

A lot of celebrations in *February*



Liberty Ridge Ledger

Liberty Ridge Senior Living Community

March 2024



Help Us
Welcome
our newest
resident,
"DeeDee",
Mary Dykes!



DeeDee is from Western KY. She graduated from Todd County Central High School in Elkton KY. After HS, she attended the University of Kentucky. With a minor in History, she gave 27 fulfilling years as a high school history teacher.

She has 2 sons and 4 grandchildren. Loves to travel, as she has done professionally with students and leisurely with her family. She will be happy to tell you that her favorite place to travel was to England on many occasions. She knows the language well. She has also enjoyed her travels to Washington DC too. So if you get a wild hair and want to learn a few things about history, England or Washington DC, please feel free to have a nice visit with DeeDee.

Meet Pat Gere!

She grew up on a farm in Middletown NY. Milking cows was one of the many things she did growing up on a farm. Pat graduated high school in Montgomery NY. Then to graduate college from State University of New York. She worked as a Home Economist @ Cornell University for 25 years.

After retiring, she worked part time at the New York state prison as a GED instructor for 10 years, well into her 70s.

Pat has 2 kids, a son and a daughter and 7 grandchildren. She really enjoys watching TV. And at one time had a great love for collecting Cardinal birds. Her ongoing love goes to her cuddly cat, Colby,

Welcome Peggy! Most of you may know Peggy by now... Peggy has been at Liberty Ridge for about 2 months now. We have enjoyed her friendly smile and kind demeanor while passing in the hallways, joining our activities and has shared many dining experiences with us. Peggy was born in McDowell KY. Then to reside in Henderson KY the majority of her life. She proudly raised 3 daughters and 1 son. And has enjoyed her 5 grandchildren as well. Peggy enjoys reading magazines and loved to travel.

March Birthdays

Lavenia Baxter 3/7
Ken Stone 3/20
Eunice Starr 3/21
Katie Engle 3/24
Doug Upton 3/26
Judy Upton 3/27
Marsha Fulton 3/31



Join Us For a St. Patrick's Day celebration...

March 15th at 2:30

Get your **green** on a little early this year!

Best dressed WEAR YOUR **GREEN** day!!

There will be a voting box on the table near the dining room.

Upcoming Events:

- 3/2 **UK game** day vs Arkansas at 1:30pm in the Activity Room
Best dressed, wear your **blue**! UK trivia! Snacks!
- 3/7 Brighter Day Jazz at 2:30pm
- 3/11 Birthday Bash at 2:30pm
- 3/12 Music Therapy with Zach at 2:30pm
- 3/13 Live jewelry show for women and men at 3:00pm
- 3/14 Men's Breakfast Out 8:30am AND Irish Dancers at 3:00pm
- 3/15 Early St. Patrick's Day celebration (info above, top of page)
- 3/18 Ladies Lunch Out 11:15am AND Oak Street Family Feud game 2:30pm
- 3/19 Podiatrist visit, please be sure to sign up for an appt.
- 3/21 Music with Ralph at 2:30
- 3/25 Dinner Out at Chuy's Tex-Mex at 4:15
- 3/25 Resident meeting at 2:30
- 3/31 Easter Service TBA



Fun facts for March...

It is the third month of the year in the Gregorian calendar, but it used to be the first month in the old Roman calendar.

It was named after Mars, the Roman god of war.

It is the first month of spring in the Northern Hemisphere, and the first month of autumn in the Southern Hemisphere.

It is the time of year when animals start to wake up from hibernation.

It shares the same ending day with June every year.

The birth flower for March is the daffodil, and the birthstone is aquamarine.

It hosts various events and celebrations, such as March Madness, Veggie Month, National Bed Month, Daylight Savings Time, Vernal Equinox, Easter Sunday, Lent, and International Women's Day.

PLEASE SHARE!!

We would like to know your activity ideas. There will be an idea box placed on the table near the dining room entry way. Please share your thoughts with us.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>310:00 Heritage Church 2:00 Sittercise 6:00 Netflix TBA</div>	<div>410:00 Exercise vid- eo 10:30 Trivia 1:00 Pet visit 2:00 Exercise video 2:30 Shop Meijer</div>	<div>59:30 Wellness Clin 10:00 EmpowermeExer 10:30 Kings Corner 11:00 Bible History 2:00 Sittercise 2:30 Pampered Nails</div>	<div>610:00 Rebecca's exe 10:45 Games / Cards 2:00 Rebecca's exercise 2:45 Topics & Tea 4:00 AJ's Walking</div>	<div>710:00 Chair fitness 10:30 Prayer group 2:00 Chair fitness 2:30 Brighter Day Jazz</div>	<div>110:00 Chair fitness w/ Ashley 10:30 Skipbo 2:00 Zumba 2:30 Ice Cream Social 3:00 Bingo</div>	<div>210:00 Chair fitness 10:30 Bingo 1:30PM UK Game Day, Best dressed BLUE UK trivia & Snacks</div>
<div>10 Daylight Savings 10:00 Heritage Church 2:00 Sittercise 6:00 Netflix TBA</div>	<div>1110:00 Exercise video 10:30 Trivia 2:00 Exercise video 2:30 Cokes w/ jokes 3:00 Book Share 6:30 GH Dinner</div>	<div>129:30 WellnessClin 10:00 EmpowermeExer 10:30 Lois Sing Along 11:00 Bible History 2:00 Sittercise 2:30 Music therapy w/ Zach 3:30 Auction</div>	<div>1310:00 Rebecca's ex 10:45 Games / Cards 2:00 Rebecca's exercise 2:30 Topics & Tea 3:00 Plunder & Perma- nent Jewelry vender sale 4:00 AJ's Walking</div>	<div>148:30 Men's Breakfast out Bob Evans 10:00 Chair fitness 10:30 Prayer group 2:00 Chair fitness 2:30 Games / Cards 3:00 Irish Dancers</div>	<div>1510:00 Chair fitness w/ Ashley 10:30 Skipbo 2:00 Zumba 2:30 Ice Cream Social St. Paddy's Cele, wear green, best dressed 3:15 Bingo</div>	<div>1610:00 Chair fitness 10:30 Bingo 2:00 Netflix TBA 6:00 Movie TBA</div>
<div>17 St Patrick's Day 10:00 Heritage Church 2:00 Sittercise 6:00 Netflix TBA</div>	<div>1810:00 Exercise video 10:30 Trivia 11:15 Ladies Lunch out at Chicken Salad Chick 2:00 Exercise video 2:30 Oak Street Fami- ly Feud Game 3:30 Cards</div>	<div>198:00 Podiatrist visit 9:30 Wellness Clinic 11:00 Bible History 2:00 Sittercise 2:30 Shop Kroger 4:00 Back When We Were Kids w/ Chuck</div>	<div>2010:00 Rebecca's exer 10:45 Games / Cards 2:00 Rebecca's exercise 2:30 Country Music Legends w/ Cos 3:30 Topics & Tea 4:00 AJ's Walking</div>	<div>2110:00 Chair fitness 10:30 Prayer group 11:00 Pampered Nails 2:00 Chair fitness 2:30 Music w/ Ralph 3:30 Cornhole 6:15 Price Is Right</div>	<div>2210:00 Chair fitness w/ Ashley 10:30 Skipbo 2:00 Zumba 2:30 Ice Cream Social 3:00 Bingo</div>	<div>2310:00 Chair fitness 10:30 Cards 2:00 Netflix TBA 6:00 Movie TBA</div>
<div>24 Palm Sunday 10:00 Heritage Church 2:00 Sittercise 6:00 Netflix TBA</div>	<div>2510:00 Exercise video 10:30 Trivia 2:00 Exercise video 2:30 GH Resident MTG 4:15 Dinner Out at Chuy's Tex-Mex</div>	<div>269:30 Wellness Clin 10:00 EmpowermeExer 10:30 Lois Sing Along 11:00 Bible History 2:00 Sittercise 2:30 Energizers</div>	<div>2710:00 Rebecca's exe 10:45 Games / Cards 2:00 Rebecca's exercise 2:30 Trivia w/ Cos 3:30 Topics & Tea 4:00 AJ's Walking</div>	<div>2810:00 Chair fitness 10:30 Prayer group 11:00 AL resident MTG 2:00 Chair fitness 2:30 Music w/ Millie BIRTHDAY BASH 3:30 Cornhole</div>	<div>29Good Friday 10:00 Chair fitness w/ Ashley 10:30 Skipbo 2:00 Zumba 2:30 Ice Cream Social 3:00 Bingo</div>	<div>3010:00 Chair fitness 10:30 Cards 2:00 Netflix TBA 6:00 Movie TBA</div>
<div>3110:00 Heritage Church Easter Service</div>	<div>Easter 4:15 Dinner Out at Chuy's Tex-Mex</div>					