

Be Inspired

ANDARA | a Senior Lifestyle community | SCOTTSDALE, AZ 85259 | 480-451-1800

THIS MONTH'S *silver star*

COLETTE ZOLA

Colette was born on Sept. 19, 1933 in Chicago, Ill. and is the second of five children. Growing up, she played hop scotch, jump rope, basketball and jacks with her siblings and children from the neighborhood. In high school, she enjoyed theater, choir and taught baton twirling. She went to Lyola University in 1952, graduating with an associate degree and took a job at Blyth & Co., a Stock Brokerage Firm as a receptionist.

In 1955, she started working at American Airlines as a stewardess. Three years later, she met her future husband, Emile Zola, through friends and they were married Jan. 10, 1959 at St. Kilian's Church in Chicago, Ill. They moved to Flossmoor, Ill. and bought their first home. She had two boys, Robert in 1960 and Jim in 1961. After her youngest was in 1st grade, Colette went back to American Airlines. In 1966, she was promoted to Coordinator Speaker Staff at American Airlines where she oversaw videos and tutorials geared toward businessmen in efficient ways of packing and vacation sales. There she would stay for 10 years until moving into their sales department. In 1988, Colette took a position at Airfone (Air to Ground Telephone that were on all the airlines), training flight attendance in the in-flight procedures. She retired in 1998 and took on the role as full time Caregiver for her husband who had recently been diagnosed with Alzheimer's. In 2011, they moved to Scottsdale so Colette could be near her two boys and for the additional help with her husband. Sadly, he passed away Dec. 11, 2014. Colette fondly remembers him as the most wonderful man she's ever met. "He made me feel every morning that the sun came up because I was there." In November 2017, Colette sold her house and moved into Andara. She enjoys singing in the choir, meeting new people, current events, yoga and tai chi, and is determined to learn how to play Mahjong! She has two grandchildren: Giana, 21 and Francesca, 17. Congratulations Collette, on your Silver Star!



JOIN US THIS MONTH FOR *with a little bit o'luck*

Try your luck with these events in March!

- Lucky Strike Wii Bowling Tournament
- Casino Day (Blackjack, Roulette, Poker and Bingo)
- Lucky Stars Astronomy Night
- Irish Dancing with Michael Gallagher School of Dance
- Take a Trip to Ireland with Rebecca
- St. Paddy's Party
- Turf Paradise Horse Racing
- Spanish Class with Jerry Juster
- New Year, New You with Betty Pichon



IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

LUCK

I had always believed in luck! How could great experiences, positive outcomes, being in the right place at the right time be explained if it were not for luck? Until someone who I admire and respect said she did not believe in luck ... screech! That is the sound of my heels digging in on this notion! This person, Oprah Winfrey said, "I believe luck is preparation meeting opportunity. If you had not been prepared when the opportunity came along, you wouldn't have been lucky." This thought segues nicely into having dreams and goals. Good and positive thoughts about (anything), that by simply imagining something, picturing a place you wish to visit, a career path to follow; all of this is preparing for the mystery of what is to come. I am one of those people who is always thinking about things. I absolutely imagined leaving Florida and starting something new and fresh. I wasn't sure what that would be, but I pictured it. When the opportunity arrived, well, I sure felt lucky and I still do. This month, if you feel the same way, please stop by for a lucky shamrock sticker. I will be wearing mine.

— Kristen Rickard-Urraro, EXECUTIVE DIRECTOR

TRAIN YOUR BRAIN *sudoku solution on back*

	2			8		9	
9			6	1			2
	6					1	5
		2		9		3	4
8				5			9
7	1		6				
2		9		8			4
5			4		9		1
	4		1				8

BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ART STUDIO — AS
- ARTIST GALLERY CAFÉ — AGC
- BOGART'S LOUNGE — BL
- CLARK GABLE THEATER — CG
- DECO CAFÉ — DC
- DINING ROOM — DR
- GAME ROOM — GR
- JOSEPHINE'S LOUNGE — JP
- LOBBY — LBY
- MULTI-PURPOSE — MP
- OUTING — OT
- POOL — PL
- SCARLETT'S LOUNGE — SL

TRANSPORTATION SCHEDULE

- MONDAY & TUESDAY 8 A.M.-1 P.M.
- Medical Appointments
- MONDAY 2 P.M.
- Fry's, Marshalls & Home Depot
- TUESDAY 2 P.M.
- Safeway, Walgreens & Dollar Store
- WEDNESDAY, THURSDAY & FRIDAY 8 A.M.-4 P.M.
- Medical Appointments
- SUNDAY 8:30 A.M.
- New Covenant Lutheran Church
- St. Bernard's Catholic Church
- SUNDAY 8:45 A.M.
- Assumption Greek Orthodox
- SUNDAY 10:30 A.M.
- Scottsdale Bible Church
- SUNDAY 1:30 P.M.
- Walmart, Target & Trader Joe's
- EVERY THURSDAY
- Nurse Practitioner Available For Appointments
- Free Blood Pressure Checks with ComForCare from 9-9:30 a.m. Scarlett's Lounge
- ACTIVITIES ARE SUBJECT TO CHANGE
- 72 HOUR NOTICE FOR ALL APPOINTMENTS, PENDING DRIVER AVAILABILITY
- www.SeniorLifestyle.com
- Activities are subject to change

BIRTHDAYS THIS MONTH

- JEAN CLANCY — 1st
- PATTY LOFTUS — 2nd
- CHARLENE WINSTON — 3rd
- RUTH RICHMOND — 5th
- RUTH BRUMME — 16th
- MARIKA KALLONAS — 16th
- MARJORIE LASKY — 26th
- ELLEN SCHNALL — 26th
- EARL SHERMAN — 26th
- LINDA CAROLIN — 28th
- GEORGINE DICKSON — 29th



<p>8:30 ● Local Churches OT 4</p> <p>9:30 ● Step Cardio with Rebecca MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>1:00 ● Matinee Movie CG</p> <p>1:30 ● Walmart, Target & Trader Joe's OT</p> <p>2:00 ● Bridge Club MP</p> <p>2:00 ● Color & Coffee DC</p> <p>4:00 ● Bible Study CG</p> <p>7:00 ● Evening Movie CG</p>	<p>MASSAGE THERAPIST AVAILABLE FOR APPTS. 5</p> <p>9:30 ● Hearing Check with Connect Hearing GR</p> <p>10:00 ● Strength & Stretch with Rita MP</p> <p>10:45 ● Choir Practice with Rebecca & Daniel JP</p> <p>12:30 ● Wii Bowling Practice MP</p> <p>12:30 ● Canasta Club GR</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Shop: Fry's, Marshalls & Home Depot OT</p> <p>5:00 ● Sunset Social JP</p>	<p>10:00 ● Stretch Bands & Cardio with Jill MP 6</p> <p>11:00 ● Water Aerobics with Jody PL</p> <p>12:30 ● Mahjong Club MP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:00 ● Safeway, Walgreens & Dollar Store OT</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>4:00 ● Dinner at The Spotted Donkey Cantina OT</p> <p>5:00 ● Sunset Social JP</p>	<p>8:30 ● Hearing Aid Cleaning GR 7</p> <p>9:30 ● Catholic Communion with St. Bernard's SL</p> <p>10:00 ● Muscle Strengthening MP</p> <p>10:30 ● Gentle Yoga with Amy MP</p> <p>10:45 ● Andara Singers Choir Performance at Silverado OT</p> <p>12:00 ● Activity Planning Meeting JP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:30 ● Horse Racing MP</p> <p>4:00 ● Happy Hour with Nashville Standard JP</p> <p>5:00 ● Sunset Social JP</p>	<p>NURSE PRACTITIONER AVAILABLE FOR APPTS 8</p> <p>10:00 ● Tai Chi Balance with Marty MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Matinee Movie CG</p> <p>2:00 ● New Year, New You with Betty Pichon MP</p> <p>2:00 ● Men's Party Poker DC</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● Evening Movie CG</p>	<p>10:00 ● Strength & Stretch with Rita MP 9</p> <p>10:30 ● Seated Kickboxing with Jill MP</p> <p>1:00 ● Pokeno BL</p> <p>2:00 ● Rummikub Club GR</p> <p>2:00 ● New Netflix Release CG</p> <p>2:30 ● Birthday Bash JP</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● New Netflix Release CG</p>	<p>9:30 ● Body Balance Exercise with Rebecca MP 3</p> <p>11:00 ● Turf Paradise Horse Racing OT</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● New Netflix Release CG</p> <p>2:15 ● Chair Volleyball DR</p> <p>2:30 ● Bunco Club MP</p> <p>4:00 ● Academy Awards Happy Hour with Dave Karl JP</p> <p>7:00 ● New Netflix Release CG</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>8:30 ● Local Churches OT</p> <p>9:30 ● Step Cardio with Rebecca MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>1:00 ● Matinee Movie CG</p> <p>1:30 ● Walmart, Target & Trader Joe's OT</p> <p>2:00 ● Bridge Club MP</p> <p>2:00 ● Color & Coffee DC</p> <p>4:00 ● Bible Study CG</p> <p>7:00 ● Evening Movie CG</p>	<p>MASSAGE THERAPIST AVAILABLE FOR APPTS. 12</p> <p>10:00 ● Strength & Stretch with Rita MP</p> <p>10:45 ● Choir Practice with Rebecca & Daniel JP</p> <p>12:30 ● Wii Bowling Practice MP</p> <p>12:30 ● Canasta Club GR</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Shop: Fry's, Marshalls & Home Depot OT</p> <p>3:00 ● Table Talk with Rabbi Levi SL</p> <p>5:00 ● Sunset Social JP</p>	<p>10:00 ● Stretch Bands & Cardio with Jill MP 13</p> <p>11:00 ● Water Aerobics with Jody PL</p> <p>12:30 ● Mahjong Club MP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:00 ● Safeway, Walgreens & Dollar Store OT</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>5:00 ● Sunset Social JP</p>	<p>9:30 ● Catholic Communion with St. Bernard's SL 14</p> <p>10:00 ● Muscle Strengthening MP</p> <p>10:00 ● Paparazzi Jewelry Store JP</p> <p>10:30 ● Gentle Yoga with Amy MP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:00 ● "Bridging the Gap" Grand Opening Party AGC</p> <p>4:00 ● Happy Hour with Les Koel JP</p> <p>5:00 ● Sunset Social JP</p>	<p>NURSE PRACTITIONER AVAILABLE FOR APPTS 15</p> <p>10:00 ● Tai Chi Balance with Marty MP</p> <p>11:00 ● Talking Stick Casino OT</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Men's Party Poker DC</p> <p>2:00 ● Health and Body with Jess From Genesis Rehab DC</p> <p>2:00 ● Matinee Movie CG</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● Evening Movie CG</p>	<p>10:00 ● Strength & Stretch with Rita MP 16</p> <p>10:30 ● Seated Kickboxing with Jill MP</p> <p>1:00 ● Pokeno BL</p> <p>2:00 ● Rummikub Club GR</p> <p>2:00 ● New Netflix Release CG</p> <p>3:00 ● Irish Dancers with Michael Patrick Gallagher DR</p> <p>4:00 ● Shabbat Dinner at Smile on Seniors OT</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● New Netflix Release CG</p>	<p>ST. PATRICK'S DAY 17</p> <p>9:00 ● Mystery Drive with Mike OT</p> <p>9:30 ● Body Balance Exercise with Rebecca MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>1:30 ● Shopping at Stein Mart OT</p> <p>2:00 ● New Netflix Release CG</p> <p>2:15 ● Chair Volleyball DR</p> <p>2:30 ● Bunco Club MP</p> <p>4:00 ● St. Patrick's Day Party with Alan Harkrader JP</p> <p>7:00 ● New Netflix Release CG</p>
<p>8:30 ● Local Churches OT 18</p> <p>9:30 ● Step Cardio with Rebecca MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>1:00 ● Matinee Movie CG</p> <p>1:30 ● Walmart, Target & Trader Joe's OT</p> <p>2:00 ● Bridge Club MP</p> <p>2:00 ● Color & Coffee DC</p> <p>4:00 ● Bible Study CG</p> <p>7:00 ● Evening Movie CG</p>	<p>MASSAGE THERAPIST AVAILABLE FOR APPTS. 19</p> <p>10:00 ● Strength & Stretch with Rita MP</p> <p>10:45 ● Choir Practice with Rebecca & Daniel JP</p> <p>12:30 ● Wii Bowling Practice MP</p> <p>12:30 ● Canasta Club GR</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Shop: Fry's, Marshalls & Home Depot OT</p> <p>3:00 ● Phoenix Art Museum: Art All Around Us CG</p> <p>5:00 ● Sunset Social JP</p>	<p>SPRING BEGINS 20</p> <p>10:00 ● Stretch Bands & Cardio with Jill MP</p> <p>10:45 ● Beginners Spanish with Jerry MP</p> <p>11:00 ● Water Aerobics with Jody PL</p> <p>12:30 ● Mahjong Club MP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:00 ● Safeway, Walgreens & Dollar Store OT</p> <p>3:00 ● Resident Council Meeting</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>4:00 ● Dinner at Mimi's Cafe OT</p> <p>5:00 ● Sunset Social JP</p>	<p>9:30 ● Catholic Communion with St. Bernard's SL 21</p> <p>10:00 ● Muscle Strengthening MP</p> <p>10:30 ● Gentle Yoga with Amy MP</p> <p>12:30 ● Walker Tuneups with SMES LBY</p> <p>1:00 ● Brain Bingo BL</p> <p>2:30 ● Horse Racing MP</p> <p>4:00 ● Happy Hour with Todd Hagen JP</p> <p>5:00 ● Sunset Social JP</p>	<p>NURSE PRACTITIONER AVAILABLE FOR APPTS 22</p> <p>10:00 ● Tai Chi Balance with Marty MP</p> <p>10:45 ● Art with Sheila AS</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Matinee Movie CG</p> <p>2:00 ● Men's Party Poker DC</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● Evening Movie CG</p>	<p>10:00 ● Strength & Stretch with Rita MP 23</p> <p>10:30 ● Seated Kickboxing with Jill MP</p> <p>11:00 ● Book Club SL</p> <p>12:00 ● Casino Extravaganza JP</p> <p>1:00 ● Pokeno BL</p> <p>2:00 ● New Netflix Release CG</p> <p>2:00 ● Rummikub Club GR</p> <p>2:30 ● New Resident Mixer JP</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● New Netflix Release CG</p>	<p>9:30 ● Body Balance Exercise with Rebecca MP 24</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● New Netflix Release CG</p> <p>2:15 ● The Great Trivia Challenge JP</p> <p>2:30 ● Goodwill, Michaels and Hobby Lobby OT</p> <p>4:00 ● Happy Hour with Charlie Glasgow JP</p> <p>6:15 ● Don Bluth Theater: "It Happened One Night" OT</p> <p>7:00 ● New Netflix Release CG</p>
<p>PALM SUNDAY 25</p> <p>8:30 ● Local Churches OT</p> <p>9:30 ● Step Cardio with Rebecca MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>1:00 ● Matinee Movie CG</p> <p>1:30 ● Walmart, Target & Trader Joe's OT</p> <p>2:00 ● Color & Coffee DC</p> <p>2:00 ● Bridge Club MP</p> <p>3:30 ● Piano Singalong with Tom JP</p> <p>4:00 ● Bible Study CG</p> <p>7:00 ● Evening Movie CG</p>	<p>MASSAGE THERAPIST AVAILABLE FOR APPTS. 26</p> <p>10:00 ● Strength & Stretch with Rita MP</p> <p>10:45 ● Choir Practice with Rebecca & Daniel JP</p> <p>12:30 ● Wii Bowling Practice MP</p> <p>12:30 ● Canasta Club GR</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Shop: Fry's, Marshalls & Home Depot OT</p> <p>3:15 ● Take a Trip to Ireland with Rebecca MP</p> <p>5:00 ● Sunset Social JP</p>	<p>10:00 ● Stretch Bands & Cardio with Jill MP 27</p> <p>10:45 ● Art with Sheila AS</p> <p>11:00 ● Water Aerobics with Jody PL</p> <p>12:30 ● Mahjong Club MP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:00 ● Safeway, Walgreens & Dollar Store OT</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● Lucky Stars Astronomy Night with Bill Dickey JP</p>	<p>9:30 ● Catholic Communion with St. Bernard's SL 28</p> <p>10:00 ● Muscle Strengthening MP</p> <p>10:30 ● Gentle Yoga with Amy MP</p> <p>1:00 ● Brain Bingo BL</p> <p>2:00 ● Town Hall Meeting DR</p> <p>4:00 ● Happy Hour with Hal Martin JP</p> <p>5:00 ● Sunset Social JP</p>	<p>NURSE PRACTITIONER AVAILABLE FOR APPTS 29</p> <p>10:00 ● Tai Chi Balance with Marty MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● Matinee Movie CG</p> <p>2:00 ● Men's Party Poker DC</p> <p>3:00 ● Lucky Strike Wii Bowling Tournament MP</p> <p>5:00 ● Sunset Social JP</p> <p>7:00 ● Evening Movie CG</p>	<p>GOOD FRIDAY 30 PASSOVER starts at sunset</p> <p>10:00 ● Strength & Stretch with Rita MP</p> <p>10:30 ● Seated Kickboxing with Jill MP</p> <p>11:00 ● Book Club: "The Long Way Home" SL</p> <p>1:00 ● Pokeno BL</p> <p>2:00 ● New Netflix Release CG</p> <p>2:00 ● Rummikub Club GR</p> <p>2:30 ● New Resident Mixer AGC</p> <p>5:00 ● Sunset Social JP</p> <p>5:30 ● Shabbat Dinner DR</p> <p>7:00 ● New Netflix Release CG</p>	<p>8:00 ● Day Trip to Tucson OT 31</p> <p>9:30 ● Body Balance Exercise with Rebecca MP</p> <p>1:00 ● Two Buck Bingo BL</p> <p>2:00 ● New Netflix Release CG</p> <p>2:15 ● Chair Volleyball DR</p> <p>2:30 ● Bunco Club MP</p> <p>4:00 ● Happy Hour with Scott and Susie JP</p> <p>7:00 ● New Netflix Release CG</p>

EVENT RECAP

mardi gras and winter olympic games

Our Mardi Gras Party was so much fun! We celebrated with shrimp creole, King Cake, beignets and jazz music!

We had over 30 residents compete in our Winter Olympics with events such as curling, ski-ball, hockey shoot-out and volleyball. Look for more pictures next month and the announcement of our medalists!



Our Winter Olympic Curling Team



Jack and Joyce Speisman celebrating Mardi Gras



Donna Heintzman, Ann McDonell, Pat Barwood during our Mardi Gras Extravaganza

WELCOME, *new residents!*

Wanda Roth, Patricia Liff, Joanne Malouf, Rudy and Delores Vucekovich, George and Rita Kolasa, and Mildred Komer.

Join us in welcoming our newest residents during the New Resident Mixer on Friday, March 30, at 2:30 p.m.

MANAGEMENT TEAM

- Kristen Rickard-Urraro, *Executive Director*
- Jill Taylor, *Director of Resident Programs*
- Deborah Barth, *Business Office Manager*
- Mark Abbott, *Dining Services Director*
- Mark Cunningham, *Dining Room Manager*
- Anthony Rivera, *Director of Plant Operations*
- Heather Sydnor, *Health and Wellness Director*

THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month, we honor spectacular SHARON HILL, Medication Technician in our Assisted Living world! Sharon embodies every characteristic of a HEART Hero. She continuously supports the team in a wide assortment of ways. She is kind, patient, warm-hearted and loyal. Sharon is always thinking of others and how we can do our best work to serve our residents with excellence. Sharon is an integral part of our mission and without her dedication and contribution, Andara would not be the same. Sharon has been married for 29 years and has one son. Congratulations, Sharon!



Sharon Hill

TRAIN YOUR BRAIN *solution*

1	2	3	5	7	8	4	9	6
9	7	5	6	4	1	8	3	2
4	6	8	9	2	3	1	7	5
6	5	2	8	9	7	3	1	4
8	3	4	2	1	5	7	6	9
7	9	1	3	6	4	2	5	8
2	1	9	7	8	6	5	4	3
5	8	7	4	3	9	6	2	1
3	4	6	1	5	2	9	8	7

