

NEWSLETTER...WEEK 3/8/20  
VINECROFT RETIREMENT COMMUNITY  
5945 VINECROFT DRIVE, CLARENCE CTR, NY 14032  
716-741-7741



If you make it a **Habit**  
To make your **Today**  
Better than your **Yesterday**,  
Then for sure, your **Tomorrow**  
Will be better than your **Today**.

**My friend** was looking at home-gym equipment with her husband. She stepped on a treadmill and said, "Honey, if you buy this for me, I will look like I did in high school."

"**Sweetheart**", he said gently, "It's a treadmill, not a time machine."

*Thursday, April 16th*  
*Shingles Shots in the Parlor*  
*11 a.m. - 1:00 p.m.*

Those of us who recently received our 1st Shingles injection will receive our second. Don't worry...Carol Schmitt will remind us.

If you are interested in receiving your 1st injection on that date, please sign up ASAP.

Look for the **GOODNESS** in everyone whom you meet today and every day forward.

**OPEN YOUR HEART** and become someone who gives a gift of peace, joy or hope...And watch the ripple effect of **MIRACLES & BLESSINGS** unfold in your life.



Time to Spring Ahead

**Daylight Saving Time**

**Begins March 8**

**Be sure to move your clocks**

**AHEAD**

**1 hour**

**before you go to bed on Saturday March 7th**

When is a potato not Irish?  
*When it's a French fry.*

Dear Friends,

As I reach my first year anniversary at Vinecroft I am feeling extremely blessed to have you all in my life.

I truly enjoy our Vinecroft Salon and am thankful for having the opportunity to serve you.

If you are in need of an appointment, please do not hesitate to call. All men and women are encouraged to use our salon; including friends and family.

**Happy Anniversary to Us!**

**Sherri**  
Vinecroft Salon Stylist  
716-430-5786

Sunday, March 8th Please make sure you have changed your clock ahead!

- 1:30 p.m. Chair Yoga—Activities area
- 7:00 p.m. **Movie Time**—*My Favorite Brunette*

**My Favorite Brunette**—Bob Hope is a lowly baby photographer who secretly fantasizes about being a private detective. When a lovely baroness (Dorothy Lamour) actually mistakes him for one and asks him to help locate her missing husband (Frank Puglia), Ronnie finds himself agreeing.

Monday, March 9th

- 10:30 a.m. Zumba with Loretta
- 12:15 p.m. Grocery Run
- 2:00 p.m. Pinochle

Tuesday, March 10th

- 10:30 a.m. Chair Yoga
- 1:15 p.m. Tai Chi

Wednesday, March 11th

- 9:30 a.m. Rite Aid run
- 10:00 a.m. Zumba with Loretta
- 11:00 a.m. The Lunch Bunch will leave for **Connor's Restaurant**
- 3:00 p.m. BINGO
- 4:15 p.m. Our Catholic Group will meet for Communion (parlor)
- 7:00 p.m. Game Time



Thursday, March 12th

- 9:00 a.m. Miscellaneous Run
- 10:30 a.m.—Zumba with Loretta
- 12:00 noon—Our Vinecroft St. Paddy's Day Luncheon to benefit "Project Vinecroft"
- 1:30 p.m. Movie Time (canceled today due to the party)
- 2:00 p.m. **UNO** in the dining room (canceled today due to the party)

Friday, March 13th

- 10:00 a.m. Coffee Hour
- 1:15 p.m. Seniorexercise (activities area)
- 1:30 p.m. Bridge (activities area)
- 2:00 p.m. Chit-Chat in the parlor

Saturday, March 14th

- 11:00 a.m. Lecture Series—The Life of Abraham Lincoln
- 1:30 p.m. Prayer Shawl Ministry—Come and join us, no matter what your project is!
- 1:45 p.m. Seniorexercise
- 2:00 p.m. Dominoes—in the dining room at a round table

Spring Ahead...Spring Ahead...Spring Ahead...Spring Ahead...

Activities and Events - updated 3/8/20

Wednesday, March 11th—11:00 a.m.—The Lunch Bunch will leave for Connor’s Restaurant (West Seneca)  
Wednesday, March 11th—4:15—Catholic Communion and Prayer Service in the parlor  
Thursday, March 12th—12:00 noon—St. Patrick’s Day Luncheon to benefit our “Project Vincroft” Gazebo Fund. A \$10 admission fee will be collected.  
Thursday, March 19th—1:30 p.m. to 3:30 p.m.— “Peace of Mind for Survivors” presentation given by Susan Carter of Acacia Park Cemetery.  
Thursday, March 19th—6:00 p.m.—The Duplex Diners will meet for dinner.  
Wednesday, March 25th—4:15 p.m.—Catholic Communion and Prayer Service in the parlor  
Thursday, March 26th—2:30 p.m.—Please welcome local author/historian, Rick Falkowski, joining us to share a lecture on early Buffalo music and entertainment.  
Thursday, April 2nd—2:15 p.m.—Please welcome Lynn Riker from Hospice to speak about the upcoming National Healthcare Decisions Day (April 16th). Family and Friends are invited too!



**Attention Canasta & Pinochle Players**

If you are still interested in playing either of these games, how about getting together and picking a time when you would like to play—then we will put it in the newsletter so we can get the games going. Thank you.

**The Lunch Bunch** is heading for **Connor’s Restaurant**  
 We will leave Vincroft at 11:00 a.m.  
 Please sign up if planning to attend.

**Thursdays @ 2 p.m.**

**Game Time**

**“Peace of Mind for Survivors”**  
**Thursday, March 19th**  
**1:30 p.m.**  
**In the parlor**  
 Acacia Park Cemetery  
 Will have a counselor at Vincroft to explain the importance of end-of-life preplanning. There will be time for questions after the presentation.  
 Please sign up if planning to attend.

**Saturday Lecture Series**  
**11:00 a.m.**  
**Broadway Musicals**  
 Please join us.



**Answers to the Crossword Puzzle:**

R	A	H	S	W	H	O	S	P	O	T
I	T	E	M	O	A	R	H	O	S	E
M	E	R	E	R	Y	E	R	U	L	E
	A	D	E	H	U	R	O	N		
S	T	O	R	E	S	W	A	B		
C	R	U	S	T	H	A	M	A	R	M
A	I	R	R	E	A	S	V	I	E	
N	O	S	O	A	K	T	A	I	L	S
	W	I	R	E	E	L	V	E	S	
S	P	L	I	T	A	R	T			
L	I	E	D	A	R	C	A	T	O	P
A	N	N	E	C	O	N	R	O	D	E
T	E	A	R	T	E	E	S	E	E	R

**Reminder: Sue Cross “The Nail Girl”**  
 has been working in our Vincroft Salon on Thursdays.

For an appointment:

Please call **Sue** at 998-9450  
 or call our office at 741-7741

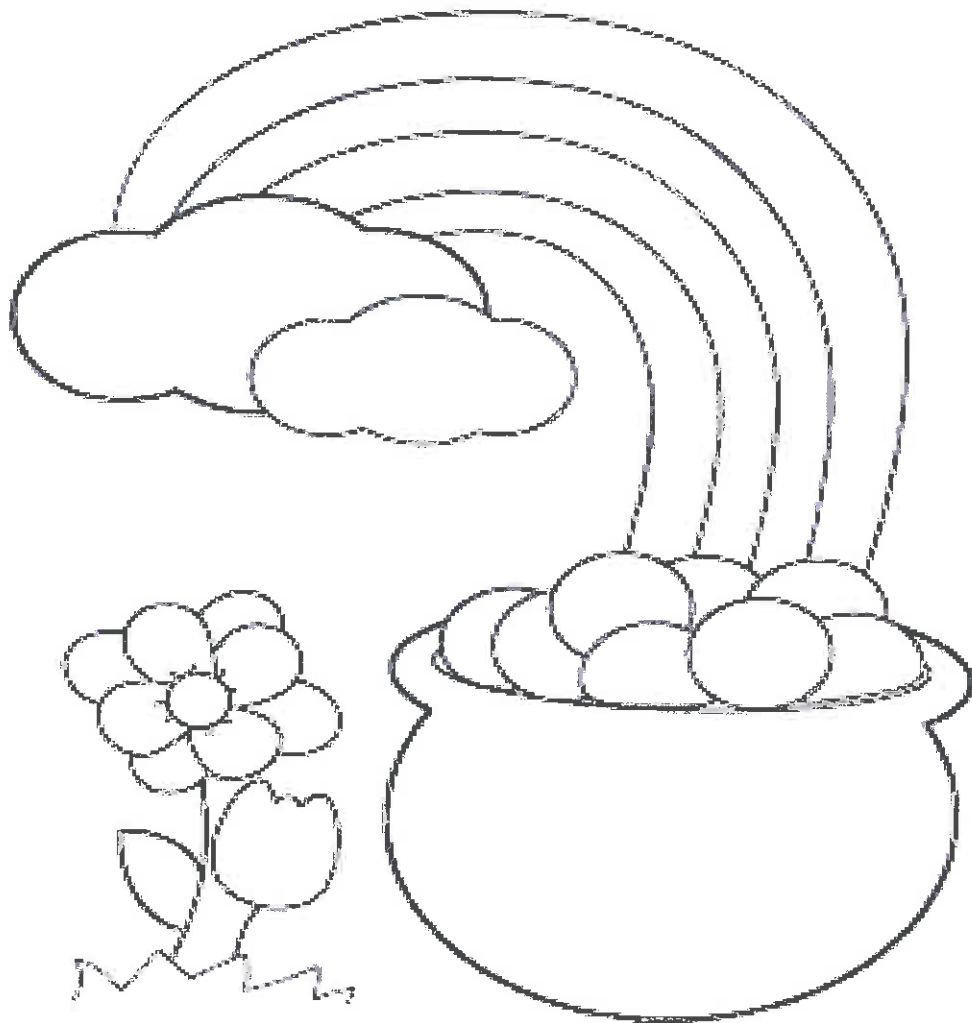
Sue is a NYS Certified Nail Technician. She has been servicing customers for the past 15 years. She services both men and women.

- Fingernail Cut Down—\$15**
- Toenail Cut Down—\$15**
- Manicure—\$20**
- Pedicure—\$30**
- Men’s Pedicure—\$25**

# Color Me Happy

*When I see a rainbow*

Happy March!



# CROSSWORD PUZZLE

## ACROSS

1. Cheering cries
5. "— sent you?"
8. Round speck
12. Article in a catalog
13. Boat-rowing blade
14. Flexible tube
15. Humble; simple
16. Seeded bread
17. Govern (over)
18. Fruit cooler
20. Ontario's Great Lake
21. Mall establishment
24. Mop (a deck)
26. Pie edge
27. Cured pork
28. Prepare for a 25-Down
31. Basketball filler
32. Back portions
34. Struggle (for attention)
35. Strong denials
36. Durable tree
37. Coin-flip choice
39. Metal thread
40. Santa's assistants
41. Divide in half
44. Carney or Garfunkel
45. Told an untruth

46. Circle section

48. On

52. Bancroft of Hollywood

53. Debate side

54. Went by bicycle

55. Sign of weeping

56. Golfing gadget

57. Psychic person

## DOWN

1. Cup border
2. Consumed a meal
3. That queen
4. Greasy marks
5. Was clothed in

6. Barn bedding

7. Iron source

8. Woody bush

9. Dispense tea

10. Norwegian capital

11. Adolescent

19. Michigan metropolis

20. Rodent pet

21. Glance at

22. Small rock group

23. "Victory is —!"

24. Tremble

25. Military operation

28. Tel —, Israel

29. Infuriate

30. Disorderly jumble

33. Lobe site

38. Church tables

39. Less narrow

41. Fence piece

42. Yearn (for)

43. Jazz legend Horne

44. Skin problem for an 11-Down

46. Perform in a movie

47. Cod eggs

49. Oft-stubbed digit

50. Praising poem

51. Part of "mph"



1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16				17				
			18	19					20				
21	22	23				24	25						
26						27				28	29	30	
31					32	33				34			
35					36				37	38			
			39						40				
41	42	43					44						
45						46	47			48	49	50	51
52						53				54			
55						56				57			

# WORD SEARCH

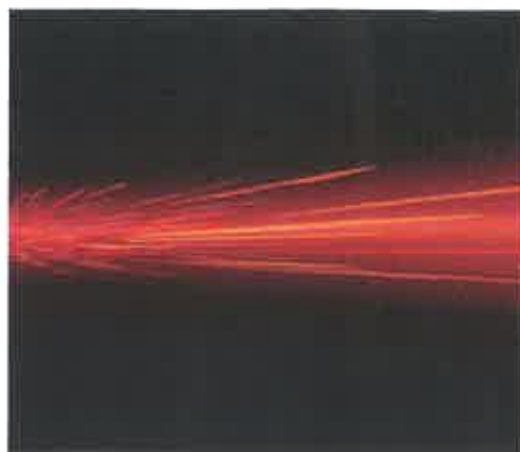
## Lighten Up

Light travels at the approximate speed of 186,282 miles per second!

Let us brighten up your day with a puzzle containing words related to light.



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



- Aura
- Beacon
- Beams
- Blaze
- Bulb
- Candle
- Ceiling
- Chandelier
- Desk
- Dimmer
- Electric
- Fire
- Flare
- Flash
- Flood
- Floor
- Fluorescent
- Glow
- Harbor
- Infrared
- Lamp
- Lantern
- Luminous
- Marquee
- Moon
- Neon
- Night
- Northern
- Search
- Shade
- Spot
- Stage
- Street
- Sunshine
- Taper
- Torch
- Vanity
- Volts
- Watt

# Vinecroft Dining

March 8th—March 14th



## Daily Specials

Sunday—Braised Pork Cutlet—w/spiced apples & caramelized onions

Monday—Marinated Grilled Chicken Breast

Tuesday—Pot Roast —w/red potatoes, baby carrots, and gravy

Wednesday—Baked Penne Pasta Parm—w/or w/out meatballs

Thursday—Boneless BBQ Spareribs

Friday—Fresh Baked Atlantic Haddock—w/ Carolina coleslaw

Saturday—Chicken ala King—over biscuit or noodles

## Desserts

Ice Cream— with Choice of Toppings

Sherbet

Sugar-Free Ice Cream

Dessert Selection of the Day

Jello is available every day - the flavor rotates weekly

Pudding—ask your server for flavor

Popsicles

Ice Cream of the Month—Mint Chocolate Chip

# Vinecroft Dining

March 8th—March 14th



## Appetizers

House Salad — Iceberg or Romaine Lettuce with Tomatoes,  
Onions, with Choice of Dressing

Salad Dressing Available : Ranch, Bleu Cheese, French, Italian,  
FF Balsamic Vinaigrette, Raspberry Vinaigrette or Thousand Island

French Onion Soup — in a crock with melted cheese

Soup of the Day

Battered Mushrooms—w/ranch dressing

Cottage Cheese

Fresh Fruit — seasonal

Juice Choices — Ask your server

## Entrees

New York Strip Steak — Grilled or Pan Seared

Cheese Ravioli

Pork Chop — Grilled or Pan-Seared— Plain or BBQ

Chicken Breast — Grilled or Pan -Seared —Plain or BBQ

Beef Tenderloin Filet—Grilled or Pan-Seared

Baked Cod— Lemon Pepper, Cajun or Plain

## Lighter Fare

Julienne Salad

Vinecroft Burger—w/choice of topping, pickle & chips

Hot Dog—pickle and chips

Scrambled Eggs— with toast— bacon too, if you choose!

Grilled Cheese Sandwich with or without ham—pickle & chips

Turkey Sandwich—on choice of bread /pickle & chips