

March 2021 Newsletter

March Theme Days!



March 4– Spring Break– It's the time of year where we are sick of Minnesota winters and are longing for some summer heat! Let's pretend we are going on vacation to somewhere warm!

Wednesday, March 17– Happy St. Patrick's Day!-

Make sure to wear all the green you can and be ready to celebrate whether you are Irish or not!



****Lunches begin being delivered at 11:00 am on theme days!****

Beginning this month, we will offer 3 classes in person and 1 class on Channel 51 a week. **Mondays at 10:00 am**, Exercise with Jordan, **Wednesdays at 9:30 am**, Exercise with Megan and Drumming with Megan will alternate and **Fridays at 10:00 am**, Exercise with Anna. All classes are higher intensity and use exercise balls and weights. Finally, **Saturdays at 10:00 am** will be on Channel 51 and will alternate between Jordan and Megan's exercise. Saturday will be the only day that exercise will be on Channel 51. All classes meet in the Multipurpose Room.



Let the Good Times Roll!

It has been so long since we have been able to gather to play games. Starting March 1, 500 Cards, Dominoes, Cribbage, Bridge and Greedy will be back on the calendar!



Mondays at 12:15 pm-500 Cards in the Library

Mondays at 6:00 pm-Dominoes in the Library

Wednesdays at 3:00 pm– Cribbage in the Library

Thursdays at 6:00 pm-Bridge in the 3rd Floor Lobby

Fridays at 6:30 pm-Greedy in the Community Room



Other Information



Changes this month:

- You only need to sign up for Bingo and Church as far as activities.
- Weekly calendars will be put in the Lobbies in the Bored Board and no longer delivered to each apartment.
- Black bags can be removed from your door/mailbox outside of your door, otherwise staff will start talking them down March 1.

Upcoming Wilderness Inquiry Virtual Presentations:

- **Thursday, March 4 at 10:00 am**, Everything Birds

Have you ever wondered what is making all that racket outside? Join Sharon Stiteler, National Park Service "Bird Chick" as she shares her knowledge of how birds communicate. Discover the species and fun facts about your own backyard!



- **Thursday, March 18 at 10:00 am**, All About Bees

Spring is a-buzz! Time to shake off that cabin fever and get ready to learn about the little insects who help make the Spring more enjoyable by playing a crucial role in pollination: bees! While many species are important pollinators, bees hold a special place in our hearts... perhaps it's that delicious honey? This session we will be joined by a bee specialist to teach you all you've ever wanted to know about bees.



Kim will be holding a series of Focus Groups to see how you would like things to look like at Oak Meadows in the next year.

Monday, March 8	3:00 Ponds 3rd floor Only, 3rd Floor Lobby
Monday, March 15	3:00 Ponds 2nd floor Only, 2nd Floor Lobby
Monday March 22	3:00 Ponds 1st Floor Only, 1st Floor Coffee Area
Monday, March 29	3:00 Pines Only, Multipurpose

More Information!



Spiritual Life at Oak Meadows

Chaplain John will have **Bible Study** on **Mondays at 10:00 am** in the Community Room. **Devotions** will be on **Tuesdays at 1:30 pm** in the Community Room. **Prayer Group** on **Fridays at 10:30 am** in the Community Room. Worship services on **Wednesdays at 10:30 am and 1:30 pm** in the Community Room (except 3/31). You must sign up because space is limited due to physical distancing guidelines. You must wear your mask during all of the events. **Worship on Wednesdays at 10:30 am** will be shown on Channel 51 for those not able to join in person. **Guardian Angels Mass** will continue on Channel 51 the first Wednesday of the month in March. The **Rosary Group** will continue to be on Channel 51 on **Tuesdays at 6:30 pm**, but will also start to meet in person on **March 9** in the Community Room.



Holy Week Church Services:

Palm Sunday, March 28
Maundy Thursday, April 1
Good Friday, April 2
Easter Sunday, April 4



All services will be in the Community Room at 10:00 am.

Music opportunities on Channel 51 in March:

- **Live Sing-alongs with Susie Q** on **Wednesdays at 1:00 pm.**
- **Sing for Life Choir Practice** with Lou Ann Henderson from MacPhail on **Saturdays at 1:00 pm.**
 - **East Ridge High School Choir** on Sundays at **10:00 am.**
 - **Dan Newton** will perform on **Friday, March 5 at 1:00 pm.**
 - **MacPhail Center for Music Music for Life** with Deb McTaggart on **Thursdays, March 11 & 25 at 6:00 pm.**
 - **Bobby & Christine Concert** on **Friday, March 19 at 1:00 pm.**
- **Waltz's & Polka's w/ Nate Hance** on **Friday, March 26 at 1:00 pm.**





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Don't forget to watch channel 2 on your televisions to stay up to date on what's happening at Oak Meadows!



Beginning in April, we hope to start back up with our Golden Bell Choir. Our Bell Choir meets a couple of times a month, and is lead by wonderful volunteers. All bells are colored and our volunteers hold cards with the colored bells on them. No experience necessary! We hope to see you there!



Bingo will be every other **Tuesday at 2:30 pm** in the Community Room! We will be using bingo daubers and disposable bingo cards to play. Please see Megan with any questions. You must sign up with the Receptionist for each week!

