

The Landmark of Fridley Post

March 2023 Newsletter

Leadership Team

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Dietary Director

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SPRING HAS SPRUNG

Spring begins on the March or vernal equinox, which is when the amount of sunshine is approximately 12 hours long. The amount of sunlight will incrementally increase until the first day of Summer.

The vernal equinox marks the moment the sun crosses the celestial equator. This is the imaginary line in the sky above the Earth's equator, from south to north. The vernal equinox happens on March 19, 20, or 21 every year in the Northern Hemisphere. In the Southern Hemisphere, this same event marks the beginning of fall. Meteorologists mark the spring from March 1 through May 31st. *Source: NationalDayCalendar.com*

"Springtime is the land awakening. The March winds are the morning yawn." – Lewis Grizzard

IMPORTANT COMMUNITY REMINDERS

- ❖ It is cold out, make sure you close your windows. If you call about your room being cold this is the first we will tell you to check.
- ❖ Don't forget to sign out if you are leaving the building
- ❖ **Refer a Friend Bonus** ~ If you refer a friend and they move in you will receive a \$500 credit towards rent

MARCH HIGHLIGHTS

- ❖ St. Patrick's Day
- ❖ Spring Equinox
- ❖ Your Legacy: Family, Church, and Charity Presented by Thrivent (Rescheduled)

MARCH BIRTHDAYS

Joann Crampton 3/5
Howie Obert 3/10
Vivian Northrup 3/28



important

Health Updates

HEALTH UPDATES

- ❖ Podiatry will be here on March 2nd
- ❖ If you are feeling under the weather please remain in your apartment and notify the front desk so nursing can determine if a COVID test should be done.
- ❖ Please remind visitors to wear a mask in the common areas of the community at all times



ST. PATRICK'S DAY CELEBRATION

On Friday, March 17th at 1:00pm please join us in the Dining Room for a special St. Patrick's Day celebration.

In addition to the usual BINGO, we will have some additional fun games. There will also be a few special St. Patrick's Day treats and beverages for everyone.



SPRING FORWARD ON MARCH 12TH

Spring is in the air, weather and also your clocks. Remember to move your clocks 1-hour ahead on March 12th.



YOUR LEGACY: FAMILY, CHURCH, AND CHARITY

Plan on giving after you're gone? Are there people and organizations you want to help financially? Attend Your Legacy: Family, Church and Charity to learn how you can provide for your loved ones, your church and your community's future, according to your legacy plan.

Presented by Thrivent on Thursday, March 16, 2023 at 7:00 p.m. This event will be open to the public in The Landmark of Fridley's Sandee's Bistro

Reserve Your Place Today
Please call Amanda Stene at 763-571-7355 or visit connect.thrivent.com/kelseyschultz by February 22, 2023. Refreshments will be served. This session is hosted by Kelsey Schultz.

"March is the month God created to show people who don't drink what a hangover is like." – Garrison Keillor



March 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Every Monday-Friday</u></p> <p>10:15 Devotions (WR) 10:30 Exercise (WR)</p>			<p>1 3:00 Armchair Travel (WR)</p>	<p>2 1:00 Lifespark Challenge (WR)</p>	<p>3 1:00 BINGO & Happy Hour (DR) 3:00 Movie & Popcorn (WR)</p>	<p>4 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 3:00 Resident card games (SA) 4:00 Board Games (MR)</p>
<p>5 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)</p>	<p>6 1:00 Manicures (SA) 1:30 Women’s Social Group (SA) 6:00 Coloring Club (SA)</p>	<p>7 1:00 Lifespark Challenge (WR) 2:00 Live Music (DR) 4:00 Resident Lead Card Games (SA)</p>	<p>8 1:00 Resident Council (SA) 3:00 Armchair Travel (WR)</p>	<p>9 1:00 Lifespark Challenge (WR) 3:00 Trivia & Treats (SA)</p>	<p>10 1:00 BINGO & Happy Hour (DR) 3:00 Movie & Popcorn (WR)</p>	<p>11 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 3:00 Resident card games (SA)</p>
<p>12 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)</p>	<p>13 1:00 Manicures (SA) 2:00 Mojito Cocktail Hour (SA)</p>	<p>14 1:00 Lifespark Challenge (WR) 2:00 Yard Games (SA) 3:00 UNO! (SA)</p>	<p>15 1:30 Live Music (DR) 3:00 Armchair Travel Peru w/Chips and Salsa (WR)</p>	<p>16 1:00 Lifespark Challenge (WR) 2:00 Cub Foods 3:00 Baking (MR)</p>	<p>17 1:00 BINGO & Happy Hour (DR) 3:00 Movie & Popcorn – GREASE (WR)</p>	<p>18 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 3:00 Resident card games (SA)</p>
<p>19 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)</p>	<p>20 1:00 Manicures (SA) 1:30 Women’s Social Group (SA) 6:00 Coloring Club (SA)</p>	<p>21 1:00 Lifespark Challenge (WR) 4:00 Resident Lead Card Games (SA)</p>	<p>22 1:30 Live Music (DR) 3:00 Armchair Travel (WR)</p>	<p>23 1:00 Lifespark Challenge (WR) 2:00 Milk and Cookies in the Court (MC) 3:00 Trivia & Treats (SA)</p>	<p>24 1:00 BINGO & Happy Hour (DR) 3:00 Movie & Popcorn (WR)</p>	<p>25 1:00 BINGO & Father Ron (DR) 2:00 500 Club (SA) 3:00 Resident card games (SA)</p>
<p>26 9:00 Eagle Brook Church (CH) 10:30 Service – Father Ron (CH) 6:00 Board Games (MR)</p>	<p>27 1:00 Manicures (SA) 1:30 Women’s Social Group (SA) 6:00 Coloring Club (SA)</p>	<p>28 1:00 Lifespark Challenge (WR) 3:00 UNO! (SA) 4:00 Resident Lead Card Games (SA)</p>	<p>29 3:00 Armchair Travel (WR)</p>	<p>30 1:00 Lifespark Challenge (WR)</p>	<p>31 1:00 BINGO & Happy Hour (DR) 3:00 Movie & Popcorn (WR)</p>	