

# The Best of Times

MARCH 2024 



UPPER MERION SENIOR SERVICE CENTER

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Save the date! We are planning to have our Big Bingo on April 7.

Looking forward to the busy month of March for our members. We have a presentation scheduled to help us Boost our Brains (I know I need a boost sometimes) and another helping us understand the importance of maintaining our balance. Our General Meeting will be on Thursday, March 14th followed by a luncheon to celebrate St Patrick's Day. Check the calendar and the newsletter for more information. The April calendar is also included so you can make plans to attend upcoming events. Don't forget to mark your calendar for Big Bingo on April 7th.

Hope you have all renewed your annual membership so you can continue to participate in our many activities, special presentations, and social gatherings.

Thanks to all that attended the Valentine Hoagie Social and to Marion Wilkinson and her team of volunteers who made it all happen. Special thanks to David Gibides from Humana who joined in the fun and supplied the desserts. Thanks to Angelo's Pizza for making the delicious hoagies.

Please let me or any member of the Board or office staff if you have any suggestions for programs or activities. I know sometimes there are multiple things going on at the same time and you may have to decide which one you will attend. We try to offer something for everyone but times are limited and there is overlap on occasion.

March will bring us the first day of Spring and I am sure we all look forward to an early spring. My daffodils are starting to peek out, so it won't be long.

Hope to see you around the Center.

*Until next time,*

*Sharon Brzoska, President*

## WHAT'S HAPPENING AT THE CENTER

Please refer to the monthly calendar for all **MARCH** activities. Contact anyone in the office if you have questions. For activities conducted or available on **Zoom** please call the office and provide your email address to receive the zoom link

**IT IS TIME TO RENEW YOUR MEMBERSHIP FOR 2024.** If you do not renew you will no longer receive our newsletter or be able to attend any activities or upcoming trips.



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# MARCH 2024

NEVER UNDERESTIMATE THE POWER OF A KIND WORD OR DEED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	2
3	4 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	5 9:30 -3 WALK THE TRACK <b>10:00 BOARD MEETING</b> 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	6 9:30-3 WALK THE TRACK <b>12:00 TECH HELP</b> 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP <b>12:30 TAI CHI PROGRAM</b> <b>1:45 HEALTHY STEPS IN MOTION PROGRAM</b>	7 9:30-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS <b>12:45 BRAIN BOOST PRESENTATION</b>	8 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	9  <b>DAYLIGHT SAVINGS TIME</b>
10 <b>RAMADAN BEGINS</b>	11 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) <b>11:30 MONDAY MATINEE "THE LOST KING"</b> 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	12 9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	13 9:30-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP <b>12:30 TAI CHI PROGRAM</b> <b>1:45 HEALTHY STEPS IN MOTION PROGRAM</b>	14 <b>ALL ACTIVITIES CANCELLED FOR TODAY</b>  <b>11:45 GENERAL MEETING FOLLOWED BY LUNCH FOR THOSE ATTENDING THE GENERAL MEETING</b> YOU MUST SIGN UP IN ADVANCE TO ATTEND THE MEETING AND LUNCH	15 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	16
17 <b>ST PATRICKS DAY</b>	18 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN <b>1:00 BOOK TALK</b>	19 9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB <b>10:00 GARDEN GROUP MEETING</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE  <b>FIRST DAY OF SPRING</b>	20 9:30-3 WALK THE TRACK <b>12:00 TECH HELP</b> 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP <b>12:30 TAI CHI PROGRAM</b> <b>1:45 HEALTHY STEPS IN MOTION PROGRAM</b>	21 9:30-3 WALK THE TRACK <b>10:00 BUS TRIP TO BUBE'S BREWERY</b> 10:15 BINGO 11:30 FUN & FITNESS	22 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	23
24 <b>PALM SUNDAY</b>	25 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	26 9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	27 9:30-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP <b>12:30 TAI CHI PROGRAM</b> <b>1:45 HEALTHY STEPS IN MOTION PROGRAM</b>	28 9:30-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS <b>12:45 BALANCE ISSUES PRESENTATION</b> <b>1:00 QUILTING</b>	29 <b>CENTER IS CLOSED</b>  <b>GOOD FRIDAY</b>	30          <b>31 EASTER SUNDAY</b>

# APRIL 2024

*Be the best version of yourself!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>TENTATIVE AS OF FEB 26</b></p> 	<p><b>1</b></p> <p>9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>2</b></p> <p>9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p><b>3</b></p> <p>9:30-3 WALK THE TRACK <b>12:00 TECH HELP</b> 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT &amp; CROCHET GROUP <b>12:30 TAI CHI FINAL CLASS</b> <b>1:45 HEALTHY STEPS IN MOTION final class</b></p>	<p><b>4</b></p> <p>9:30-3 WALK THE TRACK 10:15 BINGO 11:30 FUN &amp; FITNESS <b>12:45 FIRE PREVENTION FOR SENIORS PRESENTATION</b></p>	<p><b>5</b></p> <p>9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA</p>	<p><b>6</b></p>
<p><b>7</b></p> <p><b>BIG BINGO</b></p> 	<p><b>8</b></p> <p>9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) <b>11:30 MONDAY MATINEE</b> 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>9</b></p> <p>9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p><b>10</b></p> <p>9:30-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT &amp; CROCHET</p>	<p><b>11</b></p> <p>9:30 - 3 WALK THE TRACK <b>10:00-12 NURSE</b> <b>10:00 BOARD MEETING</b> 10:15 BINGO 11:30 FUN &amp; FITNESS <b>12:45 FRAUDSLEUTH SIGN-UP FOR MONTCO HOMEOWNERS ONLY</b></p>	<p><b>12</b></p> <p>9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b></p> <p>9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN <b>1:00 BOOK TALK</b></p>	<p><b>16</b></p> <p>9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p><b>17</b></p> <p>9:30-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM <b>12:00 TECH HELP</b> 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT &amp; CROCHET GROUP</p>	<p><b>18</b></p> <p>9:30-3 WALK THE TRACK 10:15 BINGO 11:30 FUN &amp; FITNESS <b>12:45 UMT Tax Collector EVELYN ANKERS</b></p>	<p><b>19</b></p> <p>9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA</p>	<p><b>20</b></p>
<p><b>21</b></p> <p><b>Earth Day</b></p> 	<p><b>22</b></p> <p>9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p> <p><b>EARTH DAY PASSOVER BEGINS</b></p>	<p><b>23</b></p> <p>9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p><b>24</b></p> <p>9:30-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT &amp; CROCHET GROUP</p>	<p><b>25</b></p> <p>9:30-3 WALK THE TRACK <b>8:30 WOLF SANTUARY &amp; LITITZ EXCURSION</b> 10:15 BINGO 11:30 FUN &amp; FITNESS <b>1:00 QUILTING</b></p>	<p><b>26</b></p> <p>9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p>9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>30</b></p> <p>9:30-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>				

## GENERAL MEETING & LUNCH

On Thursday, March 14<sup>th</sup>, at 11:45, we will have the General Meeting. All those attending the meeting are invited to stay



for an Irish Fare Lunch. You must sign up in advance no later than Wednesday, March 6<sup>th</sup>, to attend. A signup sheet is located in the lobby. **Advance sign up and attendance at the general meeting is required in order to have lunch.**

**BRAIN BOOST:** Thursday, March 7 at 12:45 PM. David Gibides from Humana will give a presentation on boosting your brain.

**MONDAY MATINEE:** Monday March 11 at 11:30 AM.

Movie is "The Lost King". The true story of amateur historian, Philippa Langley, who took on Britain's most eminent historians, forcing them to rethink the legacy of a controversial ruler.

**NOTE TIME CHANGE - BLOOD PRESSURE CHECK:** Thursday, March 14 from **9:45 to 12:00**. Have your blood pressure checked by MLH Nurse Tracey. **CANCELLED THIS MONTH**

**BOOK TALK:** Monday, March 18 at 1:00 PM. Group will be reading "Delicious" by Ruth Reichl.

**GARDEN CLUB MEETING:** Garden Group will meet Tuesday March 19 at 10

We will plan and brainstorm for our lovely garden.



**BALANCE ISSUES:** Thursday, March 28 at 12:45 PM. Lauren Brennan, PT, DPT, CMPT from Phoenix Physical Therapy will discuss balance issues.

**FRAUD SLEUTH:** Thursday, April 11 from 12:45 PM to 2:30 PM. Fraud Sleuth is a free tool from the Montgomery County Recorder of Deeds for homeowners to alert them via e-mail if anything is ever recorded in our office against their property.

Appointments will be scheduled in advance every 10 minutes until 2:30 PM at which time you can provide your information to the County Recorder. This will be open to the public, so if you wish to sign up you should do so as soon as possible and *you must be on time for your appointment.*

**DO YOU PLAY AN INSTRUMENT?** The UMSSC Band is looking for some new members who enjoy playing jazz and big band music. The band meets on Tuesdays at 12:30 PM. Please stop by any Tuesday to listen or to ask about joining.

## EXCURSIONS FOR 2024

### MARCH 21 - BUS TRIP TO BUBE'S BREWERY MURDER MYSTERY FEAST

Lively interactive dinner theater entertainment. Tour of Historic Bube's Brewery in Mt. Joy. (If you opt to take tour of brewery be advised there are steps.) Trip includes delicious lunch with appetizer, salad, soup, tenderloin tips, chicken Alfredo and desserts, ice tea or coffee. *Members will have priority for tickets. NOW OPEN TO NON MEMEBRS!* Cost \$80 for members \$95 for non- members. BUS DEPARTS POOL PARKING LOT AT 10:00 AM.

### APRIL 25 - CAR POOL EXCURSION TO LITITZ

Our trip to historic Lititz in Lancaster County will start with a visit to the Wolf Sanctuary of Pennsylvania just outside of town. Then, we head into the center of "the coolest small town in America" where we can have lunch,

stop in to the many and varied shops including the homes of Sturgis Pretzels and Wilbur Chocolates (Wilburbuds anyone?), visit historic sites and/or stroll the streets and Lititz Springs Park – all within a few blocks.

MAY 10, 2024 - HISTORIC WEST LAUREL HILL CEMETERY AND GARDENS

JUNE 20, 2024 - ANDALUSIA HOUSE & GARDENS

SEPTEMBER 2024- WINTERTHUR

OCTOBER 2024 - JIM THORPE

NOVEMBER 15, 2024 - DUTCH APPLE DINNER THEATER"WHITE CHRISTMAS" (VIA BUS)

### BIRTHDAYS IN MARCH

1 Vivian Peikin	2 Joan Clarke	2 Apurva Gandhi
2 Joe Maggio	3 Rosemary Fowler	4 Joseph Tyrrell
4 Gloria Wolfhope	5 Jeanette Scanlon	7 Angela Johnson
8 Yu Feng	8 Maryann Flack	8 Joan Forster
8 Alice Hann	9 Jacqueline Hickman	9 Pat Holden
10 Aniruddha Das	10 Marita Torphy	11 Flora Beaver
12 Nancy Focaccia	15 Veena Singla	16 Cleatis Eichelberger
17 Salvatore Morello	17 Debbie Watton	18 Jon Lee
18 Richard Orth	19 Norman Matlock	19 Jo Anne Raymond
20 Hannah Albini	20 Barbara Mullen	22 Tomiko Marshall
23 Michael Cassidy	24 Sue Jain	24 Denise Monacella
25 Dan Eastman	25 Pat Gutkowski	25 Linda Stephanou
27 Kimberly Spence	29 Richard Hammond	29 Helen Zablocki
31 Kathleen Rado	31 Julia Taylor	

### VETERANS CARE PACKAGE DONATIONS



In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. Here is a list of the preferred donation items. *If donating any food or drink or drink mixes, please be sure these items have not expired.* ITEMS REQUESTED: MENS/WOMENS FLIP FLOPS FOR SHOWERS - MENS/WOMENS SOCKS (BOOT OR CALF SIZE ONLY)- TOOTH BRUSHES/TOOTH PASTE- KLEENEX (INDIVIDUAL SIZE WRAPPED PACKAGES)- COMBS- SMALL WRITING TABLETS & ENVELOPES- PENS/PENCILS- GUM - PEANUT BUTTER CRACKER PACKS- BEEF JERKY OR SLIM JIMS- COFFEE OR TEA BAGS - GATORADE- DRINK MIXES - KOOL AID OR ICED TEA. **Place items in assigned box in lobby area. Thank you in advance to those who give.**

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James T. Meyers, Supervisor

### PROJECT LINUS – YARN NEEDED



We are asking for donations of 4-ply yarn (any color) to be used by our knitters for the Project Linus knitted squares. If you have any that you would like to give, please put it in the yarn bin on the blanket table in the lobby area.

## DID YOU KNOW? BENEFITS OF POSITIVE THINKING

Positive thinking can have a range of physical and mental health benefits. Building a few habits, like positive self-talk and journaling, can help you get started. Are you a glass half-empty or half-full sort of person? Studies have shown that both can impact your physical and mental health and that being a positive thinker is the better of the two.

**Focus on the good things:** Challenging situations and obstacles are a part of life. When you're faced with one, focus on the good things no matter how small or seemingly insignificant they seem. If you look for it, you can always find the proverbial silver lining in every cloud — even if it's not immediately obvious. For example, if someone cancels plans, focus on how it frees up time for you to catch up on a TV show or other activity you enjoy.

**Practice gratitude:** Practicing gratitude has been shown to reduce stress, improve self-esteem, and foster resilience even in very difficult times. Think of people, moments, or things that bring you some kind of comfort or happiness and try to express your gratitude at least once a day. This can be thanking a co-worker for helping with a project, a loved one for washing the dishes, or your dog for the unconditional love they give you.

**Keep a gratitude journal:** Studies have found that writing down the things you're grateful for can improve your optimism and sense of well-being. You can do this by writing in a gratitude journal every day, or jotting down a list of things you're grateful for on days you're having a hard time.

**Open yourself up to humor:** Studies have found that laughter lowers stress, anxiety, and depression. It also improves coping skills, mood, and self-esteem. Be open to humor in all situations, especially the difficult ones, and give yourself permission to laugh. It instantly lightens the mood and makes things seem a little less difficult. Even if you're not feeling it; pretending or forcing yourself to laugh can improve your mood and lower stress.

**Practice positive self-talk:** We tend to be the hardest on ourselves and be our own worst critic. Over time, this can cause you to form a negative opinion of yourself that can be hard to shake. To stop this, you'll need to be mindful of the voice in your head and respond with positive messages, also known as positive self-talk. Research shows that even a small shift in the way you talk to yourself can influence your ability to regulate your feelings, thoughts, and behavior under stress.

**How to think positive when everything is going wrong:** Trying to be positive when you're grieving or experiencing other serious distress can seem impossible.

During these times, it's important to take the pressure off of yourself to find the silver lining. Instead, channel that energy into getting support from others. Positive thinking isn't about burying every negative thought or emotion you have or avoiding difficult feelings. The lowest points in our lives are often the ones that motivate us to move on and make positive changes.

**Side effects of negative thinking:** Negative thinking and the many feelings that can accompany it, such as pessimism, stress, and anger, can cause a number of

physical symptoms and increase your risk of diseases and a shortened lifespan.

**When to seek medical help:** If you're feeling consumed by negative thoughts and are having trouble controlling your emotions, see a doctor. You may benefit from medical help, such as positive psychology or therapy. Persistent negative thoughts can be caused by an underlying psychiatric condition that requires treatment.

**Takeaway:** Positive thinking isn't magic and it won't make all of your problems disappear. What it will do is make problems seem more manageable and help you approach hardships in a more positive and productive



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**Takeaway:** Positive thinking isn't magic and it won't make all of your problems disappear. What it will do is make problems seem more manageable and help you approach hardships in a more positive and productive

way. You won't be able to undo years of pessimism and negative thoughts overnight, but with some practice, you can learn how to approach things with a more positive outlook.

### UM LIBRARY PROGRAMS FOR MARCH 2024

**(Call the library at 610-265-4805 or check [www.umtownship.org/library](http://www.umtownship.org/library) to register for all their programs and for latest updates and online access.)**

#### **ONGOING PROGRAMS AT THE LIBRARY:**

**Tech Night** -First Monday of every month from 6:00 pm to 7:30 PM.

**ESL Class** (English as a Second Language Conversation Group) every Tuesday at 12:00 PM.

**Meditation Series: Meditation Workshop - Falun Dafa Meditation** second Tuesday of every month at 6:00 PM.

**Public Speaking Class for adult**, every Wednesday at 6: 30 PM.

**Art, Games and Chit Chat for Adults with Disabilities**, second and fourth Thursdays at 12:30 PM.

**Book Discussion:** Third Saturday of every month at 2:00 PM.

**Virtual Career Series:** 3rd Monday of month at 6:00 PM.

**Knit Nite:** 4<sup>th</sup> Monday at 6:00 PM.

#### **SPECIAL PROGRAMS:**

**Anna Morris Holstein - Healer & Hero of Montgomery County:** Dramatic Presentation by Pat Jordan, Saturday, March 2, from 2:00 PM – 3:00 PM

**Roses for Beginners**, Monday, March 18, from 6:30 PM – 7:30 PM

**Home buying seminar**, Wednesday, March 20, from 6:30 PM – 7:30 PM

**FREE RAFFLE TICKET** with each event attended.


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## MARCH MADNESS WORD SEARCH

W R H N C N O T Y A D V C Z L M H V A D Q C D K N  
D X H G I P P P M A Z S H Y O S F G V Y L Z J G Y  
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ARIZONA DAYTON BUNNY KNICKS BUCKNELL FOULSHOT  
GONZAGA TURNOVER REBOUND BANKSHOT TRAVELING HANGTIME  
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## MARCH NATIONAL DAYS WORD SEARCH



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L Y E C A A G W A F F L E D A Y A D M E A A  
A A G A D D D Y A D T A C E U C S E R D R D  
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D D S A E U J A O D O C I W E A D T L I M T  
L E G D T N T H S E L D A E R I I A Y Y W R  
I E N I T E Y B D O A I N N S L N R A A O A  
N S I A I D E A U Y P A A C I T A D D D M E  
E E V N K Y Y G D T G O R T A P S M O K E H  
T L A B Y O A R O E T I R F K K S T I R N E  
E P S A L A J D R O M E L P C C P L R O S K  
L P T C D N D D F I F O R I E A O E A W D O  
E A H O D N A M N F W O R L N H A C M L A H  
P Y G N U Y M A O E U T F D O P M O R A Y C  
H N I D C A T S R R A M A F N V R T E I A I  
O N L A G I S D I P P D R E D Y E O S C D T  
N H Y Y O E A S T Y A G D A Y A S R M O S R  
E O A N D Y M S W Y A D Y O E D Y N S S T A  
D J D D T R G I R L S W R I T E N O W D A Y  
A A O G N I R P S F O Y A D T S R I F O A M  
Y G N O E G F R E N C H B R E A D D A Y D Y

ST PATRICKS DAY  
WOMENS DAY  
HOLI  
DAYLIGHT SAVINGS  
FIRST DAY OF SPRING  
ZERO DISCRIMINATION DAY  
DOWN SYNDROME DAY  
SOCIAL WORK DAY  
CUDDLY KITTEN DAY  
PANDA DAY  
PEANUT BUTTER LOVERS DAY

PROPOSAL DAY  
GIRLS WRITE NOW DAY  
ARTICHOKE HEARTS DAY  
GODDESS OF FERTILITY DAY  
SPINACH DAY  
IRISH FOOD DAY  
EARMUFF DAY  
CANADIAN BACON DAY  
PROM DAY  
GOOF OFF DAY  
AG DAY  
WAFFLE DAY

RESCUE CAT DAY  
PI DAY  
COCKTAIL DAY  
JOE DAY  
PLANT A FLOWER DAY  
TEENAGER DAY  
MARIO DAY  
JOHNNY APPLESEED DAY  
FRENCH BREAD DAY  
OK DAY  
LANDLINE TELEPHONE DAY



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