

# Villas - March 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Christine Vacanti, Director: 814-849-4131</p> <p>Calendar is subject to change.</p>			1	2	3	4
					 <p>Happy Birthday Carlotta!</p>	
5	6	7	8 12pm International Women's Day (Celebrate Villa Women) Lite Lunch (MPR)	9	10	11 8am Chair Yoga (MPR)
						
12 Daylight Savings Begins	13	14	15	16 3:45pm St. Patty's Picnic Happy Hour (MPR)	17 St. Patrick's Day	18
  <p>Happy Birthday Pat!</p>						
19	20 First Day of Spring	21	22 12pm Grilled Salad Luncheon (Bistro)	23	24	25 8am Chair Yoga (MPR)
						
26	27	28	29	30	31 1:30pm Birthday Cake/Coffee (MPR)	
					 <p>**Celebrating all the March Birthdays**</p>	

We will be having our annual "Wellness Visit" from a certified nurse this spring. Details to follow.

## National Fettuccine Alfredo Day

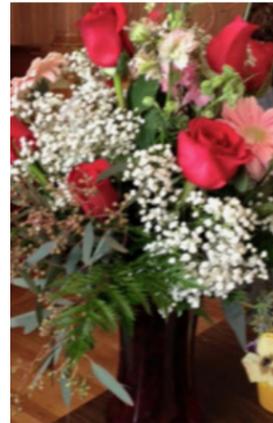
Villas residents enjoying pasta on “National Fettuccine Alfredo Day” on 2/7/23.



Eat nuts and seeds. Some people avoid nuts because they are high in fat. However, nuts and seeds are incredibly nutritious. They are packed with protein, fiber, and a variety of vitamins and minerals. Nuts may help you lose weight and reduce the risk of developing type 2 diabetes and heart disease. Additionally, one large observational study noted that a low intake of nuts and seeds was potentially linked to an increased risk of death from heart disease, stroke, or type 2 diabetes.

## Sweetheart Luncheon

Pictured below are Pat McConnell and Director of Personal Care, Independent Living, and Affordable Housing Kurt Nesbitt. Pat was a lucky recipient of a “valentine’s day” bouquet at our Sweetheart Luncheon at Highland Oaks at Water Run.



## Reuben Crescent Bake

### Ingredients

- 2 tubes (8 ounces each) of refrigerated crescent rolls, divided
- 1 pound sliced Swiss cheese, divided
- 1-1/4 pounds sliced deli corned beef
- 1 can (14 ounces) sauerkraut, rinsed and well drained
- 2/3 cup Thousand Island salad dressing
- 1 large egg white, lightly beaten
- 3 teaspoons caraway seeds



### Directions

1. Preheat oven to 375°. Unroll 1 tube of crescent dough into 1 long rectangle; seal seams and perforations. Press onto the bottom of a greased 13×9-in. baking dish. Bake until golden brown, 8-10 minutes.
2. Layer with half the cheese and all the corned beef. Combine sauerkraut and salad dressing; spread over beef. Top with remaining cheese.
3. On a lightly floured surface, press or roll the second tube of crescent dough into a 13×9-in. rectangle, sealing seams, and perforations. Place over cheese. Brush with egg white; sprinkle with caraway seeds.
4. Bake until casserole is heated through and crust is golden brown, 12-16 minutes. Let stand for 5 minutes before cutting.

**WRC**  
EST1890

Villas at Water Run

MARCH 2023

## International Women’s Day



International Women’s Day (IWD) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women’s achievements or rally for women’s equality.

Marked annually on March 8th, IWD is one of the most important days of the year to:

- celebrate women’s achievements
- educate and raise awareness for women’s equality
- call for positive change advancing women
- lobby for accelerated gender parity
- fundraise for female-focused charities

For IWD 2023, the global campaign theme is Embrace Equity.

We can all challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion. Collective activism is what drives change. From grassroots action to wide-scale momentum, we can all embrace equity.

And to truly embrace equity, means to deeply believe, value, and seek out difference as a necessary and positive element of life. To embrace equity means to understand the journey required to achieve women’s equality.

## Mardi Gras Celebration



### St. Patrick’s Day Fun Fact

Patrick was born to Roman parents (Calpurnius and Conchessa). He was not Irish, instead, he was English. His given name was Maewyn Succat. Thus, technically we would be celebrating “Maewyn Day” instead of the “St Patrick’s Day” if his name was not changed. He wrote a book-Confessio-during his last years.