

Activities

Happy Hour – Community Room
Fridays – 2:00 PM

Ask a Physical Therapist – Lobby
Mondays – 12:30 to 1:30 PM

Exercise – Community Room
Monday through Friday – 9:30 AM
Saturdays, March 4, 11, 18 – 11:00 AM

Coffee & Conversation

Daily at 10:00 AM – Jitterbug Café

Service with Pastor Mark – Community Room
Thursdays March 2, 9, 23, 30 – 2:00 PM

Catholic Communion – Community Room
Tuesday, March 14 and 28 – 3:30 PM

Choir Rehearsal – Community Room
Fridays – 10:30 AM

Yahtzee Showdown – Community Room
Mondays – 1:00 PM

Music – Lobby

Fridays – 3:00 PM

Gary LaRue – March 3

Vinnie Rose – March 10

Jim Kirkendall – March 17

Patrick Allen – March 24

Russell & Skippin-Stones – March 31

Mondays – 3:00 PM

Joe Aherns – March 13

Saturday Movies at 6:00 PM

March 4 – *The Sting*

PG 1973 2h 9min

March 11 – *Life As We Know It*

PG-13 2010 1h 55min

March 18 – *Gifted Hands: The Ben Carson Story* NR 2009 1h 30min

March 25 – *Indian Horse*

NR 2018 1h 41min

Important Phone Numbers

Front Desk – 763-784-7633

Kitchen – 651-363-3011

March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also makes Fish creative and expressive artists.

Those born from March 21–31 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. Sometimes impulsive, always enthusiastic, Rams are dynamic and fun friends.

Mary L. – March 8
Frank S. – March 11
June R. – March 15
Gloria F. – March 15
Ralph K. – March 28

The Time Has Come

On March 12, people will turn their clocks one hour forward for the start of daylight-saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

March 2023

Bel Rae Reporter

Bel Rae Senior Living | 2330 Mounds View Blvd | Mounds View, MN | 55112



Celebrating March

Women's History Month

International Mirth Month

Dr. Seuss Day
March 2

Purim Begins
March 6

International Women's Day
March 8

95th Academy Awards
March 12

St. Patrick's Day
March 17

Mothering Sunday
March 19

Wellderly Week
March 20–24

Nowruz Begins
March 21

Ramadan Begins
March 22

**American Crossword
Puzzles Week**
March 31–April 2



March Outings

Trip to Walmart

Wednesday, March 8, 10:00 AM

Trip to Cub

Wednesday, March 15, 10:00 AM

Visit our Bel Rae Facebook page to see pictures of your loved ones!

You do not need to have a Facebook account to view our page. Go to www.facebook.com. Go to search at the top of the page and type in Bel Rae Senior Living of Mounds View. When there, please *click on "Like."*



Decorating Valentine Cookies



On Thursdays We Arrange Flowers for Our Building



Friends are like flowers; they bring color to your world.



American Hero

March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.



Born into slavery, Tubman escaped to the North in 1849 and became a "conductor" on the Underground Railroad. With a \$40,000 bounty on her head, Tubman made 13 missions to free 70 enslaved people. Her extensive knowledge of the South made her an invaluable asset to the Union army during the Civil War. She became a spy and scout, often donning disguises to infiltrate cities under Confederate control. She provided vital information about Confederate supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading a regiment to attack Confederate mines, storehouses, and crops in South Carolina. It took decades for her to receive recognition for her military service after the war, but she was finally awarded a pension in 1899.

Don't forget to move your clocks ahead one hour.

