



Life at the Lakes



Extendicare

Volume 19 Issue 3

Southwood Lakes

March 2020



"Am I Irish? Are you kidding? I was born green!"



MAY YOUR TROUBLES
BE LESS
and your
Blessings
be MORE
AND NOTHING BUT
HAPPINESS
came through your
door



A St. Patrick's Day Limerick

There once was a mid-March day
When people would gather and say:
"St. Patrick's Day's here!
Let's wear green and give cheer!"
And they'd party the evening away!



*I actually saw a leprechaun once.
After enough green beer, you see
all kinds of stuff.*

March Birthdays

Opal D	St. Clair House	March 2
Emil P	St. Clair House	March 3
Geraldine S	Huron House	March 5
Jim S	Huron House	March 11
Dan O	Tecumseh House	March 12
Jelena S	St. Clair House	March 14
Josephine B	Essex House	March 15
Audrey S	St. Clair House	March 22
Tauno L	Devonshire House	March 25
Elisabeth S	St. Clair House	March 26
Agnes B	Devonshire House	March 28



SADLY MISSED

Rose T
Ethelyn S

WE WOULD LIKE TO WELCOME

Krishna G
Ida D
Jean W
Noria S
Neil C



Family Council Corner

The Family Council of Southwood Lakes meets the 4th Wednesday of the month at 6:30pm in the 2nd floor Conference Room. March's meeting will be held on the Wednesday, March 25th. All family members and caregivers are welcome to attend.

Recreation News

The Recreation Department will be holding a variety of St. Patrick's Day inspired programs. Please join us for Minty Milkshakes on the 12th, St. Patrick's Cupcakes on the 16th and a performance by Ardan Academy's Irish Dancers on the 17th. Our outings are to Rose Bowl on the 4th and to Walmart on the 18th. Please sign up for those outings you are interested in.

Residents' Council News

Thank you to everyone that participated in the Valentine's Day Raffle. The raffle raised \$275.00. This will help support future Resident programs.

Dietary News

March is Nutrition month! This year's theme is "Cook, Share, & Enjoy!" Stay tuned for some fun nutrition inspired trivia at our programs this month. The Dietary Department is also proud to announce 2 new plant based menu options: a Black Bean Burrito and Bean & Rice Stir Fry.



M	I	T	T	C	N	S
S	R	T	H	L	E	H
P	I	O	D	O	W	L
R	S	L	W	V	Y	U
I	H	R	E	E	E	C
N	E	J	R	R	A	K
G	R	E	E	N	R	E

WORD FIND

LUCK

CLOVER

GREEN

IRISH

SPRING

HOW MANY WORDS CAN BE FOUND IN ...

LEPRECHAUN

Extendicare Southwood Lakes would like to wish all of our residents, families and staff a Happy St. Patrick's Day.

