




North Fork Heights Monthly Activity Calendar - March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 World Compliment Day	2	3 Caregiver Appreciation Day National Anthem Day 9am 2d Harvest Food Delivery 6-7pm Tenant Council Snack Bar	4	5 World Day of Prayer	6 6pm Bingo
			Happy Birthday Sandra Powell!			
7	8	9 10am Patty Hurd's Surprise	10 2pm Free Birthday Cake & Ice Cream TO GO Sign-Up 6-7pm Tenant Council Snack Bar	11 Johnny Appleseed Day	12	13 6pm Bingo
				Happy Birthday Wayne Flack!	Happy Birthday Dick Ray!	Happy Birthday Steve McMurray!
14 Daylight Savings Time Turn your clocks ahead 1 hour	15	16	17 1pm St. Patrick's Day! Green Sherbet Punch & Shamrock Cookies TO GO St Patrick's Day Trivia Winner 6-7pm Tenant Council Snack Bar	18	19	20 6pm Bingo First Day of Spring
21	22	23 2pm Potato Chip & Dip Day EUM Church TO GO	24 6-7pm Tenant Council Snack Bar	25	26 12noon 2 Sloppy Joes & Chips SIGN-UP \$3 per person	27 6pm Bingo Passover Begins
Happy Birthday Hazel Barrett!		Happy Birthday Barbara Kuntz!		Happy Birthday George Shirey!		
28 Palm Sunday	29	30 1:30pm Fun in the Garden Mad Hatter Day	31 6-7pm Tenant Council Snack Bar	<div style="border: 1px solid black; padding: 5px; display: inline-block;">*Calendar subject to change*</div> <div style="display: flex; justify-content: center; gap: 10px; margin-top: 10px;">    </div>		

**NORTH FORK HEIGHTS
UPCOMING EVENTS
MARCH 2021**



At North Fork Heights, all tenants and visitors are to wear a mask or face shield. Please self-screen when reentering the building from being off the property of 22 Spruce Street (complete the Sign-In questionnaire and take your temperature).

Tenant Council Meetings suspended until COVID-19 Restrictions are lifted. Keep an eye on the Community Bulletin Board and our newsletters for further details.

Please give a BIG THANK YOU to all Caregivers. March 3rd is National Caregivers Day! Show your appreciation to all the committed men & women who care for you!

ST. Patrick's Day Trivia is included with the newsletter. Please complete and turn in to the office for the opportunity to win a candy bar.

Patty Hurd will be here on the 9th with her Surprise for everyone.

Stop in the Dining Room for a piece of Birthday Cake & Ice Cream TO-GO March 10th, at 2 pm.

Wear your GREEN for St. Patrick's Day! Please stop in the Dining room at 1 pm to Pick-Up your GREEN Sherbet Punch and Shamrock Cookies TO GO.

The EUM Church Ladies will be dropping off a Treat TO-GO on the 23rd. Mark your calendar and stop in the Dining Room at 2pm.

A TO-GO Lunch on March 26, Friday at 12noon. 2 Sloppy Joes & Chips will be served. Please sign-up. \$3 per person.

MAD Hatter Day. Please create a crazy HAT and wear on March 30, 2021. We will send out the month of March with flair!

Stop in the Dining Room on March 30th. Everyone Welcome, especially, GREEN THUMBS. Potting soil, containers provided. Flowers, and More Flowers...marigolds, daisies, tulips, etc. We will plant flowers and care for them until weather permitting they are transplanted in our patios and Flag flower bed this spring. COVID requirements will be followed.

The telephone located in the front office is available for emergencies and Call-ins/Call-outs for Caregivers. Please do not remove the phone from the office. It is not for use of personal calls, long conversations, or inappropriate language. Thank you.



North Fork Heights



WHY NATIONAL WOMEN'S HISTORY MONTH IS IMPORTANT

**** We haven't given women their due attention**

For many years, women weren't acknowledged in historical texts. This isn't because women weren't in the midst of important discoveries or helping out with important conquests. It's mainly because men wrote the majority of historical documents for thousands of years. In March, we dig deep to uncover many of the important roles women have played throughout history.

**** Women are inspirational**

Learning about women who have stood up for their rights and fought for what they believe is fantastic motivation. We all have the power to influence the direction our world is headed in, and National Women's History Month reminds us of that.

**** It recognizes the strength and power of women**

It's easy to get caught up in the grind of daily life, but this month is an excellent opportunity to put a spotlight on all of the major things women accomplish each and every day. From domestic chores and carrying babies to fighting wars and governing countries, women are pretty darn amazing.