

# CAROLINE PLACE TEAM

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General Manager

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Retirement Residence

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# CAROLINE PLACE NEWSLETTER

*March 2026*



# UPCOMING

## Clothing Swap Event

Join us on Monday, March 9th from 10:30am – 3:00pm in the Cottage for a fun and sustainable clothing swap! Bring your gently used clothing to exchange with your neighbours and discover some new-to-you finds.

Any remaining items at the end of the event will be donated to the community.

Everyone is welcome!

Come swap, shop, and socialize!



## Donation Bin



We're excited to share that we now have a Donation Bin in support of Cornerstone to Recovery!

You can donate gently used clothing, housewares, shoes, accessories, linens, and books.

Located in the first floor laundry room

Thank you for helping us support a great cause!

# MONTHLY BIRTHDAY CELEBRATION

Sue C—March 11th

Stony N—March 29th

Lillian G—March 11th

Edna St—March 30th

Jim B—March 20th

Happy Birthday to all of the residents celebrating in March Please join us for a Birthday Celebration on March 20th at 2:00pm in the Café/Lounge.



**Beautiful You**  
HAIR & ESTHETICS

# Hair Services

every Thursday and Friday with Stella

Women

- Wash & Haircut \$39
- Wash & Style \$38
- Wash, Cut & Style \$59
- Perm or Colour with a Cut & Style \$120

Men

- Wash & Haircut \$29
- Beard Trim \$10

Please visit the Front Desk to book your appointment  
We look forward to welcoming you!

# UPCOMING

## International Women's Day— March 8th



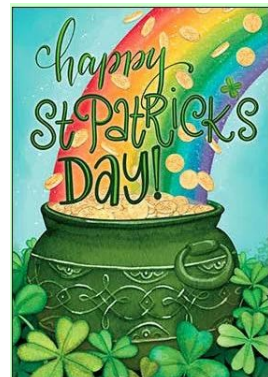
A global celebration of women's achievements and a call for gender equality. The first International Women's Day was observed in 1911 in Austria, Denmark, Germany, and Switzerland.

## Day Light Savings— Spring Ahead—March 8th

Set your clocks one hour ahead before going to bed on Saturday night. While we lose an hour of sleep, we gain more daylight in the evening!



## St. Patrick's Day—March 17th



The patron saint of Ireland. It's a day filled with Irish pride, parades, festive green attire, shamrocks, and traditions like enjoying Irish music and food! Did you know? The first St. Patrick's Day parade was actually held in the U.S., not Ireland, in 1762!

## First Day of Spring—March 20th

The First Day of Spring, also known as the Spring Equinox, marks the official start of the season in the Northern Hemisphere. On this day, day and night are nearly equal in length because the sun is directly above the equator.



## Earth Hour—March 28th

Earth Hour is a global movement organized by the World Wildlife Fund (WWF) to raise awareness about climate change and energy conservation. It takes place on the last Saturday of March from 8:30 PM to 9:30 PM, during which people around the world turn off their lights for one hour to show support for the planet. All of our programming for the day will not include electronics.



# UPCOMING SERVICES

Hairdresser— Every Thursday and Friday

Esthetician— Every other Tuesday

Chiroprapist—The second Thursday of each month

Hearing Clinic—Wednesday, April 1st

Please sign up at the front desk

# HEALTHY TIPS FROM THE TEAM

## Hydration: Stay Refreshed & Energized!

Did you know that staying hydrated is essential for your overall well-being, even if you don't feel thirsty as often as you used to? Drinking plenty of fluids throughout the day helps keep you feeling alert, energized, and healthy!

### Hydration isn't just about plain water! Try these tasty and refreshing options:

- 💧 Fruit-infused water – Add lemon, cucumber, or berries for a burst of flavor.
- 💧 Herbal teas – A warm and soothing way to stay hydrated.
- 💧 Hydration-rich foods – Snack on watermelon, oranges, grapes, cucumbers, tomatoes, bell peppers, and more!
- 💧 Dairy options – Yogurt and cottage cheese also help boost fluid intake.

# MONTHLY OUTINGS

Sign up at the concierge desk for some fun outings this month.

March 9th—Shopping Trip to Dollarama

March 11th— Lunch at Swiss Chalet

March 13th—Refreshments at The Donut Shop

March 16th—Giant Tiger

March 18th—Shopping at Walmart

March 23rd—Spring Scenic Drive

March 25th—Lunch at The Mandarin

March 27th—Refreshments at Crown and Press - A Julia Veenstra Gallery and Cafe

March 30th— The Gully Café



# ROOM RENTALS

Looking to host a gathering for friends or family? Caroline Place offers a welcoming space for your special event. You are welcome to bring in food of your choice for your event.

For more information or to book a room, please contact Nicole

## Fees & Services:

- Room Rental & Cleaning Fee: \$50
- Coffee & Tea Refreshment Service: \$10
- Food options available through Caroline Place: Fee available upon request
- All catered events through Caroline Place come with a free room rental

# RESIDNET NAME TAGS

Resident name tags are now available for pick-up!

While wearing one is completely optional, we encourage it as a helpful way for new residents and your neighbours to learn names and feel more connected. Let's make it a little easier to get to know each other!



# UPCOMING

## Hatch a Chick Program Returns!

We are excited to welcome back our Hatch a Chick Program this spring. The eggs will arrive on March 4th, with the chicks expected to hatch during the week of the 23rd. They will be picked up on April 8th.

Join us as we watch this wonderful life cycle unfold, an educational experience that brings joy, curiosity, and plenty of smiles!



## Lunar New Year—February 17th-March 3rd

In the Chinese zodiac 2026 is the Year of the Fire Horse. The Chinese Lunar New Year begins February 17, 2026, and starts the 15-day Spring Festival that concludes with the Lantern Festival.