

Old Wives Tales Origins

Step on a crack and you'll break your Mother's back.

This rhyme is believed to have originated in England in the 19th century and was used to teach children to be careful when walking on uneven sidewalks.

A Black cat crossing your path is unlucky.

Traced back to medieveel Europe, black cats were associated with witches and superstitions. Crossing paths with one was believd to bring bad luck.

Find a four leaf clover for good luck.

Celtic folklore believed that finding a four leaf clover could ward off evil spirits. The rarity of the cloud added to its mystical properties.

Throwing spilled salt over your left shoulder.

Traced back to ancient times when salt was a precious commodity, throwing it over the left shoulder is believed to ward off evil spirits.

Don't sweep at night. You'll sweep away your wealth.

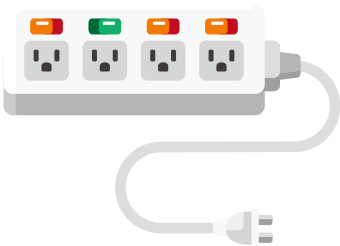
Rooted in practicality, sweeping at night in the past could lead to the loss of valuable items in low light.

Knock on wood for good luck.

The ancient belief that spirits resided in trees, knocking on wood was a way to seek protection or express gratitude.

Maintenance Corner

Mike from our Maintenance department would like to remind all families to please not use extension cords unless they are surge-protected. Also, you do not need to bring in light bulbs for your loved one's lamps. We need to be careful that the light bulb is the correct wattage. These concerns are considered fire hazards. You can direct questions to Deena or Mike.



Can you find the secret way to the secret place where the leprechaun hides his pot of gold?



\* Resident Referral Bonus is \$1000.00

HORST MANAGEMENT SERVICES

VISION  
Performing with a passion for excellence while doing the right things the right way.

MISSION  
Connecting with our customers. Knowing their needs and exploring their ideas. Delivering products and services that they value.

VALUES  
Honor God  
Employee Focused - Customer Centered  
Supplier/Partner Relationships  
Community Minded  
Growth and Profitability



The Cottage Gate

News from Columbia Cottage Assisted Living Community  
The ONLY Licensed Assisted Living in the area

March 2024

Message from the President of Columbia Cottage

Let Go of Grudges

The adage "let go of grudges" is so easy to say but quite difficult to accomplish. Everyone knows people who cannot let go of the hurts they experienced. Their bitterness shows on their faces; in their actions. My grandfather would say,"... nurturing unresolved anger toward someone who hurt you creates infection in the victim, not the perpetrator." He would go on to say that making peace with the past can give you a renewed sense of purpose, a lighter step, and a healed heart. I think that we all could appreciate having a lighter step as we go about our day. So... I encourage you all to take off the glasses of old hurts and ask God to reveal any resentment you might be harboring. To be more specific, think of someone who hurt you, forgive that person, and ask God to heal your hurt once and for all.



Jim



Baking Bliss

Our little bakers are hard at work making cinnamon rolls.

Artistic Delights

Residents enjoy painting ceramic hearts and Valentine's gnomes.



Celebrating Together



We had a large group gathering, enjoying some wine, cheese, and good cheer.

  
**Columbia Cottage**  
ASSISTED LIVING  
[www.ColumbiaCottage.com](http://www.ColumbiaCottage.com)

2288 Grandview Road,  
Hanover, PA  
(717) 547-9781



Please review your experience with us:  
<https://www.columbiacottage.com/experience/>

[www.columbiacottage.com/whats-happening/](https://www.columbiacottage.com/whats-happening/)  
Note: Calendar is available online and is subject to change. HANOVER

# MARCH 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

In Memory of  
Larry Fissel  
Edna Harrison



**1**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ladder Ball  
2:30 Birthday Bash

**2**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Hangman  
2:30 Caleb Myers

**3**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Kickball  
3:30 Nails Rooms 21-31

**4**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Simon Says  
3:30 Wii Bowling  
3 and 6 Poochy Pals

**5**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Golf  
3:30 Crafts

**6 National Oreo Day!**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ladder ball  
3:30 Oreo Tasting Social

**7**  
8:15 Daily Word  
9:45 Communion  
10:00 Morning Stretch  
11:00 Cornhole  
1:30 Rosary  
3:30 PLAID Categories

**8**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Horseshoes  
3:30 Bryan Herber

**9**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Balloon Toss  
3:00 Bingo

**10 Daylight Savings  
Spring Forward**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Golf  
2:30 Missionary Bible Baptist  
3:30 Nails 32-42

**11**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Kickball  
3:30 Movie Star Trivia  
3 and 6 Poochy Pals

**12**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Balloon toss  
2:30 Shamrock Shakes and  
Lucky Charm Bars

**13**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Kickball  
2:00 Staff Meeting

**14**  
8:15 Daily Word  
9:45 Communion  
10:00 Morning Stretch  
11:00 Bowling  
1:30 Rosary  
2:30 Auction

**15**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Golf  
3:00 Bingo

**16**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ladder ball  
3:30 Nails 1-10

**17 St. Patrick's Day!**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ringo Toss  
3:00 First Church of God

**18**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Horseshoes  
3:30 Wii Bowling  
3 and 6 Poochy Pals

**19 Spring Begins!**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ladder ball  
3:00 Resident Council

**20 Melts in your Mouth,  
Not in your Hand**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Simon Says  
3:30 M & M Conversation  
Game

**21**  
8:15 Daily Word  
9:45 Communion  
10:00 Morning Stretch  
11:00 Hangman  
1:30 Rosary  
3:30 Jeopardy

**22**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Golf  
3:30 You are saying it wrong.  
Conversations

**23**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Bean bag toss  
3:00 Bingo

**24 Palm Sunday**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Kickball  
3:30 Nails 11-21

**25**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Bowling  
3:30 Palm Sunday Trivia  
3 and 6 Poochy Pals

**26**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ring toss  
3:30 Crafts

**27**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Golf  
2:30 Dye Easter Eggs

**28 Maundy Thursday**  
8:15 Daily Word  
9:45 Communion  
10:00 Morning Stretch  
11:00 Balloon toss  
1:30 Rosary  
3:30 Trivial Pursuit Trivia

**29 Good Friday!**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Kick ball  
3:30 Memory Game

**30**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ring Toss  
3:00 Bingo

**31 Easter Sunday**  
8:15 Daily Word  
10:00 Morning Stretch  
11:00 Ring Toss  
3:30 Spring Hangman

## Congratulations!

Resident Birthdays  
Robert Bowersox, 3/2  
Daniel Redding, 3/30

Staff Birthdays  
Valerie Rolon, 3/1  
Deena Brant, 3/2  
Joy Gerwig, 3/3

Employee Anniversaries  
Olivia Stambaugh, Homemaker – 1 Year



ANSWER:

