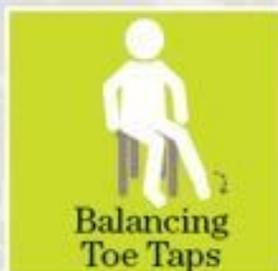
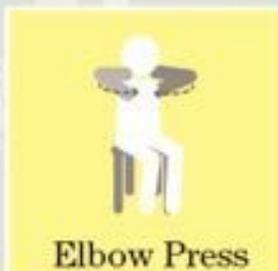


## **Active Games:**

- Balloon Tennis: Balloon(s), hands/halved pool noodles/rackets
- Outdoor walks
- Balancing Exercises: do standing while holding on to steady surface – do each 10 times and repeat circuits 3 times → heel raises, right leg abduction to side, back & front, left leg abduction to side, back & front, mini squats, side steps, high knee raises. Make sure to taking deep breathing breaks throughout.
- Random dancing throughout day!!
- Chair Activity BINGO (see next page)

# Chair Activity

## B • I • N • G • O



SPRING SCRAMBLE	
Unscramble the spring-related words!	
1. HARCM _____	2. BFYULETTR _____
3. SNIHEUSN _____	4. DLED SUP _____
5. BRNIOWA _____	6. STEREA GS GE _____
7. OBLMO _____	8. BSEALLAB _____
9. UTLPI _____	10. GSOLSHASE _____
11. EBREZE _____	12. NRIACTAO _____

## **March Trivia**

What leader met his demise on the ides of March?

**Answer:** Julius Caesar. He was stabbed 23 times on the floor of the Roman Senate.

What is celebrated on March 17?

**Answer:** St. Patrick's Day. St. Patrick is the patron saint of Ireland, and the day is marked with parades, corned beef and cabbage, and green beer. Many people, including those not of Irish descent, wear green on St. Patrick's Day.

What happens in the United States and Canada on Sunday, March 8, 2020, at 2:00 a.m.?

**Answer:** Daylight saving time begins. We turn the clocks ahead by an hour.

What season begins in March in the southern hemisphere?

**Answer:** Fall. The seasons are reversed in the southern hemisphere. Fall starts mid-March and ends mid-June.

Is the first day of spring the spring equinox or the spring solstice?

**Answer:** Equinox. On the equinox, day and night are approximately equal—around 12 hours each. It's also known as the vernal equinox.

In 2020, what is the first day of spring?

**Answer:** March 19. The first day of spring varies by no more than two days each year.

What do we call the college basketball playoffs?

**Answer:** March Madness. Could this be the reason March is the least productive month for businesses?

When the month of March was given its name, what did it mean?

**Answer:** War. It was named for the Roman god Mars. Since the Vietnam War, most US-NATO operations have begun in March.

How does March come in?

**Answer:** Like a lion. The first of March can be as brutal as the dead of winter.

How does March go out?

**Answer:** Like a lamb. The end of March can be balmy.

Today, green is associated with St. Patrick's Day, but what was the original color?

**Answer:** Blue. Blue was the color of the Order of St. Patrick. Green replaced blue because Ireland is known as the Emerald Isle.

In celebration of St. Patrick's Day, what type of bread is traditionally served?

**Answer:** (Irish) soda bread. Its main ingredients are flour, baking soda, and buttermilk, but raisins are added to many recipes.

What is March's birthstone?

**Answer:** Aquamarine. It comes in a variety of colors, but it's usually a blue-greenish color. It's found in the sea, hence the last part of its name: marine.

What prompted the saying "mad as a March hare"?

**Answer:** March is the breeding season for many animals, and they behave erratically during that time (or anything close).

What Jewish holiday usually falls in March?

**Answer:** Purim. One of the many traditions for the Purim holiday is sending money to at least two people in need.

# Springtime Secret Quote

Follow the instructions to cross off words in the table.  
What do the remaining words say?

1. Cross off all words that are flowers.
2. Cross off all words that are colors.
3. Cross off all words that are insects.
4. Cross off all seven-letter words.
5. Cross off all words that are synonymous with *pretty*.
6. Cross off all words that rhyme with *plant*.



I	feel	bathtub	poppy
red	aunt	lovely	grasshopper
beetle	physical	cute	pant
happiness	orange	tulip	climate
attractive	yellow	fashion	carnation
grant	when	spring	flea
fly	fetching	blue	is
chant	optimal	iris	green
rant	bee	cottage	coming
mantis	purple	pansy	pancake