

Garnett Gazette

Volume 2, Issue 3

March, 2011



St. Patrick

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The "Ideas" of March by Diane Fulknier

One of the questions I am asked frequently is, "Where do you get your ideas for activities?" I'll let you in on my secret. Many publications are available with a wealth of activity ideas for seniors. The Internet has made searching for activities almost overwhelming. Pick a topic and you will find too much information.

Another resource is the list of special days for every imaginable cause, product, food, animal, religion...the list is endless. Some of these I choose to highlight for our entertainment. Others I pass. Let's take a look at a few of the suggested topics for March.

National Music Involvement Month—We have

that one covered with our music activity schedule. Our own groups and entertainers resonate throughout our home. *On March 1 a group of home-schooled children will visit us.*

National Pig Day—Not sure what to do with this unless we eat pork. I don't think we need any pigs visiting us.

National Chocolate Month—A sweet topic we can easily celebrate in many ways.

National Camping Month—I think we'll pass on this one right now.

National Peanut Month—We can enjoy the taste of peanuts or we can have our picture made with "Peanut", Rita's cute doggie.

Return the Borrowed Book Week—Good idea if

you have one to return. **National Talk With Your Children About Sex Week**—Probably too late for most of us.

National Aardvark Week—Does Iowa even have them?

National Procrastination Week—Aha...Finally one I understand. Am I supposed to be okay with it or feel guilty? Wait...I think it means I'm supposed to finish the newsletter-on time!



You Know It's Spring When...

Twice each year, around March 21 and September 23, the sun shines directly on the equator, and the lengths of day and night are equal in all parts of the world. We are eagerly awaiting March 21, the vernal or spring equinox.

Some Garnett Place resi-

dents shared their views on the topic of "You know it's spring when..." Here are some of their observations.

- Crocus
- Daffodils
- Budding tree branches
- Raincoats & umbrellas

- Baseball starts!
- Spring rains
- Kids playing
- Gardening items
- Spring cleaning

Let us know what YOU think is a Sign of SPRING.

Keith's Korner



March has arrived and spring is just around the corner! We welcome warmer weather and a chance to get outdoors and enjoy more of our Community here. It won't be too long until JP will be firing up the grill. For now we will concentrate on a festive St. Patty's day party and declining chances of snow. Last month all of the residents had a chance to vote for the new King and Queen of Garnett Place. With the din of trumpets in the background, I am proud to say that there was a tie and two new Kings and

Queens will share the honors this year. Congratulations to King and Queen Bob and Berta Potter, and also to Sondoe Walker and Betty Kluber for garnering enough votes to win King and Queen. The crowning ceremony was a festive event and well attended by residents and guests. A few residents have asked that I remind everyone that our **Garnett Place Library** is available to everyone for use now. It is well stocked with interesting books and is located on the second floor just off the

elevator on the 202 side of our Community. Activities at Garnett Place are many and varied. Those who participate invariably find them way better than daytime tv and enjoy the fellowship of their neighbors. Diane has again developed a calendar with activities designed with you in mind. Even JP has created some excitement with his March Madness contest. Get involved, or let us know what you'd like to see on the calendar. Have a safe and warm spring.

Selection

Sunday will be

March 13.

The Final Four
games will be

April 2.

The
Championship
Games will be

April 4.

JP's Morsels: March Madness

For those of you that aren't sports fans, or just have not heard of this phrase, let me explain. March Madness is the annual NCAA College Basketball Tournament that is held every year in March. Basically, 64 teams are picked by a panel of judges to compete against each other in a single elimination tournament. These contests happen at different locations every year.

To make it interest-

ing and involve all of you in the excitement, the Culinary Department will match each of the residents with one of these teams. As your team advances in the tournament, so do you!

I will be making up a big poster board with the brackets so that we can follow how everyone is doing. There will be prizes for getting to the "Final Four", the Championship Game, and finally the Champion. Of course, these prizes

will have to do with the Culinary Department, but I don't want to spoil the fun by telling you what they are right now!

The Iowa Hawkeyes won't be in this competition, simply because they aren't very good this year. But please make sure to cheer on your team that you will be matched up with, because the farther they go, the farther you go! Any questions, please feel free to ask me! Have fun with this,



"Resistance Bands Are Coming," says Lee

No, it's not an accordion band or a country music band...Your exercise regimen will soon include the very latest equipment: Resistance Bands! Better than dumbbells and handier than exotic gym equipment, these "large rubber bands" so to speak will perk up your muscles at exactly the pace you want it to.... Not to strenuous, not to weak, but just right.

They're easy and fun to use and you will be in-

structed in the best ways to use them to help you feel good.

Because there's tension throughout the exercises, you have to stabilize your body. This helps with coordination, balance and it also helps you involve more muscle groups.

The resistance band allows you to change your positioning in multiple ways. This changes how your body works and how an exercise feels.

They're great for all fitness levels. Depending on how you use them, bands can be great for beginners as well as more advanced exercisers. You can use them for basic moves or to add intensity to traditional moves.

Best of all, they're fun and healthy! After all, summer's coming and you certainly want to look great at the pool or beach.

March Birthdays

Wishing a Happy Birthday to the following March honorees:

- Marie Jadrnicek 3-1
- Laura Wittrig 3-6
- Vi Miller 3-8
- Betty Bowers 3-10
- Loretta Wilcox 3-14
- Thea Gorman 3-18
- Richard Stebbins 3-22
- Arlene Smith 3-27

The name "March" comes from "Mars", the Roman God of war.

The gemstone for March is the aquamarine, a beautiful blue-green color. Most of the aquamarines are mined in Brazil

The two Zodiac signs for March are Pisces (before 3-20) and Aries (3-20 to end of month).

People born during Pisces – the fish– are said to be sen-

sitive, resourceful, empathetic and adaptable (like a fish!)

Those born under Aries—the ram– are known to be adventurous, resilient, courageous, and, sometimes, moody (like a ram).

Be sure to wish each of them a very happy birthday. We are planning on everyone coming to the March Birthday Party on Friday, March 11 in the Lobby.



The "Big Ball" Event With Roger Richards

You don't want to miss this! Thursday, March 10, Roger Richards will be here with his fantastic Big Ball project. Roger has built a lot of large "Tinker Toys" that he forms into a large sphere. It is so big that you can even fit in it! How cool is that? He's going to ask one of you to sit down while he constructs the Tinker Toys

around you.

In addition he is an origami artist. Origami is the Japanese art of paper-folding into many different shapes. He will share some of his favorite origami projects, too.

Summer remembers Roger visiting her school when she was younger. She said he is fascinating.



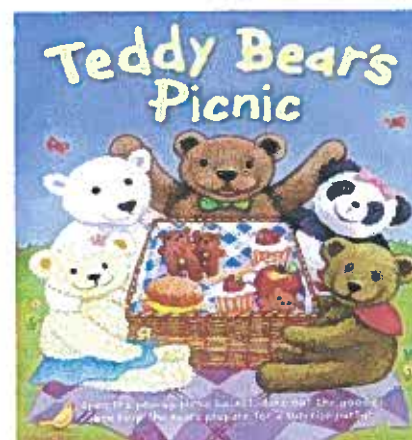
Teddy Bears Are Coming Out of Hibernation Party

Friday afternoon, March 25, we celebrate the arrival of spring with a Teddy Bear Party.

Mary Ellen Johnson, the volunteer who brought you the penguins, will be sharing her Teddy Bear collection. She is always an interesting speaker and enjoys visiting Garnett Place and helping us with her rich ideas and energy.

You are invited to bring any Teddy Bears you may have to the party. Or you can "Be a Bear" as we celebrate the end of winter and the promise of spring and summer.

Food fanfare for the day—What better choice than to celebrate "The Teddy Bears Picnic"! Surprise yummys await all of you. Join us at our Teddy Bears Picnic.



March Special Activities

Tuesday	March 1	10 am 2 pm	Children Singing FOOD MEETING
Wednesday	March 2	6:30	Easy Listening
Thursday	March 3	3 pm	Videotape Handbells
Friday	March 4	6:30	Singing Duo
<hr/>			
Monday	March 7	2 pm	Piano by Diane
Tuesday	March 8	9 am 10 am 2 pm	Riverside Casino Videotape Chorus Bible Study w/ Pat
Wednesday	March 9	2 pm	Make Earrings w/ Chris
Thursday	March 10	2 pm	Big Ball Event
Friday	March 11	2 pm	March Birthday Party
<hr/>			
Monday	March 14	2 pm	The Comforters
Tuesday	March 15	1:30 2 pm	youtube Videos ACTIVITY MEETING
Wednesday	March 16	12 pm 2 pm	Zio Johnno's Walgreen's
Thursday	March 17	2 pm	St. Patty's Party
Friday	March 18	2 pm	Wal Mart
<hr/>			
Monday	March 21	2 pm	Harold Gray
Tuesday	March 22	2 pm	RESIDENT COUNCIL
Wednesday	March 23	11:30 2 pm 6:30	Men's Luncheon RESIDENT MEETING The Shimas
Thursday	March 24	10 am	Show & Tell
Friday	March 25	2 pm	Teddy Bear Party
<hr/>			
Monday	March 28	2 pm	Czech Accordion Trio

Making Earrings with Chris

Christine Meeks is the owner of Aunt Chrispy's Crafts. She is a fulltime crafter who exhibits her creations on most weekends throughout the year. She will be joining us on Wednesday, March 9, and help us make earrings we design. She will bring many differ-

ent types of jewelry for us to select the perfect earrings for us.

All you need to do is join her and let her show you how it is done. The projects she has in mind are simple and will add a touch of glamour to your spring and summer clothing.



Chorus & Handbells Going Viral

The first week of March we will begin videotaping our Handbells and Chorus for youtube. Our goal since the Christmas program has been to have selections on youtube for our friends and family to enjoy.

Family members can check either check with their resident or call Diane Fulkner, Life Enrichment Coordinator, for the web addresses. We are proud of our music program at Garnett Place. Enjoy the performances.



Our Chorus has almost 20 singers and the Handbell Choir will soon have 20 ringers, too.

Kentucky Bean Derby

The 137th running of the Kentucky Derby will be Saturday, May 7. It is known as the fastest two minutes in sports.

During March Garnett Place will be planting 20 Kentucky Pole Bean seeds in honor of the Kentucky Derby. We will plant one for each thoroughbred running in the

prestigious race.

Once the field is announced we will name our growing beans after the horses.

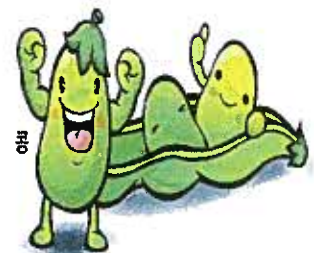
Residents will tend to the growing plants. By Derby Day we will determine which of ours are winners.

Prizes are for the tallest

first, second and third places.

Residents are welcome to place "bets" on their favorite bean. The prize cart will be open for winners.

How do you cheer for a bean?



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Garnett Place Activities March, 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>March comes in like a lion...and out like a lamb.</i></p> <p>6 MOD Lee</p> <p>9:15 St. Matthews LL</p> <p>10 Players Choice L</p> <p>1:15 Bingo 1st</p> <p>5:30 Lucky Dice L</p>	 <p>7 8:15 Morning Trivia L</p> <p>10 Exercise L</p> <p>2 Piano by Diane L</p> <p>3 Farkle L</p> <p>6:30 Movie L</p>	<p>1 Singing Children L</p> <p>10 FOOD MEETING L</p> <p>2 2:30 Wii Bowling L</p> <p>6:45 Bingo on 1st</p> <p>8 9 Riverside Casino</p> <p>10 Video Tape Chorus L</p> <p>2 Bible Study 3rd</p> <p>2:30 Wii Bowling L</p> <p>6:45 Bingo on 1st</p>	<p>2 7:15 BP Clinic on 3rd</p> <p>10 Exercise L</p> <p>1 St. Matthew's LL</p> <p>2 Book Club L</p> <p>5 Dominoes L</p> <p>6:30 Easy Listening L</p> <p>9 7:15 BP Clinic on 3rd</p> <p>10 Exercise L</p> <p>1 St. Matthew's LL</p> <p>2:00 Make Earnings w/Chris L</p> <p>5 Dominoes L</p> <p>16 7:15 BP Clinic on 3rd</p> <p>10 Exercise L</p> <p>12 Zio John's</p> <p>1 St. Matthew's LL</p> <p>2 Walgreens L</p> <p>5 Dominoes L</p> <p>23 7:15 BP Clinic on 3rd</p> <p>10 Exercise L</p> <p>11:30 Men's Luncheon L</p> <p>12:15 Hand Pool L</p> <p>2 RESIDENT MEETING L</p> <p>5 Dominoes L</p> <p>6:30 The Shimas L</p>	<p>3 7:15 BP Clinic on 1st</p> <p>8:45 Morning Prayer</p> <p>10 Hand Bells</p> <p>1:15 Manicures w/ Danea L</p> <p>3 Video Tape Handbells L</p> <p>6:45 Bingo on 3rd</p> <p>10 7:15 BP Clinic on 1st</p> <p>8:45 Morning Prayer</p> <p>10 Hand Bells</p> <p>1:15 Manicures w/ Danea L</p> <p>2 Big Ball Event</p> <p>6:45 Bingo on 3rd</p> <p>17 7:15 BP Clinic on 1st</p> <p>8:45 Morning Prayer</p> <p>10 Hand Bells L</p> <p>1:15 Manicures w/ Danea L</p> <p>2 St. Patty's Party L</p> <p>6:45 Bingo on 3rd</p> <p>24 7:15 BP Clinic on 1st</p> <p>8:45 Morning Prayer L</p> <p>10 Show & Tell L</p> <p>1:15 Manicures w/ Danea L</p> <p>2 Hand Bells L</p> <p>6:45 Bingo on 3rd</p>	<p>4 9 HyVee</p> <p>10 HyVee (walkers/WC)</p> <p>12:30 Hand Pool LL</p> <p>2 Remembering 1940</p> <p>6:30 Scott/Annette Music</p> <p>11 9 HyVee</p> <p>10 HyVee (walkers/WC)</p> <p>12:30 Hand Pool LL</p> <p>2 Birthday Party L</p> <p>6:30 Movie L</p> <p>18 9 HyVee</p> <p>10 HyVee (walkers/WC)</p> <p>12:30 Hand Pool LL</p> <p>2 Wal Mart L</p> <p>6:30 Movie L</p> <p>25 9 HyVee</p> <p>10 HyVee (walkers/WC)</p> <p>12:30 Hand Pool LL</p> <p>2 Teddy Bear Party L</p> <p>6:30 Movie L</p>	<p>5 MOD Lee</p> <p>10 Exercise</p> <p>1:15 Card Bingo L</p> <p>2 Yahtzee L</p> <p>5 Kings' Corners L</p> <p>12 MOD Diane</p> <p>10 Exercise L</p> <p>1:15 Card Bingo L</p> <p>2 Yahtzee L</p> <p>5 Kings' Corners L</p> <p>19 MOD J.P.</p> <p>10 Exercise L</p> <p>1:15 Card Bingo</p> <p>2 Yahtzee L</p> <p>5 Kings' Corners L</p> <p>26 MOD Cathy</p> <p>10 Exercise L</p> <p>1:15 Card Bingo</p> <p>2 Yahtzee L</p> <p>5 Kings' Corners L</p>
<p>20 MOD J.P.</p> <p>9:15 St. Matthews LL</p> <p>10 Players Choice L</p> <p>1:15 Bingo 1st</p> <p>3:15 New Covenant L</p> <p>5:30 Lucky Dice L</p>	<p>14 8:15 Morning Trivia L</p> <p>10 Exercise L</p> <p>2 The Comforters L</p> <p>3 Farkle L</p> <p>6:30 Movie L</p> <p>21 8:15 Morning Trivia L</p> <p>10 Exercise L</p> <p>2 Harold Gray L</p> <p>3 Wheel of Fortune L</p> <p>6:30 Movie L</p>	<p>15 10 Chorus L</p> <p>1:30 youtube Videos L</p> <p>2 ACTIVITY MEETING</p> <p>2:30 Wii Bowling L</p> <p>6:45 Bingo on 1st</p> <p>22 10 Chorus L</p> <p>1:30 RESIDENT COUNCIL 3rd</p> <p>2:30 Wii Bowling L</p> <p>6:45 Bingo on 1st</p>	<p>Farmer's Market is here every Thursday @ 9 am in the 208 Lobby. Now offering warm cinnamon and soups. Stop by and see Harriet. Thank her for coming to Garnett Place. She makes our home a little sweeter.</p>	<p>ACTIVITY COLORS</p> <p>GREEN Garnett Place</p> <p>RED Entertainment</p> <p>PURPLE Spiritual</p>	<p>BOLD BLACK Outings</p> <p>BLUE Monthly Specials</p> <p>Regular Black Ongoing</p> <p>Italics Movies/TV</p>	
<p>27 MOD Cathy</p> <p>9:15 St. Matthews LL</p> <p>10 Players Choice L</p> <p>1:15 Bingo 3rd</p> <p>3:15 New Covenant L</p> <p>5:30 Lucky Dice</p>	<p>28 8:15 Morning Trivia L</p> <p>10 Exercise L</p> <p>2 Czech Accordions L</p> <p>3 Farkle L</p> <p>6:30 Movie L</p>	<p>To schedule all Transportation call 540-3630. This includes all appointments and outings.</p>				

GARNETT PLACE TRANSPORTATION SERVICES

The following chart explains clearly when our Transportation Services are available. It also explains your responsibility to comply with reservation policies and your responsibility to assist in coordinating schedules for the most efficient use of your time as well as staff time. Thank you for your cooperation!

If you want transportation to:	You need to call 540-3630 no later than:	You need to leave a message with:	The shuttle will operate:	Notes:
A doctor appointment on a Monday	12:00 noon on the Friday before your Monday appointment	Your name, the time of your appointment, and the destination street address	Between 8:00 a.m. and 4:00 p.m.	Doctor appointments are only accommodated on Mondays & Thursdays
A community outing on a Tuesday	12:00 noon on the Monday before the Tuesday outing	Your name and the name of the outing	As announced in the Activity Calendar or the Daily Calendar	Outing may be cancelled if reservations are insufficient
A community outing on a Wednesday	12:00 noon the Tuesday before the Wednesday outing	Your name and the name of the outing	As announced in the Activity Calendar or the Daily Calendar	Outing may be cancelled if reservations are insufficient
A doctor appointment on a Thursday	12:00 noon the Wednesday before the Thursday outing	Your name, the time of your appointment, and the destination street address	Between 8:00 a.m. and 4:00 p.m.	Doctor appointments are only accommodated on Mondays & Thursdays
Hy-Vee on a Friday morning	12:00 noon the Thursday before the Friday Hy-Vee trip	Your name and the destination Hy-Vee	Between 8:00 a.m. and 12:00 noon	Hy-Vee trip may be cancelled if reservations are insufficient
A community outing on a Friday afternoon	12:00 noon the Thursday before the Friday afternoon outing	Your name and the name of the outing	Between 12:00 noon and 4:00 p.m.	Outing may be cancelled if reservations are insufficient
Dialysis or other "Standing" appointments on Mondays, Wednesdays or Fridays	Typically, these are arranged well in advance	No advance reservations are required		

Please note that Summer Stanley, the driver, is not here on Tuesdays. With more than 70 residents to shuttle it is vital that all residents follow the policies outlined above, or make their own arrangements with family or taxi services. Thank you. Revised October 1, 2010.

Lunch Menu for March 1 - 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Mar Roast Beef, Stuffed Peppers, Harvard Beets, Mashed Potatoes, Angel Food Cake	2-Mar Shrimp, Meatballs w/ Marinara, Cozumel Blend Veggies, Fried Rice, Resident Birthday	3-Mar Lasagna, BBQ Pork Shank, Tossed Salad, Baked Potato, Gingerbread	4-Mar Chicken Fried Steak, Hot Beef Sandwich, Asparagus, Mashed Potato, Chess Pie	5-Mar Roasted Chicken, Veal Parmesan, Green Beans, Creamed Com, Red Velvet Cake
6-Mar Roasted Turkey, Tossed Salad, Mashed Potato, Dinner Roll, Resident Dessert	7-Mar Pork Loin, Baked Ham, Stewed Tomatoes, Corn Casserole, Sue's Apple Cake	8-Mar Steak Diane, Polish Sausage, Sauerkraut, Baked Beans, Resident Dessert	9-Mar BBQ Ribs, Beer Battered Fish, Nantucket Blend Veggies, Baked Potato, Carrot Cake	10-Mar Roast Beef, Liver & Onions, Mushrooms, Mashed Potatoes, Resident Dessert	11-Mar Shrimp, Chicken Cordon Bleu, Tossed Salad, Herbed Rice, Jell- o Cake	12-Mar Meatloaf, Baked Ham, Carrots, Roasted Red Potatoes, Banana Nut Cake
13-Mar Rice Krispie Chicken, Green Bean Casserole, Baked Beans, Cornbread, Key Lime Pie	14-Mar Bacon Wrapped Pork Filet, Hot Beef Sandwich, Asparagus, Mashed Potatoes, Resident Dessert	15-Mar Fish Filet, Salisbury Steak, 7 Layer Salad, Potato Medley, Strawberry Shortcake	16-Mar Gumbo Pork Chop, Veal Parmesan, Spinach, Sweet Potato Fries, Jimmy Carter Dessert	17-Mar Happy St Pattys Day Manicotti, Corned Beef, Red Cabbage, O'brien Potatoes, Chocolate Irish Topsy Cake	18-Mar Swiss Steak, Salmon Patty, Tossed Salad, Creamed Peas & Potatoes, Resident Dessert	19-Mar Roast Turkey, Swedish Meatballs, Broccoli, Mashed Potatoes, Pineapple Upside Down Cake

Sandwich of Choice offered as alternative: Please see table tents for options

***Menu's subject to change.

Supper Menu for March 1 - 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Mar Reuben Casserole, Soup, Sandwich of Choice, Blueberry Dump Cake	2-Mar Sliders, Soup, Sandwich of Choice, Rice Krispie Treats	3-Mar Tortellini Alfredo, Soup, Sandwich of Choice, Cookies	4-Mar Chef Salad, Soup, Sandwich of Choice, Applesauce Custard Pie	5-Mar Spaghetti, Soup, Sandwich of Choice, Root Beer Floats
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar
Chicken Noodle Soup, Sandwich of Choice, Baked Apples	Burritos, Soup, Sandwich of Choice, Banana Pudding	Southwest Turkey Wraps, Soup, Sandwich of Choice, Pumpkin Bars	Pork Tenderloin Sandwich, Soup, Sandwich of Choice, Strawberry Shortcake Pie	Pizza Burger, Soup, Sandwich of Choice, Cinnamon Sticks	Quiche, Soup, Sandwich of Choice, Coffee Cake	Beef & Noodles, Soup, Sandwich of Choice, Homemade Ice Cream Sandwich
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
Potato Soup, Sandwich of Choice, Beer Cake	Taco Salad, Soup, Sandwich of Choice, Root Beer Floats	Sloppy Joes, Soup, Sandwich of Choice, Sugar Free Raisin Cream Pie	Rib-B-Q Sandwich, Soup, Sandwich of Choice, Cake Balls	Irish Stew, Biscuit, Soup, Sandwich of Choice, Pound Cake	Oyster Soup, Sandwich of Choice, Cherry Cobbler	Tater Tot Casserole, Soup, Sandwich of Choice, Brownie Sundaes

**Sandwich of Choice offered as alternative: Please see table tents for options
Soups offered as alternative.**

***Menu's subject to change.

Lunch Menu for March 20 - 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20-Mar Baked Ham, Stewed Tomatoes, Oven Roasted Potatoes, Dinner Roll, Strawberry Rhubarb Pie	21-Mar Stuffed Peppers, Turkey Pot Pie, Cole Slaw, Au Gratin Potatoes, Cheesecake	22-Mar Smothered Pork Chop, Smoked Sausage, Sauerkraut, German Potato Salad, Resident Dessert	23-Mar Pepper Steak, Beef Stroganoff, Broccoli, Sweet Potatoes, Banana Split Dessert	24-Mar Pork Loin, Chicken Stir Fry, Stewed Tomatoes, Baked Potato, Black Forrest Cake	25-Mar Baked Cod, Meatloaf, Tossed Salad, Creamed Corn, Ice Cream Cake	26-Mar Chicken Fried Steak, Polish Sausage, Sauerkraut, Stuffing, Bread Pudding
27-Mar Roast Beef, Asparagus, Mashed Potatoes, Dinner Roll, Resident Dessert	28-Mar BBQ Ribs, Lasagna, Cozumel Blend Veggies, Corn Casserole, Blueberry Brown Betty	29-Mar German Meatballs, Fish Filet, 7 Layer Salad, Sweet Potato Fries, Sugar Free Banana Cream Pie	30-Mar Salmon Patty, Baked Ham, Nantucket Blend Veggies, Creamed Peas & Potatoes, Coffee Cake	31-Mar Roasted Chicken, Hamloaf, Cauliflower Salad, Potato Medley, Angel Food Cake		

Sandwich of Choice offered as alternative: Please see table tents for options

***Menu's subject to change.

Supper Menu for March 20 - 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20-Mar Wisconsin Cheese Soup, Sandwich of Choice, Devil's Food Cake	21-Mar Shepard's Pie, Soup, Sandwich of Choice, Cup Cakes	22-Mar Deli Meat Roll Ups, Soup, Sandwich of Choice, Tiramisu	23-Mar Philly Steak Sandwich, Soup, Sandwich of Choice, Cherry Slices	24-Mar Chipped Beef on Toast, Soup, Sandwich of Choice, Tapioca Pudding	25-Mar Fish & Chips, Soup, Sandwich of Choice, Cookies	26-Mar Chicken Strips, Soup, Sandwich of Choice, Sugar Free Coconut Cream Pie
27-Mar Tomato Florentine Soup, Sandwich of Choice, German Chocolate Upside Down Cake	28-Mar Patty Melt, Soup, Sandwich of Choice, Sweet Potato Pie	29-Mar Submarine Sandwich, Soup, Sandwich of Choice, Cocolate Banana Dessert	30-Mar Chicken Surprise, Soup, Sandwich of Choice, Custard	31-Mar Cobb Salad, Soup, Sandwich of Choice, Fruit Jell-o		

**Sandwich of Choice offered as alternative: Please see table tents for options
Soups offered as alternative.**

***Menu's subject to change.

Irish Food & Drink Trivia

GARNETT PLACE

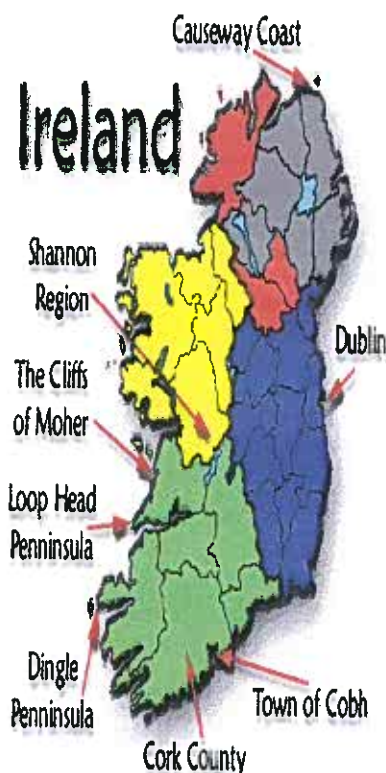
208 35th St. Dr. SE
Cedar Rapids,
Iowa 52403

Phone: 319-362-3630
Fax: 319-247-5791

www.garnettplace.net

Some interesting Irish facts:

- The **potato** is not native to Ireland. It was originally brought to Ireland from the Americas by Sir Walter Raleigh in 1585.
- A **potato** is sometimes called a Smiling Murphy.
- **Colcannon**, a mashed potato dish, is made with kale, scallions, butter and hot cream.
- **Beef**, not beer, is Ireland's largest edible export.
- **Corned beef** is not a traditional dish in Ireland, but it was so popular with the Irish immigrants who settled in New York because it was 5 cents a portion, making it affordable.
- **Boiled bacon and cabbage** is considered Ireland's most popular traditional dish.
- Five million pints of **Guinness beer** are produced daily.
- All the grain used by **Guinness** is grown in Ireland.
- Ireland's longest bar is the Grandstand Bar at Galway Race Course. It is **210 feet long**.
- Approximately 50% of a bottle of **Bailey's Irish Cream** is fresh Irish dairy cream.
- Worldwide consumption of **Bailey's Irish Cream** is 1,500 glasses a minute.
- More than **40% of U.S. Presidents** have claimed Irish ancestry.



An Excerpt from *The Wind In The Willows* by Kenneth Grahame

The Mole had been working very hard all morning, spring-cleaning his little home. First he swept; next he dusted. Then it was up on ladder and steps and chairs, with a brush and a pail of whitewash. Finally he had dust in his throat and eyes, and splashes of whitewash all over his black fur, and an aching back and weary arms. Spring was moving in the air above him, reaching even into his dark little underground house. Small wonder, then, that he suddenly threw his brush down on the floor, said "Bother!" and "Oh dash it!" and also "Hang spring-cleaning!" and bolted out of the house without even waiting to put

on his coat. Something above was calling him in the most demanding way, and he headed for the steep



little tunnel which was his house's exit. He scraped and scratched, working busily with his little paws and muttering to himself, "Up

we go! Up we go!" until at last, pop! His snout came out into the sunlight, and he found himself rolling in the warm grass of a great meadow.

"This is fine!" he said to himself. "This is better than cleaning!" The sun shone hot on his fur, soft breezes caresses his face, and after living alone for so long in the underground home, the singing of happy birds sounded to him almost like a shout. The joy of living and the delight of spring made him jump into the air, and he raced across the meadow until he reached the hedge on the further side.