

MARCH

Park Vista
retirement living
NORTH HILL

2026



WELCOME TO OUR

MONTHLY NEWSLETTER

We're excited to step into a new month filled with fun activities, special celebrations, and plenty of opportunities to make memories together. As winter fades and spring approaches, we look forward to bringing fresh energy, laughter, and connection to our community.



Park Vista North Hill - A Park Vista Retirement Community
1451 20th Avenue • East Moline, IL 61244 • (309) 752-9711 • parkvistaliving.org

Resident Birthdays

March 1st	Nancy W.
March 3rd	Sanford S.
March 5th	Richard A.
March 6th	Owen H.
March 8th	Jo B.
March 11th	Ronald L.
March 11th	Kay K.
March 14th	Theresa F.
March 17th	Jean W.
March 22nd	Victoria T.
March 24th	Barbara W.
March 26th	Violet W.
March 29th	Clester E.

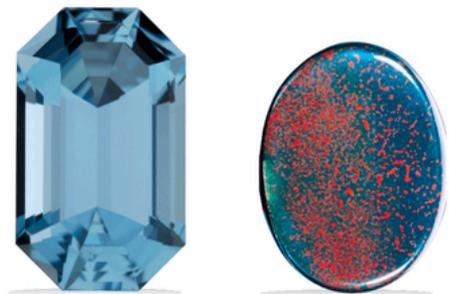
Tale of Two Gems

MARCH IS ONE OF THE FEW MONTHS BLESSED WITH NOT JUST ONE, BUT TWO BEAUTIFUL BIRTHSTONES: AQUAMARINE AND BLOODSTONE. EACH GEM TELLS A DIFFERENT STORY ONE INSPIRED BY THE SEA, THE OTHER ROOTED IN STRENGTH AND RESILIENCE.

AQUAMARINE: THE GEM OF THE SEA
WITH ITS SERENE BLUE TONES REMINISCENT OF CLEAR OCEAN WATERS, AQUAMARINE HAS LONG BEEN ASSOCIATED WITH CALM, CLARITY, AND PROTECTION. ITS NAME COMES FROM THE LATIN FOR "SEA WATER," AND SAILORS ONCE CARRIED IT AS A TALISMAN FOR SAFE VOYAGES. TODAY, AQUAMARINE SYMBOLIZES TRANQUILITY, COURAGE, AND OPEN COMMUNICATION. ITS LIGHT, REFRESHING COLOR MAKES IT A FAVORITE FOR SPRING JEWELRY PERFECTLY CAPTURING THE FRESH START THAT MARCH BRINGS.

BLOODSTONE: THE STONE OF STRENGTH
DEEP GREEN WITH STRIKING RED FLECKS, BLOODSTONE OFFERS A BOLD CONTRAST TO AQUAMARINE'S SOFT HUES. HISTORICALLY REGARDED AS A POWERFUL PROTECTIVE STONE, BLOODSTONE WAS BELIEVED TO BRING COURAGE AND BOOST VITALITY.

THIS EARTHY GEM REPRESENTS RESILIENCE, DETERMINATION, AND GROUNDING ENERGY—QUALITIES THAT INSPIRE CONFIDENCE AND INNER STRENGTH. WHETHER YOU'RE DRAWN TO THE PEACEFUL BLUES OF AQUAMARINE OR THE POWERFUL PRESENCE OF BLOODSTONE,





Resident Socials

You are invited. Join us every Thursday & Friday for Happy Hour. Enjoy drinks, snacks, and live entertainment to kick off the weekend.

Thursday's at 3pm in The Main Building Lobby

Friday's at 3pm in The Pub

Week 1: Thursday - Mark Gordon Friday - Janet Lieb

Week 2: Thursday - Oscar Stricklin Jr. Friday - Tony Hoepfner

Week 3: Thursday - Trivia Friday - Troy Rangel

Week 4: Thursday - Darlene Bruewet Friday - Trivia

Step back in time and join us on **Friday, March 20th** for a roaring good time at our Speakeasy Themed Happy Hour!

Dust off your fedoras, flapper dresses, suspenders, and pearls! We want to see your best speakeasy-inspired looks. The more glamorous (or mysterious), the better!

We're also excited that we will be there capturing the fun with photography throughout the evening!

So come dressed to impress and ready for your close up.

Now here's the inside scoop...

We'll have a secret password at the door. You don't need it to get in — everyone is welcome!

But if you happen to whisper the password, you'll receive an extra drink ticket.

Remember... it's a speakeasy. Keep it on the hush-hush!

We can't wait to raise a glass with you. Cheers!

Password: Giggle Water



Choc Full of Fun

Our February Wine & Chocolate event was a sweet success! Residents enjoyed an evening of laughter, music, and indulgence. The talented Wiersons treated us to lively and heartwarming entertainment, setting the perfect mood for the night.

Guests sampled three delicious wines, Chardonnay, Sweet Red, and Moscato paired with an assortment of decadent chocolates. The combination of flavors and music created an unforgettable experience, bringing everyone together for an evening of fun, friendship, and a little bit of indulgence.

Even better, all proceeds from the evening went to support the Alzheimer's Association, helping fund research and programs that make a real difference in people's lives. A big thank you to everyone who joined us!



A Touch of Luck

Did you know St. Patrick used the three-leaf shamrock to explain the Holy Trinity? Today, the shamrock is a symbol of luck, friendship, and joy perfect reminders for all of us as we celebrate together!



Spring Forward March 8th

It's almost time to adjust our clocks for Daylight Saving Time. On the second Sunday in March, clocks will "spring forward" one hour at 2:00 a.m., giving us more daylight in the evening to enjoy brighter afternoons and early evenings together. For many, this small time change can take a few days to adjust to. We encourage everyone to move at a comfortable pace, get plenty of rest, and enjoy some natural sunlight during the day. Our team will make sure all community clocks are updated, so residents can relax and focus on enjoying their daily routines.

Resident Spotlight

Staff Feature



SHEELA

WHAT IS THE BEST PIECE OF ADVICE YOU HAVE EVER RECEIVED?

NEVER STAY OUT AFTER 12

IF YOU COULD WRITE A BOOK ABOUT YOUR LIFE, WHAT WOULD THE TITLE BE?

WONDER... BECAUSE I WOULD LIKE TO SEE ALL OF THE WORLD AND SO FAR, I'VE HAVE ONLY SEEN THE 3RD FLOOR.

IF YOU COULD TRAVEL ANYWHERE IN THE WORLD RIGHT NOW, WHERE WOULD IT BE?

EUROPE! THERE'S A LOT I WANT TO SEE THERE!



STEPHANIE

WHAT IS THE MOST REWARDING PART OF YOUR CURRENT ROLE?

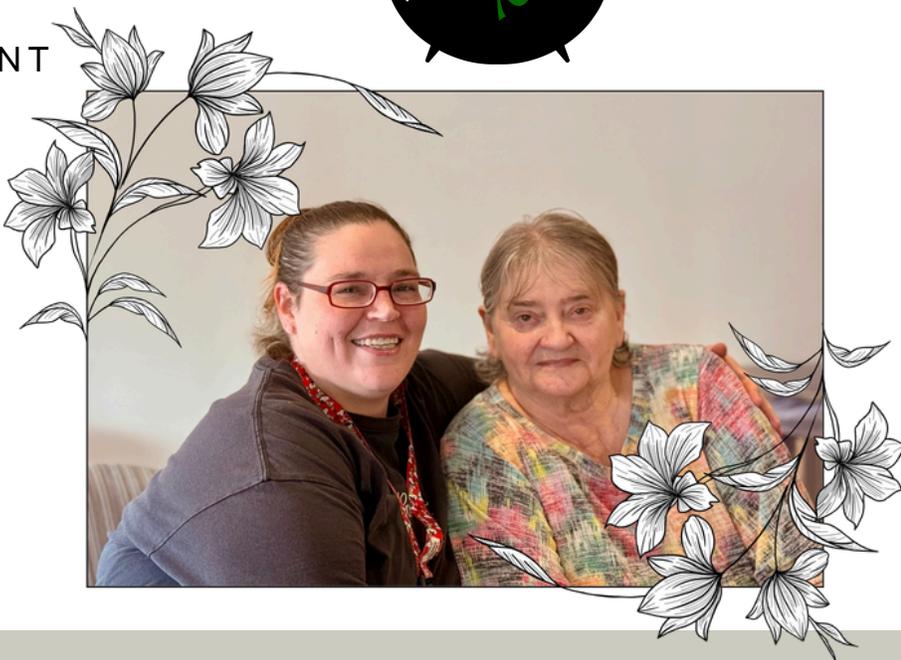
GETTING TO KNOW THE RESIDENTS ON A MORE PERSONAL LEVEL.

WHAT IS ON YOUR BUCKET LIST?

GOING TO BARCELONA SPAIN.

WHAT IS YOUR FAVORITE MEMORY OR MOMENT SHARED WITH COWORKERS?

ALMOST EVERY CHRISTMAS PARTY WE HAVE; THERE'S ALWAYS SOMETHING!





Tip of The Month

Stay Hydrated

Focus on transitioning to warmer weather by staying hydrated (8 cups of water daily)

Nutritious Eating

Incorporate fresh spring produce into meals, such as beets, asparagus, and citrus fruits.

Embrace Nature

Take daily, brisk walks to boost mood and cardiovascular health. Start spring gardening or tend to indoor plants to improve mobility and dexterity

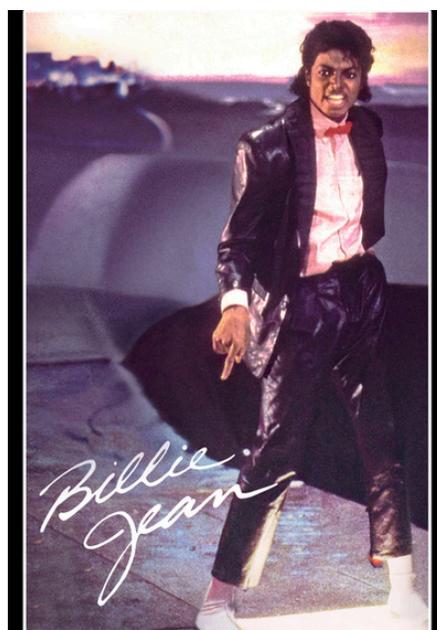
Pop culture and fun facts

This Month in History:

The song Billie Jean hit No. 1 on Billboard Hot 100 list on March 5, 1983, beginning a seven-week reign in the U.S and becoming a global smash.

The music video premiered on MTV on March 10, 1983. It broke racial barriers as one of the first videos by a Black artist in heavy rotation on MTV, featuring iconic light-up pavement tiles and Jackson's signature dance moves.

On March 25, 1983, Michael Jackson performed the moonwalk for the first time while performing the song at the Motown 25: Yesterday, Today, Forever TV Special.





**HAPPY
ST. PATRICK'S
DAY**

Contact Us

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A Note from Our Team

We are grateful for the trust you place in us.
Please reach out anytime with questions or feedback.

Follow Us on Facebook

See community moments and updates online.



SEE YOU NEXT MONTH!