciation Day 10:00AM– March Forward With Chair Fitness! 10:30AM–March Mythbusters: Fact or Fiction 1:00PM–Pickleball Adventure: A day of Fun & Action 1:30PM– Lucky Hands & Winning Feet	8 10:00AM– Step Into Spring: March Walking Club 1:00PM– March Madness Jigsaw Puzzle Challenge 1:30PM–March Shuffle: A friendly Card Battle 3:00PM– Lucky to Have Each Other March Widows Gathering (ILF)
9 Daylight Savings Begins Happy Birthday Barbara Witek! 9:15AM– Communion W/St. John Catholic Church 10:30AM– Worship Service AL (Commons Lobby) 3:00PM–Madison Baptist Church Service	10 Brain Awareness Week Happy Birthday Ed Cotton! 10:00AM– Lucky Leprechaun Leg Lifts 1:00PM– Publix Trip 1:30PM– Hand & Foot 3:00PM– Clover Crunch Twists (ILF) Building #3	11 10:00AM– Gold Coin Cardio 10:30AM– Lucky Finds: March Thrift Treasures 1:30PM–Lucky Bingo 1:30PM– Hand & Foot 3:00PM– Daffodil Arm Circles (ILF) Building #3	12 10:00AM– Lucky Charms Chair Exercise 10:30AM– March Madness & Sports Trivia 1:30PM– Lucky Hands & Winning Feet 1:30PM– Bible Study 3:00PM–Pot o’ Gold Bingo (ILF) Building #3	13 World Kidney Day Happy Birthday David Dodge! 10:00AM– Lucky Charms Chair Exercise 1:30PM– March Birthday Bash W/ L & B Entertainment 2:45PM– Lucky Bingo 3:00PM–Clover Crunch Twists (ILF) Building #3	14 10:00AM– March Forward With Chair Fitness 10:30AM– The Luck of Trivia: March Edition! 1:00PM– Lucky Strides: St. Patrick’s Day Walker Decorating! 1:30PM– Lucky Hands & Winning Feet 3:00PM– Trivia (ILF) Building #3	15 10:00AM– Step Into Spring: March Walking Club 1:30PM– Tims Springtime Jams Music to Lift Your Spirits 1:30PM– March Shuffle: A Friendly Card Battle 3:00PM– Tim’s March Music Hour Sing, Dance & Enjoy! (ILF) Building #3
16 Happy Birthday Reburta Spinas! 9:15AM– Communion W/ St. John Catholic Church 10:30AM–Worship Service AL (Commons Lobby) 3:00PM– Madison Baptist Church Service	17 St. Patrick’s Day 10:00AM– Irish Jig Seated Steps 10:30AM– Irish or Not? 1:30PM– Sing-A-Long W/ Mt. Zion Baptist Church 2:30PM–St.Paddy’s Parade Strut 3:00PM– Clover Crunch Twists (ILF) Building #3	18 Happy Birthday Rae Lynn Fox! 10:00AM –Gold Coin Cardio 10:30AM–Irish or Not? 1:30PM– Lucky Bingo 1:30PM– Golden Bridge 2:30PM– Green Apple Bites 3:00PM–Daffodil Arm Circles (ILF) Building #3	19 10:00AM– Lucky Charms Chair Exercise 10:30AM– Buc-ee’s Trip 1:30PM– Resident Council 2:30PM– Communion W/ Harvest Pointe Methodist 3:00PM– Pot o’ Gold Bingo (ILF) Building #3 6:30PM– Bible Study W/ Providence (ILF) Building #3	20 Spring Begins 10:00AM–March Madness Chair Exercise 10:30AM–Spring into March A Trivia Challenge! 1:30PM– Lucky Bingo 1:30PM–Lucky Hands & Winning Feet 3:00PM– March Birthday Bash W/ L & B Entertainment (ILF)	21 Happy Birthday Richard Wright! 10:00AM– March Forward With Chair Exercise 10:30AM–March Magic: Fun Facts & Trivia! 1:00PM– Walmart Trip 1:30PM– Lucky Hands & Winning Feet 3:00PM–Trivia (ILF) Building #3	22 10:00AM– Step Into Spring : March Walking Club 1:00PM– March Madness Jigsaw Puzzle Challenge 1:30PM– March Shuffle: A Friendly Card Battle 3:00PM–Chillin’ with Friends: March Ice Cream Party!
23 9:15 AM–Communion W/St. John Catholic Church 10:30AM– Worship Service AL (Commons Lobby) 3:00PM–Madison Baptist Church Service	24 Happy Birthday Barbara Huff! 10:00AM– Lucky Leprechaun Leg Lifts 10:30AM–Relax & Enjoy: Piano with Tim 1:30PM– Lucky Hands & Winning Feet 3:00PM–Top O’ River (Guntersville, AL)	25 American Diabetes Alert Day 10:00AM– Gold Coin Cardio 10:30AM– March and Nature Trivia 1:30PM– Lucky Bingo 1:30PM– Lucky Hands & Winning Feet 3:00PM– Daffodil Arm Circles (ILF) Building #3	26 10:00AM– Lucky Charms Chair Exercise 10:30AM– March Fun Facts & Pop Culture 1:30PM– Bible Study W/ Harvest Pointe Methodist 1:30PM– Lucky Hands & Winning Feet 3:00PM– Pot o’ Gold Bingo (ILF) Building #3	27 10:00AM– March Madness Chair Exercise 10:00AM– Spring into March A Trivia Challenge! 1:30PM– Lucky Bingo 1:30PM– Lucky Hands & Winning Feet 3:00PM– Clover Crunch Twists (ILF) Building #3	28 10:00AM– March Forward With Chair Exercise 10:30AM–March Mastermind: Prove Your Trivia Skills! 1:00PM–Spring Into Shopping: A Fun Parkway Place Mall Outing! 3:00PM– Sweet Treats & Lucky Eats: March Ice Cream Social (ILF) Building #3	29 Happy Birthday Nelda Preston! 10:00AM– Step Into Spring: March Walking Club 1:00PM– March Madness Jigsaw Puzzle Challenge 1:30PM– March Shuffle: A Friendly Card Battle 3:00PM– Scoop of Fun: March Ice Crea Social
30 Happy Birthday Lynn Zank! 9:15AM– Communion W/ St. John Catholic Church 10:30AM– Worship Service AL (Commons Lobby) 3:00PM– Madison Baptist Church Service	31 10:00AM– Lucky Leprechaun Leg Lifts 10:30AM– March Fun Facts & Pop Culture 1:00PM– Dollar General Market Outing 3:00PM– Clover Crunch Twists (ILF) Building #3	<div><h2>Madison Village</h2><p>Independent & Assisted Living</p><p>A proud member of the family.</p></div>				

The Madison Village Post



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MARCH BIRTHDAY'S

RESIDENTS:

Kitty Jenkins.....March 4th
Tom McSwiney.....March 4th
Gordon Coats..... March 5th
Barbara Witek.....March 9th
Ed Cotton.....March 10th
David Doge.....March 13th
Reburta Spinas.....March 16th
Rae Lynn Fox.....March 18th
Richard Wright.....March 21st
Barbara Huff.....March 24th
Nelda Preston.....March 29th
Lynn Zank.....March 30th

STAFF:

Jennifer Aguilar.....March 9th
Savannah Tucker.....March 5th

Welcome to The Madison Village!

We are delighted to welcome our newest residents for the month of March: Sonja Simpson, Ruth Priest and Pauline Pryde! We are so excited to have you as part of our Madison Village family.

At The Madison Village Independent and Assisted Living,
We cherish community, friendship, and making every day special.
We look forward to getting to know you and creating wonderful
Memories together!

If you see them around, be sure to give them a warm welcome!

Like us on FACEBOOK– The Madison Village



SPRING



March Is...

- Brain Injury Awareness Month
- Celebrating Spring Month
- Employee Spirit Month
- Humorists Are Artists Month (HAAM)
- International Listening Awareness Month
- Irish-American Heritage Month
- Learn Russian Month
- Mental Retardation Month
- Music Involvement Month
- National Caffeine Awareness Month
- National Chronic Fatigue Syndrome Awareness Month
- National Craft Month
- National Frozen Food Month (Day: 6)
- National Kidney Month (U.S. & Canada, Day: 10)
- National Noodle Month
- National Nutrition Month (U.S. & Canada)
- National Peanut Month
- National Pothole Month
- National Professional Social Work Month
- National Umbrella Month
- National Women's History Month
- Optimism Month
- Red Cross Month (U.S. & Canada)
- Save Your Vision Month
- Spiritual Wellness Month

BIRTHSTONES- Bloodstone (Courage), (Alt.-Aquamarine)

FLOWERS- Jonquil (or Daffodil)

COLOR - White

TO YOUR HEALTH—

By: *Dr. Daniel Scarbrough, Corporate Medical Director, CHS, Inc.*

This month I want to discuss one of the three most common causes of mental confusion in the elderly. Most everyone would say the first two would be brain tumors or Alzheimer's disease but that's not true. They are uncontrolled diabetes, urinary tract infection, and dehydration. You might think dehydration is a joke, but it is not. People over 60 constantly stop feeling thirsty and, as a result, stop drinking fluids. When no one is around to remind them to drink fluids, they will quickly dehydrate. It can be severe and affect the whole body, causing abrupt mental confusion, drop in blood pressure, heart palpitations, chest pain, coma, and even death. People over 60 have a lower water reserve, around 50% instead of 60%, which is part of the natural aging process. But there are more complications – although they are dehydrated, they don't feel like drinking water because their internal balance mechanisms don't work very well.

Conclusion: People over 60 years old dehydrate easily. Not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reaction and chemical function can damage their entire body so here are two alerts: 1.) Get into the habit of drinking liquids, including water, juices, teas, milk, soups, and water-rich fruits such as watermelon, peaches, cantaloupe, pineapple, oranges, and tangerines. The important thing is that you should drink some liquid every two hours, 2.) You should alert family members to constantly offer fluids to people over 60. At the same time, observe them, and if you realize that they are rejecting liquids and from one day to the next, they are irritable, breathless, or display a lack of attention, these are almost recurrent symptoms of dehydration. Please share this with all of your family and friends and let's try to keep our elderly hydrated and healthy. - Dr. Dan