

Mountain Vista View

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Celebrating March

Women's History Month

International Mirth Month

Birthdays

Kelly B

John A

Margo L

International Women's Day

March 8

95th Academy Awards

March 12

St. Patrick's Day

March 17

Mothering Sunday

March 19

Wellderly Week

March 20-24

Nowruz Begins

March 21

Ramadan Begins

March 22

American Crossword

Puzzles Week

March 31-April 2

Happy March!

We had a great month of February and as we look to March and the welcoming of spring, we have much to look forward to. This month the Community Table Food Pick Up will be at the Club House on Friday March 3rd. Free Food! We will have Church Service with Pastor Barry on March 5th at 2 pm in the Club House. Bible Study will continue to take place every Wednesday at 10 am. The Card Players will also meet later in the afternoon on Wednesdays (1 pm) for cards. We need more players! Join us! Our Resident Council Meeting will take place on March 21st in the Club House at 10:15 am. Please join us! We welcome and value the input from all the neighbors of Vista Village. We have some resident birthdays to Celebrate in March, Kelly B, John A and Margo L. We will meet on March 23rd to celebrate their birthdays with lunches. Please sign up in advance to attend, even if it is your birthday month! Check out the Vista Village Activity Calendar for dates and times for events like Coffee and Donuts, Bingo & more. We plan on going out to lunch on March 8 to George's. Please sign up & join us! Valentine's Day cupcake decorating and cards was a lot of fun! The cupcakes were a huge hit at Mountain Vista and were much appreciated.

The Power of Parks

After being stuck in the house all winter, stretch your legs on March 30, Take a Walk in the Park Day, by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.



The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring & fall back again in the fall, but the notion was not taken seriously in America until World War I when the 1st clock adjustment was made to conserve energy. Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and “circadian misalignment,” the mismatch between our biological rhythms & the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, & seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

Reminders

If you find mail in your mailbox that does not belong to you, please call your neighbor to let them know you have their mail. Also, remember to drip your faucets for hard freezes!