

The Patterns of Life



The third Saturday in March has been designated Worldwide Quilting Day, a global celebration of quilters and their fabulous creations. Quilts began not as the intricately patterned blankets

we often use today, but as padded clothing. The first evidence we have of humans wearing quilted clothing comes from ancient Egypt. Quilted clothes were uncovered at the Temple of Osiris dating back 5,000 years. Modern quilting of clothes dates back to the Middle Ages in Europe when these soft garments were worn over and under chain mail armor. The first evidence we find of quilted blankets comes from 15th-century England, but all this evidence is merely written about; few, if any, blankets from that era have survived.

English immigrants brought their sewing and quilting skills with them to America, where quilting grew into more than a practical skill—it became an art form. Patterns grew into symbols and stories. When President Lincoln signed the Homestead Act of 1862, which opened up the West for settlement, families prepared for their westward journeys by sewing quilts. These quilts have become records of history.

One of the earliest patterns, known as the Nine Patch, was simply nine squares in a three-by-three pattern. This was the quickest quilt to sew and a great and thrifty use of leftover scraps of fabric. Often, girls as young as age three or four could be taught to sew the Nine Patch pattern. A more elaborate pattern was known as the Log Cabin. This pattern was symbolic of the home. The center square was always red, to symbolize the hearth at the heart of the home. Narrow strips of fabric, like logs used to build frontier cabins, radiated from the center square in stacks. Light fabrics representing the light of day were sewn on one side of the quilt. Dark fabrics representing night were sewn on the opposite side. This pattern was also known as the Sunshine and Shadow. Patterns depicting pinwheels, stars, flowers, animals, crops, biblical stories, and even schoolhouses followed. Women sewed as they lived, a tradition that continues to this day.

March Birthdays

In astrology, those born March 1–20 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends. Those born March 21–31 are Rams of Aries. Like rams, Aries charge forward with courage, confidence, and enthusiasm. They embrace action, take risks, and will fight for their goals.

- Ron Howard (actor/director) – March 1, 1954
- Dr. Seuss (author) – March 2, 1904
- Jean Harlow (actress) – March 3, 1911
- Elizabeth Barrett Browning (poet) – March 6, 1806
- Bobby Fischer (chess champ) – March 9, 1943
- Liza Minnelli (entertainer) – March 12, 1946
- Albert Einstein (scientist) – March 14, 1879
- Moms Mabley (comedian) – March 19, 1894
- Fannie Farmer (culinary expert) – March 23, 1857
- Alan Arkin (actor) – March 26, 1934
- Sam Walton (businessman) – March 29, 1918
- Liz Claiborne (designer) – March 31, 1929

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Woodside Senior Living

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Celebrating March Birthdays

Luella Harris 3/3

Joanne Weaver 3/5

Lila Mills 3/12

Dolores Boswell 3/16

John Harvell 3/19

Annie Luckett 3/21

Edna Hochstetler 3/23

Rick Starr 3/24

Elizabeth Moore 3/28

Mattie Jackson 3/29

March 27th

Resident Birthday Party

Entertainment

John Adams

Religious Roots to Raucous Parties

As March arrives, many look forward to the holidays of St. Patrick's Day and Mardi Gras. Yet both of these holidays are more modern American inventions than age-old religious traditions.

St. Patrick's Day, as a religious celebration, has a lengthy history. It dates back to the mid-17th century and was initiated to honor Saint Patrick and his work to bring Christianity to Ireland. The Feast of St. Patrick was held each year on the date of his supposed death, on March 17, 461 AD. The observance of the date was a solemn occasion, mostly involving quiet prayer. As recently as the 1970s, pubs were closed in Ireland on St. Patrick's Day. The rollicking revelry typically associated with the day was decidedly un-Irish and an American invention. During the Irish Famine of 1845–1850, many Irish immigrated to America, where they were not welcome. As the Irish community in America grew and prospered, they began to celebrate both their Irish-ness and their newfound American-ness. Corned beef, shamrocks, and leprechauns were never part of true Irish St. Paddy's Day celebrations, but they were integrated into Irish-American identity and so became celebrated symbols of St. Patrick's Day. The American version of St. Patrick's Day is so strong that many Irish-American traditions have even returned to Ireland.

Mardi Gras, like St. Paddy's Day, originated as a solemn religious holiday. As the day before the start of the ritual fasting of Lent, it was an opportunity to indulge in sweet, fatty foods, giving rise to the name "Fat Tuesday." Over the centuries, these small indulgences led to greater hedonism, practices that were heavily discouraged by the Church. The elaborate Mardi Gras celebrations held in New Orleans emerged in 1857 when a group of men created a secret society called the Mistick Krewe of Comus. They held a lavish ball and parade, setting the secular foundations for many wild Mardi Gras to come.



Meetings:
March 4th at 1:30pm
March 19th at 7pm

Resident Run Programs



March 3rd, 17th and 31st



Tuesday, Thursdays and Saturdays
When no othe program is scheduled.



Piano with Paul
Mondays at 7pm

Executive Director
Ayana Greer
Human Resources Director
Shalawn Williams
Sales & Marketing Director
Patti Walschon
Director of Nursing
Charlotte Lee
Business Office Manager
Rachel Allen
Administrative Assistant
Rewa Stewart
Maintenance Director
Jim Sawchik
Dining Services Director
Rashaun McDougal
Social Worker
Kathleen Thomas

SPECIAL PROGRAMS

March 5th
Mardi Gras
Craft and Bingo

March 6th
Catholic Service
Ash Wednesday

March 18th
Red Hat Ladies
Card Making

March 21st
Purim Program
Mel Young and Tom Rosner

March 26th
Ice Cream Social
Holy Family Hospice



March 11th at 9:30am



Every Friday
March 1st Name that Tune

March 15th St. Patty's Day Party
Entertainment John See



March 29th Coke -a-Cola Day



First Thursday Bible Study 2pm
First Saturday Baptist Service 6:30pm
Last Monday Bible Study 10am
Second Friday Catholic Service 10am
Last Friday Catholic Mass 10am
Every Saturday Bible Study 2pm
Every Wednesday Learn the Bible 3pm
Last Friday Fireside Chat 9am



**WEIGHT CLINIC
MARCH 5th**

Josephine Russell
Cynthia Doyle
Beverly Chalabian



From...
The Activities Department