

New Residents



Please be sure and give our new neighbors a warm welcome! Please join us at our monthly "Let's Get Acquainted" where we get to know each other. We look forward to meeting you!



Roger & LuAnn

Sharon

Sandy



Resident Ambassadors

Judy	Ernie S	Ginny
Sharon	Mary Lou	Bobby
Avis		

Here at Nine Mile we have a group of residents dedicated to welcoming our new neighbors! Please don't hesitate to contact any one of them or our Activities Director, Lauren, if you have any questions about the community or our activity calendar.

Come to the Club Room!



Stop by our Club Room on first floor and see what's happening! This is where we are often playing a game or getting a smaller group activity together. Our weekly Bible Study also meets here with Chaplain Craig. Also frequently referred to as our Library, we have an assortment of books, including some large print. We now also have some DVD movies for you to borrow at your leisure. We also have some donated greeting cards available at no cost to you.

Resident Council

Chris	Judy	Pat
Ginny	Sharon	Janet
Pat	Mary Lou	

Do you know that we have an active Resident Council here at Nine Mile Creek? Do you have some concerns or questions about the community or things you would like to see changed or implemented? Let your voice be heard! Feel free to contact these residents if you have something in mind. Resident Council is the second Monday at 2:30pm.

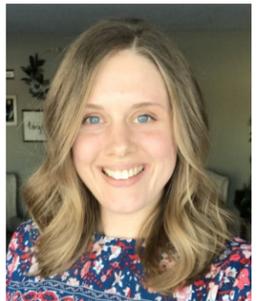
Nine Mile Creek Senior Living

March 2023 Newsletter

2301 VILLAGE LANE, BLOOMINGTON MN 55431

(952)-888-0731

A NOTE FROM OUR ACTIVITIES DIRECTOR



March is already here!

While I'm not sure where the month of February went, I think we can all agree that it sped by very quickly this year!

When I think of March I usually think of four-leaf clovers and spring-time. It certainly doesn't look like spring outside quite yet! I am sure that we are all excited and looking forward to getting outside to spend time in the warm fresh air, perhaps sitting in our very own Peace Garden.

As you may have noticed, the calendar is on one page this month. I tried to keep things short and sweet on the calendar itself this time, with extra details shared in our newsletter here. I also thought it might also save us from turning the page over on our refrigerators. If you have any questions, please don't hesitate to contact me.

See you soon!
Lauren Mielzarek
(952) 346-9574
lauren.mielzarek@fairview.org



*An Irish Blessing
May you always
have walls for the winds
A roof for the rain
Tea beside the fire
Laughter to cheer you
Those you love near you
And all your heart might desire.*

Quick Glance:

Piano with John: 3/1 & 3/15 @ 2:00

Book Club: Wednesday 3/8 @ 1:00

Happy Hour: Wednesday 3/8 @ 2:00

St. Patrick's Social: 3/17 @ 2:30

Town Hall: Tuesday 3/21 @ 3:30

Happy Hour: Wednesday 3/22 @ 2:00

Student Music Recital: 3/25 @ 2:00.

Game Time:

Mondays: Cards "500" @ 6:00

Tuesdays: Shooting Pool @ 10:30

Cribbage @ 6:30

Wednesdays: Penny Poker @ 3:30

(2nd & 4th Wednesdays)

Thursdays: Bingo @ 3:30

or Wii Bowling @ 2:30

Fridays: L/R/C Dice Game @ 3:30

Saturdays: Rummikub @ 1:30

Sundays: Shooting Pool @ 3:30

Activities: What's Happening?

"Influential Women in American History" Speaker: Doug Ohman will be here to present on the first part of this two part presentation. He will return again in April to continue on the topic.

NEW: Wonders of the National Parks: Join us as we view a documentary series about our National Parks, and learn of the geology of North America. In March we will travel to Yellowstone and learn about it's origins and what the future may hold. Hosted in the theatre on Friday March 3 & 10 at 2:30pm.

Travel Club is Tuesday March 21, at 2:00pm. We will be traveling to Barcelona, Spain!

Jeopardy in the Theatre on most Tuesdays at 3:30 for this fun trivia game, check the calendar! Categories are expansive, and include Dreaming of Disney, Historic Marches, Sports Records, Going Green, Main Characters, Magazine Covers, and so much more!

Calendar Planning, What's Happening is on the first Monday of the month at 10:30am in the Event Center. Bring your ideas for what you would like to see in the next upcoming months.

Chat with Chef is on the second Monday at 10:30, please attend - your feedback matters!

Let's Get Acquainted is on the third Monday at 10:30, come and meet your neighbors!

Men's Group is on the fourth Monday at 10:30, join us for donuts and casual conversation.

Dice Game: Left Right Center Fridays at 3:30 join us in the Club Room as we play a simple and fun dice game! There will always be somewhere there to teach you how to play!

Fitness & Exercise Classes

We are proud to offer exercise classes 5 days a week! Please be sure to join us, even if you just want to come and watch. You are welcome to move at your own pace, and feel free to take breaks. All classes can be done while seated, standing if you prefer.

Monday/Wednesday/Fridays: Our certified instructor Kristine will be here at 9:30 in the Event Center on second floor.

Fridays: Micki will be here on Fridays at 1:00pm to lead a Gentle Movement class in our Event Center, focusing on stretching, yoga and mindfulness.

Tuesday/Thursdays: We will meet in the theatre at 9:30 for a seated class using the large screen. We will view different videos that are centered around senior fitness.



Special Holidays & Dates

Women's History Month: Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." March is the month we celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.



St. Patrick's Day March 17th commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, and the wearing of green attire or shamrocks.

Purim is a ritual observance beginning with a day of fasting, Ta'anit Esther (Fast of Esther) on Adar 13, the day preceding the actual holiday. The most distinctive aspect of the synagogue service is the reading of the Book of Esther. On Purim Jews are also enjoined to exchange gifts and make donations to the poor.

Ramadan is a month-long religious holiday for Muslims as a time of self-reflection and strengthening their relationship with God. Ramadan is dictated by the lunar cycle, beginning and ending with a crescent moon. The religious holiday involves fasting, praying and being around loved ones.

Daylight Saving Time: Be sure to spring ahead one hour on Sunday, March 12.

First Day of Spring falls on March 20 this year, we're looking forward to getting back outside!

Weekly Van Shopping Outings

- **3/3** Van to Walmart/Aldi's (**Friday**)
- **3/8** Van to Festival Foods (**Wednesday**)
- **3/15** Van to Target/Trader Joe's/Byerly's (**Wednesday**)
- **3/24** Van to Cub/Arc's Value Village/Dollar (**Friday**)
- **3/31** Van to Cub/Arc's Value Village/Dollar (**Friday**)

Van Outings:

Please be sure to sign up in advance for our van outings. Sign-Up Book is located in the lobby.

Events & Outings Sign Up:

- **3/2 "Bye Bye Birdie" Middle School Show:** Thursday March 2. Bus leaves at 9:00am. FREE!
- **3/10 Saint Paul Orchestra Outing:** Friday, March 10. Bus leaves at 10:00am.
- **3/17 Kennedy Choir Show:** Friday, March 17. Bus leaves at 12:00 NOON. FREE!
- **3/22 Lunch Outing to Snuffy's Malt Shop:** Bus leaves at 11:00. Please sign up!

A Message from Chaplain Craig Simenson

Long before his days on the acclaimed children's television series *Mister Rogers' Neighborhood*, Fred Rogers was a child who got scared sometimes. Sometimes the news of the day felt overwhelming. It was in those times when he received some powerful advice from his mother Nancy. Later in life, he recounted her words of wisdom:

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world."

They may not often capture the spotlight or receive the most prominent news coverage, but there are always the helpers. Anywhere there is tragedy or disaster, crisis or chaos, alongside those things there are also always people who are caring for their neighbors and those in need, offering compassion and forgiveness in the face of evil, and doing the hard work of peace. Any crisis can bring out the worst in us and also the best in us. It's true that every day there is more bad news. It's also true that every day there are people doing good despite the bad. We won't see them if we're not looking for them. But if we are looking for them, we will find the helpers - "so many caring people in this world" - everywhere.



Spiritual and Religious Services

- **Bible Study & Coffee with Chaplain Craig:** Thursdays at 10:30am, all are welcome.
- **Grief Support Group:** Last Thursday at 10:30am with Chaplain Craig, please join us.
- **Catholic Communion:** Thursdays at 10:00am
- **Church Service:** Non-denominational, Thursdays at 1:00pm with Chaplain Craig
- **Hymn Sing with Judy:** 3rd Monday of the month at 2:00pm.

Marketing Notes

Current Availability: Please contact our marketing director Tami Forsyth with questions!

Find-A-Friend Promotion: If a resident refers a friend and they move in, the resident and the new move-in will receive \$500 off 1 month's rent.

Guest Suite/Model Unit: Please stay tuned! We have been working on getting this ready.

Events Happening at Nine Mile



Piano with John: 3/1 & 3/15 @ 2:00pm.

Happy Hour: Wednesday 3/8 @ 2:00pm. Music with Bill Mann.

St. Patrick's Social: 3/17 @ 2:30pm. Music with Larry Greenstein.

Town Hall: Tuesday 3/21 @ 3:30pm.

Happy Hour: Wednesday 3/22 @ 2:00pm. Music with Tomi Majoros.

Student Piano & Music Recital: Saturday 3/25 @ 2:00pm.

Resident Birthdays

Please join us on Friday, March 24 to celebrate all of our birthdays this month! The monthly birthday party may fall on a different week. Be sure to check the calendar each month. Everyone is invited and encouraged to attend. We will share a song, cupcakes, and good company!

March Birthdays!

Genelle
Frank
Phyllis
Sharon
Janet
Jo-Ann
Mary Lu
Kathryn

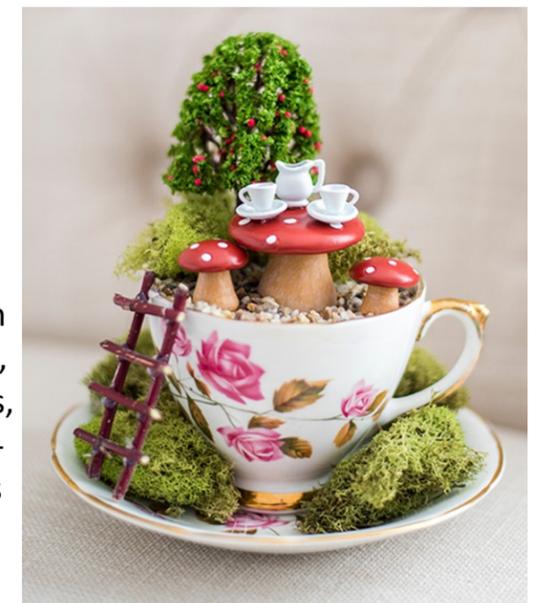


Make Your Own Teacup Fairy Gardens:

Tuesday, March 14

Meet us at 2:00 in the Event Center for this fun craft!

Please sign up in advance so Lauren can plan accordingly and prepare supplies. You can bring your own teacup, shells, seashells, silk flowers, pebbles, etc. Lauren will provide a teacup and other assorted items for you to choose from!



February Valentine Card Making



Valentine's Day Social

