



**MAY YOUR TROUBLES BE LESS AND YOUR BLESSING  
BE MORE, AND NOTHING BUT HAPPINESS  
COME THROUGH YOUR DOOR...**



## NEWS IN THE CENTER

### ST. PATRICK'S DAY FUN FACTS!!



Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on March 17th which is the traditional death date of Saint Patrick (the patron saint of Ireland). Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. The most well-known symbol representing St. Patrick's Day is the four-leaf clover. Why? It relates to the legend that St. Patrick explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock. Today, it is said that the three leaves of a clover represent: hope, faith and love; but if you find a clover with four leaves, you are considered lucky since the chances of finding a four-leaf clover are 1: 10,000.

### MARCH PROMOS AT THE CENTER:

From March 1st through March 14th ONLY, fitness evaluation fees for new members will be waived. Tell your friends and family that now is the time to schedule their fitness evaluation with one of our Fitness Specialists. Beginning March 15<sup>th</sup>, new fitness members will have the option to pay their fitness evaluation fee over a 3 month period. However, if the 3 month payment option is chosen, the new fitness member must keep their membership active for those 3 months or until the fitness evaluation and monthly membership fees are both paid in full.

### NEW CLASS ALERT!      NEW CLASS ALERT!      NEW CLASS ALERT!      NEW CLASS ALERT!

Ready to try something new or shake up your routine with something different? Beginning March 1st, we are adding two new classes to our group fitness schedule: "CARDIO DRUM FIT" and "MARCH MADNESS!" Cardio Drum Fit is filled with great music and heart pumping moves that will leave you feeling energized and smiling from ear-to-ear. This class will help to improve your cardiovascular strength and endurance as well as burn off some extra calories. The only thing you'll need is water and a positive attitude (drums and drum sticks are provided for you). March Madness is a combination of weight training and cardiovascular exercises making this a lethal circuit for those unwanted pounds. Anyone looking to increase their strength and endurance or lose some quarantine/holiday fluff is welcome to join us. March Madness will be held every Monday and Wednesday afternoon from 5:30 to 6:15pm in the weight room. Look for Cardio Drum Fit on the schedule on Tuesday and Thursday afternoons (specific times will be posted on our official group fitness schedule located at the front desk). We promise both classes will be exciting enough to make you forget you are working out!! Please remember to call or stop by the front desk to reserve your spot for class.

# A CAUTIONARY TAIL ABOUT RETRACTABLE DOG LEASHES

A TRUE STORY BY: MARTHA HARRIS

A retractable dog leash allows your dog to extend their leash farther away from you while walking and retract it automatically as he returns. Your pooch can feel a little freedom while still being tethered. Retractable leashes are pretty safe but there are a few things you should know. My sister was walking her dog Angel, a Great Pyrenees (about 80 pounds), with a retractable leash on one of their regular outings. Angel's retractable leash was attached to a harness, which is easier on a dog's neck than a collar. Another dog who was loose, started to run toward Angel, so Angel naturally began to run toward the other dog. As she quickly gained speed, Angel extended her leash to its entire length. When she reached the end of the leash, her momentum pulled my sister down, twisting her lower leg and breaking the tibia. The harness allowed Angel to use her full weight to gain momentum versus wearing a collar where only her neck would have pulled, producing less force.



Martha Harris walking Chester on a retractable leash around the Fontana Center. *Photo credit: Cindy Soileau*

The take away – be aware that this can happen to anyone, and if you find yourself in this position, either let go of the leash or brace yourself for a full stop. For more important safety tips on retractable leashes, go to <https://www.petful.com>.

## DIY CORNER: Bird Feeder Wreath

*What you'll need:* Bundt cake pan, Cranberries, 4 cups bird seed (choose a seed that will attract birds in your area), 1 and 1/2 packets of unflavored gelatin, 1/2 cup warm water, 1/3 cup corn starch, 3 Tablespoons light corn syrup, Thick ribbon, Nonstick cooking spray

### Directions:

1. Spray bundt pan with cooking spray. Place cranberries in pan how you would like them to look on front of the wreath.
2. Measure out your seed and set aside.
3. In a medium-sized sauce pan on medium heat, whisk together unflavored gelatin and warm water until dissolved.
4. Add in corn starch and light corn syrup. Whisk until there are no lumps of cornstarch left.
5. The mixture will start to form a thick paste after all the ingredients begin to bind. The paste should be smooth and thick.
6. Once paste is formed, remove pan from heat and stir in four cups of bird seed.
7. Add combined mixture into bundt pan, making sure to pack it down with a spatula.

NOTE: Evenly distribute the mixture so wreath will be balanced when it sets.

8. Place bundt pan in fridge for about one hour. Remove it when it's hard to the touch.
9. After the wreath is hardened, gently remove it from pan by flipping it upside down onto a cooling rack.



Let it dry completely (12 to 24 hours) before adding ribbon or handling it too much.

10. Tie a thick ribbon around the wreath and then to a tree or feeder hanger.

Carefully hang it where birds will see it.

Information from: <https://www.kaytee.com/learn-care/wild-bird/diy-bird-feeder-holiday-wreath>

\*please submit any DIY ideas or recipes to [Jessica@fontanacenter.com](mailto:Jessica@fontanacenter.com)\*

 CONGRATULATIONS TO OUR   
JANUARY AND FEBRUARY  
BIRTHDAY DRAWING WINNERS:

Gai Pitre (January) and  
Vicky Domec (February)