

Palm Cottages

Assisted Living & Memory Care • 3821 Sunnyside Ct, Rockledge, FL • (321) 633-1819



With Easter right around the corner, here are a few Egg-ceptional World Records

The largest Easter egg hunt consisted of 501,000 eggs that were searched for by 9,753 children and their parents at the Cypress Gardens Adventure Park in Winter Haven, Florida, USA, in April 2007.

The largest decorated Easter egg, built in Alcochete, Portugal was 14.79 m (48 ft 6 in) long and 8.40 m (27 ft 6 in) in diameter when measured in March 2008.

The largest chocolate Easter egg, weighing a whopping 7,200 kg (15,873 lbs 4.48 oz) and with a circumference of 19.6 m (64 ft 3.65 in) at its widest point. It was created in Tosca, Italy, in April 2011.

The largest Easter egg tree was set by Zoo Rostock GmbH, Rostock, Germany who decorated a tree with 76,596 painted hens eggs in April 2007.

The most expensive non-jeweled chocolate egg sold at auction for an egg-travagant \$11,107. It was sold at the Royal Courts of Justice, London, UK, in March 2012. The chocolate egg named the 'Golden speckled egg' was made with Amedei Chocolate, edible Gold leaf and filled with couture chocolate and truffles. The egg was decorated with 12 smaller chocolate eggs, 20 mini chocolate bars and 5 white flowers, and took over three days to make. The egg was estimated to weigh over 50 kg (110.23 lbs) and was approximately 107 cm (3 ft 6.13 in) tall and 54 cm (1 ft 9.26 in) wide.

Executive Team

Sandy Richards
Executive Director

Sabrina Creasy
Sales & Marketing Director

Monica Lucier
Culinary Director

Amanda McGrath
Resident Care Director

Tiffany Morrison
Asst. Resident Care Director

Jordan Deacon
Resident Care Coordinator

Beth Ivanchak
Business Office Director

Samantha Miller
Human Resources Manager

Jessie Sibert
Maintenance Director

Brenda Parrish
Activities Director

A huge shout out and thank you to our sponsors!!



Hygiene – On the Go
Serving Brevard County since 2007



Activities Hot Spot

The Hot Spot will be used to highlight, describe, and outline the benefits of activities. If you ever have any questions regarding the calendars, please don't hesitate to contact the activity department at: bparrish@palmcottagesfl.com.



Tai Chi

If you are looking for a low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts, Tai Chi is for you. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement. Here are just a few of the many benefits of Tai Chi:

1. Relieves physical effects of stress
2. Promotes deep breathing
3. Helps with arthritis pain
4. Reduces blood pressure
5. Enhances concentration
6. Improves balance and stability

Coloring Creations

Coloring incorporates both areas of the cerebral cortex which control vision and helps with coordination and fine motor skills. Coloring books and coloring pages for adults are extremely therapeutic and assists with reducing anxiety.

If, at the end of the day, you really wish to relax and get away from it all, this will surely help you relax and unwind. It is like taking a vacation without going anywhere!

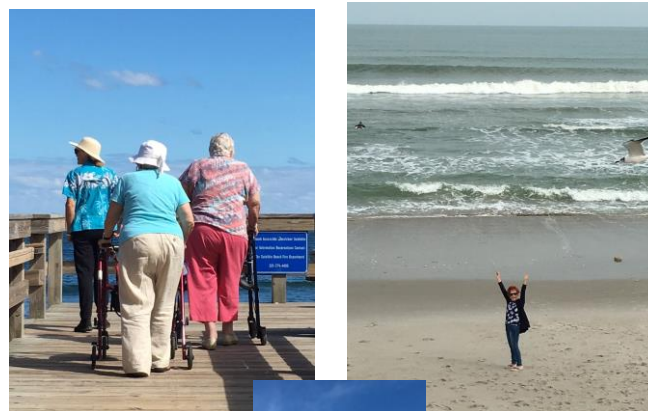
Resident Creations



Welcome

Stan L.
Marjorie C.
Donald T.
Shirley T.
Van S.
Robert T.
Edward M.

We are so glad you have chosen
Palm Cottages as your new Home!



Benefits of living
in the
Space Coast...

Wetlands,
Beaches,
& Rocket
Launches



March Madness Spring Break
Birthday Bash
Wednesday, March 21st
Noon in the Clubhouse



St. Patrick's Day Word Search

Word List

BUCKLE	FOLKLORE	POEMS
CARD	IRELAND	POT
CHARM	LEPRECHAUN	SNAKES
COINS	MUSIC	WISH

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

March Birthdays

- 2nd Stan L.
- 8th Joe A.
- 10th Margaret B.
- 12th Ella W.
- 15th Mina C.
- 15th Eleonore L.
- 16th AnnaMaria R.
- 19th George S.
- 20th Ann N.
- 23rd Doris F.
- 24th MarySue M.
- 29th Patty G.



A Slice of Pi

When one measures a circular object, it always turns out that its circumference, or the length around, is a little more than three times its width across—3.1415926 to be exact. This number, known as pi, actually goes on forever. Scientists have calculated its value to more than one trillion digits past its decimal. But for the purposes of celebration, Pi Day is held on March 14, or 3/14, each year. The first Pi Day was organized in 1988 by physicist Larry Shaw, who worked at the San Francisco Exploratorium. The original celebration consisted of Exploratorium staff walking around in a circle and eating pies. Celebrations have evolved since then, including competitions to see who can recite the most digits of pi and Albert Einstein look-alike contests, thanks to that famous scientist's birthday also falling on March 14. It's a mathematical holiday Einstein likely would have been pleased to be a part of.