Castle Senior Living
Forest Hills

The Castle Gazette

108 25 Horace Harding Expressway • Forest Hills, NY 11368 • (718) 760-4600

March 2026

Silence Scammers

Scammers stole a record-setting $12.5 billion in 2024, according to the Federal Trade Commission. Here are three strategies to protect yourself from fraud:

Download an app. Most wireless carriers offer their customers free apps that block scam calls and texts.

Let it ring. If you receive a call from an unknown number, let it go to voicemail, where legitimate callers will likely leave a message.

Use your settings. Many phones have settings that allow you to silence unknown callers, label calls as likely spam, or enter "do not disturb" mode during times when you frequently receive unwanted calls.

Hero Status

Since 1943, Red Cross Month has been observed in March to honor committed volunteers. Every year, the Red Cross responds to more than 60,000 disasters and collects more than 4 million blood donations.

World-Changing Women

In honor of Women's History Month in March, consider the words of abolitionist Harriet Tubman: "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars, to change the world."

Turn Around, Bright Eyes

It's a total eclipse of the moon on March 3, starting at about 6 a.m. EST.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Welcoming Spring

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 20. On this day, the sun is directly over the equator, so day and night are of equal length.

Lots of Luck

No luck picking a one-in-10,000 four-leaf clover? Fortunately, there are plenty of other good luck charms around the world that are easier to find:

Acorn. This small seed packs the promise of a mighty oak. English soldiers used to pocket them for protection.

Maneki-neko. Meaning "beckoning cat" in Japanese, this waving feline statue's upright paw symbolizes good fortune.

Horseshoe. Early European settlers brought this lucky charm across the pond, and it has since evolved into a cowboy culture icon.

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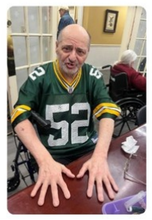
JR Jewel Room
CA Common Area
MR Media Arts Room
FR Family Room
SR Sitting Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 CA Chair Exercise 9:45 MR Pretty Nails / Appointment only 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo 3:30 MR Let's Talk	2 11:00 MR Read Across America Week Workshop 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 MR Pretty Nails / Appointment only	3 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 4:00 SR Table Game	4 	5 10:00 FR Morning Devotion w/ St. Joseph 11:00 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Let's Talk 4:00 CA Exercise Time	6 10:00 MR Fantastic Friday 11:00 MR Feel Good Friday 2:00 JR Bingo 3:30 MR Arts and crafts 6:15 CA Exercise time 7:30 CA Let's Talk 8:15 CA Store time	7 9:30 CA Exercise Session 10:00 MR Trivia 11:00 CA Story Chain Activity 12:00 MR Tunes and Drawing 2:00 JR Bingo
DAYLIGHT SAVING TIME BEGINS 8 9:30 CA Chair Exercise 9:45 MR Pretty Nails / Appointment only 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo	9 11:00 MR Motivational Monday 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 MR Arts and Crafts	10 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:15 SR FOOD COMMITTEE MEETING	11 10:00 MR Brain awareness workshop 2:00 JR Bingo	12 10:00 FR Morning Devotion w/ St. Joseph 11:00 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 CA Let's Talk	13 10:00 MR Fantastic Friday 11:00 MR Feel Good Friday 2:00 JR Bingo 3:30 MR Arts and crafts 6:15 CA Exercise Time 7:30 CA Let's Talk 8:15 CA Store time	14 9:30 CA Exercise Session 10:00 MR Trivia 11:00 MR Story Chain Activity 2:00 JR Bingo 3:30 MR Tunes and Drawing
15 9:30 CA Chair Exercise 9:45 MR Pretty Nails / Appointment only 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo 3:30 CA Let's Talk	16 11:00 MR Motivational Monday 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 SR Trivia with Bruce and Amina	17 10:00 MR Terrific Tuesday 11:00 MR St Patrick's Day Gathering 2:00 JR Bingo 3:30 FR St Patrick's Day Celebration	18 10:30 SR Monthly Mass w/ St. Leo's Church/ Ash Wednesday 2:00 JR Bingo	19 10:00 FR Morning Devotion w/ St. Joseph 11:00 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 CA Let's Talk	20 10:00 MR Fantastic Friday 11:00 MR HIV AIDS awareness workshops 2:00 JR Bingo 3:30 MR Arts and crafts 6:15 CA Exercise time 7:15 CA Let's Talk 8:15 CA Store time	21 9:30 CA Exercise Session 10:00 MR Trivia 11:00 CA Story Chain Activity 2:00 JR Bingo 3:30 MR Tunes and Drawing
22 9:30 CA Chair Exercise 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo 3:30 CA Let's Talk 9:45 MR Pretty Nails / Appointment only	23 11:00 MR Motivational Monday 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles 3:30 MR Arts and Crafts	24 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:15 SR RESIDENT COUNCIL MEETING 4:00 SR Table Game	25 	26 10:00 FR Morning Devotion w/ St. Joseph 11:00 MR Thankful Thursday 2:00 JR Bingo 3:30 CA Exercise Time 4:00 CA Let's Talk	27 10:00 MR Fantastic Friday 11:00 MR Good Friday 2:00 JR Bingo 3:30 MR Arts and crafts 6:15 CA Exercise Time 7:30 CA Let's Talk 8:15 CA Store time	28 9:30 CA Exercise Session 10:00 MR Trivia 11:00 MR Story Chain Activity 2:00 JR Bingo 3:30 MR Tunes and Drawing
29 9:30 CA Chair Exercise 9:45 MR Pretty Nails / Appointment only 10:00 FR Joel Osteen (Televised) 2:00 JR Bingo 3:30 CA Let's Talk	30 10:00 MR Makeup with Meagan for women's month kind Regards 3:00 SR Virtual Prayer & Devotion W/ Chaplain Toles	31 10:00 MR Terrific Tuesday 11:00 MR Transformation Tuesday 2:00 JR Bingo 3:30 SR Table Game 4:00 CA Exercise Time				

Calendar of Events

Illustratus
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