



60 Gregory Blvd • Norwalk, CT 06855 • (203) 854-4660
underoneroofinc.org

The Marvin, Under One Roof, Inc.

OUR MISSION

Under One Roof, Inc. is an independent not-for-profit organization dedicated to sponsoring, developing, and operating quality, affordable housing for elderly persons in need of supportive services which incorporate and promote a strong intergenerational philosophy.

OFFICE HOURS

Monday - Friday 9 AM - 5 PM

STAFF

Katie Fitzmaurice Executive Director
Leticia Croke Resident Services Coordinator
Brooke Knowles Administrative Director
Jose Vivieca Building Superintendent

CONTRACT SERVICES

Bright Horizon Family S. Children's Center
Creative Culinary Food & Beverage Services
Orion Protective Services Building Security
Masi Company Housekeeping
John C. Gleckler Financial Services

Board of Directors

Patrick Shields - President
Debra A. Simons - Secretary
Mark Lilledahl - Treasurer
Jayesh Bhansali
Yvonne Sentura
Sharon Rosen
William Roth
Margaret Costa
David Icena
Art Ebert
Michele Piskin

March 2024



Happy Easter

The festival of Easter is a great occasion to greet each other and pray for the prosperity of others. The team at The Marvin knows that our residents celebrate this holiday in many ways. With traditions that are centuries old, mixed with some that have recently evolved; for some, Easter is a time of reflection, while for others it's about time with family. Here at The Marvin, we will contribute to the joy of this holiday with a traditional Easter Brunch on March 31st. We hope you have a weekend filled with joy and reflection, focused on the things that matter most.

Children's Treasure Hunt at the Marvin Friday, March 29, At 3:30 PM



Hey, kids! Bring your biggest baskets and all your I spy skills. All children ages 8 and under and all Grand-Friends from the Children's Center are invited to help find the Easter eggs hidden around our community. After the treasure hunt, we'll have snacks, and the best part is, you'll enjoy some Easter candy with your eggs-tra-special friends at The Marvin.
Parents: Please RSVP at (203) 854-4660



Director's Corner

Greetings and happy March! I have a fondness for St. Patrick's Day. In fact, my uncle was part of a folk band, The Irish Choir, who wrote a song called "South Side Irish." I will be sure to play it for you! But I also love March because it represents the arrival of Spring and flowers!

This month, I am delighted to announce our quarterly **Community Gathering** on March 4th at 3:00 pm. This will be a chance for us to come together as neighbors and share the latest news and updates about The Marvin, welcome new residents, and inform you about the projects that the Board, staff, and I are undertaking to enhance our home. I am also launching **Coffee with Katie**. These will be 30-minute individual meetings with me in the library. The agenda is entirely up to you - whether you have any issues, complaints, or just want to chat about life in general. The sign-up sheet for these sessions will be in the mailroom. I look forward to spending time with all of you!

May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all year long.



Wed., March 6, @ 2:30PM **The Life and Career of** **Eleanor Roosevelt by** **Historian Mark Albertson**

President Harry Truman once observed, "Eleanor Roosevelt was not America's First Lady, but the First Lady of the world." This talk will span this most fascinating character's life from October 1884 to her death in November 1962. Eleanor was the first First Lady to address a presidential convention. During her twelve years in the White House, she gave 348 press conferences; wrote 60 features for the nation's leading magazines; opened up the Democratic party to the Black constituency; she was one of the co-authors of the United Nations Declaration on Human Rights; she received 35 honorary degrees. She championed many causes: helping the unemployed, fighting racial discrimination, and improving the lot of women.

Please join us when Historian Mark Albertson discusses the remarkable life and career of Eleanor Roosevelt.

Mark is an avid speaker on a variety of issues on history and appears in a variety of venues.



Another Great Year!

If you are celebrating a birthday this month, why not set the mood with the swinging sounds of fellow March birthday boy Glenn Miller and his world-famous orchestra? The Marvin team sends warmest birthday wishes to our stars.

Danielle B.	March 1st
Peter D.	March 1st
Sharon S.	March 8th
Marilyn R.	March 13th
Naomi B.	March 30th

We invite all residents to meet in the 1st-floor lounge on Wed., 3/20, to help in the celebration and enjoy the entertainment of Bernie Gagliardi at 2:30 p.m., followed by birthday cake at 5:45 p.m. in the dining room. **Everyone is invited!**



Hooray, More Daylight!

This month, we'll return to daylight saving time - those short days are gone for now, and on Sunday, March 10, we'll gain an extra hour of daylight to enjoy in the evening.

Remember to set your clocks ahead one hour before you go to bed on Saturday, March 9th.

Happy St. Patrick's Day

Have a Shamrockin' Good Time 3/17 At 6:15 PM

Whether your ancestors actually hailed from the Emerald Isle, or you just like to pretend they did, come be Irish for the night. There is no need to follow the rainbow, just come to the lounge and enjoy live music that will have you dancing an Irish Jig with J. Cloonan. So come feel your green at this lively party.

Be sure to wear your finest green apparel for all to see, after all, you don't want to be pinched during the celebration.

Wednesdays at NOON - Lunch With the Children



Come join our Grand-Friends as they have lunch in the dining room; you may bring your own lunch or just visit and lend a hand to the children – being there and interacting is really what it's all about!

NO PEANUTS OR PEANUT BUTTER PLEASE.

Thursdays at 10:15 AM



Don't miss it! Circle Time is our weekly program when we join the children for a variety of different activities.



Live Entertainment

- 3/7 at 2:30 pm: Music & Dance with Ralph DeLucia
- 3/13 at 2:30 pm: Join Tony as he sings Italian favorites.
- 3/17 at 2:30 pm: Join us on St. Patrick's Day as John leads us in an Irish Jig!
- 3/20 at 2:30 pm: Spring brings Bernie G to sing his way into your hearts!
- 3/27 at 2:30 pm: Billy G., you've loved his style of music before, and you'll love him again!



WELLNESS

- Daily at 10:30 AM & Thursdays at 11 AM: Morning Exercises
- March 11 & 25: 10 AM to 12 PM: Massage Therapy. Please sign up for Jason's fabulous massage sessions. You will get a reminder before the event.
- March 14 at 2:30 PM: Meditation and Exercises
- March 21 & 28 at 2:30 PM: Chair Pilates / Bernadette.



SUPPORT UNDER ONE ROOF

Under One Roof is the not-for-profit organization that owns and operates The Marvin and The Marvin Children's Center. Monthly fees from residents and subsidies from the State of Connecticut do not fully cover the costs of operation. We, therefore, encourage donations from our extended "Marvin Family" and the broader community in order to ensure that we are able to continue to provide quality services and programs.

We extend heartfelt thanks to everyone who has made a financial contribution to support Under One Roof over the past year. We encourage you to let your family and friends know that we welcome donations at any time and in any amount. Donations may be made in honor or memory of a loved one, in commemoration of a life event (a special birthday or addition to your family), to support a specific program, or to demonstrate your support at any time. We encourage you and your family to consider naming Under One Roof as part of your estate planning.

Under One Roof, Inc.™ is a not-for-profit organization. All donations are tax-deductible to the extent permitted by law.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At Times, Notifications Occur After This Calendar Is Printed. Please Be Sure to Check the Weekly Highlights on the Back of Your Weekly Menus. Thank You! Please Check Out Our Special Programs Shown on The Marvin Channel 591 Daily at 2 pm.					1 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	2
3 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	4 10:30 am Exercise 3 pm Community Gathering (First Floor Lounge)	5 10:30 am Exercise 2 pm Bingo Games / Mary F & Shirley (Outer Dining Room)	6 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2:30 pm American History / M Albertson	7 10:15 am Circle Time / GrandFriends 11 am Exercise 2 pm Music & Dance With Ralph D.	8 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	9 Tonight, Before You Go to Bed, Move Your Clocks Forward an Hour.
10 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge)	11 10 am Massage 2 pm Screwball Comedies, One Day U Presentation	12 10:30 am Exercise 2 pm Bingo Games / Mary F & Shirley (Outer Dining Room)	13 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2 pm Italian Favorites by Tony R.	14 10:15 am Circle Time/Grand-Friends 11 am Exercise 2:30 pm Meditation With Diane (Lounge)	15 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	16
17 2 pm Word Games With Shirley R. 6:15 pm St Patrick's Day Celebration With John Cloonan	18 10:30 am Exercise 6:15 pm Bible Study With Brenda W. (Outer Dining Room)	19 10:30 am Exercise 2 pm Bingo Games / Mary F & Shirley (Outer Dining Room)	20 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2:30 pm Celebrating Birthdays / Bernie	21 10:15 am Circle Time / GrandFriends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	22 10:30 am Exercise 2 pm Table Games (2nd Floor Lounge) 6:15 pm Wii Games	23
24/31 2 pm Fun Afternoon of Word Games With Shirley R. (First Floor Lounge) 31: Easter	25 10 am Massage With Jason (Library) 10:30 am Exercise (Channel 591)	26 10:30 am Exercise 2 pm Bingo Games / Mary F & Shirley (Outer Dining Room)	27 10:30 am Exercise 12 pm Lunch With Grand-Friends (DR) 2:30 pm Music & Dance With Billy	28 10:15 am Circle Time / GrandFriends 11 am Exercise 2:30 pm Pilates With Bernadette (Lounge)	29 10:30 am Exercise 3:30 pm Easter Egg Hunt at the Marvin 6:15 pm Wii Games	30



Norwalk Police Officers stopped by for a game of Wii bowling with the residents at The Marvin. Fun time!