



Shuttle Times

Shuttle Bus to
Walmart in Central
will be every
Monday.
Pick-up will be
@ 2:00 pm in the
apartment parking lot.

Shuttle Bus to
Anderson will be the
first Tuesday of
every month.
Pick-up will be
@ 1:00 pm in the
apartment parking
lot. This is the only
afternoon shuttle for
this day.

Shuttle bus to
Clemson/
Central/Pendleton
every Tuesday &
Thursday Pick-up
times are 10:00 am,
1:00 pm & 2:30 pm
Pick-up in the
apartment parking
lot.

Recurring Events

Exercise

Monday

9:30 am standing exercise class

Wii Bowling

Monday @ 1:00 pm Upstairs Corley

Tuesday

9:30 am Standing Exercise Class

10:30 am Chair Yoga

1:15 pm Seated Exercise Class

Wednesday

9:30 am Standing Exercise Class

2:00 pm GAPS in Motion
(Parkinson's Exercise)

Thursday

9:30 am Standing Exercise Class

1:15 pm Seated Exercise Class

2:00 pm Line Dancing

Friday

9:30 am Standing Exercise Class

10:30 am Seated Exercise Class

Powerback Vitality Wellness

3rd Thursday

@ 10:00 am

Large Corley

**See the Health & Wellness page for more opportunities

Coffee Time

Men's Coffee

Every Thursday

@ 9:00 am
Small Room

Women's Coffee

Every Friday

@ 9:30 am
Small Room



Recurring Events

Education

The Great Courses
Monday & Wednesday
@ 10:30 am
Small Room

Wellness Clinic

Wellness Clinic
Every Tuesday
@ 1:00 pm - 2:00 pm
Downstairs Corley

Leisure Activities

Bingo
Every Monday
@ 2:15 pm
Upstairs Corley

Music Club
1st, 2nd & 3rd Tuesday
each month in the large
Corley 2:00-3:00 pm

Bridge
Every Tuesday &
Thursday
@ 2:00 pm
Small Room

Afternoon Movie
Every Friday
@ 2:00 pm
Upstairs Corley

Card Group
Every Saturday
@ 2:00 pm
Small Room



Recurring Events

Worship

| | | | |
|---|--|---|--|
| <u>Peace Church UCC</u> Every Sunday 5:00 p.m. Large Corley This is a progressive and open service thepeacechurch.org | <u>Fort Hill Presbyterian</u> 1st Thursday @ 2:00 pm Large Corley | <u>1st Baptist Clemson</u> 2nd Monday 11:00 am Large Corley | <u>Holy Trinity Episcopal</u> 1st Wednesday @ 10:30 am Large Corley |
| <u>Communion with Deacon Rich</u> Every Friday 10:00 am—2:00 pm Call St. Andrews Catholic @ 654-1757 to schedule your time. | <u>Bible Study with April Warner</u> Every Wednesday @ 4:00 pm Small Corley | <u>Clemson United Methodist</u> 1st Thursday @ 10:00 am Large Corley | <u>University Lutheran</u> 3rd Wednesday @ 10:00 am Large Corley |

Meetings

| | | |
|--|---|---|
| <u>POA ARC</u> 1st Tuesday @ 10:00 am Small Room | <u>Resident Council (Hall Reps)</u> 2nd Tuesday @ 1:00 pm Jackson Room | <u>POA Monthly</u> 2nd Tuesday @ 2:00 pm Jackson Room |
| <u>Alzheimer's Support</u> 1st Wednesday @ 2:00 pm Large Corley | <u>CARC Board Meeting</u> 4th Thursday @ 1:00 pm Large Corley | <u>POA Properties</u> 1st Friday @ 11:00 am Small Room |
| <u>Bereavement</u> 3rd Wednesday @ 2:00 pm Large Corley | | <u>Parkinson's Peer Group</u> 4th Thursday @ 3:30 pm Downstairs Corley |



Please sign up for all events.

Events are for residents only. If there is availability for a planned trip the POA would then be invited to join. Those trips will be marked with an arrow. ➡



Sunday, March 3rd

Clemson Little Theatre—Charlie and the Chocolate Factory

When young Charlie Bucket wins a golden ticket to the mysterious Wonka Chocolate Factory, it's the chance of a lifetime to feast on the sweets and chocolates that have always been right under his nose, but unaffordable for the Bucket family. Depart @ 2:15 pm.

No cost



Saturday, March 9th

Brooks Center – Little Women by Kate Hamill

Jo March isn't your typical Victorian lady. She's indecorous and headstrong, and one day she's going to be a great American novelist. As she and her sisters grow up in the middle of the Civil War, they strive to be brave, intelligent, and imaginative young women. But as adulthood approaches, each sister must negotiate her private ambitions with society's expectations. In a war-torn world defined by gender, class, and personal tragedy, Jo March gives us her greatest story: that of the March sisters, four dreamers destined to be imperfect little women. Depart at 6:45 pm. Meet at the Corley Center. Cost is \$15



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Sunday, March 10th
Anderson Senior Follies

BUCKET LIST
SENIOR FOLLIES VARIETY SHOW

Bucket List Senior Follies Variety Show

The Anderson Senior Follies will be celebrating its 35th season with *Bucket List*. This year's story follows four different groups as they set out to complete the dreams and aspirations of a beloved professor. You will follow these four groups through trials and triumphs, as they work to complete Dr. Albright's *Bucket List*! We get to travel along with them in their journey as they make new friends, get reacquainted with old ones and have exciting adventures. Through it all they begin to grow closer to each other and realize what brings meaning to their lives. The story is cleverly woven with old favorites such as *Come Fly with Me* and *New York, New York*, as well as a variety of tunes and genres from Hank Williams, Kenny Chesney, Elton John, Bruno Mars, Elvis, Willie Nelson and many more. You will enjoy a world tour of dancing and singing as you travel with this cast of characters...and who knows, you may even rediscover some of life's joys as well. Depart at 1:30 pm. Meet at the Corley cost is \$20

Tuesday, March 12th

Genealogy Program Part 1
presented by Nan Jones
3:00 pm. Upstairs Corley



Tuesday, March 12th

Brooks Center CU Symphonic Band
Enjoy selections performed by the
CU Symphonic Band led by
conductor Mark Spede.

Depart at 6:45 pm.

Cost is \$5



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Wednesday, March 13th

THE SPOT



Thursday, March 14th

Brooks Center – The Peking Acrobats

For the last 32 years, The Peking Acrobats have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs and display their technical prowess at such arts as trick-cycling, precision tumbling, juggling, somersaulting and gymnastics. They push the limits of human ability, defying gravity with amazing displays of contortion, flexibility and control. The Peking Acrobats are accompanied by live musicians who skillfully play traditional Chinese instruments; the time-honored Chinese music coalesces with high-tech special effects and awe-inspiring acrobatic feats, creating an exuberant entertainment event with the festive pageantry of a Chinese Carnival. Depart at 6:45 pm. Cost is \$40



Please sign up for all events.

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Thursday, March 14th

Genealogy Program Part 2
presented by Nan Jones
3:00 pm. Upstairs Corley



Tuesday, March 19th

Dine Out – Nick and Mike Bar and Grill

Nick & Mike Bar and Grill is a bar located in the heart of Clemson designed with you in mind. We offer our guests delicious appetizers and burgers, a wide variety of specialty cocktails, and a warm artistic atmosphere to relax. All of our dishes are made fresh and come back to you fast and hot. Depart at 5:30 pm.



Thursday, March 21st

Southern Wesleyan University
Singing in the Rain
Depart at 6:45 pm.

Cost is \$25



Thursday, March 22nd

Dandy Don Cowboy Entertainer
Experience the nostalgic songs of
the Old West
Upstairs Corley at 7:00 pm.



Please sign up for all events.

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Thursday, March 28th

Happy Hour

Upstairs Corley at 5:00 pm.

Thursday, March 28th

Brooks Center – Geneva Lewis, Violin

Geneva Lewis may only be 24, but the New Zealand-born, U.S. domiciled violinist is clearly one to watch. The recipient of a 2021 Avery Fisher Career Grant and Grand Prize winner at the 2020 Concert Artists Guild Competition, Ms. Lewis won Kronbergh Academy's Prince of Hesse Prize, was a finalist at the 2018 Naumberg Competition, and was named New Artist of the Month by Musical America in June of 2021. Currently in the Artist Diploma program at New England Conservatory, Ms. Lewis studies with Miriam Fried. Depart at 6:45 pm. No Cost



Irish Blessing

May the road rise to meet you

**May the wind be always at
your back,**

**May the sun shine warm upon
your face,**

**And rains fall soft upon your
fields.**

And until we meet again,

**May God hold you in the
hollow of His hand.**

@homefaithfamily



His Love

God sent His Son to take the punishment
For all the thoughtless, sinful things we do;
Jesus gave his life because He loves us;
His love is boundless, sweet, forever true.
On Easter morn He showed He is our Savior;
His resurrection proves He is our Lord.
That is why we tell you,
"Happy Easter!"
He secured our heavenly reward!

By Joanna Fuchs
Poemsource.com



Weekly Movie's

Time: 2:00 pm

Every Friday

Upstairs Corley

Friday, March 1st

Kramer vs Kramer

On the same day Manhattan advertising executive Ted Kramer (Dustin Hoffman) lands the biggest account of his career, he learns that his wife, Joanna (Meryl Streep), is leaving him and their young son, Billy (Justin Henry). Forced to raise his son alone, Ted loses his job but gains a stronger relationship with the child with the help of another single parent, Margaret (Jane Alexander). When Joanna returns to claim custody of Billy, the ensuing court battle takes a toll on everyone concerned.

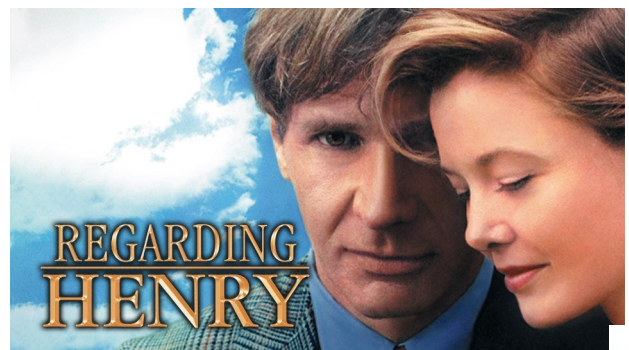
1979 – 1hr 45min



Friday, March 8th

Regarding Henry

An unscrupulous corporate lawyer, Henry Turner (Harrison Ford) will do whatever it takes to win a case, and treats his family with the same degree of ruthlessness. After Henry gets caught in the middle of a robbery and is shot in the head, he wakes from a coma to find that he has amnesia and can't even remember how to do the simplest of tasks. As he recovers and relearns how to function, Henry reveals a much kinder and more thoughtful personality, much to the surprise of his family and friends. 1991 – 1hr 48min



Weekly Movie's

Time: 2:00 pm

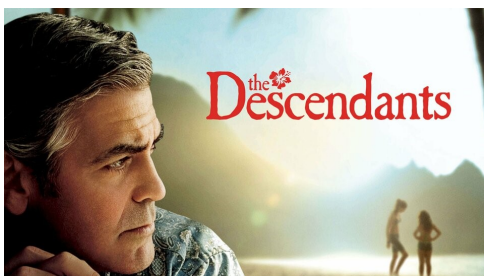
Every Friday

Upstairs Cor-

Friday, March 15th

The Descendants

Native islander Matt King (George Clooney) lives with his family in Hawaii. Their world shatters when a tragic accident leaves his wife in a coma. Not only must Matt struggle with the stipulation in his wife's will that she be allowed to die with dignity, but he also faces pressure from relatives to sell their family's enormous land trust. Angry and terrified at the same time, Matt tries to be a good father to his young daughters, as they too try to cope with their mother's possible death. 2011 1hr 55 min



Friday, March 22nd

The Boys in the Boat

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin. 2023 - 2hr 4min



Friday, March 29th

Music Man

When Harold Hill, a traveling con man, arrives in River City, he convinces the locals to start a band by purchasing the uniforms and instruments from him. His intention is to flee as soon as he receives the money. Librarian Marian Paroo suspects Harold is a fraud but holds her tongue since her moody brother, Winthrop, is excited about the band. As Harold begins to develop feelings for Marian, he faces a difficult decision about skipping town. 1962-2h 31min



BRIEF HISTORY OF THE “GARDEN FOR TRANQUILITY” A WILDLIFE SANCTURARY

In September of 2019, Joanne Gauzens, Virginia Baird, and John Garton met to discuss the feasibility of planning a garden on available property in Clemson Downs. It was to offer animals, birds, butterflies and insects a place of refuge from declining space, as clear cutting was destroying habitat in and around our area. Consultations were made with experts such as landscape architects, entomologists, foresters and birders. Of greatest importance was finally getting IRS to allow donations for the garden as tax deductible contributions (501c3 status)

Finally, after months of pricing and decision making regarding colors of stones, bricks, fountains and trees, the actual; construction of the outlook/patio began. As luck would have it, Covid arrived and the Downs was sealed off from most traffic. Companies could no longer find workers, plant and flower shipments from abroad ceased, and a sad, as well as tragic future, interrupted our project. As we know, we finally progressed as Covid retreated. With fountains bubbling and spring flowers lifting their heads to the sun, Clemson Mayor Robert Halfacre during his dedication said in part: “A garden is always a ‘work in progress.’; May this garden continue to grow and provide the benefits anticipated.” We feel it has!

We have been fortunate to have many wonderful donors. We have strived to plant bushes and trees native to the area and suitable for a wildlife garden. Due to inclement weather we have lost some plants and flowers, but we do our best to keep everything thriving and healthy. Most rewarding is to see our residents seated in the upper patio watching birds taking a bath, or a deer having a drink of cooling water on a hot day. No garden is ever finished; we are now its keepers and its guardianship is for us to protect.

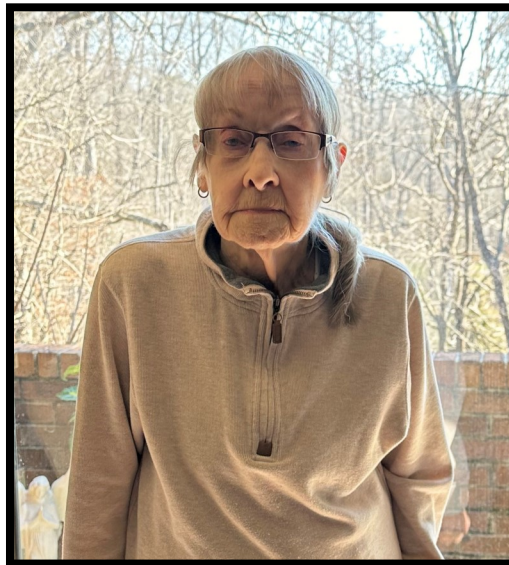


health & wellness

- *Cardio & Strength Training Monday-Friday at 8:30 am.
- *Standing Exercise Class Monday—Friday at 9:30 am.
- *Seated Exercise Class Tuesday & Thursday at 1:15 pm.
- *Chair Yoga Tuesday at 10:30 am.
- *GAPS in Motion-Parkinson's exercise class every
Wednesday @ 2:00 pm.
- *Line Dancing Thursday @ 2:00 pm Downstairs Corley
- *Wellness Clinic with Maritza every Tuesday 1:00 pm-2:00 pm
in her office.



WELCOME TO ME



Janet Lancuski





Patricia Shatford

Dawson Luke

Barry Robinson

Ronald Flood

Ron Falta

Mary Jane Patterson

Robert Wiggins

Doris Jenkins



EMPLOYEE OF THE MONTH



Direct Care Employee Of
The Month:

Rodney Hollingsworth



Non-Direct Care Employee
Of The Month:

Roger Gambrell

Gold coins are given out by the leadership team to employees who show exceptional work ethic and/or go above and beyond what is expected. Anytime you see an employee who you believe deserves this award, please let their supervisor know. All employees who receive a gold coin (s) during the month are entered in a drawing and that is how the administration determines who is "Employee of the Month".





Susan Alexander 24 years

Rodney Hollingsworth 14 years

Tonya Weatherwax 7 years

Beth Davis 5 years

Tiffany Casner 4 years

Kristi Elamin 3 years

Emily Burton 2 years

Bre'Anna Cobb 2 years

Laura Holliday 1 year

Amy Seay 1 year

Be sure to take a moment to congratulate these employees for their years of service.





St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | K | X | K | W | L | D | C | S | H | F | U | D | D | N | T |
| N | X | G | M | D | W | S | L | E | T | L | V | D | G | J | W |
| U | T | F | X | O | U | K | M | V | H | S | I | R | I | B | L |
| M | U | S | I | C | L | O | V | E | R | K | H | C | E | T | W |
| T | L | Z | A | Z | G | L | K | N | X | H | G | Y | X | U | Q |
| W | R | N | D | H | D | G | X | T | H | D | T | K | H | S | G |
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| D | K | C | I | R | T | A | P | T | F | N | I | M | I | D | X |
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| X | C | Z | N | J | O | F | A | N | H | K | L | I | S | J | A |

CLOVER
IRISH
LUCK
PATRICK

FAIRY
JIG
MARCH
SEVENTEENTH

GREEN
LEPRECHAUN
MUSIC
SHAMROCK



thrifftymommastips.com

