

Sweet Snippets March



Sylvan Lake Foundation



🌸 🌞 🌸 Hello March 🌸 🌞 🌸

As we welcome March, we look forward to longer days, brighter skies, and the early signs of spring. This month brings fresh energy, meaningful moments, and opportunities to gather, create, and celebrate together.

This Month at the Lodge

March is a time of renewal and connection. From creative activities to cozy social gatherings, there's something for everyone to enjoy as we gently transition from winter to spring.

Highlights include

- Group activities that encourage creativity and conversation
 - Opportunities to enjoy the sunshine as the days grow longer
 - Special themed days and seasonal celebrations
- Be sure to check the activity calendar for dates and times.

Celebrating Community

We are grateful every day for the wonderful residents, volunteers, families, and community partners who make the lodge such a warm and welcoming place. Your kindness, time, and support mean more than words can say.

Spring Is on the Way

March reminds us that brighter days are ahead. As the snow begins to melt and daylight stretches a little longer each evening, we're excited to embrace the season of growth, hope, and new beginnings.

Looking Ahead

- In the coming months, we look forward to:
 - Spring-themed activities and events
 - More opportunities to enjoy time outdoors
 - Continued community partnerships and visits!

Thank you for being part of our lodge community. We look forward to sharing another wonderful month with you!



What We've Been Up to Lately

🎉❄️ The Sylvan Lake Lodge Winter Olympic Games ❄️🎉



There was plenty of friendly competition, big laughs, and incredible team spirit throughout the day. And yes — the medals were proudly handed out and celebrated! 🏆🥈🥉

Congratulations to all of our amazing participants. Everyone showed true Olympic spirit, and we couldn't be prouder!

What a fantastic way to embrace winter together. ❤️

What We've Been Up to Lately

💖 VALENTINE'S BASKET WINNER 💖

Love was in the air at the Lodge this February as residents eagerly entered their names for a chance to win our beautiful Valentine's Gift Basket! Filled with sweet treats and thoughtful goodies, it was the perfect way to celebrate the season of love and friendship.

We are excited to congratulate our lucky winner.... HARLA YOOS! 🇬🇧 The basket was presented just in time for Valentine's Day, bringing plenty of smiles and excitement.

Thank you to everyone who participated and helped make this little celebration so special. It's moments like these that add a little extra sweetness to life at the Lodge! 💖



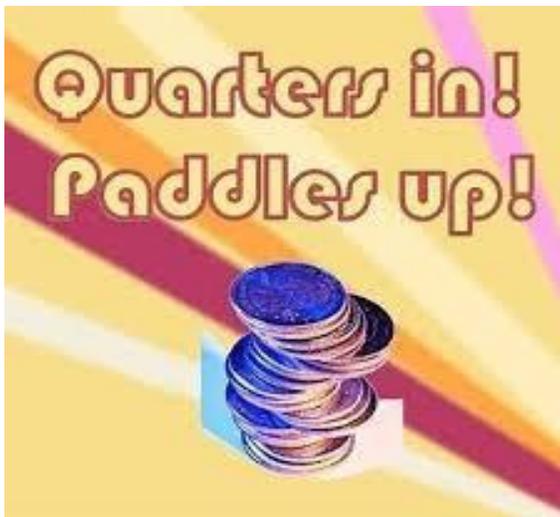
What We've Been Up to Lately

Our Lodge was buzzing with excitement during our recent Quarter Auction! Residents, families, staff, and community members gathered for an afternoon filled with laughter, friendly competition, and fantastic prizes.

We're already looking forward to the next one — start saving your quarters!



Quarter AUCTION



Poems to Share

TO MARCH

by Emily Dickinson (1830-1886)

Dear March, come in!
How glad I am!
I looked for you before.
Put down your hat —
You must have walked —
How out of breath you are!
Dear March, how are you?
And the rest?
Did you leave Nature well?
Oh, March, come right upstairs with me,
I have so much to tell!

I got your letter, and the birds';
The maples never knew
That you were coming, — I declare,
How red their faces grew!
But, March, forgive me —
And all those hills
You left for me to hue;
There was no purple suitable,
You took it all with you.

Who knocks? That April!
Lock the door!
I will not be pursued!
He stayed away a year, to call
When I am occupied.
But trifles look so trivial
As soon as you have come,
That blame is just as dear as praise
And praise as mere as blame.

Birthdays

March Birthdays!

Olga B – March 12

Denis V – March 16

Roy M – March 17

Vern H – March 18

Pearl B – March 29

Karen M – March 20

Please join us in the Dining Room on March 24th at 2:00pm for cake and musical entertainment.

You know you're getting old when you've been there and done that, but don't remember what THAT was!!



March Fun Facts

- The name March came from the name Mars, the Roman god of war.
- March is the beginning of Spring whereas it is the beginning of Fall in the Southern Hemisphere (below the equator).
- Each year March and June ends on the same day of the week.
- The first telephone was patented on March 7th, 1876, by Alexander Graham Bell.
- March marks the end of Winter and the start of the Spring season (Vernal Equinox). This is the end of Spring and the start of Winter in the Southern Hemisphere (below the equator)
- One of the most beloved games of family game night, Monopoly, was invented on March 7th, 1933.
- Coca-Cola was invented in March 1886.

Pisces (February 19 - March 20), a sensitive water sign symbolized by the Fish, focusing on intuition, creativity, and empathy.

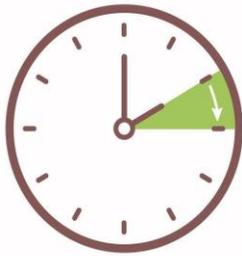
Aries (March 21 - April 19), a fiery, passionate cardinal sign symbolized by the Ram, known for ambition, energy, and leadership.

Noticeboard



Daylight saving time change

Sun, March 8th/2026



DAYLIGHT
SAVING TIME
STARTS
set clocks one hour ahead

Spring Equinox (Start of Spring) on March 20!



Earth Hour is observed annually on the **last Saturday of March**. From 8:30 p.m. to 9:30 p.m., people are encouraged to turn their lights and non-essential appliances off to raise awareness about the issues of climate change and encourage people to do something to protect the planet.

HAIRDRESSER HOURS (EVERY TUESDAY)

March 3rd, 10th, 17th, 24th & 31st

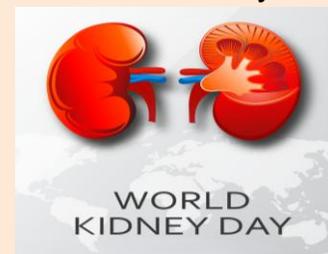


March is **National Sleep Awareness Month**, an annual campaign held to educate the public on the critical importance of sleep, it emphasizes establishing healthy habits, improving sleep hygiene, and recognizing signs of sleep disorders like apnea.



World Kidney Day - March 14, 2024

Raising awareness about the importance of healthy kidneys.



Laughing Matters

March is such a happy time.
It always puts a spring in your step!



How do trees make sure that they're heard when they start budding in March?

They use amp-leaf-ication!



You don't need a parachute to go skydiving. You need one to go skydiving twice!!



Today at the bank, an older lady asked me to check her balance... So, I pushed her over.

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window. For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!" The passenger apologized and said, "I didn't realize that a little tap would scare you so much." The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

What's happening this month in Sylvan Lake!

THE MELTDOWN March 21, 2026

Say Hello to Spring in Sylvan Lake!

Break up with winter and start seeing other seasons! This event is an excuse to get messy while celebrating the end of Winter with colorful and cultural activities!

Art & Music

Take part in cultural music, art, and dancing!

Holi is one of the most popular and significant festivals of Hinduism, celebrating the end of winter with color throwing, dancing, and music!



💖 Volunteer Appreciation Corner 💖

March's Volunteer Spotlight: Kathy Veroba



We are so grateful to have Kathy as part of our volunteer community. Kathy generously shares her time and kindness with our residents, always bringing a warm smile and a caring presence wherever she helps out. Whether it's lending a hand, sharing a conversation, or simply brightening someone's day, Kathy's compassion truly makes a difference at the Lodge. Thank you, Kathy, for your dedication and the heart you bring to our community — we are so lucky to have you!

WE LOVE
OUR VOLUNTEERS

🍴 Meet Our New Kitchen Manager! 🍴

We're thrilled to welcome Don as the newest member of our team and our Kitchen Manager! With a passion for culinary excellence and years of experience in catering & restaurant ownership, Don is ready to bring fresh ideas, delicious flavours, and a warm touch to our kitchen.

Whether it's crafting nutritious meals for our residents, creating seasonal menus, or sharing a smile in the dining room, Don is committed to making every meal a memorable experience!

Stop by, say hello, and get ready to enjoy some exciting new dishes coming your way!

Fun Fact: When not at work, Don loves camping and canoeing, and you might just catch them tinkering and restoring old cars and snowmobiles.

Welcome to the team, Don! We're excited to have you on board!

