



# Good Times at GARDEN COURT



1116 De La Vina St. • Santa Barbara, CA 93101 • (805) 884-0095



## Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

## Make Up Your Mind in the Morning

When you're faced with an important decision, try tackling it before noon. Science says the morning hours are the best time of day to make a choice. Researchers came to this conclusion after analyzing the moves chess players made in a series of matches. The players made slower, more accurate moves in the morning, and as the day wore on, their decisions were faster, but those moves were more prone to errors.

## 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

March 2020

JOHN SULLIVAN

**Resident  
of the  
Month**

## RESIDENT BIRTHDAYS

SHARON BACH	17
MARIA MENDOZA	23
STANLEY NAFTALY	23
DAN MICHEL	24
GRACE PEREZ	28

VERONICA AVILA

**Employee  
of the  
Month**

## Welllderly Week

Celebrating seniors who are young at heart, Welllderly Week begins March 16.





# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MUSIC CLUB WITH RON &amp; JULIE 1</b> 1:00 Bingo Club in the library <b>2:00 Music Club with Ron Paris and Julie Carlson</b> 6:00 Sunday Night Movie in the living room	<b>VITAL SIGNS CLINIC TODAY 2</b> 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library <b>1:15 Vital Signs Clinic with Cathy from Cottage Parish Nursing</b> <b>2:00 Garden Court Idea Cafe, in the living room</b> 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library	<b>HEALTH &amp; SAFETY HOSPICE OF SANTA BARBARA 3</b> 9:00 Shopping Trip to Target/ Costco <b>9:45 SBCC Mind and Body Awareness with Luis Sanchez</b> 12:45 Bingo Club in the library <b>2:00 Health &amp; Safety Meeting. In service on Bereavement with Jeanne West of Hospice of SB</b> 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor	<b>STEVE HOEGERMAN'S TRAVEL SLIDE SHOW 4</b> 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library <b>3:00 Sing-along Club with Gem in the living room</b> <b>6:00 Steve Hoegerman's Travel Slide show</b>	<b>SBCC VITALITY WITH SUSAN 5</b> 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults	<b>FRIDAY BIKE RIDES/ SCENIC DRIVE 6</b> 9:00 Walk and Talk Club! <b>10:00 -12pm Bike rides with John. Let's have fun!</b> 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie	<b>PIANO CONCERT WITH BENJAMIN 7</b> 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library <b>1:30 Piano Concert with Benjamin Ott</b> 6:00 Saturday Night Movie in the living room
<b>PIANO CONCERT WITH KEITH 8</b> 1:00 Bingo Club in the library <b>3:30 Piano Concert with Keith in the living room</b> 6:00 Sunday Night Movie in the living room	<b>GARDEN COURT IDEA CAFE! 9</b> 9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library <b>2:00 Garden Court Idea Cafe, in the living room</b> 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library	<b>FOOD COMMITTEE MEETING 10</b> 9:00 Shopping Trip to The 99 Cent Store <b>9:45 SBCC Mind and Body Awareness with Luis Sanchez</b> 12:45 Bingo Club in the library <b>2:00 Food Committee Meeting in the living room. All residents are encouraged to attend.</b> 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor	<b>SBCC VITALITY WITH PATTY 11</b> 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library 2:00 Flower Empower Club, In the courtyard	<b>RESIDENT OF THE MONTH DINNER 12</b> 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene <b>12:00 Resident of the Month Dinner</b> 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults	<b>FRIDAY BIKE RIDES/ SCENIC DRIVE 13</b> 9:00 Walk and Talk Club! <b>10:00 -12pm Bike rides with John. Let's have fun!</b> 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie	<b>FREDRIK ON THE PIANO 14</b> 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library <b>4:00 Fredrik on the piano</b> 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room
<b>SING A LONG WITH GEM 15</b> 1:00 Bingo Club in the library <b>3:00 Sing-along Club with Gem in the living room</b> 6:00 Sunday Night Movie in the living room	9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library <b>2:00 Garden Court Idea Cafe, in the living room</b> 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library	<b>HAPPY ST. PATRICK'S DAY! 17</b> 9:00 Shopping Trip to Ross <b>9:45 SBCC Mind and Body Awareness with Luis Sanchez</b> 12:45 Bingo Club in the library <b>2:00 Resident Activities Meeting in the living room</b> 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor	<b>ROLANDO/ MY CARE WORKSHOP 18</b> 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library <b>2:00 Rolando on the Wind Synthesizer</b> 3:00 My Care (formerly 5 Wishes) Community Workshop in the library	<b>MARCH RESIDENTS BIRTHDAY PARTY 19</b> 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults <b>6:00 March Residents Birthday Party with Rob Hoffman</b>	<b>FRIDAY BIKE RIDES/ SCENIC DRIVE 20</b> 9:00 Walk and Talk Club! <b>10:00 -12pm Bike rides with John. Let's have fun!</b> 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie	<b>SATURDAY NIGHT MOVIE 21</b> 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room
<b>PIANO CONCERT WITH JAKE CARTER 22</b> 1:00 Bingo Club in the library <b>3:30 Piano Concert with Jake Carter</b> 6:00 Sunday Night Movie in the living room	9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library <b>2:00 Garden Court Idea Cafe, in the living room</b> 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library	<b>TOWN HALL / CONVERSATION CIRCLES 24</b> 9:00 Shopping Trip to The Dollar Tree in Goleta <b>9:45 SBCC Mind and Body Awareness with Luis Sanchez</b> 12:45 Bingo Club in the library <b>2:00 Town Hall Meeting Today</b> 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor <b>3:15 Conversation Circles with Catherine</b>	<b>TED TALKS WITH CHRIS 25</b> 9:00 Walk and Talk Club! 10:30 SBCC Travels and Exploration with Patty Volner in the living room 12:45 Bingo Club in the library 2:00 Flower Empower Club in the courtyard <b>4:00 TED Talks Club with Chris in the living room</b>	<b>SBCC VITALITY WITH SUSAN 26</b> 9:00 Walk and Talk Club! 10:00 My Special School Preschool, activity visit 10:30 Use it or lose it Club with Charlene 12:45 Bingo Club in the library 2:00 SBCC Vitality Program. Music of Our Lives and Times for Older Adults	<b>FRIDAY BIKE RIDES/ SCENIC DRIVE 27</b> 9:00 Walk and Talk Club! <b>10:00 -12pm Bike rides with John. Let's have fun!</b> 10:30 Use it or Lose it Club with Charlene in the living room 12:45 Bingo Club In the library 1:30 Piano Concert with Lorna 2:30 Scenic Drive Club with Daniel 6:00 Friday Night Movie	<b>SATURDAY NIGHT MOVIE 28</b> 9:00 Catholic Service. Legend of Mary group from Our Lady of Sorrows Church. In the library 1:00 Bingo Club in the library 6:00 Overeaters Anonymous in the library 6:00 Saturday Night Movie in the living room
<b>SUNDAY NIGHT MOVIE 29</b> 1:00 Bingo Club in the library 6:00 Sunday Night Movie in the living room	9:00 Walk and Talk Club! 10:30 Use it or Lose it Club with Penina 12:45 Bingo Club In the library <b>2:00 Garden Court Idea Cafe, in the living room</b> 2:00 Soda Fountain Club, in the dining room 2:15 Beginning Crochet class with Maria in the library	<b>SBCC VITALITY WITH LUIS 31</b> 9:00 Shopping Trip to The Bargain Market/ Whole Foods <b>9:45 SBCC Mind and Body Awareness with Luis Sanchez</b> 12:45 Bingo Club in the library 3:00 -6:00pm Beauty Salon Open, with Adela on the 2nd floor				





## Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

Year	Milestone
1847	The first U.S. postage stamps are issued.
1860	The Pony Express mail service begins.
1918	Airmail service between New York and Washington, D.C., takes off.
1942	Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.
1963	ZIP codes are assigned.
1971	The Post Office Department is renamed the U.S. Postal Service.
1993	A stamp featuring Elvis Presley becomes the bestselling commemorative stamp.
2007	The "forever" stamp debuts.

## "This Month In History" MARCH

**1923:** The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

**1933:** President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

**1941:** Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

**1950:** Silly Putty goes on sale.

**1968:** Country music legend Johnny Cash marries singer-songwriter June Carter.

**1988:** Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

**1990:** To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

**2006:** The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

**2011:** NASA's Discovery space shuttle completes its 39th and final mission.

**2019:** England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.