



Fun Facts about March Madness...

1. Your odds of filling out a perfect bracket are not good. In fact, they are lower than your odds of winning the lottery, getting struck by lightning, and having a boa constrictor emerge through the pipes in your toilet all on the same day. Your chances of nailing every pick are 1 in 9.2 quintillion!
2. The NCAA tournament may be the ultimate time-burgler. Wallethub estimates that hourly corporate losses will amount to roughly \$1.9 billion as a result of workers whose productivity has been diverted by March Madness.
3. The lowest seed ever to win the tournament was the #8-ranked Villanova. The Wildcats took home the coveted net in 1985. The very next year, 11th seeded LSU became the lowest seed to crack the Final Four. That feat was repeated by George Mason in 2006 and VCU in 2011.
4. 2008 may hold the record for being the most predictable tournament ever. It is the only time that all four No. 1 seeds—Kansas, North Carolina, UCLA, and Memphis—locked horns in the Final Four.
5. 1939 was also the inaugural year of the NCAA tournament. Only eight teams competed for the title, with the Oregon Webfoots emerging victorious over the Ohio State Buckeyes.
6. Though it is regarded today as the consolation bracket, the National Invitation Tournament (NIT) predates the NCAA by one year and was seen by many as the superior of the two tournaments well into the 1950s. In fact, between 1943 and 1945, the respective winners of the NIT and NCAA tournaments faced off against one another in order to secure a true national championship title.
7. Until the mid-1950s, teams were permitted to participate in both the NIT and NCAA tournaments. City College of New York is the only school to land titles in both brackets, accomplishing the singular feat in 1950.
8. New York College won both tournaments in 1950, but unfortunately, you couldn't call New York College's dual victory a distinction. The following year, four of the program's players were arrested in a point-shaving scandal that ultimately implicated 30 players at seven schools
9. Notre Dame shooting guard Austin Carr set a tournament game record by sinking 61 points in a first round matchup with Ohio. No player has since threatened that record. NBA Hall of Famer David Robinson came closest in his Navy days with 50 points during a 1987 contest.
10. The University of North Carolina holds the record for the worst loss in tournament history. The Tar Heels are widely recognized for their historical excellence but they also hold this ignominious distinction. In 1941, they set a record for ineffectiveness which still stands, logging a humiliating 20 points in a losing effort against Pittsburgh in that year's East Regional Semifinals.



March 2021

630 CAROLINA BAY DR. WILMINGTON, NC 28403

Your lifestyle calendar designed around the 6 aspects of wellness; Purposeful, Spiritual, Physical, Social, Emotional, Intellectual

Shore Things This Month..

Read Across America Day: Discussing Our Favorite Books

Tuesday, March 2nd at 10am in the Forum

Join Courtney for a fun discussion on all of our favorite books to highlight Read Across America Day! It will be a fun way to share our favorites and add to our "to-read" lists. Coffee will be available. Please sign up in the teal binder. Masks are required to be worn throughout the activity.

St. Patrick's Day Social

Wednesday, March 17th at 3:00 and 4:00pm in the Fourm

Join us for our first social of 2021! We will be serving up some green beer and rainbow snacks. There will be traditional Irish music played and a game or two! There are two time sessions and each session will last about 45 minutes to accommodate everyone. Please sign up in the teal binder. Masks are required to be worn throughout the social.

Acrylic Pour-over Canvas and Coffee Mug Art

Monday, March 22nd at 1:30 in the Art Studio

This cool new trend where you literally pour-over acrylic paint onto a white canvas is fun, a little messy, and creates a one of a kind piece of art that you can hang in your home or gift to a friend. Sign-up required. Masks are required to be worn for the duration of the activity.

INSPIRE Intern Presentation

Monday, March 22nd and Wednesday, March 24 at 2:00pm in the Forum

INSPIRE intern Kaylee Price highlights the benefits of mindfulness and it's influence on cardiovascular health. This presentation will include an interactive activity as well as fact sheets/brochures. This presentation is part of Kaylee's senior project for her B.S. in Public Health so please come support her. 25 spots in each session! If you can't attend the presentation in person, you are welcome to view on Channel 1395 or via Youtube (link provided—ask Haley/Shannon for details).

Out on the Town (Safely)...

OUTING: New Hanover County Resident Free Day at Airlie Gardens/L

Sunday, March 7th at 10:30am at Airlie Gardens

Looking to safely get out of your home for a little while? Look no further than New Hanover County Resident Free Day! You will have to reserve tickets online, please note tickets are not available upon arrival and show valid ID upon arrival. If you need help reserving a ticket online please see Courtney or Ashley before signing up. Meet in the Lobby at 10:15.

OUTING: Tour of Wilmington/L


Tuesday, March 16th at 10:30am

Are you new to Wilmington or just miss seeing all of the beautiful spots Wilmington has to offer? Join us on a tour of Wilmington where we will take a ride through the town and highlight all the beauty of our town. You will get an itinerary and snack so you know all the stops we make! Masks are required to be worn throughout activity. Meet in the Lobby at 10:15.

OUTING: Tour of the New Hanover County Arboretum/L

Tuesday, March 30th at 1:30pm

Join Beverly Lewis as she takes us on a tour of our local Arboretum. New Hanover County Extension Service Arboretum is a 7-acre arboretum established on the grounds of the New Hanover County Cooperative Extension Service, 6206 Olander Drive, Wilmington, North Carolina. It is open daily without charge. The arboretum was formally opened in 1989, and is still under development.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00—1 RSVT/L 10:00 Pot of Gold Craft/AS 10:30 Scattergories/F 11:00 Virtual Bridge Basics/CR 2:00 Baywatch Meeting/AS 3:30 Prize Bingo 4:00 Competitive Ping Pong/WS	2 Read Across America Day No RSVT 9:30 Walking Club/L 10:00 Read Across America Day: Discussing Our Favorite Books/F 11:00 The Great Course/F 1:30 Mahjongg /CR 7:00 Wilmington Symphony with Cellist, John Illingworth/In-house Channel 1395	3 9:00—1 RSVT/L 11:00 Farkle/AS 1:30 Bridge Club/CR 2:00 Free Painting/AS 3:00 TED Talk: US Paris Agreement/F 4:00 Ping Pong/WS 5:00 2nd Floor Zoom Get Together/Zoom	4 9:00—3 RSVT/L 10:00 Walking Club/L 1:00 RSVT—Harris Teeter/L 1:00 Movie Day: Coming to America/F 1:30 Bridge Club 4:00 Movie Day: Coming to America/F 7:00 Billiards/BL	5 9:00—3 RSVT/L 11:00 Farkle/AS 1:00 The Crown/F 1:30 Journey the Bible with Bob Perry/CH 2:30 Environmental Committee/CR 2:30 Maintenance Committee/BL 3:00 Reminiscing Group with Ashley/F	6
7 10:30 OUTING: Airlie Gardens—New Hanover County Free Resident Day/L	8 9:00—1 RSVT/L 10:30 Scattergories/F 11:00 Virtual Bridge Basics/CR 1:30 Book Club/CR 2:30 Life Enrichment Committee/AS 2:45 Wellness Committee/WS 3:30 Prize Bingo 4:00 Competitive Ping Pong/WS International Women's Day	9 No RSVT 9:00 -1 Covid Vaccine Clinic 9:30 Walking Club/L 1:30 Mahjongg /CR 2:00 Operations Committee/BL 7:00 Wilmington Symphony with Youth Orchestra/In-house Channel 1395	10 9:00—1 RSVT/L 11:00 Farkle/AS 1:30 Bridge Club/CR 2:00 Free Painting/AS 3:00 Restorative Yoga with Courtney/WS 4:00 Ping Pong/WS 5:00 2nd Floor Zoom Get Together/Zoom	11 9:00—3 RSVT/L 10:00 Walking Club/L 1:00 RSVT—Harris Teeter/L 1:00 Movie Day: Leap Year/F 1:30 Bridge Club 2:30 Finance Committee/CR 4:00 Movie Day: Leap Year/F 7:00 Billiards/BL	12 9:00—3 RSVT/L 11:00 Farkle/AS 1:00 The Crown/F 1:30 Journey the Bible w. Bob Perry/CH 3:00 Reminiscing Group with Ashley/F	13
14	15 9:00—1 RSVT/L 10:30 Scattergories/F 11:00 Virtual Bridge Basics/CR 3:30 Prize Bingo 4:00 Competitive Ping Pong/WS 7:00 Lord of the Dance/In-house Channel 1395	16 No RSVT 9:30 Walking Club/L 10:30 OUTING: Tour of Wilmington/L 11:00 The Great Course/F 1:30 Mahjongg /CR 2:00 Operations Committee/BL 7:00 Lord of the Dance/In-house Channel 1395	17 Happy St. Patrick's Day! 9:00—1 RSVT/L 11:00 Farkle/AS 1:30 Bridge Club/CR 2:00 Free Painting/AS 3:00 St. Patrick's Day Social/F 4:00 St. Patrick's Day Social/F 5:00 2nd Floor Zoom Get Together/Zoom	18 March Madness Begins 9:00—3 RSVT/L 10:00 Walking Club/L 1:00 RSVT—Harris Teeter/L 1:00 Movie Day: Hamilton/F 1:30 Bridge Club 2:00 March Madness Trivia/AS 4:00 Movie Day: Hamilton/F 7:00 Billiards/BL	19 9:00—3 RSVT/L 11:00 Farkle/AS 11:00 Council Members Meeting/CR 1:00 The Crown/F 1:30 Journey the Bible w. Bob Perry/CH 3:00 Reminiscing Group with Ashley/F	20 9:00—3:00 Spring Market at The Burgwin-Wright House and Gardens/Independent Activity
21	22 9:00—1 RSVT/L 10:30 Scattergories/F 11:00 Virtual Bridge Basics/CR 1:30 Acrylic Pour Canvas & Coffee Mug/AS 2:00 INSPIRE Intern Presentation/F 3:30 Prize Bingo 4:00 Competitive Ping Pong/WS	23 No RSVT 9:30 Walking Club/L 11:00 The Great Course/F 1:30 Mahjongg /CR 1:30 OUTING: Tour of Carolina Beach/\$L 3:00 Caregiver Support Group/F 7:00 Lord of the Dance/In-house Channel 1395	24 9:00—1 RSVT/L 11:00 Farkle/AS 1:30 Bridge Club/CR 2:00 INSPIRE Intern Presentation/F 2:00 Free Painting/AS 4:00 Ping Pong/WS 5:00 2nd Floor Zoom Get Together/Zoom	25 9:00—3 RSVT/L 10:00 Walking Club/L 1:00 RSVT—Harris Teeter/L 1:00 Movie Day: Free Solo/F 1:30 Bridge Club 2:00 March Madness Cookie Decorating/AS 4:00 Movie Day: Free Solo/F 7:00 Billiards/BL	26 9:00—3 RSVT/L 11:00 Farkle/AS 1:00 The Crown/F 1:30 Journey the Bible w. Bob Perry/CH 3:00 Reminiscing Group with Ashley/F	27
28 10:00—4:00 Growing Natives: Botanical Art & Illustrations from the Backyard at The Burgwin-Wright House and Gardens/Independent Activity	29 9:00—1 RSVT/L 10:30 Scattergories/F 1:00 Virtual Bridge Basics/CR 3:30 Prize Bingo 4:00 Competitive Ping Pong/WS	30 No RSVT 9:30 Walking Club/L 11:00 The Great Course/F 1:30 Mahjongg /CR 1:30 OUTING: Tour of the Arboretum/\$L 7:00 Lord of the Dance/In-house Channel 1395	31 9:00—1 RSVT/L 11:00 Farkle/AS 1:30 Bridge Club/CR 2:00 Free Painting/AS 3:00 TED Talk: The Power of Vulnerability/F 4:00 Ping Pong/WS 5:00 2nd Floor Zoom Get Together/Zoom	<h1>March 2021</h1>		