

The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931
906-483-4400
www.thebluffs.org

April 2021 NEWSLETTER

Resident Birthdays

1st- Marilyn J.
3rd- Gale J.
7th- Ann A.
10th- Helen S.
23rd- Mary S.
29th- Myrtle B.
30th- Eric P.

Employee Birthdays

2nd- Isabelle C.
20th- Hanna L.
20th- Alan G.
22nd- Jasmyn M.
23rd- Sylvia H.

Letter from our Executive Director

Welcome to Spring!

We are excited that the days are getting longer and the weather is warming up. The residents have already been venturing outdoors for walks but as the weather improves we are sure to see more faces out in the sunshine!

March marked one year since the pandemic began and what a year it was! If the past year taught us anything, it has taught us to be resilient. Despite our frustrations, near constant uncertainty, and fear of infection- we can now look forward to the process of moving forward. It's been exciting to begin the re-opening process however, it is so very important that we continue to wear our masks, practice social distancing and wash our hands. We must do this as our individual actions impact others and none of us want to go back to the beginning of quarantine or have an outbreak in our community.

It's been a pleasure seeing the participation at activities and the best part is hearing the laughter and seeing the smiles on everyone's faces, we have been longing for this for many months now.

As we go into the future, let's continue to work together and welcome "normalcy" like we do Spring...with open arms!

~Jessica



Activity Highlight

Hello & Happy April!

I'm so excited for the warmer weather and being able to go on walks outside! The snow has been melting fast! We are SO very excited to bring Happy Hour back this month! At this time we will not have a live band but background music and Happy Hour will be for Residents ONLY. We hope to welcome families back in the near future! Happy hour will be on the 16th, 23rd & 30th this month! We will decorate and enjoy appetizers, drinks and great company!

In addition to Easter, some other celebrations this month will be National Beer Day, Earth Day and National Peach Cobbler Day! Keep an eye on your monthly and weekly calendars but remember they are always subject to change!

I hope this month brings much happiness and smiles as we continue to get back to normal. The warmer weather certainly will help! Check out the "Spring Walks" section to read about the Walking Club that I am starting now that we can get outside.

I have incorporated more Saturday and Sunday activities for you all to enjoy! As always, if you have any ideas for activities that you'd like to do, please let me know.

Happy Easter! ~ Maria

Culinary Corner

Spring Greetings from The Kitchen!

March was a fabulous month! We certainly enjoyed Chef Riggs visit and his bananas foster demonstration! Talk about delicious! Chef also mentored us in kitchen and we appreciate him sharing his knowledge with us.

In April we have much to look forward to! April Fool's Day might bring a surprise and then Easter is just around the corner. We will be having a lovely Easter Brunch that will include ham, cheesy potatoes, quiche and more!

Planting season is just around the corner and The Bluffs will continue its annual tradition of planting a fresh garden! If anyone else would like a garden bed, see the Front Desk for details!

I look forward to seeing you at the next Culinary Meeting on Tuesday, April 13th!

Jodi

Culinary Manager



Employee Birthdays

Isabelle Clearly
April 2nd
Dining Attendant

Favorite Animal?
Dogs

**People Would Be Surprised
If They Knew?**
I'm A Twin!



Sylvia Holmes
April 23rd
Dining Attendant

**What Do You Do In Your
Free Time/ Hobbies?**
Fish And Hang With Friends

What Is Your Favorite Book?
Colleen Hoover



Hanna Larson
April 20th
Dining Attendant

What Is Your Favorite Color?
Light Purple

**If You're Not At Work,
Where Can We Find You?**
Enjoying The Outdoors



Jasmyn Mytty
April 22nd
Dining Attendant

Whats On Your Bucket List?
Travel To Europe

Favorite Food?
Sushi



Alan Granroth
April 20th
Cook

**What Is Your Proudest
Accomplishment?**
Raising A Family

Three Words To Describe You?
Calm, Friendly, Helpful

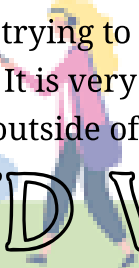


Spring Walks

We are seeing signs of an early spring in the Copper Country. Hopefully Heikki Lunta has gone to sleep for the winter and sunshine is here to stay! Towards the end of April we will begin an outside walking club! Our club will meet weekly and take walks around the grounds. The distance of the walk will depend on the group and vary by week. This is a wonderful opportunity to enjoy the sunshine and fresh air but with supervision for your safety. I encourage you all to get out and see the beauty that The Bluffs offers in our community and the breathtaking scenery of Houghton.



If you prefer a solo walk, please be cautious. Spring time weather is unpredictable and temperatures dip low in the evening; this can create black ice and potentially hazardous walking conditions. Maintenance does a great job of trying to keep the sidewalks free and clear of ice, rocks and holes but it is not guaranteed! It is very important to ALWAYS wear your emergency pendant- inside and outside of the building!

GET OUT AND WALK!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>The first blooms of Spring always make my heart sing... ~S.B.</p>			
Happy Easter! 4 9:30- Catholic Service Live Stream (GR) 11:00- St. Peter & Paul Lutheran Church Live Stream (GR) 11:00- Easter Brunch (DR) 2:30- Coffee Chat (KCC)	5 10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR)	6 10:30 - Exercise with Ann (ER) 1:30-Townhall Meeting w/ Jessica (B) 2:30- Coffee Chat (KCC)	10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 2:45- Senior Sippers (S) 6:30- Cinema w/ The National Be
11 9:30- Catholic Service Live Stream (GR) 11:00- St. Peter & Paul Lutheran Church Live Stream (GR) 2:30- Coffee Chat (KCC)	12 10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR) National Licorice Day!	13 10:30 - Exercise with Ann (ER) 1:30-Culinary Meeting (LIB) 2:30- Coffee Chat (KCC) National Peach Cobbler Day!	10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 2:45- Cinema w/ The 6:30- Cinema w/ The
18 9:30- Catholic Service Live Stream (GR) 11:00- St. Peter & Paul Lutheran Church Live Stream (GR) 2:30- Coffee Chat (KCC)	19 10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR)	20 10:30 - Exercise with Ann (ER) 1:30-Making Mini Pineapple Upside Down Cakes 2:30- Coffee Chat (KCC) National Pineapple Upside-Down Cake!	10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 2:45- Cinema w/ The 6:30- Cinema w/ The
25 9:30- Catholic Service Live Stream (GR) 11:00- St. Peter & Paul Lutheran Church Live Stream (GR) 2:30- Coffee Chat (KCC)	26 10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR)	27 10:30 - Exercise with Ann (ER) 11:45 - Lunch Bunch (LIB) 1:30- Ballroom Bowling (B) 2:30- Coffee Chat (KCC)	10:30 - Exercise with Ann (ER) 1:30- Bingo (LIB) 2:45- Cinema w/ The 6:30- Cinema w/ The Denim
LOCATION KEY		ER - Exercise Room GR - Gathering Room P- Patio S- Salon	B- Ballroom DR- Dining Room LIB - 2nd Floor Library

Activity Calendar

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April Fools Day! 1 10:30 - Exercise with Ann (ER) 1:30- Making Easter Sausage (B) 3:00 - Nintendo Wii Bowling (B) Pajama Day!	Good Friday 2 10:30 - Exercise with Ann (ER) 1:30- Coaster Craft (LIB)	3 10:30- Crafty Ladies (GR) 2:30- Armchair Travels (GR) 6:30- Scrabble (LIB)
7 Ann (ER) "Beer Social" (B) Server's (GR) Beer Day!	8 10:30 - Exercise with Ann (ER) 1:30- Cardio Drumming (ER) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR) Bluffs T-Shirt Day!	9 10:30 - Exercise with Ann (ER) 11:30- Birthday Lunch (DR) 1:30- Happy Hands (LIB) 4:00- Happy Hour (B)	10 10:30- Crafty Ladies (GR) 2:30- Yesteryear Sing Along (B) 6:30- Rummikub (LIB)
14 Ann (ER) Server's (GR) Server's (GR)	15 10:30 - Exercise with Ann (ER) 1:30- Balloon Tennis (B) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR)	16 10:30 - Exercise with Ann (ER) 1:30- Walker Cleaning (LIB) 4:00- Happy Hour (B)	17 10:30- Crafty Ladies (GR) 1:30- Cardio Drumming (ER) 6:30- Scrabble (LIB)
21 Ann (ER) Server's (GR) Server's (GR)	22 10:30 - Exercise with Ann (ER) 1:30- Earth Day Activity (LIB) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR) Earth Day! Bluffs T-Shirt Day!	23 10:30 - Exercise with Ann (ER) 1:30- Wreath Craft (LIB) 4:00- Happy Hour (B)	24 10:30- Crafty Ladies (GR) 2:30-Armchair Travels (GR) 6:30- Resident Run Cards (LIB)
28 Ann (ER) Server's (GR) Server's (GR) Day!	29 10:30 - Exercise with Ann (ER) 1:30- Painting Class (LIB) 3:00 - Nintendo Wii Bowling (B) 6:30- Evening Cinema (GR)	30 10:30 - Exercise with Ann (ER) 1:30- Group Walking Club (LD) 4:00- Happy Hour (B)	
y	LA - Lobby Area CA- Couch Area BL- Back Lawn	LD - Lobby Departure PDR - Private Dining Room KCC- Kolka's Cookie Cafe	*Activities are subject to change

Community Captures



Copper Country Corner

Keweenaw Central Railroad

This rail line filled the many needs of the Copper Country in its industrial heyday: it carried copper, albeit in smaller-than-anticipated volumes, and other local products south to be brought to market, and



it ferried pleasure seekers and travelers north into beauty. The Keweenaw Central's route complemented its scenic equipment. From its ticket office, a converted coach, and home base on Sixth Street north of M-203 in Calumet, No. 29 chugged through Hecla and Albion locations, passing industrial buildings and residences for the workers who had once staffed them. The train wound north to Centennial, then back through Calumet Junction and toward St. Louis, a mine with more hope than copper. It followed the eastern edge of Laurium, skirting the old airport, before entering the most breathtaking part of the journey. The Keweenaw

Central line descended down the hill toward Lake Linden, Trap Rock Valley unfolding to the north, Lake Superior glittering where the land dropped away, the Huron Mountains rising on the distant horizon. Bridge No. 30, a wooden trestle situated 120 feet above Douglass Houghton Creek, provided just one memorable example of the dozens of Kodak opportunities along the 13-mile round trip.

Additional Reminders

- Please remember that there are NO assigned seats in the dining room!
- Masks should be washed daily! They can be washed by hand in your sink with soap or put in the laundry!
- Please use caution when walking outside! Things are melting during the day and freezing by night time.
- Be welcoming and friendly to each other and staff! Kindness and a smile goes a long way! :)

May Save The Dates



5th- Cinco de Mayo

9th- Mother's Day

31st- Memorial Day

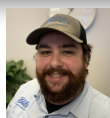




Our *Amazing* Team



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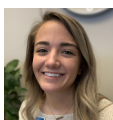
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FIND US ON FACEBOOK!