

March 2024

Marvelous March Trivia Facts

What astronomical event marks the first day of spring? *The vernal equinox*

When does daylight saving time officially begin in March? *On the second Sunday of the month*

In the spring, do we gain or lose an hour for daylight saving time? *Lose an hour*

What mathematical holiday do we celebrate in the middle of March? *Pi Day*

What year did the March Madness tournament begin? *1939*

Why is Easter sometimes in March and sometimes in April? *The date is determined by the first full moon, following the spring equinox. Easter occurs on the first Sunday following this event.*

True or False: Saint Patrick was Irish. *False*

Who is the first NCAA championship winner?
Ohio State

What is the last Sunday of Lent called before Easter? *Palm Sunday*

What color should you not wear on St. Patrick's Day?
Orange

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Resident Advisory Council

Peg Davis

President

Ray Taylor

Vice President

Sandra Young

Secretary

Nancy Lee Martin and Ray

Taylor- B Wing

Butch Carver

C and D Wings

Steve Bollinger and Peg Davis

Village

Gordon Sprigg

Magnolia Court

Health Rx

Here's To Your Good Health!



What's in season?
March



www.YellowTurtleFitness.com

High concentration of Cynarin benefits digestive health, and plays a positive role in reducing cholesterol.
Silymarin content helps maintain optimal liver function.

Artichoke



Asparagus Low calorie and low GI. Asparagus is an excellent source of Vitamin K and Folate, playing a helpful role in blood clotting - making it beneficial to those prone to Anemia.
Also supports healthy cell production.

Dense nutritional profile helps prevent and reduce oxidative stress + chronic inflammation. Studies have shown numerous cancer preventative benefits due to unique combo of carotenoids + flavanoids.

Scotch Kale



Chervil Related to Parsley, with an anise-like flavour, Chervil is an anti-inflammatory herb with strong diuretic properties.
Very beneficial to those suffering from kidney disorders.

Book Ends

March's Most Anticipated Books

Anita De Monte Laughs Last by Xochitl Gonzalez

Genre: Fiction

Release date: March 5, 2024

Plot: In 1988 Anita de Monte was a rising star in the art world until she was found dead. By 1998, Anita had been forgotten. Raquel is a third-year art history student who becomes involved with an older art student and is rising up the social ladder. When she comes across Anita's story, she sees similarities to her own.

The Extinction of Irena Rey by Jennifer Croft

Genre: Literary Fiction

Release date: March 5, 2024

Plot: Translators arrive in a Polish forest on the border of Belarus to translate the work of Irena Rey's Magnum opus, but within days of their arrival, she disappears without a trace. Soon, they begin exploring the surrounding woods to find clues.

The Berlin Letters by Katherine Reay

Genre: Historical Fiction

Release date: March 5, 2024

Plot: Louisa Voekler is in the CIA and while her colleagues are working on Cold War assignments, she is stuck decoding messages from World War II. Harris Voekler is a journalist who was separated from his daughter after the Berlin Wall went up. When Louisa discovers letters written to her by the father she thought was dead, she begins to learn the truth about her family and risks everything to rescue her father.

Murder Road by Simone St. James

Genre: Thriller

Release date: March 5, 2024

Plot: It's July of 1995 and April and Eddie are looking for the resort town where they will be honeymooning. When they take a wrong turn, they drive along the deserted road where they pick up a hitchhiker. They soon see blood dripping from her jacket and a truck barreling down the road behind them. Soon after, the hitchhiker dies at the hospital, and Eddie and April seem to have become suspects for not only this murder but a long string of murders down the one stretch of highway.

Here After by Amy Lin

Genre: Memoir

Release date: March 5, 2024

Plot: Amy Lin is a Canadian author who is making her debut with this memoir about the loss of her husband and her struggles to move forward after a tragic loss. This pick from the March 2024 book releases is perfect for our list of books about grief and will surely require a box or two of tissues.

Upcoming MAHOVA Book Club Titles

2024 Masonic Book Club Titles (March—May)

wild

FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL

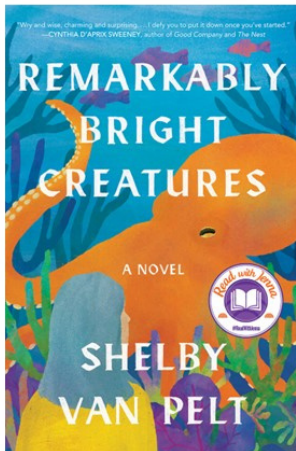


Cheryl Strayed

Wild by Cheryl Strayed

Traces the personal crisis the author endured after the death of her mother and a painful divorce, which prompted her ambition to undertake a dangerous thousand-mile solo hike that both drove her to rock bottom and helped her to heal.

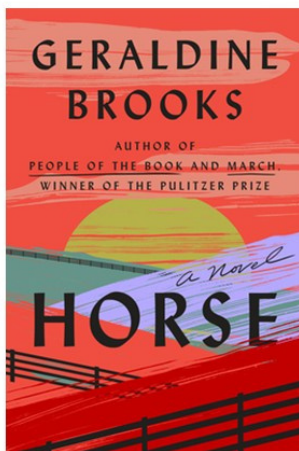
Meets Monday, March 11 @ 3pm in the A-Wing Conference Room



Remarkably Bright Creatures by Shelby Van Pelt

After her husband dies, widow Tova Sullivan starts working at the Sowell Bay Aquarium, where she forms a special bond with a giant Pacific octopus who holds the key solving the mysterious disappearance of her 18-year-old son, Erik, over thirty years ago.

Meets Monday, April 8 @ 3pm in the A-Wing Conference Room



Horse by Geraldine Brooks

A scientist from Australia and a Nigerian-American art historian become connected by their shared interest in a 19th century race horse, one studying its remains, the other uncovering the history of the Black horsemen who were critical to its success.

Meets Monday, May 13 @ 3pm in the A-Wing Conference Room

Anniversaries



March 5, 1966 Les & Zada Lea Kahn
March 8, 1963 Tom & Mary Breeden
March 9, 1963 Garland & Marcella Campbell
March 24, 1989 Jeffry & Shirley Smith

In Memoriam



Judith Shook
Mildred Colgin
Dolores Headley
Barry Snedker
Mildred Milby

Have You Heard?

We are excited to announce the opening of MAHOVA's new lodge room. Masonic brethren, we hope you will join us every Friday for Ritual Class and every fourth Monday for the stated meeting.

We'd Love Your Opinion On...

The Gift Shop is requesting your feedback on what items you are interested in seeing and at what price point. For example, do you want more handmade items, jewelry, wider variety of greeting cards, etc. Please fill out the form in the Activity Gallery and drop it in the white box on the side table no later than March 8.
Thank you.

Hard Vocabulary

X	C	A	U	G	M	E	N	T	E	N	U	R	X	Y	F	L	B	F	M	W	O	O	D	D	A	J
O	M	O	G	V	R	V	M	W	E	D	D	K	O	J	L	E	T	A	C	I	D	N	I	V	L	T
Z	E	D	E	W	G	L	B	E	Z	S	T	I	N	T	H	N	L	Z	M	W	I	M	J	K	J	I
N	S	U	O	I	C	A	U	Q	O	L	K	W	I	Z	U	U	N	N	N	L	J	F	Y	Q	L	M
K	Q	A	V	K	R	G	O	C	J	K	V	D	L	Y	O	N	P	J	Q	X	H	S	L	V	J	S
X	U	R	S	L	A	S	C	I	V	I	O	U	S	H	R	Q	D	M	Q	X	S	B	A	I	Z	J
H	T	P	G	R	M	C	R	L	U	X	G	T	K	F	S	U	O	L	U	C	I	T	E	M	Z	R
V	T	W	L	D	C	I	T	C	E	L	C	E	W	P	G	S	O	L	E	C	I	S	M	O	R	A
A	H	H	T	C	A	L	F	Q	M	X	B	D	M	Q	S	U	C	B	B	V	P	N	G	R	L	H
P	E	N	U	T	R	O	P	M	I	B	A	N	M	J	G	O	Z	I	M	Y	Z	Y	G	E	Z	T
F	G	H	L	P	N	P	A	V	X	T	K	E	F	F	I	C	A	C	I	O	U	S	H	V	J	V
X	Z	X	V	P	Z	T	Q	K	H	R	S	M	H	V	C	P	N	Q	T	K	P	O	I	E	W	W
M	Y	K	O	X	S	W	W	G	K	I	P	S	R	U	W	D	I	A	M	E	T	R	I	C	F	A
C	N	S	V	Z	A	U	I	U	P	Y	K	G	Y	C	A	P	I	T	U	L	A	T	E	X	H	O
D	I	G	N	W	L	R	O	T	R	E	P	I	D	A	T	I	O	N	M	Y	F	I	T	A	R	G
C	L	V	T	U	H	N	H	I	J	Z	L	E	S	C	F	Q	Z	O	U	I	Z	H	V	P	O	A
S	M	G	G	T	N	P	S	C	C	O	I	P	E	S	O	V	U	E	Y	E	V	O	Q	G	O	Y
R	C	E	R	I	A	P	E	D	Q	I	S	I	W	Z	Q	P	R	O	F	L	I	G	A	T	E	N
Y	J	O	R	L	Z	Z	D	M	J	H	D	K	E	I	Y	N	W	W	I	S	T	F	U	L	C	D
F	F	Q	R	I	D	O	Q	D	O	G	U	U	H	C	L	I	U	E	P	M	C	A	V	O	Z	L
D	C	L	Q	T	T	C	U	S	L	M	G	O	J	Q	D	Y	U	N	J	I	E	W	D	I	W	K
W	H	Q	U	A	I	O	D	L	Q	U	J	P	S	U	O	I	N	O	M	I	S	R	A	P	P	W
P	J	F	I	R	R	X	C	B	X	P	M	K	H	V	Y	X	U	V	J	I	S	Y	X	Y	K	W
R	D	K	D	I	O	H	F	R	T	S	U	O	I	R	A	F	E	N	M	T	V	P	J	B	S	U
V	C	R	C	A	I	T	T	Y	A	S	U	O	I	U	Q	E	S	B	O	I	X	I	F	M	H	Z
C	U	W	Q	N	X	P	X	F	J	C	J	K	D	B	C	R	D	I	F	F	I	D	E	N	T	Q
E	V	T	D	I	V	S	Q	E	J	Q	Y	U	Y	I	F	A	R	T	I	C	U	L	A	T	E	F

ARTICULATE

AUGMENT

CAPITULATE

DIAMETRIC

DIFFIDENT

ECLECTIC

EFFICACIOUS

FORTHRIGHT

GRATIFY

IMPORTUNE

JUDICIOUS

LASCIVIOUS

LOQUACIOUS

MERITOCRACY

METICULOUS

NEFARIOUS

OBSEQUIOUS

PARSIMONIOUS

PROFLIGATE

ROTUND

SOLECISM

TREPIDATION

UTILITARIAN

VINDICATE

WISTFUL

March Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

To Kill A Mockingbird- Friday, March 1

In small-town Alabama in 1932, Atticus Finch is a lawyer and a widower. He has two young children, Jem and Scout. Atticus Finch is currently defending Tom Robinson, a black man accused of raping a white woman. Meanwhile, Jem and Scout are intrigued by their neighbors, the Radleys, in particular the mysterious, seldom-seen Boo Radley. Released: 1962. 2 hours 10 minutes. Not Rated. Starring: Gregory Peck, John Megna, and Frank Overton

The DaVinci Code - Monday, March 4

The stately silence of Paris' Louvre museum is broken when one of the gallery's leading curators is found dead on the grounds, with strange symbols carved into his body and left around the spot where he died. Hoping to learn the significance of the symbols, police bring in Sophie Neveu, a gifted cryptographer who is also the victim's granddaughter. Needing help, Sophie calls on Robert Langdon, a leading symbologist from the United States. As Sophie and Robert dig deeper into the case, they discover the victim's involvement in the Priory of Sion, a secret society whose members have been privy to forbidden knowledge dating back to the birth of Christianity. In their search, Sophie and Robert happen upon evidence that could lead to the final resting place of the Holy Grail, while members of the priory and an underground Catholic society known as Opus Dei give chase, determined to prevent them from sharing their greatest secrets with the world. Released: 2006. 2 hours 29 minutes. Rated PG-13. Starring: Tom Hanks, Audrey Tautou, and Jean Reno

Mrs. Harris Goes to Paris - Friday, March 8 (Dinner and a Movie)

The story of a widowed cleaning lady in 1950's London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After she works, starves, and gambles to raise the funds to pursue her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior. Released 2022. 1 hour 55 minutes. Rated PG. Starring: Lesley Manville, Isabella Huppert, and Lambert Wilson

March Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Little Boy - Monday, March 11

Little Pepper Busbee enjoys an idyllic life in an American small town, but his world is shattered when his beloved father is sent off to fight in World War II. But a chance encounter with a stage magician awakens his dormant abilities and clues him into the power of faith. Now his devotion to his father will extend past time and space and into the realm of miracles. Released 2015. 1 hour 46 minutes. Rated PG-13. Starring: Jakob Salvati, Emily Watson, and David Henrie

Barbie - Friday, March 15

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. Released 2023. 1 hour 54 minutes. Rated PG-13. Starring: Margot Robbie and Ryan Gosling

Breakfast at Tiffany's - Monday, March 18

Holly Golightly, an elegant Upper East Side socialite spending her time between wild parties and mysterious day trips to Sing Sing, is confident that she has seen and done everything before. But her life is about to get complicated. As if trying to find an identity weren't challenging enough, the impeccably dressed fortune hunter finds herself off guard when struggling writer Paul Varjak becomes her new neighbour. But Paul, too, isn't impervious to Holly's effortless allure. Little by little, as the handsome tenant surrenders to the moment, eager to hijink around the city in the name of fresh excitement, sublime feelings of tenderness flood Paul's world-weary heart. After all, the uninspired author and the unstoppable dream girl are meant for each other, even though they quietly struggle to keep their past at bay. Now, potent feelings have the final say; there's no room for pride in love. Can an early morning breakfast at Tiffany's be the prelude to a breezy love affair? Released 1961. 1 hour 55 minutes. Not Rated. Starring: Audrey Hepburn and George Peppard

March Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

Woman of the Year - Friday, March 22

Tess and Sam work on the same newspaper and don't like each other very much. At least the first time, because they eventually fall in love and get married. But Tess is a very active woman and one of the most famous feminists in the country; she is even elected as "the woman of the year." Being busy all the time, she forgets how to really be a woman and Sam begins to feel neglected. Released 1942. 1 hour 54 minutes. Not Rated. Starring: Spencer Tracy, and Katherine Hepburn

The Pelican Brief - Monday, March 25

A law student uncovers a conspiracy, putting herself and others in danger. Released 1993. 2 hours 21 minutes. Rated PG-13. Starring: Julia Roberts and Denzel Washington

The Robe - Friday, March 29

Marcellus is a tribune in the time of Christ. He is in charge of the group that is assigned to crucify Jesus. Drunk, he wins Jesus' homespun robe after the crucifixion. He is tormented by nightmares and delusions after the event. Hoping to find a way to live with what he has done, and still not believing in Jesus, he returns to Palestine to try to learn what he can of the man he killed.

Released 1953. 2 hours 15 minutes. Not Rated. Starring: Richard Burton, Jean Simmons and Victor Mature



Easter Menu 2024

Deviled Eggs

contains: egg

Spinach Strawberry Salad with Balsamic Vinaigrette

Roasted Salmon Filets with Lemon Dill Sauce

contains: dairy

Glazed Baked Ham

Mashed Potatoes with Gravy

contains: dairy

Roasted Carrots

Asparagus

Carrot Cake w/ Cream Cheese Icing + other desserts

contains: dairy, egg, wheat, soy and tree nuts

**Be sure to make your Easter lunch reservations no later than
March 13, 2024.**

Easter Lunch will be served Sunday, March 31, 2024.

**Holiday meal ticket cost \$16.50 for adults and \$11.50 for
children 12 and under.**

www.mahova.org/schedule-a-visit

Upcoming Event Not To Miss

Passport Dinners

We will be celebrating a different country for the next 12 weeks (or so) of winter. These 12 weeks will be filled with culturally appropriate activities, information and puzzles pertaining to the highlighted region.

Next stop on our travels will be **Ireland to celebrate St. Patrick's Day.**

A meal ticket is required if you are not on the meal plan. Menus for the themed dinner will be released in advance so you can determine if you wish to participate.



What you missed in February



Red Day Fashion Show

Valentine's Dance



Valentine's Date Night Dinner

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

03/01 Thomas Breeden	03/13 Carol Vickers
03/02 Chester Wright	03/16 Judy West
03/06 Georgeen Carden	03/18 Patricia Graves
03/07 Althea Hinson	03/24 Jeffry Smith
03/09 Richard Bradley	03/26 John Pierce
03/12 Steven Sanford	03/28 Jean Taylor

Scan this QR image to go to the Masonic Home Website



Employee Birthdays

Masonic Home Census: 166

03/02 Donna Smith
03/03 Felicia Harrison
03/07 Daniel Thomas
03/08 Alexandria Street
03/13 Tracy Coogle
03/14 Daryl Goode
03/16 Annette Hyman
03/21 Gladys Osei-Tutu
03/22 Victoria Edmonds
03/22 Tanya Anderson
03/26 Melanie Tarnaski
03/30 Michael West

MAHOVA - Your Masonic Community
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Kathy Bryant, ALFA
Assisted Living Administrator
Dr. Danny Felty
Medical Director
Daniel Thomas
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Terry Hilton
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