

MIDTOWN NEWSLETTER SPRING 2022

Remember, the laundry room is a shared space. Please do not leave behind any detergent or dryer sheets when not using the facilities.

Keep things neat and always pick up after yourself.

Office Hours:

9 AM—4 PM

Monday—Friday

(315) 265-3680

info@potdamhousingauthority.com



ST PATRICKS DAY WORD SCRAMBLE

REG EN	-----
RACPIRKT	-----
LIRADELN	-----
RAPDEA	-----
HAMCR	-----

If Pope Gregory XIII would not have established the Gregorian calendar in 1582, then every 128 years the vernal equinox would have come a full calendar day earlier, eventually putting Easter in midwinter.

Holidays that are celebrated in the US every spring include Easter, Passover, April Fool's Day, Earth Day, Arbor Day, Mother's Day, Father's Day, and Cinco De Mayo.

The first day of spring marks the beginning of Nowruz ("The New Day"), which is the Persian New Year. The celebration lasts 13 days and is rooted in the 3,000-year-old tradition of Zoroastrianism.

What's Your Leprechaun Name?

Use the first letter of your last name:

A—LUCKY	J—SHAMROCK	S—PATTY
B—DAFFODIL	K—DREARY	T—RAINBOW
C—DIZZY	L—BLARNEY	U—SEAMUS
D—FRECKLES	M—EMERALD	V—SNEAKY
E—CLOVER	N—BIG BLUE	W—FIGHTIN'
F—CABBAGE	O—BUCKLE	X—GREENIE
G—GINGER	P—CHARMY	Y—PIPER
H—LEAFY	Q—CORKER	Z—VIOLET
I—RED	R—GOLDIE	

Use the month of your birthday:

JAN—O'DOODLE	JUL—O'CLOUD
FEB—McGOLD	AUG—McCOPPERTOP
MAR—McGIGGLES	SEP—O'RANGE
APR—SHENANIGAN	OCT—O'SMOOCH
MAY—O'YELLOW	NOV—McSPUD
JUN—McPINCH	DEC—O'TOADSTOOL



TAI CHI EXERCISES

Practicing tai chi can improve balance, stability, and flexibility in older people, including those with Parkinson's disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia. Regular practice of tai chi can significantly reduce the risk of falls among older adults. Tai chi can also help reduce the fear of falling, which is in itself a risk for falling. This may also help improve mood and quality of life for older people, who sometimes limit their activities for fear of falling. Tai chi poses can also be done in a chair, but it's better to do them standing if you are able. For support, you can always hold onto a chair.

It will soon be time for the **Annual Spring Inspection.**

Make sure to clean up any clutter and clear spaces in front of doors and all walkways.



Maintenance needs easy access to the hot water closet and the electric panel box. Always keep your kitchen and bathroom space clean and tidy.



Have you joined in on the Midtown Coffee Hour? It's every Third Wednesday of the month at 10 AM—11 AM in the Midtown Lobby!

