Dear Seniors,

Believe or not, Spring has almost sprung. The groundhog said so!
Looking forward to our many special events including Women’s History organized by our members, Irish Culture, celebrated annually with Dawn Doherty, and of course, the Spring Fling. March is also National Nutrition Month and we will host an interactive, tasty presentation by Lehman College Nutrition students. “Healthy Eating On A Budget.” Sampling will be encouraged!

More program favorites, return ... Hollie, from the Whitney Museum will facilitate three sessions in March and three more in May. Napat doubles our pleasure with two days a week of Glee Club thanks to a SuCasa grant. Many ways to volunteer—Fashion Show, Volunteer Team and upcoming events.

Our Bermuda cruisers are gearing up for their July getaway and we will hold an information session to discuss everything you want to know and more. If you are booked already, please attend.

CENSUS kicks off. Respond and be counted. Encourage your friends and neighbors to be counted too!

Warm regards, Lisa

ATTENTION CRUISEERS!
DON’T MISS THE BERMUDA CRUISE INFORMATION MEETING
THURSDAY, MARCH 5TH
AT 1:30 PM !!

Upcoming Events:
APRIL: Model Seder, Volunteer Appreciation, Annual Information & Resource Fair, Birthday Party
MAY: Mother’s Day Luncheon, Asian Pacific Islander Heritage Celebration,
JUNE: Fashion Show, Father’s Day Luncheon
Can You Really Stand a Raw Egg on Its End on the Equinox? From The Old Farmer’s Almanac 2020

This egg folklore became popular in 1945 following a LIFE article about the spring adage. “The origins of this myth are attributed to stories that the ancient Chinese would create displays of eggs standing on end during the first day of spring,” according to John Mills, assistant professor of physics and astronomy at Anderson University. “The ancient Chinese celebrated the first day of spring about six weeks earlier than the equinox, so it’s not just on the equinox itself.”

As with more folklore, it’s only partly true. It should be possible to balance an egg on its end but also it’s possible to balance an egg on other days too.

Folklore or not, this egg trick sounded like fun to us. One spring, a few minutes before the vernal equinox, several Almanac editors tried this trick. For a full workday, 17 out of 2 eggs stood standing. Three days later, we tried this trick again and found similar results. Perhaps 3 days after the equinox was still too near. Perhaps the equinox has nothing to do with it. Perhaps we just don’t like to take ourselves too seriously!

Ancient Equinox Traditions: The Snake of Sunlight

Our ancestors were note connection to the Sun than we are today. They observed its pathway across the sky; they tracked how the sunrise, sunset, and day length changed, using the Sun (and Moon) as a clock and calendar.

There are many ancient sites that make the equinoxes (and solstices). One of the most famous ancient spring equinox celebration was at Chichen Itza in Mexico. The Mayans built a huge pyramid around the year A.D 1000. The play of the Sun’s light on its signals the beginning of the seasons. On the spring equinox, it looks like a huge snake is slithering down the steps. Mayans called this day “the return of the Sun serpent.”

~Submitted by Naomi E. Saunders

Inspirational Thoughts...
“Submitted by Anne Trivax

♦ Life doesn’t require that we be the best, only that we try our best.
♦ Age is just a number and it depends on whether the number is going to keep you down or keep you up.
♦ If you don’t believe it’s possible, no one will.
♦ You can start late, look different, be uncertain and still succeed.
♦ Never under estimate the importance of having a person in your life who can always make you smile.

~Submitted by Gladys Pesante

Give of yourself.
Do a good deed.
Do not expect anything in return.
When you walk away, just hope they pay it forward.
That will be your reward.

~Submitted by Diane Belton

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they’re a crowd of sorrows, who violently sweep your house empty of it’s furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice, meet them at the door and invite them in.

Be grateful for whoever comes, because each has been sent as a guide from beyond.

~Submitted by Naomi E. Saunders
Mary Eliza Mahoney was born in 1845 in Dorchester, Massachusetts to freed slave parents who had moved north wanting to live in an environment with less racial discrimination.

She was one of only four students (from a group of 40) to complete the rigorous graduate nursing program at the New England Hospital for Women and Children, making her the first black licensed nurse. She prospered in a predominantly white society. She also challenged discrimination against African Americans in nursing.

After gaining her nursing diploma, Mahoney worked for many years as a private care nurse, earning a distinguished reputation. She worked for predominantly white, wealthy families. Majority of her work with new mothers and newborns had been done in New Jersey, with the occasional travel to other states. During the early years of her employment, African American nurses were often treated as if they were household servants rather than professionals.

In 1908, Mahoney co-founded the National Association of Colored Graduate Nurses (NACGN) with Adam B. Thomas. This organization attempted to uplift the standards and everyday lives of African American registered nurses. The NACGN had a significant influence on eliminating racial discrimination in the registered nursing profession. In 1951, the NACGN merged with the American Nurses Association.

She actively participated in the advancement of civil rights in the United States. In 1920, after women’s suffrage was achieved in the U.S. Mahoney was among the first women in Boston to register to vote. Mahoney received many honors and awards for her pioneering work. She was inducted into the American Nurses Association Hall of Fame in 1976 and into the National Women’s Hall of Fame in 1993.

Mahoney died on January 4, 1926, at the age of 80 in Boston, Massachusetts.

The only lessons that matter for our lives at this time will come to us today. Just as what we needed and were ready for yesterday came yesterday, tomorrow insures more of the same. Concerning ourselves with any other moment but the present prevents us from responding when “the teacher” appears.

In years gone by, we perhaps hung onto yesterday’s problems. We may still struggle to hang onto them, or perhaps we try to see too far ahead. But we are learning that there is a right time for all growth. A right time for all experiences. And the right time may not fit out timetables. And the right time may not fit our timetables. What doesn’t come our way today, will come when the time is right. Each day we are granted just what is needed. We need not worry about the future. It will offer us whatever rightly comes next, but it can’t do so until we have experienced these 24 hours before us.

There is wonder and joy in awaiting you each day.

~Submission by Judith-Anne Sadler-Bryan
WEEKLY CLASSES: Schedules are updated monthly based on how well each activity is attended

Computers: Learn skills such as internet searches, creating emails, typing a document. All levels welcome.

Smartphones 101: Bring your cell phones, I Pads, Tablets, laptops or any electronic device that you want to learn to operate.

Chair Yoga: Help prevent falls and align body and mind by stretching, strengthening and moving.

Wii Bowling: Fun, Exercise, competition

Exercise: Exercises vary and all fitness levels are welcomed and accommodated.

Tai Chi For Arthritis: Evidence based workshop combining fitness and education.

To Your Health: This group covers a variety of health and nutrition topics facilitated by our nurse.

Healthy Lifestyles: Ask health related questions and gain valuable information and advice. Facilitated by Paulo de Oliveira, Nurse Practitioner from Montefiore Hospital.

In The News: Discuss current events and voice your thoughts and opinions.

BINGO: This needs no explanation and is a crowd favorite.

Love & Comfort: A support group that addresses life’s challenges.

Leisure Games: Play Cards, Dominos, Board Games, Rummikub and much more.

Walking Club: Take a group stroll to improve health and balance.

Jewelry/Crafter’s Corner: Learn and create in this “hands on” arts and crafts class. Includes knitting, crochet, plastic canvas and jewelry making.

Exploring Culture: Through video, articles and lively discussion, we discover various cultures, traditions, religions, beliefs and more.

Glee Club: No experience necessary! Just a willingness to enjoy time with others learning singing techniques and singing songs.

CLUBS: OPEN DOOR CLUB, & GOLDEN WELCOME CLUB, WORDS OF WISDOM CLUB:

Clubs welcome new members weekly.

Have suggestions for additional clubs or classes? SPEAK UP. We love new and creative ideas.