

The Augustine Eagle

MARCH 2026





RESIDENT FORUM MINUTES

Held Feb 26, 2026 @ 3:00 pm Multipurpose Room

Present: Naaz, Anne, Cathy, Tim, Joanne, and 32 residents attended in the Multipurpose Room

Naaz Khan: (Executive Director)

- Renovations are on-going & we thank everyone for their patience.
- This week the construction teams are working on the laundry rooms and washrooms.
- We look forward to a new 'Bistro' this area will be more spacious.

Cathy Mason: (Director of Care)

- This flu season will end March 31st. (Fraser Health Date when they deem the flu season has ended.

Tim: (Recreation Manager)

- We are excited to welcome Hailey's sister, Ashleigh. She was the first woman to complete the Pan American Trail. She will be back to tell us about it on March 4.
- Chic Couture Fashions will return with another clothing sale.
- March 5th residents who have signed up will be going to a performance of 'Little Women' at Genesis Theatre – please let us know in advance if you'd like to attend.
- Audrie Keshen's dance class is back on Saturday mornings.
- Reminder the Clocks move One Hour Ahead on March 8th.
- Shawn McKee will be coming to perform more shows in the East Lounge this month.
- St. Patrick's Day the 'O'Brien Irish Dancers' will be back to dance, 11 am on St. Patrick's Day, March 17th.
- First Day of Spring is March 20th.
- We're showing documentaries in the Main Lounge while the Media Room is being renovated.
- Joanne will be hosting a 'Dine In' this month – we'll pass along the details once it's confirmed.
- Memorial Service takes place March 26th – we'll remember those residents who passed away in 2025, please join us.
- For more events taking place in March be sure to check out the Monthly Calendar.

Did you know.....

Who invented Irish coffee.



Joe Sheridan, a chef and bartender at the Flying Boat terminal in Foynes, Ireland, invented this drink in 1943. A plane was forced to return to the terminal because of bad weather, and Sheridan made these special drinks for the chilled passengers to enjoy. They've been popular ever since.



FRIDAY MARCH 6TH "MICHELLE CARLISLE"

FRIDAY MARCH 13TH "EACH OTHER"

FRIDAY MARCH 20TH "EVAN SYMONDS"

FRIDAY MARCH 27TH "GERRY LAYTON"

SATURDAY MOVIES

SATURDAY MARCH 7TH @ 2:00 PM " EVERY LITTLE THING "

Author and wildlife rehabilitator Terry Masear dedicates her life to saving injured hummingbirds in Los Angeles. Her compassion and empathy serves as a reminder that grace can be found in the smallest of acts and the tiniest of creatures.

SATURDAY MARCH 14TH @ 2:00 PM "SEED - THE UNTOLD STORY "

Few things on Earth are as miraculous and vital as seeds -- worshipped and treasured since the dawn of humankind. This documentary follows passionate seed keepers who are protecting a 12,000 year-old food legacy. In the last century, 94 seed varieties have disappeared. A cadre of 10 agrichemical companies, including Syngenta, Bayer, and Monsanto, controls over two-thirds of the global seed market, reaping unprecedented profits. Farmers and others battle to defend the future of our food.

SATURDAY MARCH 21ST @ 2:00 PM " FLIN FLON A HOCKEY TOWN "

The mining town of Flin Flon is similar to most other small towns with one major exception, the community is lovingly obsessed with their junior hockey team, which over the decades has spawned several National Hockey League legends.

SATURDAY MARCH 28TH @ 2:00 PM " SUSIE SEARCHES "

Susie is an awkward college student with a failing true-crime podcast. She seizes the opportunity to boost her popularity by solving the mysterious disappearance of Jesse, a campus heartthrob. With her star on the rise, events soon take a dark turn as she digs out the truth and finds herself in over her head.



O'BRIEN IRISH DANCERS

TUESDAY MARCH 17TH
MAIN LOUNGE
11:00 AM

HAPPY ST PATRICKS DAY

TUESDAY MARCH 17TH
3:30
HAPPY HOUR WITH MICHAEL TURNER
MAIN LOUNGE
ENJOY AN IRISH COFFEE OR GUINNESS
\$3:50

INTERNATIONAL WOMEN'S DAY 2026

MARCH 8



IWD 2026 campaign theme is 'Accelerate Action'

Collectively, we can **Accelerate Action** for gender equality.

Step forward in solidarity for International Women's Day (IWD) 2026 on March 8 to help **#AccelerateAction**.

At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum.

Focusing on the need to **Accelerate Action** emphasizes the importance of taking swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres.

So, together, let's **Accelerate Action** to speed up the rate of progress worldwide.



SUNDAY MARCH 8TH @ 2:00 AM

May love and laughter
light your days,
And warm your heart
and home.
May good and faithful
friends be yours,
Wherever you may roam.

May peace and plenty
bless your world
With joy that long
endures.

May all life's passing
seasons
bring the best to you
and yours.

ireland-calling.com/wisdom-always-remember-to-forget

The text is centered on a light beige background and framed by a decorative black Celtic knot border. A faint green shamrock watermark is visible behind the text.

ST. PATRICK'S DAY

Saint Patrick's Day is a cultural and religious celebration that happens annually on March 17th to mark the death date of the most commonly recognized patron saint of Ireland, Saint Patrick. It is also a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador.



It is believed that St. Patrick, a Roman-Britain-born Christian missionary, was born in the late fourth century and is credited with bringing Christianity to the Irish people.

It is also believed that St. Patrick drove all the snakes out of Ireland. However, post-glacial Ireland never actually had snakes. Many believe that the term "snakes" referred to the serpent symbolism of the Druids of that time and place. Today, there are no snakes to be found.

Irish immigrants began observing the holiday in Boston in 1737 and the first St. Patrick's Day parade was held in New York City in 1766. Corned beef and cabbage are traditional foods eaten on this holiday.

St. Patrick's Day has become a holiday all around the world, and for one day out of the year, anyone can be Irish and join in the celebration.

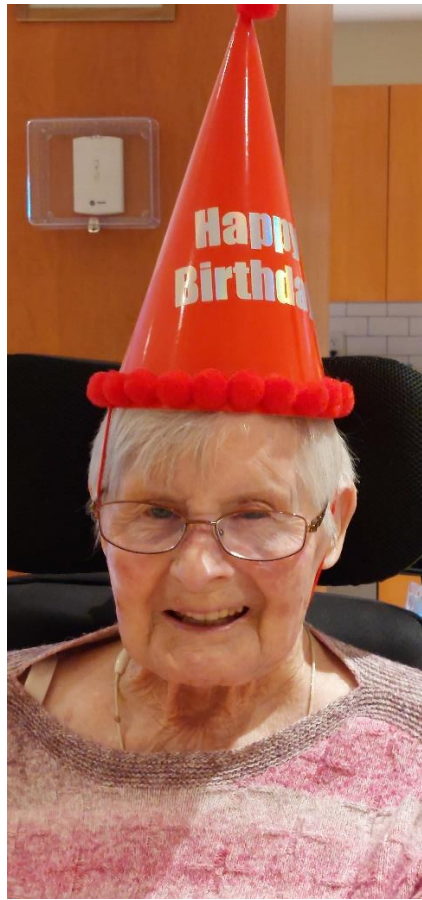
Most people, whether they are Irish or not, wear green on this day. One of the Irish traditions is to pinch anyone who is not wearing green on St. Patrick's Day, So make sure to wear green on March 17th!

HAVEN HOUSE HAPPENINGS

Hello from Haven Houses. What a busy month February was, we celebrated five different Birthday's in Haven House last month! We're kind of glad there's only one in March, we need a break from cake! In honor of St. Patrick's Day, we will be baking Irish Soda Bread and enjoying it with some tasty spreads. We will also keep our self's busy with exercises and we plan to get outside at every opportunity. There's already a lot of spring flowers popping up around the house. We all agree it's a lovely sight and a wonderful way to welcome in spring.



Doing the dishes



Gwen



Julienne



dreamstime.com

DAY OF THE MONTH

NATIONAL LETS LAUGH DAY

Each year, National Let's Laugh Day on **March 19th** reminds us to add a little humor to our day. It's never good to be serious all the time and letting the laughter bubble up from time to time is good for all of us!

#LetsLaughDay

We have all heard the saying, "Laughter is the best medicine." This is the day to take your medicine.

Some studies have shown that laughter may boost your immune system, relieve tension and help you relax as we all know, laughter can also be contagious. Even faking it seems to have some benefits. Classes called "laughter yoga" engage the abdominal muscles, lungs, arms, and facial muscles while using humor to get us laughing to cure what ails us.

When you and a friend have those long bouts of uncontrolled laughter that end in tears and aching stomach muscles that last a good 10 minutes or longer, you burn between 10-40 calories per 10 minutes. So, keep giving each other those don't-look-at-me-or-I'll-start-laughing-again looks and you'll keep right on burning more laugh-healthy calories and you'll enjoy a good memory, too!

Who does not need any of those things in our busy and hectic world?



Guinness is an Irish dry stout that originated in the brewery of Arthur Guinness (1725–1803) at St. James's Gate brewery in the capital city of Dublin, Ireland. Guinness, produced by the Diageo beverages company, is one of the most successful beer brands worldwide. It is brewed in almost 50 countries and is available in over 120. Annual sales total of Guinness in 2011 was 850 million litres (220,000,000 US gal).

Guinness features a burnt flavour that is derived from roasted, unmalted barley, although this is a relatively modern development, not becoming part of the grist until the mid-20th century. For many years, a portion of aged brew was blended with freshly brewed beer to give a sharp lactic flavour. Although Guinness's palate still features a characteristic "tang", the company has refused to confirm whether this type of blending still occurs. The draught beer's thick, creamy head comes from mixing the beer with nitrogen and carbon dioxide when poured. It is popular with the Irish, both in Ireland and abroad. In spite of declining consumption since 2001 it is still the best-selling alcoholic drink in Ireland where Guinness & Co. Brewery makes almost €2 billion worth of the beverage annually.

The company was started in 1759 in Dublin, but had to move its headquarters to London

at the beginning of the Anglo-Irish Trade War in 1932. In 1997, Guinness plc merged with Grand Metropolitan to form the multinational alcoholic drinks producer Diageo.



History

Arthur Guinness started brewing ales in 1759 at the St. James's Gate Brewery, Dublin. On 31 December 1759, he signed a 9,000-year lease at £45 per annum for the unused brewery. Ten years later, on 19 May 1769, Guinness first exported his ale: he shipped six-and-a-half barrels to Great Britain.

There have been claims that Arthur Price, a Welshman, took the original recipe with him to Ireland where he hired a servant, Richard Guinness, whose son later opened the brewery. "Stout" originally referred to a beer's strength, but eventually shifted meaning toward body and colour Arthur Guinness started selling the dark beer porter in 1778. The first Guinness beers to use the term were Single Stout and Double Stout in the 1840s. Throughout the bulk of its history, Guinness produced only three variations of a single beer type: porter or single stout, double or extra and foreign stout for export'. Porter was also referred to as "plain", as mentioned in the famous refrain of Flann O'Brien's poem "The Workman's Friend": "A pint of plain is your only man.

Composition

Guinness stout is made from water, barley, roast malt extract, hops, and brewer's yeast. A portion of the barley is roasted to give Guinness its dark color and characteristic taste. It is pasteurized and filtered. Making the product requires knowledge in the sciences of microbiology, mycology, bacteriology, and thermodynamics. Despite its reputation as a "meal in a glass", Guinness only contains 198 kcal (838 kilojoules) per imperial pint (1460 kJ/l),¹ slightly fewer than skimmed milk, orange juice, and most other non-light beers.

Although Guinness may appear to be black, it is officially a very dark shade of ruby.

Health

Pint of Guinness

Studies claim that Guinness can be beneficial to the heart. Researchers found that "antioxidant compounds" in the Guinness, similar to those found in certain fruits and vegetables, are responsible for the health benefits because they slow down the deposit of harmful cholesterol on the artery walls." Guinness ran an advertising campaign in the 1920s, which stemmed from market research – when people told the company that they felt good after their pint, the slogan was born – "Guinness is Good for You". Advertising for alcoholic drinks that implies improved physical performance or enhanced personal qualities is now prohibited in Ireland.

Spring

By Gerard Manley Hopkins

Nothing is so beautiful as Spring

When weeds, in wheels, shoot long and lovely and lush;

Thrush's eggs look little low heavens,
and thrush

Through the echoing timber does so rinse and wring

The ear, it strikes like lightnings to hear him sing;

The glassy peartree leaves and blooms, they brush

The descending blue; that blue is all in a rush

With richness; the racing lambs too have fair their fling.

What is all this juice and all this joy?

A strain of the earth's sweet being in the beginning

In Eden garden. – Have, get, before it cloy,

Before it cloud, Christ, lord, and sour with sinning,

Innocent mind and Mayday in girl and boy,

Most, O maid's child, thy choice and worthy the winning.





ST. PATRICK'S DAY WORD SEARCH



c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March



We will be holding our Annual Memorial Service in honor of our friends who passed away in 2025.

The Memorial will be held on:

**THURSDAY, March 26th, 2026 at 2:00 pm
In the East Lounge**



Commencing SUNDAY MARCH 1ST 2026 please purchase drink tickets for Social/Happy Hour.

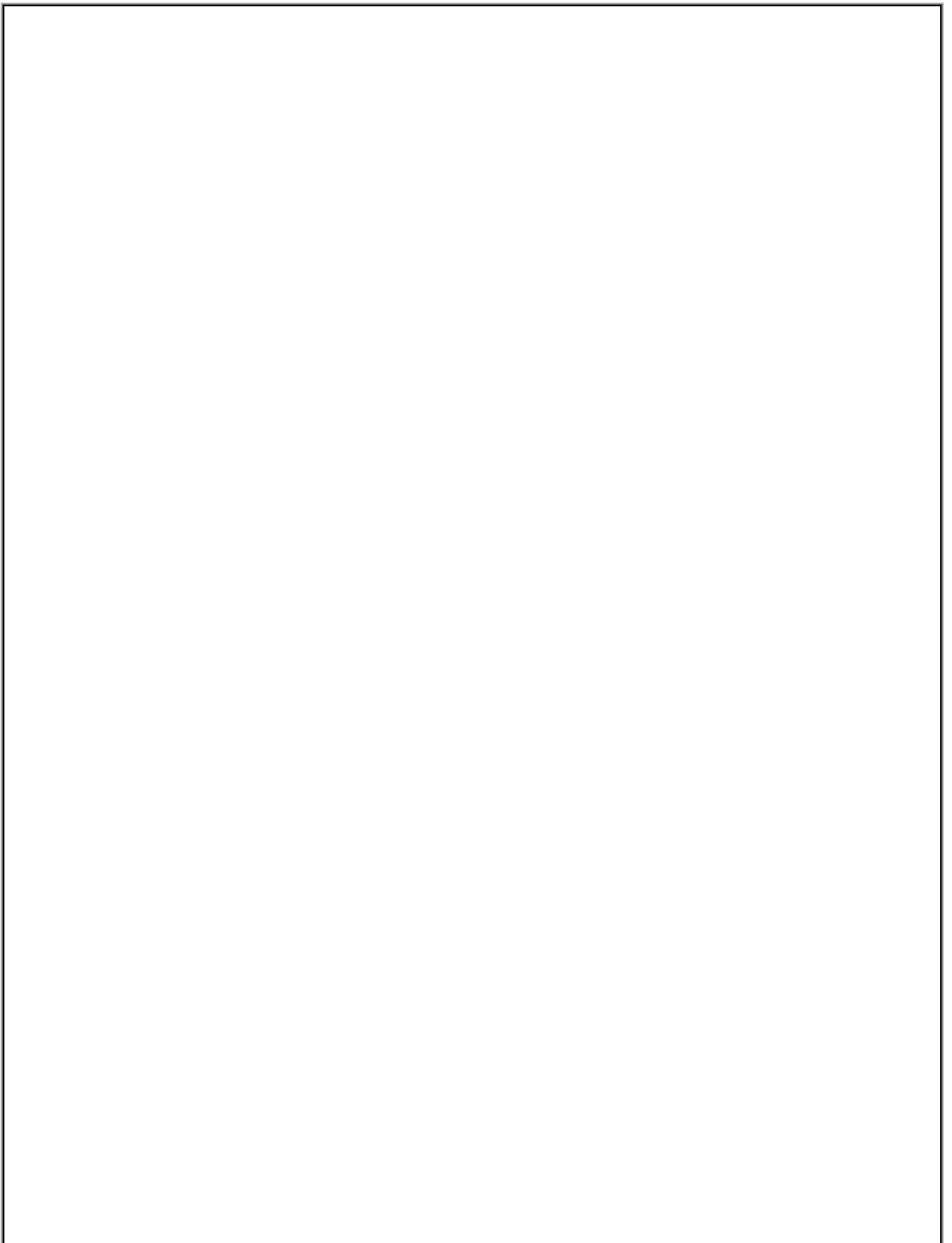
They are available at Reception.

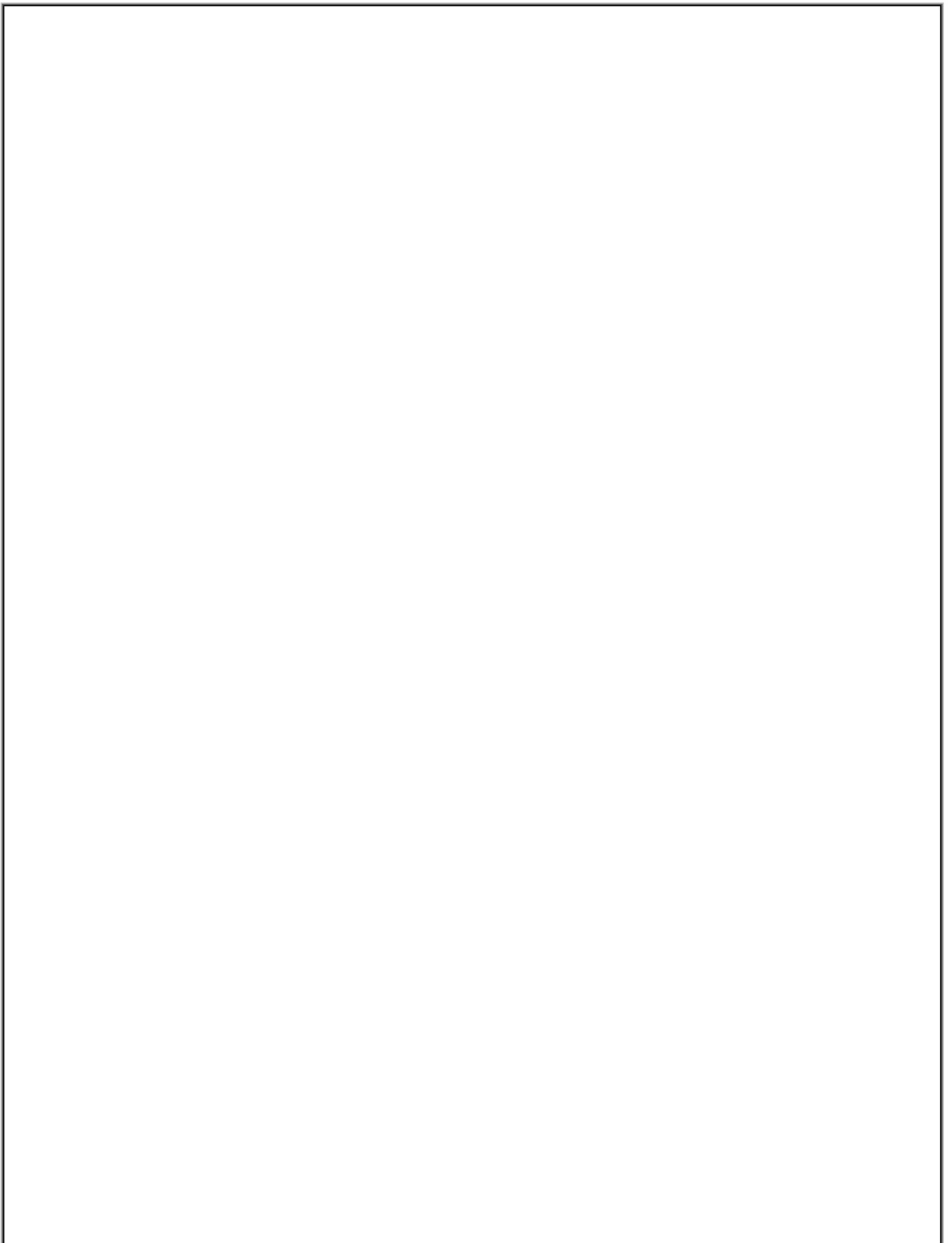
This will be the best way to pay for a drink.

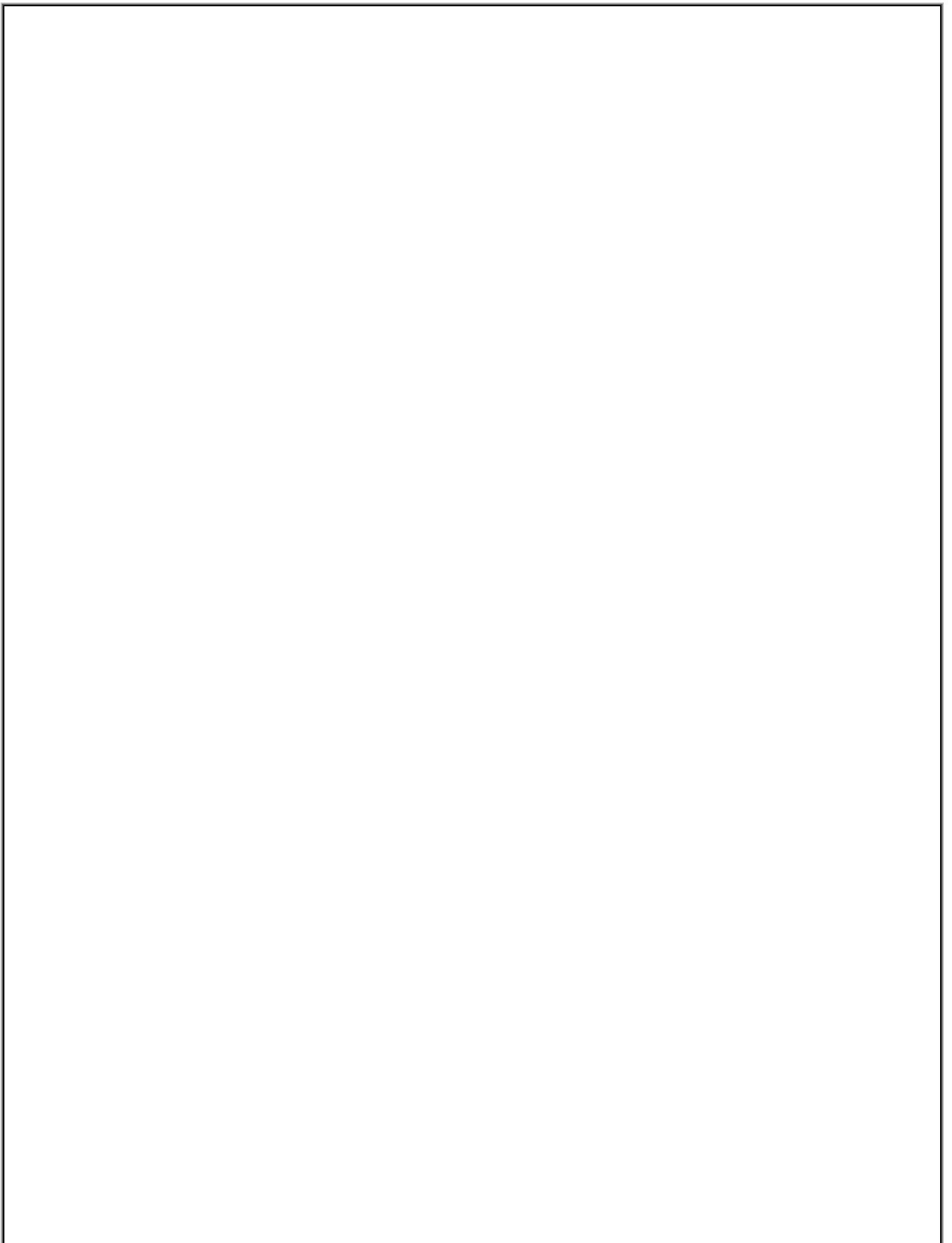


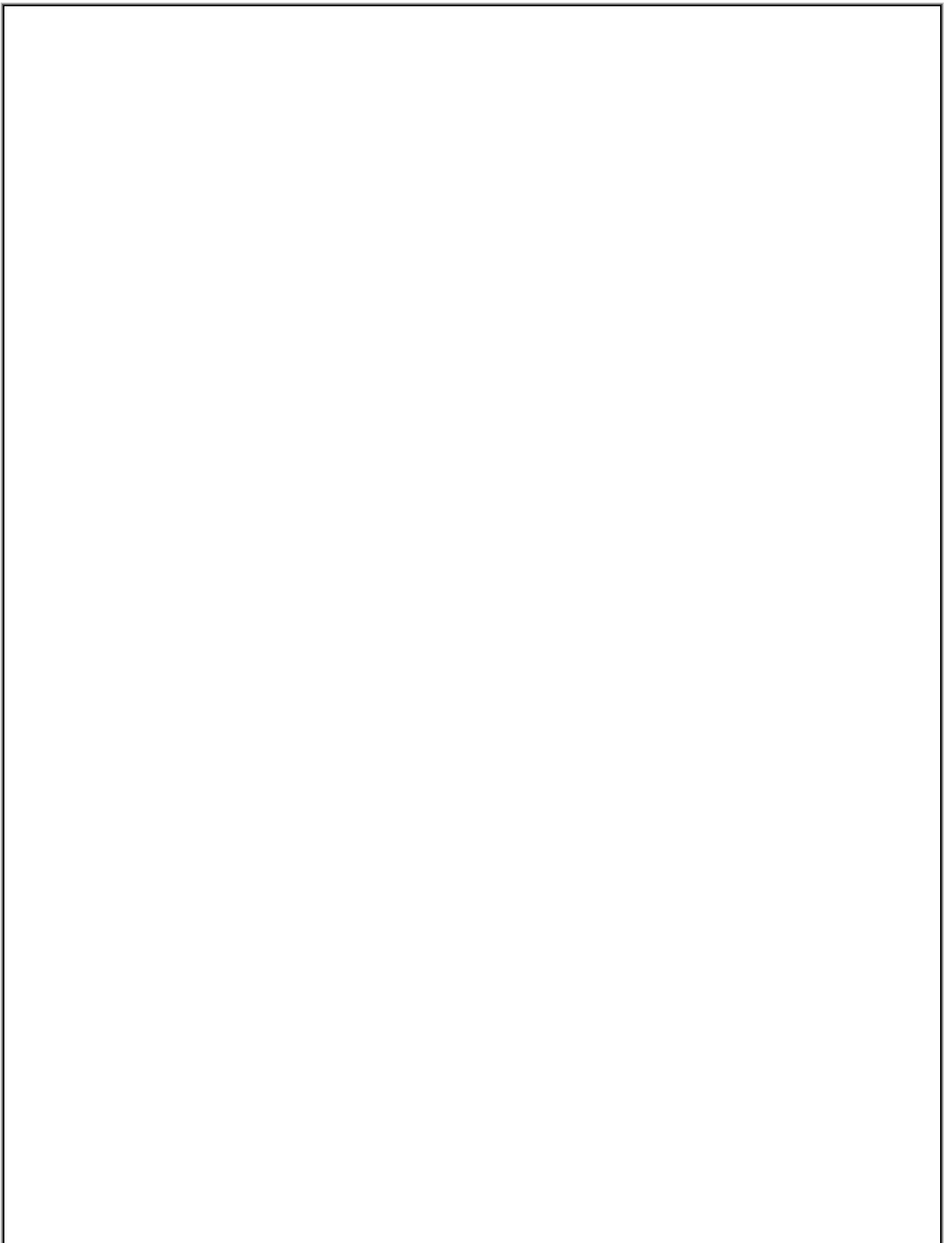
Augustine House

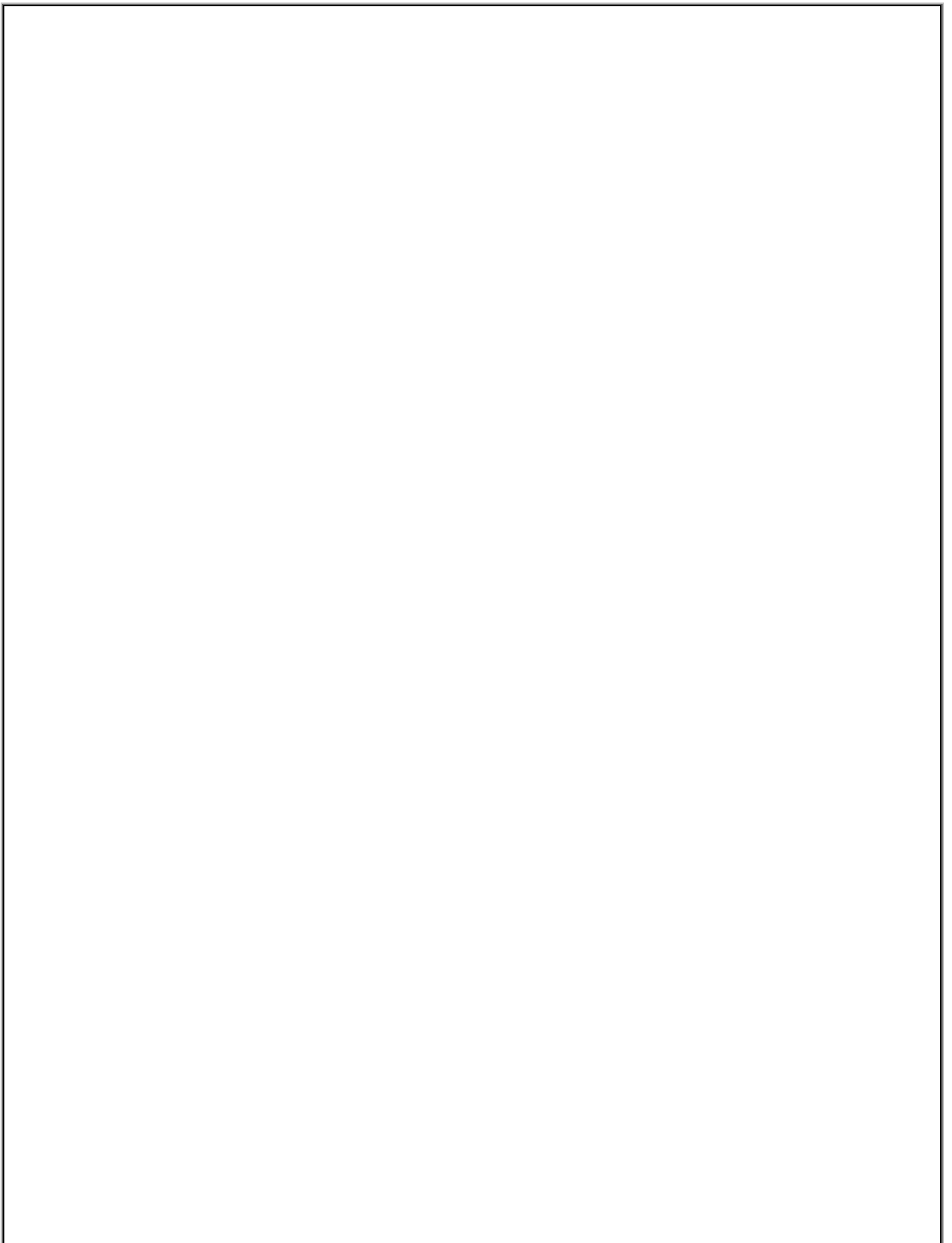
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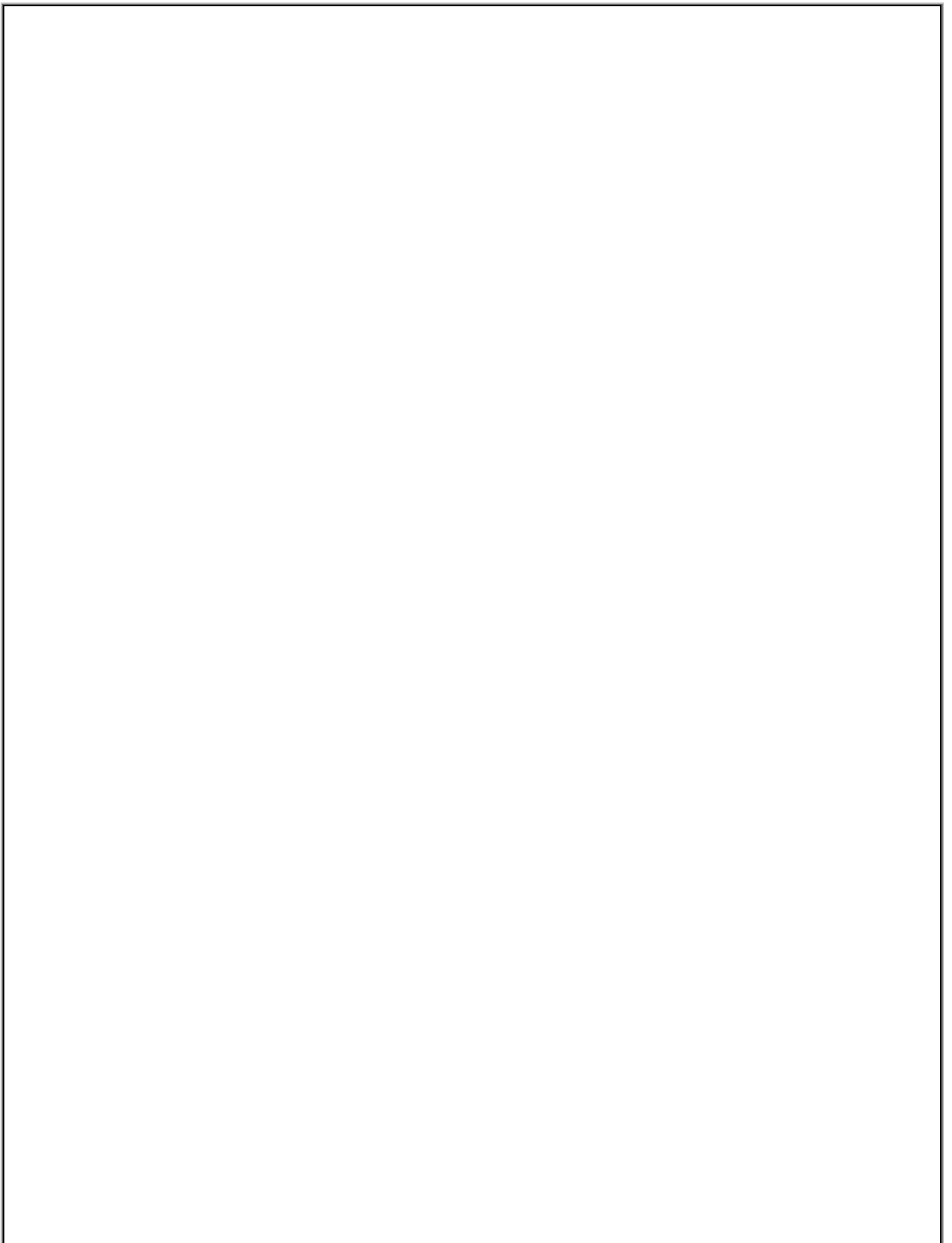












Friday HAPPY HOUR

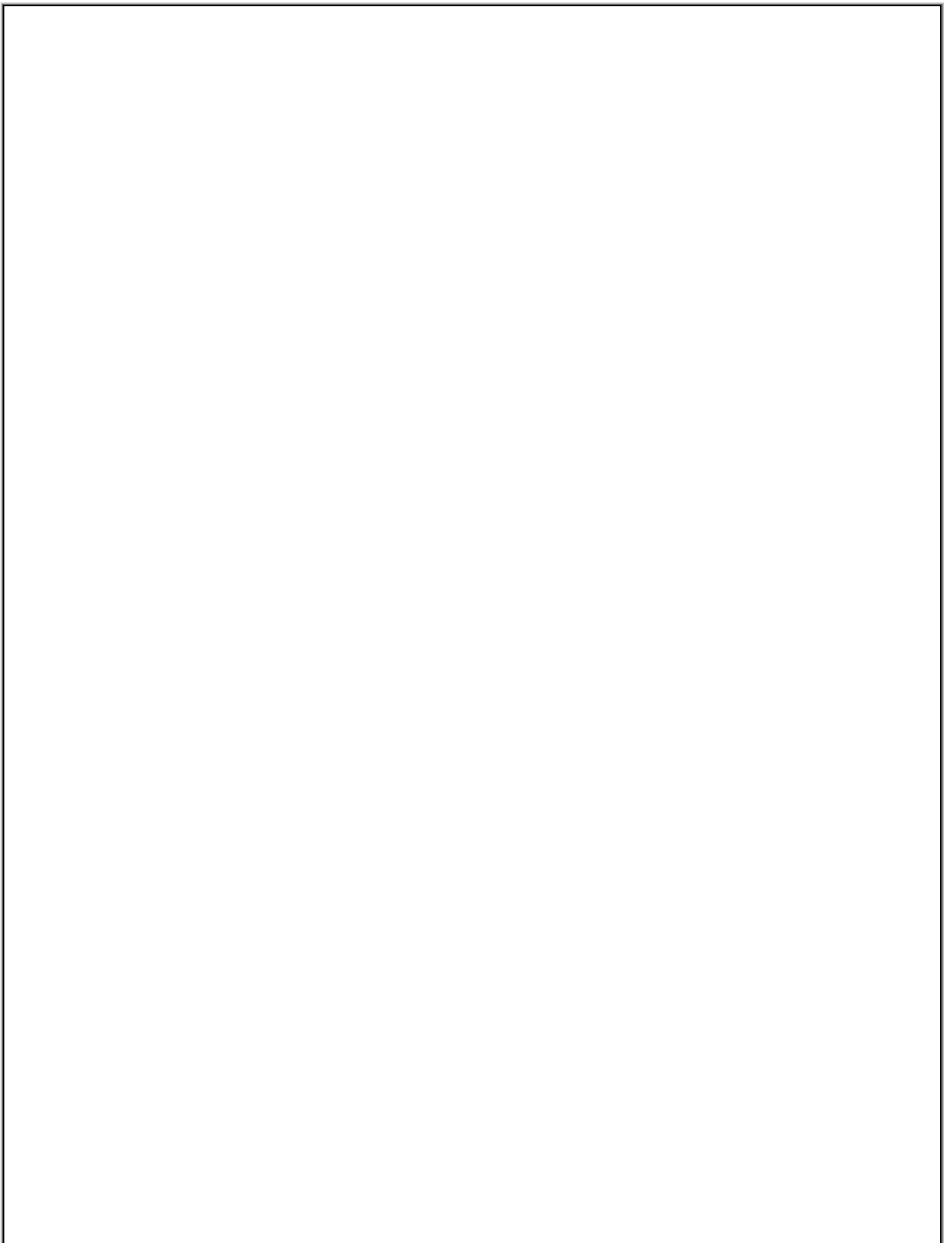


FRIDAY MARCH 6th ”

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