

The Gardens greetings & St. Elizabeth stories.

Featured Meetings and Activities

IL Resident Meeting
Mon. Mar. 3rd - 1 PM
Auditorium

**AL Resident Meeting &
Chef Chat**
Tues. Mar. 25th - 1:30 PM
Day Room

**AL Activities
Planning Meeting:**
Tues. Mar. 25th - 2 PM
Day Room

Mardi Gras Mask Making
Sunday, Mar. 2nd 12:30 PM
Auditorium

Mardi Gras Happy Hour
Tues. Mar. 4th - 4 PM
Skyview Pub

Celtic Steps Dancers
Friday, Mar. 14th - 1:00 PM
Auditorium

**St. Paddy's Day
Dinner Buffet**
Mon. Mar. 17th - 4:30 PM
Bistro Lobby/ Dining Room

Equinox Toast w/ Aram
Wed. Mar. 19th 6 PM
Skyview Pub

March Birthday Party
Fri. Mar. 28th - 1:30 PM
Auditorium

Spring Into Action: Simple Ways to Stay Active in March

March marks the official start of spring, a time for renewal and rejuvenation! While the weather might still be a bit unpredictable, it's the perfect time to gently increase your activity levels and enjoy the longer days. Even small changes can make a big difference to your health and well-being.

Gentle Movement, Big Benefits:

Forget strenuous workouts! Focus on activities you enjoy and can easily manage. Here are a few ideas:

- **Walking:** A simple stroll around the block, a trip to the park, or even walking during commercials can boost circulation and lift your spirits. Aim for at least 15-20 minutes of walking most days.
- **Chair Exercises:** Many gentle exercises can be done seated, improving flexibility and strength. Look for chair yoga videos online or ask your doctor or physical therapist for recommendations.
- **Gardening:** If you have a green thumb, gardening is a fantastic way to get some light exercise and enjoy the fresh air. Even tending to a few potted plants can be beneficial.
- **Social Activities:** Join a walking group, attend an event, or simply spend time with friends and family. Social interaction is crucial for mental and emotional well-being.

Remember to Listen to Your Body:

It's important to start slowly and gradually increase the intensity and duration of your activities. Pay attention to any pain or discomfort and stop if needed. Staying hydrated is also key, especially during warmer weather.

Consult Your Doctor:

Before starting any new exercise program, it's always a good idea to consult your doctor or physical therapist, especially if you have any underlying health conditions. They can help you create a safe and effective plan tailored to your individual needs. This March, let's embrace the season's energy and focus on gentle movement and social connection. Small steps can lead to big improvements in your overall health and happiness!

Join Us At St. Joseph's Table Event - Our Lady of Mount Carmel Church

If anyone is interested in volunteering to help at or attend Our Lady of Mount Carmel's 47th Annual St. Joseph's Table on Saturday, March 15th, please sign up in the Activities Binder near the front desk. Flyer posted below with more information. Andy will be taking everyone over on the bus. Reservation required, limited space available.



The flyer features a central image of a wooden statue of Saint Joseph, dressed in a brown tunic and apron, holding a carpenter's plane. The statue is surrounded by a large arrangement of golden-brown braided breads. The background is a dark, patterned surface with a stained-glass-like texture. Text is overlaid on the left side of the flyer, and social media icons and contact information are at the bottom.

St. Joseph's Table

For the 47th year, we honor Saint Joseph with a meatless feast of traditional Italian foods. We gratefully accept your free-will donation, and those donations will be used to serve the less fortunate in our community.

Saturday,
March 15, 2025
4pm to 7pm
with Table Blessing at 3:45pm

Sunday,
March 16, 2025
11am to 3pm

Parish Hall
3517 Navajo St.
Denver, CO 80211

EST 1894

OUR LADY OF MOUNT CARMEL
HISTORIC ITALIAN CATHOLIC CHURCH OF DENVER

3549 Navajo St. Denver, CO 80211
303-455-0447
OurLadyMountCarmel.com

New GSE Neighbors

Frieda Espinosa

Char Roubik

Joe Castillo

Claudia Grisenti

Carol Foster

Featured Services

GSE Security

720-614-4373

6:00 PM to 6:30 AM

Therapy Services

Legacy Healthcare
Services Physical,
Occupational and
Speech Therapy
Services.

Call 303-964-2112

Concierge Care Services

Family Tree In-Home
Care

Call 303-791-3155

Hearing Aid Clinic

Monthly visit.
Sign-up at Activity
Desk

Dermatologist Visits

Monthly visit.
Sign-up at Activity
Desk

Optometrist Clinic

Monthly visit.
Sign-up at Activity
Desk

Foot Care Clinic

Please sign-up with
the Front Desk.

Religious Services

Mass Schedule

Mon., Tues., Thurs. & Fri.

10:00 AM

Sat. 4:00 PM

Sun. 10:00 AM

LOCATION: Chapel

Confession

First full week of each month - Monday, Tuesday, Friday & Saturday after Mass.

Sacrament of the Anointing of the Sick:
Upon Request

Divine Mercy Chaplet & Rosary

30 Minutes prior to each Mass

LOCATION: Chapel

Adoration

Fridays - 1 PM to 4 PM

Interdenominational Worship Service

Wed. 10:30 AM

LOCATION: Chapel

Scripture Study

Independent Living:

Every Tuesday
2:15 PM

14th Floor Skyview Pub

Assisted Living:

Every Thursday
11:00 AM
Day Room

Catholic TV

Programming:

EWTV - Channel 233
Daily Mass at 6 AM,
10AM, 5 PM & 10 PM

Protestant TV

Programming:

Channel 230

Spiritual Life Reminders by Chaplain Aram

Monday Afternoon Video Series: Mondays from 3:00 – 4:00 PM in the Auditorium. We are continuing the series, The Chosen. Our residents have loved this series; if you haven't experienced it, check it out! We will be finishing Season 3 and moving into Season 4.

In-Person Scripture Study Discussion: IL residents meet at 2:15 PM in the Pub on the 14 th floor (*no study on March 4). Assisted Living residents meet on Thursdays at 11:00 AM in the Day Room.

Changes in Services in March: We will be having Mass on Wednesday, March 5 (for Ash Wednesday) and Wednesday March 19 (for the Solemnity of St Joseph). The Interdenominational Service will therefore be moved to Tuesday, March 5 and Tuesday March 18.

Stations of the Cross: During Lent, every Thursday at 3:00 PM our Sacristans will lead this on March 6, but for the remainder of Lent this will be led by the Seminarians (who will then lead Rosary at 3:30). Come Celebrate Spring! As we do at each change of season, Chaplain Aram will celebrate the Vernal Equinox with a "Spring Ritual & Champagne Toast" on Wednesday, March 19 at 6 PM in the Pub.

Movie Night with Chaplain Aram: Monday, March 31 at 6:00 PM. Aram will be showing the movie, Freud's Last Session (2023). Sigmund Freud (portrayed by Anthony Hopkins) and C.S. Lewis (portrayed by Matthew Goode), engage in a fictional meeting two days after the start of World War II. They debate the existence of God, as Freud greatly resents Lewis's recent rejection of his own strain of atheism in favor of Christianity, and many other subjects, such as Lewis's post-traumatic stress disorder as a World War I combat veteran, and J. R. R. Tolkien and the Inklings.

Visitation: if you would like a visit for prayer, encouragement, pastoral counsel, or a Home Blessing, please call me at ext. 2355. Also, I am available to discuss/create a funeral plan with you (it's never too early!)

Daylight Savings Reminder

Sunday, March 9th is Daylight Savings, be sure to set your clocks one hour forward on Saturday evening before you go to bed!



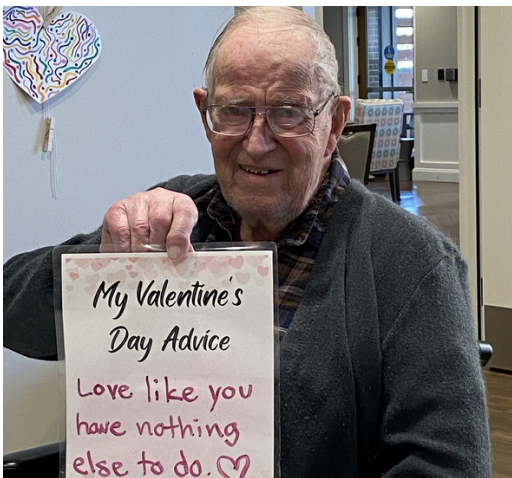
March Birthdays

Happy Birthday!

Mar. 2nd Saer Diallo - Healthcare
Mar. 3rd Ida Mennen
Mar. 3rd Uriel Buenrostro-Lopez - Dining
Mar. 3rd Addyson Sabala - MC Life Enrichment
Mar. 6th Bill Park
Mar. 8th Mary Popp
Mar. 9th Charlotte Sacks
Mar. 10th Adeline Cic
Mar. 10th Lynne Nelson
Mar. 10th Margaret McKibben - Healthcare
Mar. 11th Marilyn Thornton
Mar. 14th Xenia Grant
Mar. 15th Patricia Cracraft
Mar. 15th Chris Miller - Executive Director

Mar. 17th Vanesa Acosta - Healthcare
Mar. 18th Sue Kruse - Healthcare
Mar. 18th Stephanie Strange - Healthcare
Mar. 19th Emma Pacheco
Mar. 19th Chennel Guzman - Healthcare
Mar. 20th Jeanne Burke - Director of Nursing
Mar. 22nd Louise du Chelas
Mar. 23rd Amadeus Acosta - Dining
Mar. 26th Dan Cliniciu - Maintenance Director
Mar. 27th Viola Medina
Mar. 28th Paige Garcia - Healthcare
Mar. 29th Rhiana Pochman - Healthcare
Mar. 29th Natalya Aleksandrovna - Healthcare
Mar. 30th Betty Steele

Fun Photos from February



St. Patrick's Day Word Search

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

GOLD
LEPRECHAUN
PATRICK

GREEN
POT
CLOVER

SHAMROCK
LUCK
IRISH

MARCH
EMERALD
WISH

RAINBOW
IRELAND
MAGIC