

## FUN IDEAS FOR ST. PATRICK'S DAY

**St. Patrick's Day is a great opportunity to have some fun with friends and family! Here are some ideas to consider:**

### Have A Green-Theme Party

Decorate with shamrocks, serve green snacks and drinks, and play fun Irish-themed games.

### Get Moving

Look for a community St. Patrick's Day-themed run or walk.

### Play a Game

Play an Irish-themed game like St. Patrick's Day Bingo or organize a Leprechaun scavenger hunt.

### Have a Potluck

Have friends bring over traditional Irish recipes— shepherd's pie, colcannon, soda bread, and Irish stew are all great options.



### Have a Pint

Go out for a pub crawl and explore the Irish pubs in your area.

### Have a Movie Night

Watch Irish-themed movies like "Darby O'Gill and the Little People" (rated G) or "The Luck of the Irish" (rated G).

### Take a Virtual Tour of Ireland

Explore the stunning landscapes, historic sites, and quaint villages. Check out this website for more information: <https://irisharoundtheworld.com/virtual-of-tours-of-ireland/>.

### Go Out and Enjoy Nature

Take a St. Patrick's Day-themed hike and see if you can find a lucky four-leaf clover.

### Enjoy a Night of Irish Dancing

Watch instructional videos or gather a group and teach yourselves a jig or a reel.

### Green-Themed Crafts

Build a leprechaun trap, make a four-leaf clover garland, or paint a rainbow.

*Most importantly, no matter how you celebrate, have a safe and happy St. Patrick's Day!*



## March is...

### National Disability Awareness Month

- 3rd Employee Appreciation Day
- 8th International Women's Day
- 12th Daylight Savings Begins! 🕒
- 17th St. Patrick's Day
- 20th Start of Spring
- 23rd National Puppy Day
- 25th International Waffle Day
- 29th Vietnam War Veterans Day
- 30th World Bipolar Day

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## March 2023 Movies in Theatres and Streaming



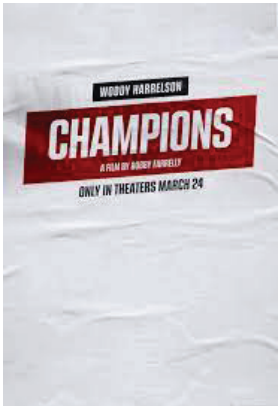
### March 3rd Operation Fortune: Ruse de guerre

An MI6 agent is recruited by a global intelligence agency to track down and stop the sale of a deadly new weapons technology that threatens to disrupt the world order.



### March 17th The Magician's Elephant

The story centers on impossible things that may happen when a fortune teller tells an orphan boy that an elephant will lead him to his long-lost sister.



### March 10th Champions

This story involves a stubborn minor league basketball coach who is forced to coach a Special Olympics team when he is sentenced to community service.



### March 24th John Wick: Chapter 4

John Wick uncovers a path to defeating The High Table. But before he can earn his freedom, Wick must face off against a new enemy with powerful alliances across the globe and forces that turn old friends into foes.



### March 17th Shazam! Fury of the Gods

Billy Batson and his foster siblings, who transform into superheroes by saying "Shazam!", are forced to get back into action and fight the Daughters of Atlas. They must stop them from using a weapon that could destroy the world.



### March 30th Assassin

A private military operation invents futuristic microchip tech that enables the mind of an agent to inhabit the body of another person to carry out covert, deadly missions. But when an agent is killed during a secret mission, his wife takes his place in an attempt to bring the man responsible to justice.

# Culinary Creations

## Instant Pot Shepherd's Pie

### Ingredients:

- 1 tbsp vegetable oil
- 1 pound ground beef
- 1 cup onion, diced
- 3 cloves garlic, minced
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- ½ tsp thyme
- 1 cup beef broth
- 2 cups frozen peas and carrots
- 3 medium potatoes, peeled
- ½ cup half-and-half
- 2 tbsp butter
- ¼ tsp garlic salt

### Directions:

Turn on a multi-functional pressure cooker (such as Instant Pot) and select Sauté function. Heat oil in the pot. Cook and stir ground beef, onion, garlic, salt, and pepper in hot oil until beef is browned and crumbly and onion is soft and translucent, about 5 minutes. Stir in tomato paste, Worcestershire sauce, and thyme. Pour in broth. Stir in frozen peas and carrots until well blended. Turn off Sauté function. Place the collapsible metal trivet in the pot so it rests just above meat-vegetable mixture. Place potatoes on the trivet. Close and lock the lid. Select high pressure according to manufacturer's instructions. Set the timer for 15 minutes if potatoes are on the smaller side or 20 minutes if they are medium or large. Allow 10 to 15 minutes for pressure to build. Release pressure using



the natural-release method according to manufacturer's instructions for 10 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Open the lid and transfer potatoes to a bowl. Turn off the Instant Pot and carefully remove the hot trivet. Add half-and-half, butter, and garlic salt to potatoes in the bowl; mash until well blended. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Pour meat-vegetable mixture from the Instant Pot into an 8-inch square baking dish. Spoon mashed potatoes on top and spread out evenly. Broil in the preheated oven until the top starts to turn golden and brown, about 3 minutes. ~Source: [www.allrecipes.com](http://www.allrecipes.com)

## Easy Irish Soda Bread

### Ingredients:

- 4 cups all-purpose flour
- ½ cup margarine, softened
- 4 tbsp white sugar
- 1 tsp baking soda
- 1 tbsp baking powder
- ½ tsp salt
- 1 cup buttermilk
- 1 egg
- ¼ cup butter, melted
- ¼ cup buttermilk

### Directions:

Preheat the oven to 375 degrees F. Lightly grease a large baking sheet. Mix flour, softened margarine, sugar, baking soda, baking powder, and salt together in a large bowl. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on the baking sheet. Combine melted butter with 1/4 cup buttermilk in a small bowl; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf. Bake until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes.



~Source: [www.allrecipes.com](http://www.allrecipes.com)

## Shamrock Shakes

### Ingredients:

- 2 cups vanilla ice cream
- 1 ¼ cups milk
- ¼ tsp mint extract
- 9 drops green food coloring
- 2 tbsp chocolate syrup
- 2 tbsp whipped cream
- ½ tsp green decorator sugar

### Directions:

Blend together ice cream, milk, mint extract, and food coloring in a blender until smooth. Drizzle chocolate syrup around the inside of two tall glasses; pour shake into the glasses. Top with whipped cream and green sugar.

~Source: [www.allrecipes.com](http://www.allrecipes.com)



## March is... Workplace Eye Safety Awareness Month

**M**ore than 2,000 eye injuries occur on the job site every day and about one in 10 of them require missed work days to recover. Of the total amount of work-related eye injuries, 10 to 20 percent will cause temporary or permanent vision loss in the affected employees.



And, while many people think that eye injuries primarily occur in manufacturing, construction or trade jobs, nearly 40 percent of work-related eye injuries occur in offices, healthcare facilities, laboratories and similar environments.

Flying objects, tools, particles, chemicals and harmful radiation, are the causes of most eye injuries. And in many cases, implementing safe work practices and utilizing appropriate personal protective equipment could prevent them entirely.

We are taking this opportunity to remind you of a few tips to help protect your eyes while on the job.

- Always wear the appropriate safety eye wear for your job site or role, even if you are just passing through a hazardous area.
- If working in an area with particles or dust, be sure to wear safety glasses with side shields to protect against flying objects.
- When working with chemicals, always wear safety goggles or face shields to protect against splashing.
- When working around hazardous radiation like welding, lasers or fiber optics, be sure to use special-purpose safety goggles and helmets designed specifically for the task.

So remember—something as simple as putting on a pair of safety glasses can prevent serious eye injuries. These injuries are painful, cause many lost workdays and sometimes lead to permanent vision loss. So during the month of March, and year round, remember to wear your safety glasses! ~Source: *cnbc.com*

# Coloring Fun!



A Special Place Just for Kids!

