



March Event Highlights

- 3, Resident Council Meeting
- 9, Live Music w/ Rob
- 11, Lunch Outing
- 13, Catholic Mass
- 17, Live Music w/ Mike
- 18, Men's Club Out to Lunch
- 18, Live Music w/ Kim
- 20, Live Music w/ Tom
- 21, Live Music w/ Paul
- 23, Live Music w/ Frank
- 24, Birthday Party
- 25, Scenery Ride
- 27, Lost and Found laundry
- 30, Live Music w/ AMPS
- 31, Dollar Tree Shopping

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying



Susan Cook was born in Rochester and raised in Penfield, where she grew up surrounded by family, friends, and a strong sense of community. She is a proud mom to two sons and absolutely loves being a grandmother to her three grandchildren. Susan spent 10 years working at Eastman Kodak as an executive secretary, where her organization and dedication truly shined.

Outside of work, Susan has always enjoyed adventure and exploring new places. She loves

to travel and spent many memorable trips visiting California and the Caribbean, where she and her family enjoyed time sailing on their boat. Susan is also an avid skier and has many fond memories on the slopes at Bristol Mountain, Ski Valley, and throughout the Adirondack Mountains. One of her favorite places is Blue Mountain Lake, where her family had a home and made countless special memories together.

Known for her friendly smile and easygoing personality, Susan is very social and enjoys chatting, laughing, and connecting with those around her. She brings warmth and a wonderful sense of energy to our community, and we're so happy to have her with us.



Walk for Health

With spring just ahead, it's a good time to put on your walking shoes. Regular walking, even for short amounts of time, is linked to numerous health benefits.



Happy Birthday to You

We're sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!

Annie W. 3rd
 Sharon H. 8th
 Sam C. 11th
 Elaine T. 19th
 Iole B. 22nd
 Frances G. 22nd
 Mary R. 26th
 Judith T. 27th
 Peggy B. 30th

Famous Faces Born in March

March 2, 1968: Daniel Craig
 March 3, 1997: Camila Cabello
 March 7, 1974: Jenna Fischer
 March 9, 1979: Oscar Isaac
 March 16, 1986: Alexandra Daddario
 March 23, 1973: Jason Kidd
 March 27, 1997: Lalisa "Lisa" Manobal
 March 31, 1948: Rhea Perlman



Cynthia Machamer Administrator

March arrives with a sense of renewal and gentle excitement. As the days grow longer and sunlight lingers a bit more each afternoon, we're reminded that spring is just around the corner. This month invites us to notice small changes—buds forming on trees, birds returning, and fresh energy in the air.

March is also a wonderful time to reconnect with favorite activities and try something new. Whether it's enjoying music, joining a group game, planting early spring flowers, or simply sharing stories with friends, these moments help keep our days bright and meaningful.

We also celebrate St. Patrick's Day, a time for a little extra green, laughter, and good cheer. Most of all, March encourages us to look forward with optimism, appreciate the present, and enjoy the warmth of our community.



Mark Buscaglia

My name is Mark. I am the new Residential Sales Associate, alongside Melissa. I was born in Williamsville, NY, just outside of Buffalo. I have spent (43) years of my life in WNY, minus (4) years in Olean, NY, where I attended St. Bonaventure University. While in Olean, I studied journalism and marketing communications. I played on the golf team, competing in the A-10 Conference.

Currently, I reside in Amherst with my wife, Kim, and 5-year-old son, Preston. I enjoy playing sports such as football, softball, basketball, and tennis. We enjoy traveling to Florida and the Carolinas on school breaks. My favorite programs at Heathwood are painting, baking, and fitness. Thank you for welcoming me into your home!

RPO Concert



Simple Ways To Stay Positive

Connect with others. Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

Play games. Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

Turn to entertainment. Spend some time getting lost in your favorite TV shows, movies, books and music.

Create. Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

Have a laugh. Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

Write. Jot down what's on your mind, whether it's a fond memory, goal or poem.

Stretch. Doing gentle stretches daily can help lift your mood and boost your energy.

Meditate. Take a few minutes each day to close your eyes and focus on relaxed breathing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Pop Up Golf 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies</p>	<p>2</p> <p>10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 T TV Series 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies</p>	<p>3</p> <p>10:00 A2 Fitness Exercise w/ Tom 10:45 A1 White Board - Word Scramble 2:00 A1 Resident Council Meeting 3:30 A1 Manicures 7:00 T Night at the Movies</p>	<p>4</p> <p>10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 LR Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Yahtzee Game w/ Friends</p>	<p>5</p> <p>10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Jewelry Making 2:00 A2 Better Balance w/ Lacey 3:00 A1 Quarter Bingo 4:15 C Chimes Playing</p>	<p>6</p> <p>10:00 A2 Friday Fitness 11:45 A1 Art and Craft 2:00 C Knitting Group w/ Edina 3:00 C Social Hour w/ Friends 4:15 C Dominoes w/ Friends</p>	<p>7</p> <p>10:00 A2 Fitness Exercise 11:00 C Coffee Chat w/ Friends 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 LR Trivia Time 4:15 A1 Wii Game- Bowling</p>	
<p>8</p> <p>International Women's Day - Daylight Saving Begins 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Craft Time 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies</p>	<p>9</p> <p>10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Rob 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies</p>	<p>10</p> <p>10:15 A2 Movement with Denise 10:45 A1 Pool Noodle Hockey Game 2:00 A1 Baking w/ Lacey 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies</p>	<p>11</p> <p>10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:30 E Lunch Outing 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Games with Friends in Café</p>	<p>12</p> <p>10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Guess the Item 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing</p>	<p>13</p> <p>10:00 A2 Friday Fitness 10:45 A1 Craft Corner 2:00 A1 Catholic Mass 2:00 C Crocheting Group 3:00 C Gathering with Friends 4:15 C Games in Café</p>	<p>14</p> <p>10:00 A2 Fitness Exercise 11:00 C Coffee Chat w/ Friends 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Tea Party and Snack w/ Leah 4:15 C Scrabble Game w/ Friends</p>	
<p>15</p> <p>10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 St. Patrick's Day Craft 1:30 A1 Dime Bingo w/ Lacey 2:00 T Throwback TV Series 3:00 C Goodwin Irish Dancer 7:00 T Night at the Movies</p>	<p>16</p> <p>10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 T TV Series 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies</p>	<p>17</p> <p>St. Patrick's Day 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 White Board - Jeopardy 2:30 DR Live Music w/ Mike 3:30 A1 Manicures 7:00 T Night at the Movies</p>	<p>18</p> <p>10:00 A2 Exercise 10:45 A1 Painting w/ Tom 11:30 E Men's Club- Out to Lunch 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Uno Game w/ Friends</p>	<p>19</p> <p>10:00 A2 Fitness Exercise w/ Tom 10:45 C Pictionary Game w/ Lacey 2:00 A2 Better Balance w/ Lacey 3:00 A1 Quarter Bingo 4:15 C Chimes Playing</p>	<p>20</p> <p>Spring Begins 10:00 A2 Friday Fitness 10:45 A1 Spring Craft 2:30 DR Live Music w/ Tom D. 3:00 DR Happy Hour 4:15 A1 Wii Game- Bowling</p>	<p>21</p> <p>10:00 A2 Fitness Exercise 11:00 C Coffee Chat w/ Friends 1:30 C Euchre Game w/ Friends 2:00 LR Live Music w/ Paul 2:00 T Movie Matinee 4:15 L Card game w/ Friends</p>	
<p>22</p> <p>10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Fuse Beads 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies</p>	<p>23</p> <p>10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Frank 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies</p>	<p>24</p> <p>10:00 A2 Fitness Exercise 10:45 A1 Glue Gun Art 2:00 C Birthday Party 3:30 A1 Posh and Pampered - Manicure 7:00 T Night at the Movies</p>	<p>25</p> <p>10:00 A2 Exercise 10:45 A1 Painting w/ Tom 2:00 E Dollar Tree Shopping 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends 4:15 C Card Game w/ Friends</p>	<p>26</p> <p>10:00 A2 Fitness Exercise w/ Tom 10:45 E Scenery Ride 2:00 A2 Stability Class w/ Lacey 3:00 A1 Quarter Bingo 4:15 C Chimes Playing</p>	<p>27</p> <p>10:00 A2 Friday Fitness 10:45 T Travelogue w/ Cristine 2:00 C Knitting Group 2:00 A1 Lost and Found Laundry 3:00 C Social Hour w/ Friends 4:15 C Games in Café</p>	<p>28</p> <p>10:00 A2 Fitness Exercise 11:00 C Coffee Chat w/ Friends 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Snack Bingo 4:15 C Games in Café</p>	
<p>29</p> <p>Palm Sunday 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Baking w/ Lacey 2:00 T Throwback TV Series 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies</p>	<p>30</p> <p>10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 LR Live Music w/ AMPS 3:30 T Story Time w/ Dian 7:00 LR Bible Hour w/ Vern B. 7:00 T Night at the Movies</p>	<p>31</p> <p>10:00 A2 Fitness Exercise 10:45 A1 Baking Club w/ Lacey 1:30 C Scenery Ride 3:30 A1 Manicures 7:00 T Night at the Movies</p>			<p>All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please feel free to contact Edina Hamzic (585)425-9663.</p>		

Entertainment Options

As the days get shorter and the evenings longer, sitting in front of a television or computer screen every night can become monotonous. Whether you live alone or share your home with family members or roommates, there are a multitude of activities to keep you entertained.

Do a puzzle. Piecing together a jigsaw puzzle can be a relaxing solitary pursuit. If you work on the puzzle with someone else, interesting conversation usually ensues. Put the puzzle on a large board or tray so you can slide it under the sofa or bed when you're not working on it.

Color. Coloring books for adults can be found at drugstores, craft stores and online. Use markers, colored pencils or traditional crayons to create a masterpiece.

Make a meal. Try that new recipe you've been thinking about, or rummage through the refrigerator and cupboards to gather random ingredients and then challenge your housemates to a cook-off.

Be crafty. Learn origami; teach yourself to knit; or go green by repurposing old socks or T-shirts into something useful. If you have photos that need sorting, start a scrapbook or photo album.

Birthday Celebration



Craft Time



We love to have fun, and we welcome all skill levels and abilities.



Join Us for Crafts

Do you enjoy creating handmade projects? If so, join us for our weekly crafts!

Art and Craft Time



Music With Rob



Happy 100th Birthday, Gina I.



Laugh Lines: Whimsical Rhymes

Limericks are humorous poems that consist of five lines, have a bouncy rhyming pattern, and often feature quirky subjects and wordplay. Enjoy these amusing classics:

There was a young lady
named Perkins,
Who just simply lived
on gherkins.
In spite of advice,
She ate so much spice,
That she pickled her
internal workin's.

A cheerful old bear at the zoo,
Could always find something
to do.
When it bored him,
you know,
To walk to and fro,
He reversed and walked fro
and to.

Use your fingers and rotate
the cob
on some butter, a
generous glob.
Eat across or around,
But one thing that I've found,
Corn is best when you eat like
a slob.

A circus performer
named Brian,
Once smiled as he rode on
a lion.
They came back from the ride,
But with Brian inside,
And the smile on the face of
the lion.

Welcome, New Residents

We would like to welcome these new residents to our Heathwood Family.



Lawrence P.



Susan C.



Roger B.



David W.



Mary Anna G.



marchwordsearch

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| Bird | Mist |
| Fresh | Parade |
| Gold | Rainbow |
| Green | Rain |
| Ireland | Shamrock |
| Leprechaun | Spring |
| Lucky | Violet |
| March | Wind |

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