

Did you know?

### Leadership Contacts

- Mike - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Cheyenne - Arbors Director of Health Services - 651-466-1012
- Mary - Arbors Floor Nurse - 651-466-1013
- Melissa - Arbors Community Life Director - 651-466-1014
- Front Desk/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005
- Laura - Billing - 612-451-4754
- Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain (Contact Melissa to connect with Kathleen)
- Nathan & Christelle - End of Life Doulas - 651-466-1024
- Birchwood Health Care Center - 651-464-5600



# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

### Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management. Food comment cards are located in the Dining Room.

- Activities are subject to change. Please check the bulletin board by the 1st floor elevator daily or the Dining Room TV for the most up to date schedule.

- Resident Council is a great time to talk about activity requests and to discuss questions, comments and concerns with your peers.

### HEY REHAB!



#### Ask yourself, have you?

- Fallen
  - Lost Balance
  - Stumbled
  - Had Trouble Chewing
  - Find Yourself More Forgetful
- If any of these things are you, talk to your nurse about Rehab/Therapy Services.*

- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.

- Don't forget the **EXERCISE BIKE is available for daily use in the LOBBY on the first floor!**

- See Melissa if you would like to be part of our **Health Care Center VOLUNTEER TEAM.**

### Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.

- There are a lot events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.



## March

*Bob Scoggin - Dining Room  
Friday, March 13th at 2pm*



*Jim Kirkendall - Dining Room  
Friday, March 27th at 2pm*



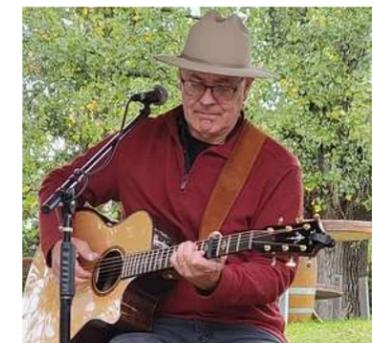
### Happy Birthday

- Chuck - 5th
- Ron - 6th
- Karen - 14th
- Rod - 18th

### Welcome

- Mary - 212
- Ruth - 201

*Russell Schmidt - CHAPEL  
Tuesday, March 31st at 2pm*



VIRTUAL PROGRAM:

# ART & HISTORY

A JOURNEY THROUGH THE CIVIL WAR

Discover how America's most defining conflict & the Reconstruction era that followed, were captured through powerful works of painting, sculpture & the emerging art of photography.

March 5<sup>th</sup> at 2pm

Presented by: Smithsonian American Art Museum



2026

Tuesdays and Thursdays

Coaches and Captains meeting - 1/12/26

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/13	1/15	1/16
Week 1	1/20	1/22	1/23
Week 2	1/27	1/29	1/30
Week 3	2/3	2/5	2/6
Week 4	2/10	2/12	2/13
Week 5	2/17	2/19	2/20
Week 6	2/24	2/26	2/27
Week 7	3/3	3/5	3/6
Final 4	3/17	3/19	NO RBS
World Championship	3/24	3/26	NO RBS

\*RBS = Really Big Show\*

All Spark Performance League Items Begin at 1:00 PM

## Magical March Mythology

### The Month of War

It may seem odd that a month associated with spring's rebirth would be named after Mars, the Roman god of war. However, in ancient times, military campaigns tended to stop during the brutal cold of winter. March, with its more temperate weather, was when armies would return to battle, without the worry of freezing temperatures. This is why the month honors the god of war, in hopes of inspiring his favor—and military success.

### The Ides of March

In the Roman lunar calendar, the *ides* signified a month's

first full moon. In March, this usually fell around March 15 and was often accompanied by a new year's festival. Legend has it that the day is unlucky—as in Shakespeare's *Julius Caesar*, when a soothsayer advises Caesar to "beware the ides of March." The warning fails, as Caesar was murdered on March 15, 44 BC.

### Borrowing Days

Scottish folklore marks the last three days of March as "borrowing days." These days—borrowed from April—are thought to be extra stormy to serve as March's last hurrah before spring mellows into April.

## The Day of Colors

Holi, the Hindu festival of colors, is held at the beginning of spring each year—this year on Wednesday, March 4. Revelers celebrate the triumph of good over evil by dousing each other with water and powdered colors.



### March Zodiacs

Pisces (Fish)  
March 1–20

Aries (The Ram)  
March 21–31

## Chaplain Chat



## Spiritual Lessons in the Waiting

*"The Lord is good to those who wait for him, to the soul who seeks Him" Lam 3:25*

In general, we are not a society that is comfortable with waiting. We typically get agitated, angry, or disgruntled when asked to wait...and it is always a longer wait than expected. But there is hope in how to sidestep this aggravation, and that is entering into the waiting with a different mindset. Today we encounter waiting with the urgency to get 'active' and back to our lives, but in Hebrew Scriptures waiting offers to opportunity to be 'actively waiting'. That is, 'actively waiting' to experience the presence of God in any waiting. Today, this is what we call "Mindfulness".

The Lenten season is a perfect time to cultivate our Mindfulness practices. Perhaps we can sit in the quiet times of Lent and use mindfulness to be in the presence of God. Maybe during Lent, when we feel our frustration and anger rising inside of us as we wait in a line, we can pause and be reminded that this is an opportunity to shift our mindset. With this shift of our focus, we can avoid the negative reactions to 'waiting' and convert the moment to feel God's Presence in the holy act of 'actively waiting.'

**March** hasn't always been the third month of the year. In the ancient Roman calendar, it was the year's first month. Beginning the year in March makes a lot of sense because it is when new growth starts after the "dead" of the winter. March's name comes from *Martius*, the Latin name for the month that means "of Mars"—the Roman god of war. The Anglo-Saxons called the month *hyld monath*, which means "stormy month," and *hraed monath*, meaning "rugged month."

### Time To Wake Up

March is when many hibernating animals wake from their long sleep. Here are some cool facts about this winter rest:

- Hibernators include bears, hedgehogs, bats, skunks, bees, frogs, snails, turtles, and mice.
- Many animals have a heart rate of just 10 beats per minute while hibernating.
- Hibernating bats slow their breathing; some species take only one or two breaths an hour.

### What's Lucky in March?

- Lucky Color: Green
- Lucky Animal: Rabbit
- Lucky Letters: R and M
- Lucky Day: Saturday
- Lucky Plant: Tulips



### March Birthdays

- Ralph Ellison (writer) – March 1, 1913/1914
- Jean Harlow (actress) – March 3, 1911
- Eva Mendes (actress) – March 5, 1974
- Michelangelo (artist) – March 6, 1475
- Bobby Fischer (chess prodigy) – March 9, 1943
- James Taylor (singer-songwriter) – March 12, 1948
- Diane Arbus (photographer) – March 14, 1923
- Ruth Bader Ginsburg (jurist) – March 15, 1933
- Nat King Cole (jazz musician) – March 17, 1919
- Queen Latifah (entertainer) – March 18, 1970
- Do Won Chang (entrepreneur) – March 20, 1954
- Reese Witherspoon (actress) – March 22, 1976
- Quentin Tarantino (director) – March 27, 1963
- Céline Dion (singer) – March 30, 1968



# THE MONTHLY GAZETTE

March 2026

*"Spring is when you feel like whistling, even with a shoe full of slush."*

~Doug Larson



## Animal of the Month – Bottlenose Dolphin

Bottlenose dolphins are highly intelligent, social mammals that live in temperate and tropical waters worldwide. These super swimmers can be found in shallow coastal waters as well as deeper water in the Atlantic, Pacific, and Indian oceans. They use echolocation and herding techniques to hunt and gather prey, which includes a range of fish, squid, octopus, and crustaceans. These majestic creatures have gray, streamlined bodies that can grow to between six and 13 feet long and weigh between 330 and 1,430 pounds. Named for their short snouts, they can



swim up to 22 miles per hour and use a complex language of squeaks, whistles, and clicks to communicate. Research has also shown that they can recognize themselves in the mirror. Bottlenose dolphins live between 40 and 60 years. They sleep by resting one side of their brains at a time so that they can keep breathing while they slumber.

### Special Days

**World Wildlife Day**  
March 3

**International Women's Day**  
March 8

**St. Patrick's Day**  
March 17

**Spring Equinox (Beginning of Spring)**  
March 20

**Palm Sunday**  
March 29

**Doctors' Day**  
March 30

## Flower – Daffodil



While we tend to think primarily of the vibrant yellow trumpeted flower, *daffodil* is actually the official common name for all members of the genus *Narcissus*, a group of spring perennials that includes many shapes of mostly yellow and white flowers. Heralded as the official flower of spring, the daffodil is one of the first flowers of the season. The hearty plant does well in cold weather and can even withstand snow. Daffodils are often given to represent respect, friendship, modesty, rebirth, and good luck.

## Birthstone – Aquamarine



March's birthstone is aquamarine. These semiprecious stones are renowned for their striking pale-to-medium-blue color, which can also contain a hint of green. However, the clear blue ones fetch the highest prices. Found in Serbia, the United States, Myanmar, and Brazil, they get their name from the Latin *aqua marina*, meaning "seawater." They are associated with safe passage over water, eternal youth, purity, and protection. Ancient Egyptians put them in tombs to ensure a safe journey to the afterlife.

## A Note to Teams and Coaches

The Soccer World Cup is a quadrennial event that is being held in North American in 2026. Teams from all over the world compete in a months-long tournament. Billions of people will follow the games, and results, with excitement, and heartbreak, as teams work their way through the bracket.



Illustration of the first international match between England and Scotland, 1872

In 2026, the Spark Performance League will premiere our answer to the World Cup tournament. The National Robot Soccer League is inspired by the stunning success of the National Forklift Racing League's teams, communities, drivers, and cheer squads. Like the NFRL, the NRSL is central to Lifespark's commitment to enhancing the strength, purpose and belonging of the older people. Like the NFRL, the NRSL will require generous portions of teamwork, strategy, spirit,

and practice from communities and competitors. Before the season's end, competitors will enhance their hand-eye coordination, sharpen mental acuity, and reduce the burden of social isolation.

Founded in 2026, the National Robot Soccer League (NRSL) is dedicated to promoting healthy team-based competition based on the skillful use of radio controlled "soccer bots." Our inaugural season will feature 42 teams organized into 6 divisions competing for a share of the NRSL's generous Purse and a place in the end of the season Championship Week.

Like regular soccer games, NRSL matches consist of head-to-head matches between identically equipped teams. Some highlights:

- Each match is divided into three periods of 10 minutes each.
- During each period, four Soccer Bots (driven by team members using remote controllers) will attempt to drive balls through the goals.
- The team earns one point each time a Soccer Bot drives one ball past into the goal.

# ARBORS - AVAILABLE SNACKS

## COLD SNACKS \*NEW\*

- Half Sandwiches
  - Turkey
  - Ham
  - PB&J
- Grapes
- Sugar Free Jell-O
- Marbled Cheese Sticks
- Clementines



ANY COLD SNACKS YOU CAN REQUEST VIA NURSING STAFF- KEPT IN THE KITCHEN COOLER

## SNACKS IN THE DINING ROOM

- Peanut Butter Crackers
- Muffins (AM)
- Fudge Cookies
- Oatmeal Cookies
- Lorna Doones
- Nutty Buddys
- Bananas\*



## AVAILABLE UPON REQUEST

- Yogurt
- Vanilla Pudding
- Apple Slices (When available)
- Goldfish Crackers
- Apple Sauce Cups

\*These are kept in the HCC\*

SNACKS ARE SET OUT IN THE DINING ROOM 7AM AND 1:30PM

Please take 1-2 per person

\*Bananas only when Yellow\*

## Riddle Me This

I bring fresh air and brighter skies;  
winter ends as warmth arrives.  
Birds sing, flowers appear, days  
grow long with sunshine near.  
What am I?

## Challenge for the Day

Close your eyes and imagine two intersecting triangles, and then trace the triangles with your fingers in the air.

## Food for Thought

Craft beer production in the U.S. has surged over the past 20 years, growing from small local breweries into a national industry with nearly 10,000 breweries. This boom has expanded beer styles and strengthened local communities through tasting rooms, festivals, and homebrewing culture.

## Did You Know?

The famous tale of St. Patrick driving the snakes out of Ireland is a legend, not history. Ireland never had native snakes; the story was a metaphor for Patrick banishing pagan practices.

St. Patrick, the patron saint of Ireland, is said to have died this day in the second half of the fifth century in Saul, County Down, where he had built his first church. His death date became the annual feast day now celebrated worldwide as St. Patrick's Day, honoring his missionary work of spreading Christianity across Ireland.

## What Am I?

I quietly sit in the corner of a room, doing my job. I turn dry, uncomfortable air into something easier to breathe. You notice me most when the weather turns cold or the heat runs nonstop. I help soothe dry skin, scratchy throats, and stuffy noses, and parents often keep me nearby when little ones have a cough or congestion. I release a gentle mist that feels light and calming. Plants enjoy me just as much as people do, and I can help protect wooden furniture and floors from drying out. I work best when kept clean and filled with fresh water. Some versions glow softly or hum quietly through the night. I do not change the temperature, but I change how the air feels. I am quiet and make homes more comfortable every day.  
What am I?

## Table Topic

If you had a free day with no responsibilities, how would you spend it?

## Name Three

Can you name three NBA basketball teams that begin with the letter M?

## Fun Fact

In Japan, many people traditionally avoid drinking plain water during meals, a custom rooted in cultural beliefs about digestion. Instead, water or tea is often enjoyed before or after eating. While science shows water with meals is generally fine, this practice remains a respected part of Japanese dining culture. Tea is especially popular at the table because it is thought to complement food without overpowering flavors.

## Protecting What Matters Most

Monday, March 2nd  
3:00  
Dining Room

### Financial Fraud Prevention & Smart Planning for the Future

#### Topics:

- Grandparent Scams
- How fraudsters target seniors — and how to prevent it.
- Tech-Support Scams
- Protecting Ourselves & Our Loved Ones from financial fraud
- Practical steps to safeguard personal and family finances.
- The Role of a Financial Advisor
- How professional guidance can strengthen your financial plan and provide confidence for the future.

With a background in law enforcement investigating financial crimes, Zach now works as a financial advisor helping individuals and families protect their assets and plan for long-term and generational financial security.

His experience gives him a unique perspective on risk, fraud prevention, and proactive wealth planning.

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Edward Jones

Table Tent-1  
WORD NAME THREE: Miami Heat, Memphis Grizzlies, Milwaukee Bucks, Minnesota Timberwolves

RIDDLE ME THIS: The first day of spring  
WHAT AM I? A humidifier

# London Then and Now

(clues)

## ACROSS

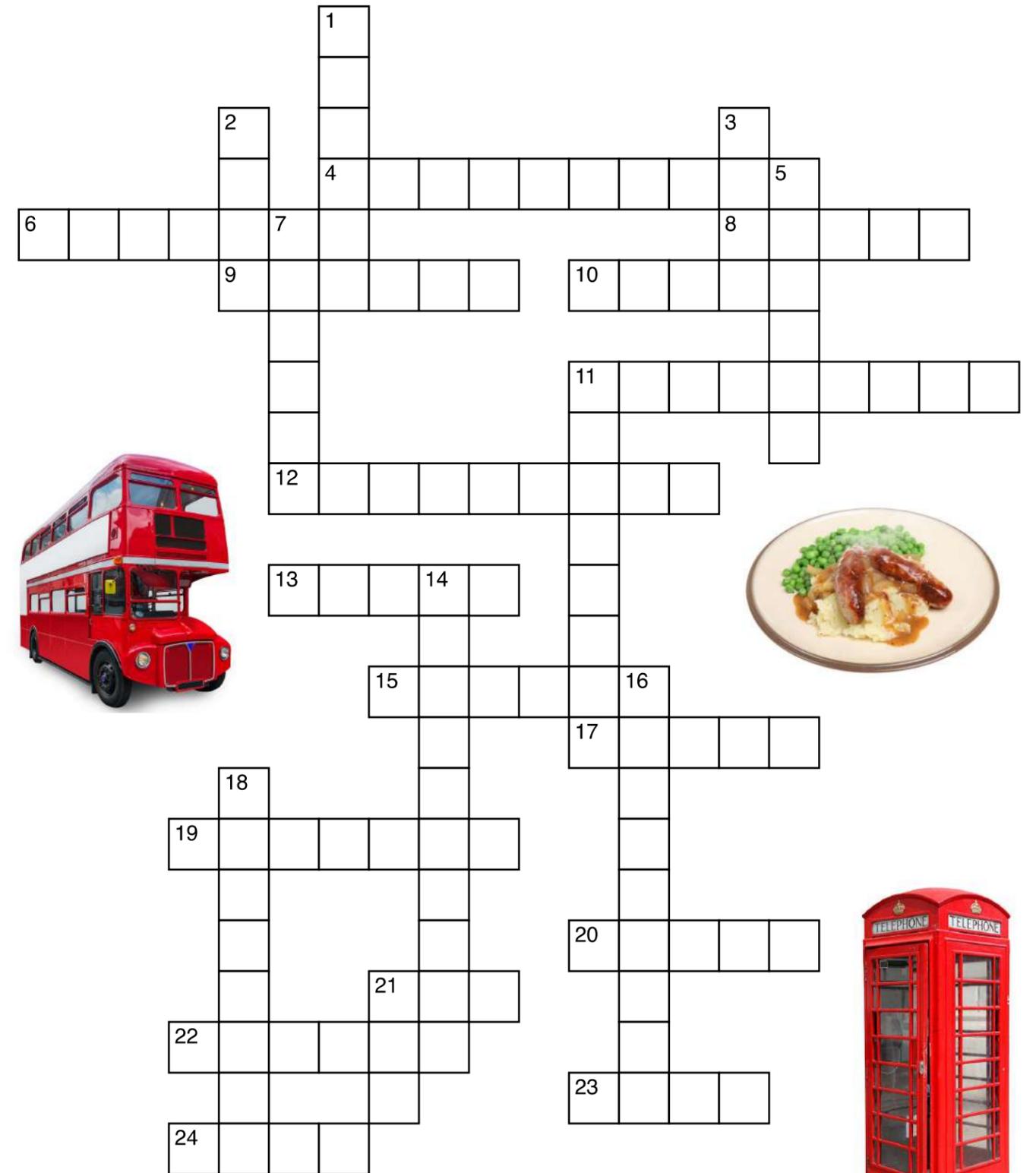
4. Royal residence in London; \_\_\_\_\_ Palace
6. A banger is a type of this
8. Type of rose; architectural style
9. Very large Ferris wheel by the Thames; \_\_\_\_\_ Eye
10. These might be double-decker in London
11. Smog is a form of this
12. Large church
13. Tower of London treasure; \_\_\_\_\_ Jewels
15. Brit's word of surprise
17. Bridge that crosses the Thames
19. *Oliver Twist* author
20. Commonly served with fish
21. Canine that is abundant and hunted in the Greater London area
22. Mythical monster on the London coat of arms
23. Toxic metal that used to be added to paint
24. It goes with bangers

## DOWN

1. London chimer
2. Black furnace fuel
3. Common British hello; "Alright, \_\_\_\_\_?"
5. Where you can see the Rosetta Stone; British \_\_\_\_\_
7. Medieval architectural style
11. Small parrot that can be found in Kensington Gardens
14. Steak fillet wrapped in puff pastry; beef \_\_\_\_\_
16. Popover named after a Northern England area; \_\_\_\_\_ pudding
18. Queen who reigned from 1837 to 1901
21. Thick mist that restricts visibility

# London Then and Now

Use the clues to fill in the crossword.



# March 2026 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:00 Linwood Covenant Worship [CH] <b>1</b> 11:00 Girl Scout Cookie Sale [L] 1:00 Ice Cream Delivery 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>2</b> 1:30 Word Game [AR] 3:00 Scams and Your Phone/Internet [DR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>3</b> 10:15 Coffee Talk [L] 1:00 TRYathlon-Walking Challenge [CH] 3:00 Solo Cup Games [AR] 5:30 Games w/Tammy [AR]	10:00 Worship w/Thomas [CH] <b>4</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Crossword Puzzle [AR]	10:15 Resident Council [AR] <b>5</b> 1:00 TRYathlon-Arm/Leg Bike Day [CH] 2:00 Lifelong Learning: A Journey Through the Civil War [CH] 3:30 Humor & Soul [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>6</b> 1:00 Really Big Show [CH] 2:00 Welcome/Birthday Party [DR] 3:30 Cards [WR]	10:00 Resident Led Walk [AA] <b>7</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]	
10:00 Chisago Lakes Baptist Worship [CH] <b>8</b> 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>9</b> 1:00 WALMART-24 hour advance sign up 3:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Mass [CH] <b>10</b> 10:15 Coffee Talk [L] 1:30 Tongue Twisters Game [AR] 3:30 Truth or Blarney [AR]	10:00 Forest Hills Methodist Worship [CH] <b>11</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Travelogue - London Then and Now [AR]	10:30 Timeslips Story Telling w/Thomas [CH] <b>12</b> 3:30 Worship w/Communion [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>13</b> 2:00 Music w/Bob Scoggin [DR]	10:00 Resident Led Walk [AA] <b>14</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]	
10:30 Live Accordion Music [CH] <b>15</b> 1:00 Ice Cream Delivery 1:30 Crazy 8's w/Kris & Cribbage [DR] 3:30 Chair Exercises - Ch 95	<b>St Patrick's Day Scavenger Hunt - 12pm Monday thru 12pm Friday [AA] 16</b> 10:15 Pet Visits [AA] 1:30 Bingo [DR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>17</b> 10:15 Coffee Talk [L] 1:00 TRYathlon Semi-Final [CH] 3:30 Hymn Sing [AR] 3:45 Board Games [WR] 5:30 Games w/Tammy	10:00 Faith Lutheran Worship [CH] <b>18</b> 10:15 Exercise [AR] 10:30 Wed Loop 10:30 OUT TO LUNCH-24 hour advance sign up 1:30 Word Game [AR] 3:30 Trivia [AR]	10:15 Exercise [AR] <b>19</b> 1:00 TRYathlon Semi-Final [CH] 3:30 Spiritual Group: The Woods of Wonder [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>20</b> 1:30 St Patrick's Social [DR] 3:30 Dice Games [WR]	10:00 Resident Led Walk [AA] <b>21</b> 1:30 Linwood Ladies Music/Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]	
10:00 Worship w/Kathleen [CH] <b>22</b> 1:00 Ice Cream Delivery 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>23</b> 1:30 Word Game [AR] 3:30 Guess That TV Tune [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>24</b> 10:15 Coffee Talk [L] 1:00 TRYathlon Championship [CH] 3:30 Hymn Sing [AR] 3:45 Board Games [WR]	10:00 Worship w/Thomas [CH] <b>25</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:30 Star of the Month - Audrey Hepburn [AR]	10:15 Exercise [AR] <b>26</b> 1:00 TRYathlon Championship [CH] 3:30 Worship w/Communion [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>27</b> 2:00 Music w/Jim Kirkendall [DR] 3:30 Blackjack [WR]	10:00 Resident Led Walk [AA] <b>28</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]	
1:00 Ice Cream Delivery <b>29</b> 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>30</b> 1:30 Word Game [AR] 2:30 Women's/Service Club - Bird Houses [CH] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>31</b> 10:15 Coffee Talk [L] 2:00 Music w/Russell Schmitt [CH] 3:30 Hymn Sing [AR] 3:45 Board Games [WR] 5:30 Games w/Tammy	 Schedule is subject to change.			<b>Happy Birthday to</b> 3/5 Charles B 3/6 Ronald B 3/14 Karen L 3/18 Rodney M	

AA All Around  
 AR Activity Room  
 CH Chapel  
 DR Dining Room  
 L Lobby  
 WR Wellness Room