

Fresh Cherry Cobbler

Ingredients:

- ½ cup butter
- 1 cup all-purpose flour
- 1 cup white sugar
- 1 teaspoon baking powder
- 1 cup milk
- 2 cups pitted sour cherries
- ¾ cup white sugar
- 1 tablespoon all-purpose flour

Directions:

- 1) Preheat the oven to 350 degrees F (175 degrees C). Place the butter in a 9x13 inch baking dish and place in the oven to melt while the oven is preheating. Remove as soon as butter has melted, about 5 minutes.
- 2) In a medium bowl, stir together 1 cup of flour, 1 cup of sugar and baking powder. Mix in the milk until well blended, then pour the batter into the pan over the butter. Do not stir.
- 3) Rinse out the bowl from the batter and dry. Place cherries into the bowl and toss with the remaining ¾ cup of sugar and 1 tablespoon of flour. Distribute the cherry mixture evenly over the batter. Do not stir.



By Miranda Williams | allrecipes

- 4) Bake for 50 to 60 minutes in the preheated oven until golden brown. A toothpick inserted into the cobbler should come out clean.
- 5) Top it off with fresh whipped cream or a scoop of vanilla ice cream!



Southlake

THE SOUND

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MARCH 2023



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spring IS IN THE air

The spring season is a wonderful time of year. The pinks, the blues, the lavender hues surround us all as life comes in bloom. The cycle of rebirth is prominent as nature takes its course. Not all countries usher in the spring season the same. Traditions vary. Here's a list of some popular spring traditions around the world.

- Mexico: Spring Equinox at the Teotihuacán Pyramid – Here, many gather wearing white garb, generally on March 20 or 21, to climb to the top of this pyramid and say hello as they embrace the positive energy the spring equinox brings.
- Central Asia: Nowruz – This celebration exists to give thanks to new life. It fully embraces the cycle of rebirth in nature and each country located in Central Asia celebrates a little differently. A few common traits include family memorials, costumes and bonfires. It begins around March 21, the spring equinox, and lasts several days. People typically start the holiday by doing a little spring cleaning but quickly segue into party mode with lots of dancing and music.
- Australia: Floriade – This festival is an entire month of gorgeousness. It's more than just a few flowers blooming. One can see more than a million of them growing in their magnificent shades. People travel from near and far to observe. Originally, the flower display signified a special birthday in the continent, but then it transitioned to an annual spring celebration.



HarborChase of Southlake - The Sound



MARCH 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<p>9:15 Be Fit and Stretch 1</p> <p>10:00 Wiser Now Wednesday</p> <p>10:30 News to Be Told</p> <p>11:00 Nikki's Italian Bistro</p> <p>1:30 History of the Peace Corps</p> <p>2:30 Jazz with Art</p> <p>3:30 Five for A Prize</p> <p>5:30 Forrest Gump</p>	<p>9:15 Pump Up the Cardio 2</p> <p>10:00 Chronicle Lover's Gathering</p> <p>10:30 The Seuss Reading</p> <p>11:30 Salute to Veterans Lunch</p> <p>1:30 Ice Cream Parlor</p> <p>2:00 The Bones Club</p> <p>2:30 Celebrate with Seuss</p> <p>3:30 Jazzed for Music</p> <p>5:30 The Sound of Music</p>	<p>9:30 Move and Groove 3</p> <p>10:00 Angel's Attic and Andy's</p> <p>10:15 Daily News Update</p> <p>10:30 Our Sweet Devotions</p> <p>1:00 Rescue the Wildlife</p> <p>1:30 Graham Cracker Balls</p> <p>2:30 The Game of Chance</p> <p>3:30 Sing Along with Me</p> <p>5:30 You Vs Wild</p>	<p>9:15 Strengthen and Stretch 4</p> <p>10:00 The Chronicle Gathering</p> <p>10:30 The Followers Game</p> <p>1:00 Get Creative with Socks</p> <p>2:00 Play Bridge with Us</p> <p>2:30 Vino and Vases</p> <p>3:30 Travel to Chicago</p> <p>5:30 Ferris Bueller's Day Off</p>
<p>10:00 Virtual Catholic Church 5</p> <p>10:15 Hymn Sing Along</p> <p>10:45 Virtual White's Chapel</p> <p>1:00 Five Ways to Listen</p> <p>1:30 Chronicle with Friends</p> <p>2:30 Cheez Doodle Carrots</p> <p>3:00 Famous Military Men</p> <p>3:30 Cover All Wins All</p> <p>5:30 Netflix: The Irishmen</p>	<p>9:15 Hot Cardio Challenge 6</p> <p>10:00 Cruising to Walmart</p> <p>10:15 Chronicle and Friends</p> <p>10:30 Let's Be Motivational</p> <p>1:30 Name Tag Contest</p> <p>2:00 Rally to Dominoes</p> <p>2:30 Paint Like Michael</p> <p>3:30 Karaoke Lover's Gather</p> <p>5:30 This is a Robbery</p>	<p>9:15 Fit For Life 7</p> <p>10:00 The Mimosa Nails</p> <p>10:30 Meet for the Chronicle</p> <p>1:30 Eat Some Dirt</p> <p>2:00 The Lucky Seven</p> <p>2:30 Don't Pass Go</p> <p>4:00 And the Award Goes too. .</p> <p>5:30 Win it All</p>	<p>9:15 Stretch and Move 8</p> <p>10:00 Coffee and News</p> <p>10:30 Historical Women Chat</p> <p>11:00 Wild Horse Grill</p> <p>1:00 First Dog License</p> <p>1:30 Strong Women Trivia</p> <p>2:30 Rosie the Riveter</p> <p>3:30 Wingo for the Win!</p> <p>5:30 Netflix: Self Made</p>	<p>9:15 Get Moving Cardio 9</p> <p>10:00 Meet For News and Coffee</p> <p>10:30 His Faithful Word</p> <p>1:30 Choose Your Words</p> <p>2:00 Wild Deuce Game</p> <p>2:30 Barbie Facts and Trivia</p> <p>3:30 Getting Old is Cool</p> <p>5:30 La La Land</p>	<p>9:15 Pump Up the Work Out 10</p> <p>10:00 Perot Museum Adventure</p> <p>10:15 The Daily Chronicles</p> <p>11:00 Our Powerful Words</p> <p>1:00 The Perfect Game</p> <p>1:30 Clovers All Over</p> <p>2:30 The Lucky Winner</p> <p>3:30 Move with the Music</p> <p>5:30 Theater: Leap Year</p>	
<p>10:00 Virtual St. Francis 12</p> <p>10:15 Lift Up Your Voices</p> <p>10:45 Faith with White's Chapel</p> <p>1:00 Meet with the Chronicle</p> <p>1:30 Silk Scarf Suncatchers</p> <p>2:30 Who Am I?</p> <p>3:30 Luck of the Draw</p> <p>5:30 Dennis the Menace</p>	<p>9:15 Crushing Cardio Corner 13</p> <p>10:00 Let's Go to Target</p> <p>10:15 The Daily Chronicle</p> <p>10:30 Friendship Prayer Hour</p> <p>1:30 Do Something Nice</p> <p>2:00 The Domino Crew</p> <p>2:30 Pluto: Planet or Comet?</p> <p>3:30 Karaoke Jam Session</p> <p>5:30 Space Force Movie</p>	<p>9:15 Step Up The Workout 14</p> <p>10:00 Meditation Relaxation Spa</p> <p>10:30 Chronicles and the CounterOffer</p> <p>1:00 The Bridge Group</p> <p>1:30 Discovery Health Tips</p> <p>2:30 March Madness Fun</p> <p>3:00 Love of Music</p> <p>5:30 The Last Dance</p>	<p>9:15 Daily Morning Stretch 15</p> <p>10:00 Things We Know</p> <p>10:30 Doobie Brothers Sing Along</p> <p>11:00 Fuzy's Taco Lunch</p> <p>1:30 The Letter M</p> <p>2:30 Brain Training How To</p> <p>3:30 Call it Out</p> <p>5:30 I Used to Be Famous</p>	<p>9:15 The Cardio Workout 16</p> <p>10:00 Following the Chronicle</p> <p>10:30 Our Daily Prayer</p> <p>1:00 The Ice Cream Gathering</p> <p>1:30 Best Rainbow Outfit</p> <p>2:00 The Domino Crew</p> <p>2:30 Hot Campfire Creations</p> <p>3:30 History of Colors</p> <p>5:30 Forged in Fire</p>	<p>9:15 The Stretch Challenge 17</p> <p>10:00 Grapevine Train Trip</p> <p>10:00 Getting Our News</p> <p>11:00 Let's Inspire One Another</p> <p>1:00 The Lucky Charms</p> <p>1:30 St. Patrick Fun Facts</p> <p>2:30 Call It Out</p> <p>3:00 An Irish Jig</p> <p>5:30 Netflix Night: Overboard</p>	
<p>10:00 Congregate for Mass 19</p> <p>10:15 Make a Joyful Noise</p> <p>10:45 White's Chapel Worship</p> <p>1:00 The Chronicle Reading</p> <p>1:30 Folktales and Fables</p> <p>2:30 Flying Swallows Mobile</p> <p>3:30 Five for a Prize</p> <p>5:30 Air Force One</p>	<p>9:15 Be Fit Cardio 20</p> <p>10:00 Traveling to Walmart</p> <p>10:15 The News to Know</p> <p>10:30 Faithful Prayer Warriors</p> <p>1:30 Wellderly and Happy</p> <p>2:00 Domino or Bust</p> <p>2:30 10 Keys to Happiness</p> <p>3:30 Sounds of Karaoke</p> <p>5:30 Gather For: RV</p>	<p>9:15 Jump and Jive 21</p> <p>10:00 The Cranmosa Nail Bar</p> <p>10:30 The Chronicle Fun</p> <p>1:00 Bridge Lover's Gang</p> <p>1:30 New Day Wreaths</p> <p>2:30 Bake Anti-Gravity</p> <p>3:30 The Spring Mixer</p> <p>5:30 Popcorn and Burnt</p>	<p>9:15 Reach and Stretch 22</p> <p>10:00 The Chronicle Crew</p> <p>11:00 Dizzy Lucy's Burgers</p> <p>1:30 Ways to Goof Off</p> <p>2:00 Town Hall Meeting</p> <p>2:30 All In Space</p> <p>3:30 Numbers and Letters</p> <p>5:30 Theater Movie: Fatherhood</p>	<p>9:15 Jam and Cardio 23</p> <p>10:00 The Chronicle Fun</p> <p>10:30 Share a Devotion</p> <p>1:00 Weather the Storm</p> <p>1:30 Cuddly Kittens and Puppies</p> <p>2:00 Dynamic Dominoe Crew</p> <p>2:30 Truth or Consequences</p> <p>3:30 Chips and Dips</p> <p>5:30 Vicky and Her Mystery</p>	<p>9:15 Get Your Heart Pumping 24</p> <p>10:00 Coordinator and a Chronicle</p> <p>10:30 Devotions We Love</p> <p>1:00 AMC: Movie Theater</p> <p>1:30 Time to Celebrate</p> <p>2:30 The Numbers Game</p> <p>3:30 Music and Laughs</p> <p>5:30 Saturday Night Fever</p>	
<p>10:00 Roman Catholic Values 26</p> <p>10:15 Sing Your Praise</p> <p>10:45 Words of White's Chapel</p> <p>1:00 The Chronicle Crew</p> <p>1:30 Travel to Margaritaville</p> <p>2:30 Cook with Spinach</p> <p>3:30 Four Corners Frenzy</p> <p>5:30 The Imitation Game</p>	<p>9:15 Groove and Cardio 27</p> <p>10:00 Load Up and Go to Target</p> <p>10:15 The Chronicle Club</p> <p>10:30 Lean on Me</p> <p>1:30 Rainy Day Trivia</p> <p>2:00 Domino Big Six</p> <p>2:30 Toss the Pasta</p> <p>3:30 Crank Up Karaoke</p> <p>5:30 Diana the Musical</p>	<p>9:15 Keep Fit Workout 28</p> <p>10:00 Spreading the Knowledge</p> <p>10:30 Mimosas and Nails</p> <p>11:00 How to Play the Washboard</p> <p>1:30 Something on a Stick</p> <p>2:30 Play with Static</p> <p>2:30 Grimm's Fairy Tales</p> <p>3:30 Sing With Me</p> <p>5:30 Down to Earth</p>	<p>9:15 Reach and Stretch 29</p> <p>10:00 The Chronicle Crew</p> <p>11:00 Lazy Dog Restaurant</p> <p>1:00 Buy the World a Coke</p> <p>1:30 Where did the Water Go?</p> <p>2:30 Learn Some Spanish</p> <p>3:30 We Have a Winner</p> <p>5:30 Netflix Night: Spanglish</p>	<p>9:15 Jam and Cardio 30</p> <p>10:00 The Chronicle Readers</p> <p>10:30 My Favorite Prayers</p> <p>1:30 Ice Cream Shoppe</p> <p>2:15 Let's Play Dominoes</p> <p>2:30 Crazy Baseball Facts</p> <p>3:30 Cards for the Doctor</p> <p>5:30 The God Committee</p>	<p>9:15 Get Your Heart Pumping 31</p> <p>10:00 Chronicle Lover's Gang</p> <p>10:30 Devotions We Love</p> <p>11:00 She a Funny One</p> <p>11:00 Pilot Point Tulips</p> <p>1:30 Cross Word Tournament</p> <p>2:30 Oranges and Lemons</p> <p>3:30 Music and Laughs</p> <p>5:30 The Pursuit of Happiness</p>	

HELLO, *march!*

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|------------------------|------------------|-------------------|----------------------|
| A Starry Night | Daffodils | Hatch | National Craft Month |
| Aquamarine | Daylight Saving | Hello March | Rainbow |
| Bloodstone | Four Leaf Clover | Horseshoe | Spring Equinox |
| Bloom | Gold Coins | Kites | St. Patrick's Day |
| Caregiver Appreciation | Hamantashen | Luck of the Irish | Van Gogh |
| College Basketball | Happy Purim | March Madness | Women's Day |

Life at HarborChase SouthLake



Bird Feeder Fun



Banana Gram Games



Valentine's Day Door Decorating

C V H C H H E Y C O L L E G E B A S K E T B A L L
 A A U E T V A M A F O U R L E A F C L O V E R L S
 P Q Q O L O A P I D V S N E H S A T N A M A H O R
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 B E R S M M R M A O P P C A H T S R T R S L R D T
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 L C A C N R G A A O M O C T C D G A I C A G L H M



Culinary Corner



Beignets, Bourbon, and Marde Gras



Sweet Treats with Love



Gaylord Texan Lunch Outing



Delfrisco's for Burgers



All Fun and Games

More Than a Woman

On March 8 we celebrate all things feminine. It's International Women's Day. In honor of this momentous occasion, people all around the globe unite to honor women, their achievements, host fundraising events for charitable organizations created by women and promote gender equality.

The first observance of International Women's Day occurred March 19, 1911, as millions gathered to lobby for women's rights. Countries that participated include Denmark, Sweden, Germany and Austria, among others. Just a few years later, Russia began observing the holiday as well, but theirs was observed on February 23, 1913. Subsequently, it was determined that the holiday would be observed annually on March 8 around the globe. That has been the case since 1914.

Each year, this observance has a theme that is female centric. This year's theme is #BreakTheBias. Its description, according to the International Women's Day website, is "Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that is diverse, equitable and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #BreakTheBias." The description is pretty clear, no doubt. How can you celebrate women among your peer groups this year and help break the bias?

Fade Away jumper

When spring arrives, the sweet-smelling flowers are in bloom and people are outdoors enjoying the beautifully tolerant temperatures. One other thing you'll find: Sports fans all across the nation have "the fever." They have the March Madness fever, that is. The men's college basketball season began November 7 and concludes on April 3. Then the fever begins as the NCAA Division 1 Men's Basketball Tournament takes over the sports world.

March Madness runs March 14 through April 3. You'll see brackets galore being filled out in coffee shops, on park benches, at your friends' and neighbors' homes. Even those who haven't watched a single game this season will be guessing who'll win each round, pull off a Cinderella story and ultimately stand toe-to-toe on the court for that coveted tournament title. It's sheer madness.

Why is this tournament of champions known as March Madness? The term was coined outside the collegiate athletics realm, believe it or not. Illinois High School basketball was actually the catalyst for the nickname's inception. The Illinois High School Association, or IHSA, began a statewide tournament in 1908. It grew in popularity quickly, and in no time 900 high schools were participating. The phrase "March Madness" subsequently emerged in a 1939 essay by Henry Porter, who was IHSA's executive assistant secretary at the time. His piece was entitled "March Madness." Imagine that! The term caught on as Chicago newspaper journalist and college referee Jim Enright used it in another article about the history of Illinois basketball. March Madness ensued from that point forward, expanding from high school on to college.

Getting to Know van gogh



This month, we celebrate the birth of one of the most world-renown artists who ever lived: Vincent Willem van Gogh. Van Gogh was born March 30, 1853, in the Netherlands. He was a Post-Impressionist artist whose works greatly inspired the Expressionism modern art movement.

As a child, van Gogh often enjoyed wandering around the countryside, embracing the natural imagery that surrounded him. At the ripe young age of 16, he worked as an apprentice for the art dealers Goupil & Co., and continued to work for that same organization in London and Paris until April 1876. Despite his longtime work for art dealers, he wasn't a fan. He grew a bit morose and that downward decline in demeanor continued following rejection by a woman whom he believed to be his one true love. He grew deeper and deeper into a life of solitude before moving into religious vocation.

This life transition led him to find his actual calling, showing the world through his art how to bring comfort to humanity, how to endure the hardship the world offers. His career lasted a short time, but was extremely impactful. His most well-known works include Self-Portrait in Front of the Easel, The Potato Eaters, The Bedroom, A Wheatfield, with Cypresses and The Starry Night.

Van Gogh passed away on July 29, 1890, near Paris.



"I don't know anything with certainty, but seeing the stars makes me dream."

- Vincent van Gogh

March 2023 DATES TO CELEBRATE

Caregiver Appreciation Day	3/3
Full Moon	3/7
International Women's Day	3/8
Daylight Saving Time Begins	3/12
St. Patrick's Day	3/17
Spring Begins	3/20
Doctor's Day	3/30

Birthstone - Aquamarine/Bloodstone

Flower - Daffodil

Zodiac - Pisces/Aries