



# The Funside

## EILAND ASSISTED LIVING CENTER MARCH 2019 ACTIVITY HIGHLIGHTS

### **Sunnyside Wellness Day, Friday, March 1**

See the attached flyer for a schedule of the day's activities.

### **Dr. Seuss' Birthday, Saturday, March 2**

Stop by the Madison Room, 3rd Floor to read your favorite Dr. Seuss book!

### **Saturday Greeting the Morning—Contemplative Meditation**

Saturdays in March, 10 am, Bethesda Theatre

**Slow Dancing and Jazz Class**, Monday, March 4 & Wednesday, March 6, 8:45 am, Wellness Center

### **Chapel Talk "Looking to the Earth for Wisdom"**

Wednesday, March 6, 2 pm, Meredith Chapel

### **Luck of the Irish! Lunch, Wednesday, March 6, 11:30 am, Bethesda Theatre**

Gather in the Bethesda Theatre for our quarterly lunch and an opportunity to meet and eat with other Eiland Center residents...and to enjoy a delightful Irish menu by Linda! For all Eiland Center residents at no extra charge.

### **Celebration Singers**

Sunday, March 10, 3 pm, Meredith Chapel

### **"How to Protect Yourself from Fraud, Scams, and Identity Theft" Lecture**

Thursday, March 14, 2:45 pm, Bethesda Theatre

### **Dance In Community**

Thursday, March 14, 21 & 28, 9 - 10 am, Bethesda Theatre

JMU Dance students will lead these playful seated movement sessions that incorporate music and rhythm that focus on creative self-expression and social connection. No prior experience in music, dance or fitness needed! Just come and enjoy the music, movement and JMU students.

### **"Why Bees are Disappearing" Presentation**

### **Guest Speaker Andy Sale, Hostess Gini Reese**

Saturday, March 16, 10 am, Bethel Room

Come and meet the Queen Bee! (Really!) Learn how to honor the hive.

### **Celebrate Spring! Spring Fling Sherbet Social**

Thursday, March 21, 2 pm, Bethel Room

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### **Regular Short Trips For All Eiland Center Residents\*\***

**Shopping at Target.** Usually scheduled for a Friday near the beginning of the month. Escorts and shopping assistance are provided. Wheelchairs and walkers welcome.

**Out to Lunch.** We look for favorite accessible local restaurants and provide transportation once each month. Everyone is invited at own expense.

**Lunch at the Highlands.** Transportation is provided for our group lunch each month. Everyone is welcome at no extra charge.

**Scenic Drives** throughout our beautiful valley, sometimes with a special featured stop. These trips will begin again in April when we see signs of spring.

**Other short trips** are added to the schedule when available.

**Check back page for activities and short trips that require sign up. Make your reservations today!**

## Tea, Coffee and Socials

Reservations are not required.

### Men's Coffee with Will—Monroe Room

Mondays, March 4 and 18, 9:30 am

### Coffee Hours—Monroe Room

Mondays, March 11 and 25, 10 am  
Green Social—Craft Room, 2nd Floor  
Tuesday, March 12 2:30 pm,

### Saturday Morning with Gini "Why Bees are Disappearing" Presentation—Bethel Room

Saturday, March 16, 10 am

### Town Meeting—Bethesda Theatre

Wednesday, March 20, 2 pm

### Spring Fling Social—Bethel Room

Thursday, March 21, 2 pm

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## Eiland Center Library

Thank you, Sunny Treasures, for your support!  
Your allocation enables us to provide new large  
print books to our library.

**The Traveling Cat Chronicles** by Hiro Arikawa  
is a life-affirming anthem to kindness and self-  
sacrifice that shows how the smallest things can  
provide the greatest joy.

**Lost Girls of Paris** by Pam Jenoff is a fascinating  
story of friendship and courage that focuses on  
three women and a ring of female secret agents  
during World War II.

**Finding Dorothy** by Elizabeth Letts tells the sto-  
ry behind *The Wonderful Wizard of Oz*, the book  
that inspired the iconic film, through the eyes of  
author L. Frank Baum's intrepid wife, Maud.  
Written as fiction but based closely on the truth, it  
is a story of an unlikely friendship between  
Baum's unsinkable widow and the young Judy  
Garland.

**The Silent Patient** by Alex Michaelides is a  
psychological thriller of a woman's act of vio-  
lence against her husband—and of the therapist  
obsessed with uncovering her motive. Beautifully  
written and well plotted, the suspense builds and  
captures you until the last shocking twist.

**The Current** by Tim Johnston is not your  
traditional thriller but a story that pulls you into  
the secrets of a small town and looks at the impact  
of a crime on the lives of innocent people.

~~Pat Harkins

## March Birthdays

- 5 Mr. Thomas Downing
- 5 Mrs. Sybil McCrory
- 6 Mrs. Nell Dove
- 12 Mr. Gene Drifmeyer
- 14 Mrs. Maria Zukrowski
- 18 Mrs. Mary Carson
- 22 Mrs. Doris Field
- 22 Mrs. Katherine Hart
- 27 Mrs. Pauline Patteson
- 29 Mrs. Nancy East



*Today you are you!  
That is truer than true!  
There is no one alive  
who is you-er than you!*

Dr. Seuss

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## Activities and Short Trips

Reservations are Required!

### Shopping at Target

Friday, March 8, departing 1 pm

### Out to Lunch ~ Corgans Irish Pub

Wednesday March 13, departing 11:15 am

### Out to Lunch at the Highlands

Wednesday, March 27, departing 11:15 am

**Call Anita (8225) to sign up.**  
**Trips depart from the Corson Lobby**

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Sunnyside Retirement Community  
Eiland Assisted Living Center—Life Enrichment  
Anita Landes (568-8225))