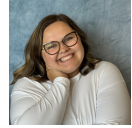


Our Team



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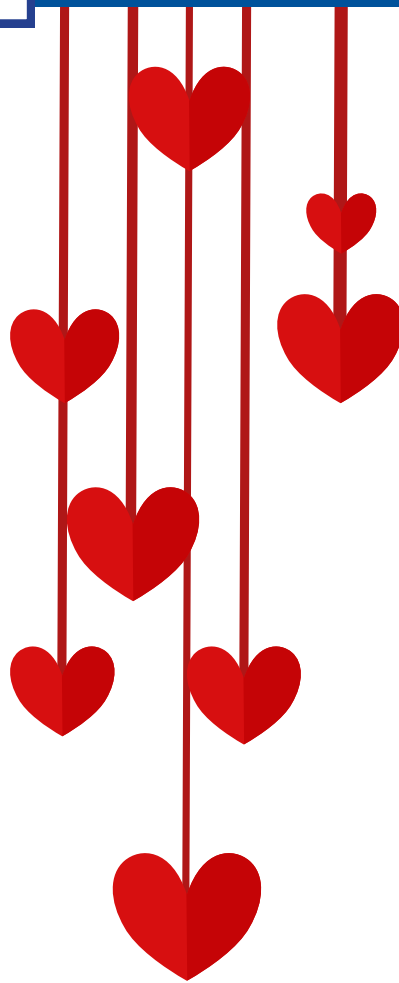
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The Bluffs Senior Community

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www.thebluffs.org

February NEWSLETTER

HAPPY
birthday

- 2/1- Marlene H.
- 2/3- Marie S.
- 2/6- Hugh B.
- 2/9- Nancy S. (QC)
- 2/12- Mary C.
- 2/13- Ruth Jean B.
- 2/13- Bob L.
- 2/13- Evelina R. (EMP)
- 2/13- Charlotte A. (EMP)
- 2/15- Carol P. (QC)
- 2/28- Sandy L. (EMP)

Letter from our Executive Director

Hello Residents, Families & Friends!

I hope you are all doing well! As I write this we are seeing below zero temps and it feels like Antarctica! It's not the first time the U.P. has felt like Antarctica right?

We finally have a nice abundance of snow for some downhill skiing which I have been anxiously awaiting.

Here at The Bluffs we are staying warm and cozy, the fireplaces are running 24/7. Friendships are being made and I see endless smiles. We are well.

February is looking to be a busy month! We are going to enjoy the annual Michigan Tech Snow Statue Tour! If you can't make it, stay tuned to our Facebook page for pictures of this year's statues! They are always a wonderful sight!

We will have some special meals on Valentines Day and we will be bringing back Lunch Bunch in February. There are details inside the newsletter about Lunch Bunch, it will be a hit for sure! We are looking forward to it.

Also, if you can join us on February 13th as we celebrate our Community Arcadia Ambassador of 2024 we would love to have you! It will be held at 1:30 in our Ballroom. Staff, Residents and Families are encouraged to attend and celebrate an outstanding employee!

Wishing you a wonderful February! As always, please let me know if there is anything we can do to make your stay at The Bluffs more enjoyable. All the best! ~ Jes



LOVE

February 2025 Activity Calendar

Activity Highlights

Let us cultivate a spirit of affection this February! We will be hosting a variety of activities, including a Valentine's themed door wreath, engaging games, and a painting class centered around the holiday. Additionally, we cannot overlook the Michigan Tech Winter Carnival Snow Statues; this year, we will organize a bus tour to explore these impressive creations. The Lunch Bunch will also be returning, so please stay tuned for further details. We will hold a Culinary Meeting with Shelly and an Activity Meeting with Kalyssa, and your participation is encouraged to share your suggestions. At the end of the month, U.P. Home Care Therapy will present Health Talks with Nick, which promises to be informative for those who attend. Wishing everyone a delightful month ahead. Remember to smile; it might brighten someone else's day!

~Kalyssa~



Culinary Corner



February greetings! I hope this finds you all doing well! We have recently had some very positive feedback about our meal display table. Please be sure to take a look at it prior to your meal if you'd like to see what the specials look like.

We've also gotten some feedback about cold dinners and we have addressed that issue and we hope that you have already noticed a difference. We will have some specials on Valentine's Day this year, menu details will be handed out soon.

Please join me for our Culinary Meeting on February 11th at 1:30, I look forward to hearing your feedback!

*"All you need is love. But a little chocolate now and then doesn't hurt."
- Charles M. Schulz*

2024 Arcadia Ambassador Presentation

Please join us on Thursday, February 13th at 1:30 in the 3rd floor Ballroom to recognize our 2024 Community Arcadia Ambassador! This employee has exemplified Teamwork, Integrity, Accountability, Respect and Safety in 2024. They are an outstanding employee that has gone above and beyond and now we get to reward them!

Please join us to celebrate!



Aaren was our 2023 Ambassador of the Year as well as the Company Wide Ambassador of the Year!



Lunch Bunch

A few years back we started a program called Lunch Bunch and we are going to bring it back for the Winter months!

What is Lunch Bunch you ask?

Well, rather than going out in the cold, icy conditions, we'll bring the food from a local restaurant to you!

We will let you know where we will be ordering from, you sign up and pay. We'll set up a dining area, provide drinks, utensils, etc. and enjoy lunch with a bunch of friends!

It's fun, it's easy and it's about to kick off!



Community Captures



*"True friends are always together in spirit"
-L.M. Montgomery*

Winter Carnival Snow Statues

The City of Houghton bus will bring us on a statue tour on Friday, February 7th. We will depart the lobby at 1:30 p.m. and enjoy a warm cozy ride upon the bus. If you'd like to see the statues, please sign up as seats are limited.



See you there!



Additional Reminders

- Please use caution when walking outside. Even though we shovel and salt, the surfaces may be slippery.
- When using the Nu-Step in the Exercise Room, please allow yourself a 15 minute time limit so everyone has a chance to use it.
- Please continue filling out Arcadia Ambassador forms for outstanding employees, we love hearing your compliments!
- Be sure to get active and join our Exercise Classes with Julia! Classes are 5 days a week at 10:30 in our Exercise Room.
- If you do have a fall in your bathroom, remember there is an emergency pull cord that you can pull for assistance.

March Save The Dates

4th- Fat Tuesday

7th- Birthday Lunch

16th- St. Urhos's Day

17th- St. Patrick's Day

