



The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931

906-483-4400

www.thebluffs.org

March 2021

NEWSLETTER

Resident Birthdays

- 2nd- Mary F.
- 18th- Bob F.
- 19th- Doris S.
- 28th- Shirley R.

Employee Birthdays

- 1st- Lori N.
- 7th- Jackie S.
- 9th- Brian D.
- 16th- Sarah L.
- 18th- Del G.

Letter from our Executive Director

Hello!

I know it seems like we are in the middle of winter but March marks the start of Spring! How nice does that sound? Especially after the first week of February dumped more than 45 inches of snow on us in 5 days!

In mid-February we received our 2nd Covid-19 vaccinations, I am so very proud of each and every one of our residents! Now that March is here, we will safely make some internal changes and it will feel a little more "normal" around here.

We have some fun activities planned in March, cabin fever can get the best of you so please join in on the fun! If you haven't tried it yet, check out the cardio drumming classes, they are easy, fun, high energy and will leave you feeling great with a smile on your face.

May the luck of the Irish be with you all this month and always!

~Jessica

Staying Active

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn't for you. But as you grow older, an active lifestyle becomes more important than ever to your health. Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. It's never too late to find simple, enjoyable ways to become more active, improve your mood and outlook, and reap all of the physical and mental health benefits of exercise.

At The Bluffs we offer exercise classes 5 days a week, that's right, 5 days a week with our instructor, Ann! Ann's classes are great for people of all skill levels. The exercises can easily be modified for beginners and you can add weights for a higher skill level! Check out Ann's class in the ballroom at 10:30 AM!

It is also important to walk and our hallways provide a great walkway for you during the winter months!



Culinary Corner

Greetings from The Kitchen~

I hope everyone enjoyed our Valentine's Day Dinner, special Southern fare for our Mardi Gras lunch and those delicious packzi's! February was sure enjoyable.

In March we will be celebrating St. Patrick's Day with Shamrock Shakes at Lunch and a special themed dinner! Bring your Irish taste buds.

We have a special guest, Chef Riggs that will be visiting from Kentucky during March. He will do a live cooking demonstration during his visit, stay tuned for more information!

On March 14th, Pi Day (3.14) we will serve delicious pies for dessert after dinner.

Save the Date for our next Culinary meeting on Tuesday, April 6th! I hope to see you all there.

If you have comments and suggestions between meetings, you can always drop a note in the suggestion box, I receive them weekly! Thank you!

Jodi
Kitchen Manager



Activity Happenings

Spring Greetings~

We are another month closer to spring! Spring is such a refreshing time for everyone. This month we have many exciting things planned! We will begin the month with birthday lunch on the 5th, St.Urho's Day, St.Patrick's Day, the First day of Spring and many other fun surprises! We will be doing crafts, games, trivia and socials surrounding these events! I will continue to play new games and try new activities each week!

I encourage you all to come out and try something new! Please pay close attention to your weekly calendars for activities! The TV slides are not always correct because they are prepared ahead of time! If there is a change in an activity or to the calendar, a poster will be hung in the elevator or you will receive a call if necessary! If you ever have any questions about the calendar, tv slides or activities, do not hesitate to come and see me in the Library!

~Maria



Wine & Design

**Join us on Thursday, March 25th at
1:45 PM for the Northern Lights
Painting Class!**



- All supplies are provided**
- No cost to residents**
- For beginners or advanced painters**
- Wine & pop provided, cheers!**

Employee Birthday Spotlight



Lori Nordstrom

March 1st
Resident Assistant

What Is Your Favorite Color?

Red

**If You're Not At Work Where
Can We Find You?**

At Home



Del Gentry

March 18th
Resident Assistant

What's On Your Bucket List?

*It would have to be traveling to
Germany!*

When Are You Happiest?

Anytime I am with my family!



Jackie Saari

March 7th
Housekeeping

What Is Your Favorite Animal?

*I love all animals. I can't pick just one
favorite!*

**What Is Your Proudest
Accomplishment?**

My daughter!



Sarah Laitila

March 16th
Resident Assistant

Where Did You Grow Up?

Keweenaw Bay

Favorite Travel Spot?

Montana

**Happy
Birthday!**

Funny Bone

Crabby Road

Crabby Road



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If you find a four leaf clover it means you have entirely too much time on your hands.



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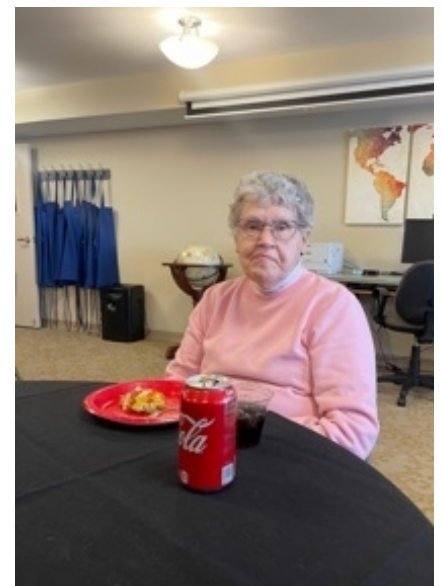


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Community Captures



DAYLIGHT SAVINGS

SET YOUR CLOCKS FORWARD BY
1 HOUR ON
SATURDAY, MARCH 13TH BEFORE YOU
GO TO BED!



This is also a great time to give your emergency pendant a good cleaning!

Time to
Spring Ahead

Additional Reminders

- Sign up sheets for all activities are now in the library!
- The winter conditions are constantly changing! Please make sure that you are using caution when walking outside.
- Please thoroughly read all memos and handouts, we only pass out information that is important to know!
- If you have any comments, suggestions or employee nominations you can fill out a slip and place it in the box near the 1st floor elevator; slips are read weekly!

April- Save The Dates



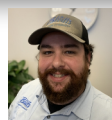
1st- April Fools Day
2nd- Good Friday
4th- Easter Sunday
9th- Birthday Lunch



Our *Amazing* Team



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Jodi Bussiere // Culinary Manager
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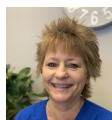
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