

THE Cambridge Landing *Lifestyle*



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MARCH 2025



Final Four Fundamentals

It's an annual rite of spring: March Madness, the NCAA tournament that crowns the best team in men's Division I college basketball. If you're unfamiliar with the court action, get off the sidelines with this quick guide.

Selection Sunday. A total of 68 teams are invited to play in the tournament. The teams are announced live on TV on Selection Sunday, the Sunday before the tournament's first game. The teams are also divided into four geographic regions: East, West, South and Midwest.

Seeds. A selection committee ranks the teams in each region and assigns each a seed number from 1 to 16, with 1 being the best. The No. 1 seed plays the No. 16 seed; No. 2 plays No. 15, and so on.

The bracket. Fans often track and try to predict the winners of each matchup and the eventual champion by filling out a form known as a tournament bracket. The odds of filling out a perfect bracket are 1 in 9.2 quintillion.

The Big Dance. Over two weeks of single-elimination games, the teams are whittled down to the Sweet 16, then the Elite Eight. Finally, the teams remaining in each of the regions are the Final Four. The last two teams go on to the championship game, also called the Big Dance, usually played the first weekend in April.



Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before "throwing" the snacks to the birds.



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Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one! Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun. The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.

Wearing of the Green

If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					March Birthdays March 3 ~ <i>Amanda</i> March 7 ~ <i>Edward</i> March 16 ~ <i>Jerry</i> March 22 ~ <i>Crystal</i> March 31 ~ <i>Samantha</i> Happy Birthday from us all here at Cambridge Landing!	10:00 Exercise 10:30 Bowling 2:00 Name that Tune 3:00 Fluff and Fold 6:00 Resident Choice
2 10:00 Exercise 11:00 Sunday Worship! 2:00 Balloon Battle 3:00 Sort and Match Socks 6:00 Resident Choice	3 National Anthem Day 10:00 Move to Music 10:30 What is the National Anthem 11:00 Craft Corner American Flag 2:00 Red, White, and Blue Social 3:00 Axe Throwing 6:00 Movie of Choice	4 Mardi Gras 10:00 Chair Exercises 10:30 Hangman 11:00 Horseshoes 2:00 Mardi Gras Party 3:00 Bingo 6:00 Resident Choice	5 10:00 Mind and Body 10:30 Craft Corner 2:00 Cornhole 2:30 Sensory Bins 3:00 Who Am I? 6:00 Movie of Choice	6 National Oreo Cookie Day 10:00 Yoga 10:30 Cooking Corner 2:00 Resident Council 3:00 Bowling 6:00 Resident Choice	7 Edward's Birthday 10:00 Weights 11:00 Let's Make Music 2:00 Ladder Ball 3:00 What's in the Bag 6:00 Movie of Choice	8 10:00 Exercise 10:30 Card Game: GO FISH! 11:00 Reminiscing Childhood Memories 2:00 Craft Corner 3:00 Axe Throwing 6:00 Resident Choice
9 Daylight Saving 10:00 Exercise 10:30 What is Daylight Saving? 11:00 Sunday Worship! 2:00 Science Experiment 3:00 Bingo 6:00 Resident Choice	10 10:00 Move to Music 10:30 Guess the Animal 11:00 Bowling 2:00 Ball Toss 3:00 Sing A Long 6:00 Movie of Choice	11 10:00 Chair Exercises 10:30 Riddles and Rhymes 11:00 Conversation Ball 2:00 Sensory Bins 3:00 Bingo 6:00 Resident Choice	12 National Plant a Flower Day 10:00 Mind and Body 10:30 Plant Flower Seeds 2:00 Connect 4 3:00 Learning Sign Language 6:00 Movie of Choice	13 National Popcorn Lover's Day 10:00 Yoga 10:30 Science Experiment 2:00 Popcorn and Movie 3:30 Ball Toss 6:00 Resident Choice	14 Learn About Butterflies Day 10:00 Weights 10:30 Ukulele Vibes with Robin 2:00 Let's Talk Butterflies 3:00 Craft Corner 6:00 Movie of Choice	15 10:00 Exercise 10:30 Sing A Long 11:00 Balloon Battle 2:00 Guess Who? 3:00 Fluff and Fold 6:00 Resident Choice
16 Jerry's Birthday 10:00 Exercise 11:00 Sunday Worship! 2:00 Checkers 3:00 Sort and Match Socks 6:00 Resident Choice	17 Saint Patrick's Day 10:00 Move to Music 10:30 Hangman 11:00 Leprechaun Hunt 2:00 St. Patrick's Day Party 3:00 Game Time 6:00 Movie of Choice	18 10:00 Chair Exercises 10:30 Let's Make Music 11:00 Balloon Battle 2:00 Riddles and Rhymes 3:00 Bingo 6:00 Resident Choice	19 National Let's Laugh Day 10:00 Mind and Body 10:30 Sensory Bins 11:00 Ants in the Pants 2:00 Jokes 3:00 Movie and Popcorn 6:00 Movie of Choice	20 International Earth Day, Spring Equinox 10:00 Yoga 10:30 Science Experiment 11:00 Ladder Ball 2:00 Paint and Chat 3:00 What is Earth Day, Spring Equinox 6:00 Resident Choice	21 10:00 Weights 10:30 Horseshoes 11:00 Guess Who? 2:00 Sensory Bins 3:00 Let's Make Music 6:00 Movie of Choice	22 National Goof Off Day 10:00 Exercise 10:30 Story Time 11:00 Family Feud 2:00 Paint and Chat 3:00 Whack A Mole 6:00 Resident Choice
23 National Chip and Dip Day 10:00 Exercise 11:00 Sunday Worship! 2:00 Chip and Dip Social 3:00 Bingo 6:00 Resident Choice	24 10:00 Move to Music 10:30 Cornhole 2:00 What's in the Bag 3:00 Sing A Long 6:00 Movie of Choice	25 10:00 Chair Exercises 10:00 Visits with Evelyn 11:00 Conversation Ball 2:00 Craft Corner 3:00 Bingo 6:00 Resident Choice	26 Make Up Your Own Holiday Day 10:00 Mind and Body 10:30 Create a Holiday 11:00 Sensory Bins 2:00 Axe Throwing 3:00 Sing A Long 6:00 Movie of Choice	27 World Theatre Day 10:00 Yoga 10:30 Let's Talk Theatre 11:00 Watch Theatre 2:00 Balloon Battle 3:00 What's This Place 6:00 Resident Choice	28 10:00 Weights 10:30 Let's Talk Tigers 11:00 What's That? 2:00 Bowling 3:00 Craft Corner 6:00 Movie of Choice	29 10:00 Exercise 11:00 Balloon Battle 2:00 Reminiscing Childhood Memories 3:00 Fluff and Fold 6:00 Resident Choice
30 10:00 Exercise 11:00 Sunday Worship! 2:00 Horseshoes 3:00 Sort and Match Socks 6:00 Resident Choice	31 National Crayon Day 10:00 Move to Music 10:30 How are Crayons Made 11:00 Let's Color 2:00 Connect 4 3:00 Walk Down Memory Lane 6:00 Movie of Choice					



Here's to the Irish

Celebrate like a Celt with the popular Gaelic toast *sláinte*, pronounced "slawn-cha." It translates as "health," and is used like the English expression "Cheers!"



College Hoops Action

We'll be tuning in to all the college hoops tournament action during March Madness. Which team is your pick to win the championship this year?



Daylight Saving Shut-Eye

Most of the nation will spring forward on Sunday, March 9, when daylight saving time begins. According to research, the average person loses about 40 minutes of sleep on the first night after the time change begins. To avoid being groggy Monday and to help your internal clock adjust, experts suggest going to bed a little earlier than usual starting several days before the change.



'Party' Gras

Let the good times roll on Mardi Gras! You won't want to miss out on our colorful, festive party, so check the calendar for all the details and come celebrate with us.

