

**LINDSAY SENIORS ASSOCIATION**  
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Office Hours: Mon - Friday 11am – 1pm  
Building Open: Mon - Friday 9am – 3:30pm  
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*Volunteers are Amazing!*

## March 2024 NEWSLETTER

### UPCOMING EVENTS

Building Closed

Good Friday

Friday, March 29<sup>th</sup>, 2024

### ANNOUNCEMENTS

#### Important Dates in March 2024

❖ **Friday, March 8, International Women's Day**

A day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to the ongoing struggles for equality around the world.

❖ **Sunday, March 10, Daylight Saving Time**

Spring forward and set your clocks ahead one hour beginning at 2am.

❖ **Sunday, March 17, St. Patrick's Day** Celebrating everything Irish.

❖ **Tuesday, March 19, Spring Equinox**

Marking the beginning of Spring in the Northern Hemisphere, the Sun stands directly over the Earth's Equator. In the Southern Hemisphere, this date marks the Autumnal Equinox and the beginning of Fall.

#### We're looking for Event Volunteers

We are looking for a small group of Volunteers to help out with special events such as the Christmas Party, the Annual General Meeting, the Spring Fling and the Fall Festival. This would entail making decorations, helping with table setups and cleanup after, and any food or refreshments that will be offered. Anyone interested can leave your name and phone number in the office during office hours on an Event Volunteer list we are assembling. Thank you.

#### Spring Thoughts

**Spring:** A lovely reminder of how *beautiful* change can truly be.

#### Silver Linings

No matter our age or where we've been or what we've said and done, each sunrise is a reminder that we've only just begun!

*Volunteers don't get paid, not because they're worthless,  
but because they're priceless.*

*Sherry Anderson*

Ontario 