


THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

MARCH 2025



Stop and wish Mr. King a Happy Birthday! Marion has brought so much love and kindness into this building. If you have not taken the time to meet him, please do so, as you will not be disappointed. His smile is contagious and his heart is pure. The Courtyard Family is so thankful to have Mr. King here as family.



Happy
Birthday



"WOW!" Ms. Alicia is celebrating her birthday this month as well. There is not a day that goes by that Ms. Hernandez is not walking the hall getting in her exercise. She loves talking to all who she comes in contact with. Bingo is her favorite activity. A fun fact is that Ms. Alicia has a sweet tooth like no other. She is such a joy here at the Courtyards and we are so happy to call her family.



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From To-Do to Done

Managing day-to-day life means managing a running to-do list. Sometimes that list is easy to tackle, but other days, there's simply no time to finish every task. Enter timeboxing, a method that grew out of the software development world. Its defining feature is setting a specific timeframe in which you're going to get your work accomplished. Depending on the goal you're working toward, that timeframe can be of any duration—from 15 minutes to 15 weeks. Timeboxing is designed to overcome what many see as the pitfalls of traditional to-do lists: avoiding unpleasant tasks, perfectionism getting in the way of work completion, and spending too much time on certain items. If you're staring down a list of daunting deadlines, or even if you just want to take better advantage of the time available to you, give timeboxing a try. You can find numerous resources online that detail how to effectively set your timeboxes, as well as download apps to help manage the load.

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>9:45 Sit-N-B Fit 10:00 Vendor Pop-Up Shoppe 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (Marley & Me) 3:15 Popcorn Deliveries 5:00 Dinner</p>
<p>2 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>3 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Alzheimer's Class hosted by Kayleigh w/ Angel's Hm Health 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>4 9:45 Sit-N-B Fit 10:30 Calendar Catch-Up with Yvette 12:00 Lunch 1:15 Bingo 2:30 Word Wall Game 5:00 Dinner</p>	<p>5 Ash Wednesday 9:45 Select Rehab Exercise w/ Jason 10:15 Walmart Outing 12:00 Lunch 1:15 Bingo 2:30 Fun & Games w/ Nurse Ex 5:00 Dinner</p>	<p>6 Alicia's Birthday 9:45 Sit-N-B Fit 10:30 Prettiest Mask Contest 12:00 Lunch 1:15 Bingo 2:30 Yarn Egg Craft 5:00 Dinner</p>	<p>7 Nat'l Dress in Blue Day 9:45 Sit-N-B Fit 10:30 One on Ones w Yvette 12:00 Lunch 1:15 Bingo 2:30 Ice Cream Social 5:00 Dinner</p>	<p>8 9:45 Sit-N-B Fit 10:30 Sing A Long Karaoke 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (The Notebook) 3:15 Popcorn Deliveries 5:00 Dinner</p>
<p>9 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>10 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>11 9:30 Amenti Beauty Academy 9:45 Sit-N-B Fit 10:30 The Smell Test Game 12:00 Lunch 1:15 Bingo 2:30 Candy Flower Craft 5:00 Dinner</p>	<p>12 Nat'l Plant A Flower Day 9:45 Select Rehab Exercise w/ Jason 10:30 Bible Study w/ Clay 12:00 Lunch 1:15 Bingo 2:30 Plant A Flower 5:00 Dinner</p>	<p>13 9:45 Sit-N-B Fit 10:15 Out to Lunch (Texas Burger) 12:00 Lunch 1:15 Bingo 2:30 Crafting in the Bingo Room 5:00 Dinner</p>	<p>14 Nat'l Potato Chip Day 9:30 Men's Coffee with Clark 9:45 Sit-N-B Fit 10:30 Potato Chip Sampling 12:00 Lunch 1:15 Bingo 2:00 The Lucky Draw Game Hosted by: Trinity Services 5:00 Dinner</p>	<p>15 9:45 Sit-N-B Fit 10:30 Show And Tell 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (Titanic) 3:15 Popcorn Deliveries 5:00 Dinner</p>
<p>16 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>17 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 1:30 Shamrock Social Hosted By: Angel's 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>18 9:45 Sit-N-B Fit 10:00 Crafting in the Bingo Room w/ Home Hospice 12:00 Lunch 1:15 Bingo 2:30 Flower Coaster Craft with Star Care 5:00 Dinner</p>	<p>19 9:45 Select Rehab Exercise w/ Jason 10:15 Dollar Tree Outing 12:00 Lunch 1:00 Education Class By: Select Rehab 1:15 Bingo & Dessert Hosted By: Select Rehab 2:30 Sr. Fit Testing until 4:30pm 3:00 Puzzle Club 5:00 Dinner</p>	<p>20 Marion's Birthday 9:45 Sit-N-B Fit 10:30 Prep for Fashion Show 12:00 Lunch 1:15 Bingo 2:30 Spring Fashion Show 5:00 Dinner</p>	<p>21 Nat'l Memory Day 9:45 Sit-N-B Fit 10:30 Color Categories Game 12:00 Lunch 1:15 Bingo 2:30 Ice Cream Social w/ Memory Game 5:00 Dinner</p>	<p>22 9:45 Sit-N-B Fit 10:30 Flyswatter Hits 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (John Wick) 3:15 Popcorn Deliveries 5:00 Dinner</p>
<p>23 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>24 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>25 9:45 Sit-N-B Fit 10:30 Charades & Olive Tasting 12:00 Lunch 1:15 Bingo 2:30 Spring Wedding Social 5:00 Dinner</p>	<p>26 9:45 Select Rehab Exercise w/ Jason 10:30 Bible Study w/ Clay 12:00 Lunch 1:15 Bingo in the Bistro 2:30 Irish Tea Party 3:00 Puzzle Club 5:00 Dinner</p>	<p>27 9:45 Sit-N-B Fit 10:30 Foam Finger Craft in Bistro 12:00 Lunch 1:15 Bingo Store 2:30 Spring Baseball Social in the Bingo Room 5:00 Dinner</p>	<p>28 9:45 Sit-N-B Fit 10:30 Fun in the Garden 12:00 Lunch 1:15 Bingo 2:30 Birthday Bash 5:00 Dinner</p>	<p>29 9:45 Sit-N-B Fit 10:30 Spring Cupcake Social 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (The Help) 3:15 Popcorn Deliveries 5:00 Dinner</p>
<p>30 9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>31 9:45 Select Rehab Exercise w/ Jason 12:00 Lunch 1:30 Bingo by David w/Angel's Hm Health 2:30 Resident Led Skip-Bo 5:00 Dinner</p>					

Brain Bender: St. Paddy's Word Puzzle

The answers to the clues below all contain a word related to St. Patrick's Day: green, luck, gold or jig. How many can you get right?

1. Words containing "green":
 - Building for plants
 - Fresh, minty flavor
 - A newcomer
2. Words containing "luck":
 - A chicken says ...
 - A gathering with food
 - Brave and scrappy
3. Words containing "gold":
 - Yellow bird
 - October's birth flower
 - Koi's cousin
4. Words containing "jig":
 - Type of puzzle
 - A doodad or gizmo
 - To wiggle

(Answers: 1. greenhouse, wintergreen, greenhorn; 2. cluck, potluck, plucky; 3. goldfinch, marigold, goldfish; 4. jigsaw, thingamajig, jiggle)

Laugh Lines: March Moments

March holds many holidays and events, including Dr. Seuss Day, St. Patrick's Day, Pi Day and the March Madness basketball tournament. Browse through these jokes for laughs about all things March.

Q: What should you say to a runner in the St. Patrick's Day marathon?

A: Irish you luck!

Q: Why don't you iron four-leaf clovers?

A: Because you don't want to press your luck.

Q: What did March say to all the madness?

A: What's all that bracket?!

Q: Why doesn't the Grinch like knock-knock jokes?

A: Because there are always Whos there.

Q: What is the official animal of Pi Day?

A: The pi-thon.

Q: Why is everyone so tired on April 1?

A: Because they've just finished a long, 31-day March.

Q: How is the letter A like a spring flower?

A: A "B" comes after it!

Q: What kind of bird was banned from the jewelry store?

A: A robin.

It's allergy season again?! You've got to be pollen my leg.

The roundest knight of King Arthur's court was Sir Cumference ... he ate too much pi!

It's impossible to plant vegetable seeds when you haven't botany.



Brain Bender: Looking for Lucky Clovers

Five friends, Eric, Faye, Liam, Millie and Raj, went searching for four-leaf clovers and found a patch full of them. They all collected different amounts of lucky clovers: 1, 2, 4, 6 and 9. Can you use the clues to determine how many they each discovered?

- Raj found two fewer four-leaf clovers than Millie.
- Faye found more than Raj, but fewer than Liam.
- Raj found twice as many clovers as Eric.

(Answer: Eric found one four-leaf clover, Faye found six, Liam found nine, Millie found four, and Raj found two.)

Q: How many gold coins can a leprechaun put in an empty pot?

A: One. Then the pot isn't empty anymore!

