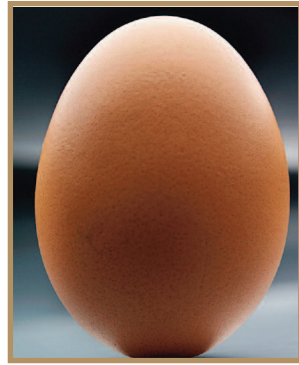




THE COTTAGES AT BRADFORD VILLAGE
300 Enz Drive • Edmond, OK 73034

An Eggcellent Equinox



An old myth claims you can stand an egg on its end during the Vernal (or Spring) Equinox, when day and night are equal in length. Supposedly, this is because there is

equal gravity between the Earth and the sun on that day. One possible origin of this myth may date back to accounts of ancient Chinese creating displays of eggs standing on end during the first day of spring.

Do you think it's possible? Try it out and see!

Welcome, Spring!



Did You Know?

- Spring begins with the vernal equinox, which always occurs on March 19, 20, or 21. In 2019, the event will occur on Wednesday, March 20.
- The word equinox comes from the Latin words for "equal night"—aequus (equal) and nox (night).
- On the equinox, the length of day and night is nearly

equal in all parts of the world.

- With the equinox, enjoy the increasing sunlight hours, with earlier dawns and later sunsets.
- On the March Equinox, the sun crosses the celestial equator from south to north. If you were standing on the equator, the sun would pass directly overhead on its way north.
- Equinoxes are the only two times a year that the sun only rises due east and sets due west.
- After the Spring equinox, the Northern Hemisphere tilts toward the sun, which is why we start to get longer, sunnier days.

An Evening of Jazz



Join Us for

**The Cottages at Bradford Village
Celebrate: An Evening of Jazz**

**Tuesday, March 26th
5:00 PM**

Cocktails served at 4:30 PM
in the Lobby

Coming Up in March

We will have our Mardi Gras Potluck on Tuesday, March 5th at 4:00 p.m. in the Activity Center. Start thinking about what Mardi Gras inspired food or treat you would like to share with the Bradford Village community at the Mardi Gras Potluck!



*Mardi Gras Potluck
(March 5th)*

On Thursday, March 28th, the UCO Kaleidoscope Dancers will present a one-of-a-kind dance performance featuring new and innovative choreography. A bus will be leaving from the Bradford Village Community Center at 7:00, or you are welcome to go on your own. For admission, tell the house ambassador that you are from Bradford Village. No physical tickets are required.



*Kaleidoscope Spring Concert
(March 28th)*

Join us for the 76th annual India Shrine Circus on Friday, March 29th at 9:00 A.M. The three-ring circus features high-flying acrobats, clowns, trained animals and other traditional acts!



*India Shrine Circus
(March 29th)*

Villagio Team

- Eric Legleiter
Executive Director
- Lisa Winter
Director of Sales/ Marketing
- Kammi Henry
Director of Financial Services
- Kelsey Clark
Life Enrichment Coord.
- Deb Middleton
Manager of Dietary Services
- Tim Ray
Maintenance Director
- Edward Tellone
Maintenance Services
- Eric Forcha
After Hours Security
- Donna Syth
Concierge
- Colene, Ivy, Simone
Dining Services
- Jessica & Laurie
Housekeeping





Everyday Villagio Experience

7:30-9:00 a.m.
Breakfast M-F

11:30 a.m. - 1:00 p.m.
Lunch M-F

8:00 a.m. - 4:00 p.m.
Coffee Bar in CC Lobby

8:00 a.m. - 4:00 p.m.
Library open M-F

8:00 a.m. - 4:00 p.m.
Puzzle Table

8:00 a.m. - 4:00 p.m.
Fitness Center Open in AC

Room Reservations
Call to Reserve 531-3444

Happy Birthday

Robin Drummond 3/2
Alven Lawson 3/3
Loree Rice 3/6
Skip Smothermon 3/20
Jim Hirnisey 3/22
Don Wiard 3/23
Mary Beth Bowers 3/31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 31</p> <p>3:30 Communion - Southern Hills AL</p> <p>4:00 Church Service - Var. Ministries AL</p>	<p>The Cottages at Bradford Village</p> <p>300 Enz Drive Edmond, OK 73034 (405) 531-3444 www.villagioliving.com</p>		<p>LOCATION KEY</p> <p>CC - Community Center - AC - Activity Center - AL - Assisted Living - L - Library - O - Off Campus -</p>		<p>1</p> <p>8:00 Coffee with Eric CC</p> <p>9:00 SAIL Exercise Class AC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>2:00 Activities Chat: April Calendar Suggestions AC</p>	<p>2</p> <p>10:00 Monthly Brunch CC</p>
<p>3</p> <p>3:30 Communion - Southern Hills AL</p> <p>4:00 Church Service - Var. Ministries AL</p>	<p>4</p> <p>9:00 SAIL Exercise Class AC</p> <p>10:00 Executive Committee Meeting AC</p> <p>11:15 Monday Memo CC</p> <p>12:30 Bingo AC</p> <p>3:00 Cafe Fresco: Smoothies CC</p>	<p>Mardi Gras 5</p> <p>9:00 LIFT Exercise Class AC</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>12:30 Menu Chat CC</p> <p>4:00 Mardi Gras Potluck AC</p>	<p>6</p> <p>9:00 Blood Drive AL</p> <p>10:15 The Classics: Women's Chat CC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>12:30 Dominoes & Mexican TrainL</p> <p>3:00 CRAFTernoon: Succulent Planters AC</p>	<p>7</p> <p>9:00 LIFT Exercise Class AC</p> <p>10:00 Bible Study AC</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>1:00 Walmart O</p>	<p>8</p> <p>8:00 Coffee with Eric CC</p> <p>9:00 SAIL Exercise Class AC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>1:30 Aromatherapy CC</p>	<p>9</p> <p>11:30 Bingo AC</p>
<p>Day Light Savings 10</p> <p>3:30 Communion - Southern Hills AL</p> <p>4:00 Church Service - Var. Ministries AL</p>	<p>11</p> <p>9:00 SAIL Exercise Class AC</p> <p>10:30 The Great Courses CC</p> <p>11:15 Monday Memo CC</p> <p>12:30 Bingo AC</p> <p>3:00 Cafe Fresco: Infused Water CC</p>	<p>12</p> <p>9:00 LIFT Exercise Class AC</p> <p>9:45 Generations Learning Together O</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>10:30 Bradford Book Club L</p> <p>12:30 Menu Chat CC</p> <p>12:45 Travel Tales with Dick Thomas - N & Central Italy CC</p>	<p>13</p> <p>10:15 The Classics: Women's Chat CC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>12:30 Dominoes & Mexican TrainL</p> <p>3:00 Birthday Party AC</p>	<p>14</p> <p>7:30 Donuts with Donna CC</p> <p>9:00 LIFT Exercise Class AC</p> <p>10:00 Bible Study AC</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>1:00 Walmart O</p>	<p>15</p> <p>8:00 Coffee with Eric CC</p> <p>9:00 SAIL Exercise Class AC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>2:00 St. Patrick's Day Happy Hour AC</p>	<p>16</p>
<p>St. Patrick's Day 17</p> <p>3:30 Communion - Southern Hills AL</p> <p>4:00 Church Service - Var. Ministries AL</p>	<p>18</p> <p>9:00 SAIL Exercise Class AC</p> <p>10:30 The Great Courses CC</p> <p>11:15 Monday Memo CC</p> <p>12:30 Bingo AC</p> <p>3:00 Cafe Fresco: Infused Water CC</p>	<p>19</p> <p>9:00 LIFT Exercise Class AC</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>12:30 Menu Chat CC</p> <p>1:00 Science Museum O</p>	<p>March Equinox 20</p> <p>10:15 The Classics: Women's Chat CC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>12:30 Dominoes & Mexican TrainL</p> <p>1:00 Walmart O</p> <p>*DAY CHANGE*</p>	<p>21</p> <p>9:00 LIFT Exercise Class AC</p> <p>9:45 Town Hall O</p> <p>10:00 Bible Study AC</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>3:00 CRAFTernoon: Yarn Wreaths AC</p>	<p>22</p> <p>8:00 Coffee with Eric CC</p> <p>9:00 SAIL Exercise Class AC</p> <p>11:00 Lunch Club: Ted's O</p> <p>12:30 Flex Your Brain Handout CC</p> <p>1:30 Aromatherapy CC</p>	<p>23</p>
<p>24</p> <p>3:30 Communion - Southern Hills AL</p> <p>4:00 Church Service - Var. Ministries AL</p>	<p>25</p> <p>9:00 SAIL Exercise Class AC</p> <p>10:00 Edmond Quilt Guild AC</p> <p>10:30 The Great Courses CC</p> <p>11:15 Monday Memo CC</p> <p>12:30 Bingo AC</p> <p>3:00 Cafe Fresco: Infused Water CC</p>	<p>26</p> <p>9:00 LIFT Exercise Class AC</p> <p>9:45 Generations Learning Together O</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>4:30 Cocktails CC</p> <p>5:00 Celebrate: An Evening of Jazz CC</p>	<p>27</p> <p>10:15 The Classics: Women's Chat CC</p> <p>12:30 Flex Your Brain Handout CC</p> <p>12:30 Dominoes & Mexican TrainL</p>	<p>28</p> <p>9:00 LIFT Exercise Class AC</p> <p>10:15 Men's Coffee Philosophy AC</p> <p>10:15 Bible Study AC</p> <p>1:00 Walmart O</p> <p>7:00 UCO Theatre: Spring Concert Kaleidoscope O</p>	<p>29</p> <p>8:00 Coffee with Eric CC</p> <p>9:00 SAIL Exercise Class AC</p> <p>9:00 India Shrine Circus O</p> <p>12:30 Flex Your Brain Handout CC</p> <p>3:00 Movie & Pizza: A New Leaf AC</p>	<p>30</p>