

Life-Times

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Top O' the Month to You!

The luck of the Irish will be with us this month as we embark on a new month full of interesting events!

For our aspiring chefs, we will be making King Cake for Mardi Gras, baking treats for St Patrick's Day, and learning to churn our own butter this month. We will also be learning about the history of Mardi Gras and discussing Women's History Month.

For our tinkerers, we will be embarking on a new adventure in our Nuts and Bolts group-Hydropower! We will build and test our own hydropower models. We will also continue to build the Suspension Bridge model we started last month. We will also be experimenting with Leprechaun Sand in our Weird Science club.

The performing arts are coming to the Center... from within! We will connect with our theatrical sides in Drama Club and put together a choir ensemble in Singing Canaries.

On Friday the 15th we will be celebrating St. Patrick's day with several different silly games involving a chance to see what our staff members look like with a shaving cream beard!

Each week brings something to challenge and entertain, so join us! The more the merrier! Check out our calendar to see more activities and events.



Out and About

- Postal Plaza Museum
 - Thursday March 7th (p.m.)
- TBA
 - Thursday March 14th (p.m.)
- Lowe's Garden
 - Thursday March 21st (p.m.)
- Library Bookworms
 - Tuesday March 26th (p.m.)

NOTE: P.M. outings depart as early as 1 pm and arrive back at the Center as late as 3:15 pm. All outings are subject to change due to weather, staffing, and scheduling conflicts. Please contact Program Coordinator Gayla Allen if you have any questions about this month's or future outings.





CAREGIVER CORNER

All of these groups are free and open to the public:

Life Center Caregiver Support Group:
Wednesday March 20th, 11:30-12:30. Lunch provided and respite available. RSVP to Shelley Gladden at 405-744-4254, or Kristy Moorman at 377-0978.

Parkinson's Support Group: Tuesday March 5th, 5:30-6:30 p.m. NEW meeting place: Stillwater Public Library Room 202. Speaker: Katie Jones, speech-language pathologist. Topic: swallowing changes associated with Parkinson's disease. Contact Sabiha Parveen (405-744-5116) for more information.



* **Daylight Savings Time, spring forward:**

Sunday March 10th

* **St Patrick's Day:**

Sunday March 17th

(celebration: Friday the 15th)

* **Life Center Board of Directors Meeting:**

Wednesday, March 27th 12:00 P.M.



Alzheimer's Association Savvy Caregiver Series: April 4th, 11th, 18th, and 25th (plan to attend all four sessions) 10:30-12:30 at the Life Center. This caregiver education program provides professional level training to at home caregivers, focusing on how the brain changes and strategies to improve quality of life for the caregiver and the person with Alzheimer's. Lunch and supplies are provided. The series is free but space is limited- please call 1-800-272-3900 to RSVP.

