

Independent Living



We have amazing opportunities for our residents this month. We will be introducing The University of Kentucky Donovan Scholar programs via zoom in our Emory Theater this month. This program will educate our residents on a variety of scholarly topics from professors at the University of Kentucky. We will also be learning about “Indigenous Wisdom & Culture” and “Neurology: How the Brain Creates Flavors.” We are also excited to have McTeggart Irish Dance School performing on Wednesday, March 15th at 6:30pm in our theater. The fun doesn’t stop there, we will be attending the Woodford Theatre to see the play, “Lend Me A Tenor”.

We are hosting a concert by the “Heritage Messengers” on Sunday, March 5th at 3:00pm in our Theater. This isn’t all we have in store. Check out the Independent Living Calendars to see more opportunities to enjoy life at Legacy Reserve fritz Farm.

Memory Support Neighborhood



Our Memory Support Neighborhood has an exciting month. They will attend many of our educational & music theater programs. We understand the importance of music and will be offering several genres from talented performers this month. Also, our residents will be getting into the St. Patrick’s Day Spirit by making shamrock shakes and watching authentic Irish dancers.

We like to keep our residents’ hands busy with our many craft activities. The crafts this month will be centered around Kentucky Basketball and of course St. Patrick’s Day.

Personal Care

Our Residents have a desire to expand their palettes and try new cuisines. This crew loves to try the new restaurants in town. This month we are on the hunt for the best local places. We don’t love to just dive into the restaurant scene, but we also love to exercise! We have a professional yoga instructor coming this month to lead chair yoga classes on Fridays in our theater.



We are excited for March Madness this month and can’t wait to get our brackets in play. We will be cheering for our home team at Legacy Reserve Fritz Farm. GO CATS!

It’s Bach’s Birthday this month and we are celebrating this famous composer. Lee & Patrick are talented musicians. They will be doing a tribute concert in honor of this iconic person in music. They will be performing Bach’s most famous musical pieces on Tuesday, March 21st at 2:00pm in the theater.

STAFF

This month we want to celebrate our staff for our first Quarterly Staff Appreciation Party! Staff members join us in Bernard’s Bar on Wednesday, March 15th from 12:30 – 2 for a yummy lunch!

Selene Quintana is March’s Employee of the Month.. She is always willing to go that extra mile to deliver impeccable work. She is proactive, accountable for her work and willing to support those around her when needed. We are so grateful for her.

BIRTHDAYS

- Liz Long 2nd
- Medina Sallee 6th
- Joy Hock 7th
- Dixie Seay 8th
- Bill Green 12th
- EJ Mullins 17th
- Jeanne Theiss 20th
- Frieda Hundley 23rd
- Bob Schade 23rd
- Don Bayer 24th
- Kay Grise 25th
- Kenzie Jones 26th

March Message from Mallory

Greetings!

Wow! I cannot believe we are already on our third month of the year, and almost to Spring! We have a lot of fun things to get involved in, and we would love for you to join in on the fun.

Some activities I know I am excited for are our Reminisces Group: Tell Your Story. This group meets every other Thursday in the Bar at 3pm. I cant wait to join you all, and learn more about what makes you, You! I am also excited for our Welcome Home meetings, where we invite all new residents to come and meet some more seasoned residents. For March, this event is Sponsored by Home Well caregiving services, and will also be held in the Bar on March 20th at 3pm.

Suzie Mollencop is our resident of the month. Suzie is new to us, moving in just a few months ago with her kind husband Tom. She has lived in the Lexington area most of her life and was delighted giving up all the duties of caring for a house and yard. Suzie says it makes her day to be with the staff and their constant willingness to make her life, and Toms life better. She said she wishes she made this move years ago!

Executive Director
Mallory Runnels
mrunnels@legacyreservefritzfarm.com
(office) 859-310-7369
(cell) 859-492-4003



NEWS TIDBITS

Don’t miss our St. Patrick’s Day Party! This will be held in the Bar at 2pm on Friday, March 17th. Join us for Green Beer, and loads of fun!

Don’t forget to join us in Bernard’s Bar to cheer on our Wildcats on gameday! C-A-T-S CATS CATS CATS!