

MARCH 2023

FREE PUBLICATION



WHAT'S INSIDE:

Director's Comments

March Activities

March Menu

Announcements

Blue Earth Senior Center

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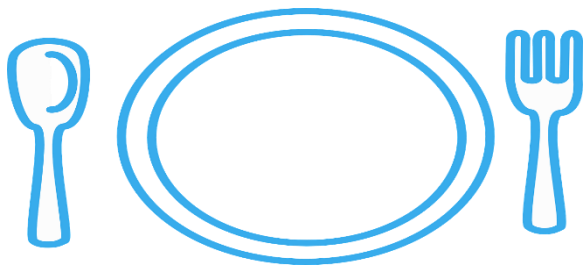
MISSION: Enhance the lives of older adults in a friendly, warm, welcome environment.

LINDA'S TIDBITS:

March is a month of promising things – a hint of spring, tender green bulbs, crocuses peaking through the snow, shamrocks and a pot of gold at the end of the rainbow and many other things. St. Patrick's Day reminds us to wear green if we are Irish. Green reminds us of earthy things, plant life and trees. The color green is supposed to help strengthen our eyes, prevent headaches and is a energy-balancing color. Spring is the time for change, a time when energy begins again in all life. Dynamic changes in nature and an opportunity to renewal and rebirth as plants

and animals wake up to a new season. It brings thoughts of green grass, colorful flowers, warm sun and budding trees. The days are getting longer, there is more sunshine, flowers start to bloom, and birds will be singing. Spring is a time to rejoice. It's time for renewal and to look forward to a beautiful season.

Have a wonderful spring!!



JOIN US FOR LUNCH:

Monday – Friday at noon.

Call 526-3850 to reserve your meal. You can also leave a message on the answer machine.



EXERCISE:

Tuesdays and Fridays at 9:15. Due to construction taking place in the back room, the class will be held up front.



COFFEE:

WOMEN'S COFFEE:

Mondays and Fridays at 9am.

MEN'S COFFEE:

Monday – Friday at 10am



FOOT CLINIC:

Monday, March 13th

Thursday, March 30th

Call 526-3850 for an appointment.



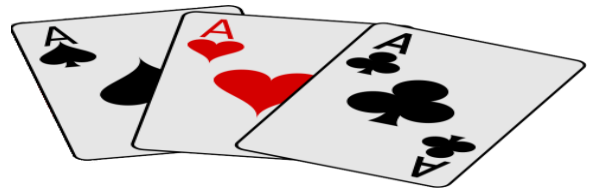
500 (Cards)

Fridays at 12:45pm. Call 526-3850 to play. You need to sign up by 2pm on Thursday before. Thank you.



BRIDGE:

Thursdays at 1pm



RUMMY:

Tuesday, March 14th.

Everyone is welcome to play.





St Patrick's day is Friday,
February 17th.

** Did you know corned beef
is not a traditional dish in
Ireland, but it was made
popular with Irish immigrants
who settled in new York.
Boiled bacon and cabbage
are considered Ireland's
most popular traditional
dish.



Daylight Savings Time begins
Sunday, March 12th. Set your
clocks ahead one hour.



Spring begins on Monday,
March 20th, 2023.



Potluck will be on Monday,
March 20th, 2023.

Please bring a dish to pass.



Spring Fling Donation Dinner,
Monday, March 27th.

Come and eat with us for a donation of at least \$3.00.



SRING FLING SALAD LUNCHEON

Sunday, March 26, 2023.
Serving time will be 11am –
1pm.

Menu: Sandwiches

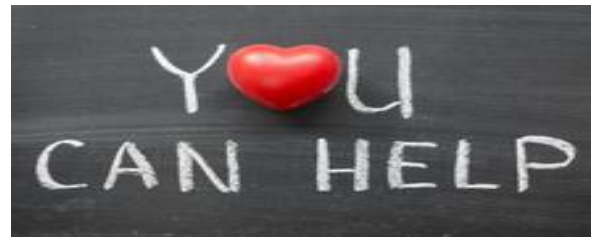
Salads

Refrigerated Desserts

Coffee and Water

Lemonade

A donation of at least \$8.00
would be appreciated.



DONATIONS NEEDED:

Donations of Salad and refrigerated Desserts will be needed. Please let Linda know what kind you are bringing. Thank you!! Please consider donating something. This is a fund raiser for our lunch program.



