

Spring Makes
Everything Young Again.

MARCH 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 ASH WEDNESDAY	7	8	9
10	11	12	13	14	15	16
17 ST PATRICK'S DAY	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



We're starting to see daffodils and tulips springing up! If, like me, the budding plants make you want to do something to renew yourself, why not learn a new language (free at [Duolingo.com](https://www.duolingo.com)) or a craft ([craftsy.com](https://www.craftsy.com))? Either--or both--are really good for your brain health!