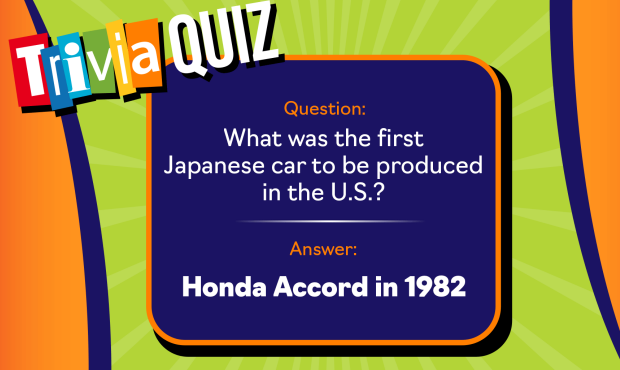


Fun Facts & Games



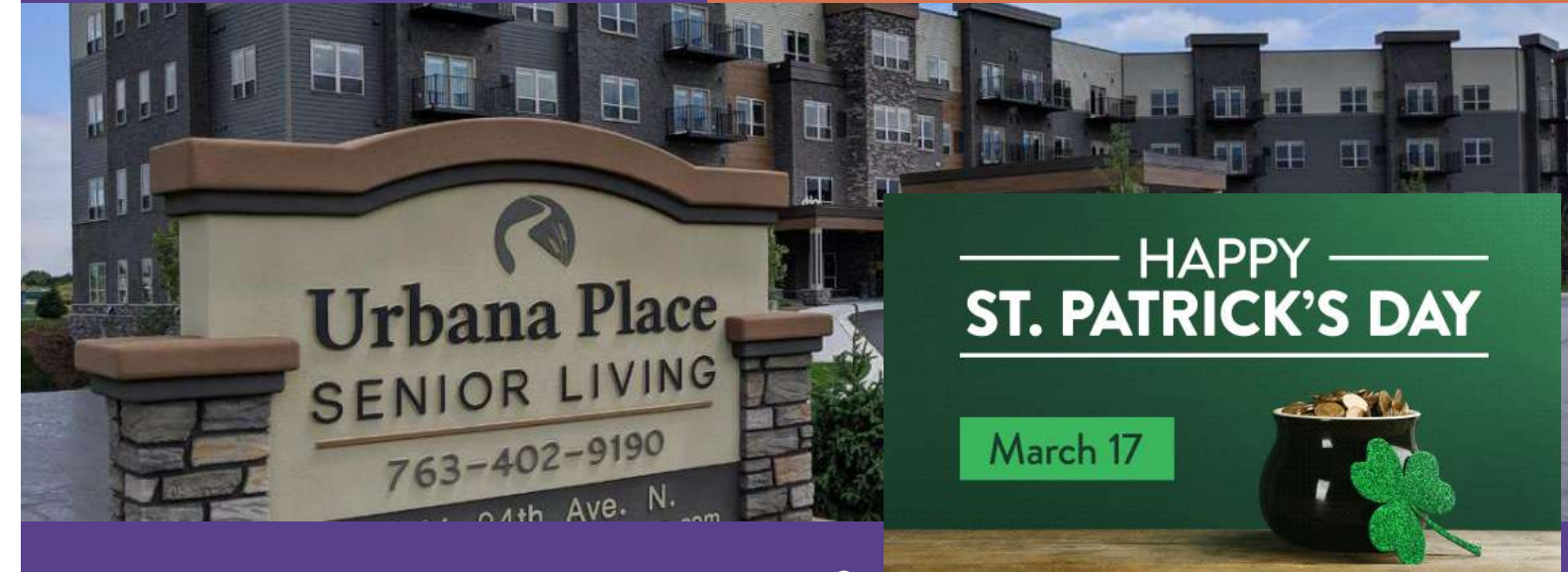
Charade
1963

According to Audrey Hepburn, the scene where Regina spilled ice cream on Alex's suit was based on a real-life accident where Hepburn spilled red wine on Cary Grant's suit at a dinner party.



Question:
What was the first Japanese car to be produced in the U.S.?

Answer:
Honda Accord in 1982



Facility News



The Salon
at Urbana Place is
Open on Thursdays

Appointments can be made by contacting Essential Beauty at: 651-302-5644



Stay Connected to our Community

- Download the Spectrio SHARE App.
- Use our Community's Access PIN: 5601



Urbana Place Senior Living | 5601 94th Avenue N, Brooklyn Park, MN 55443 | (763) 402-9190

Our Community Newsletter

Discover what's going on in your neck of the woods.

Lets Celebrate!

Resident Birthdays

Joyce N. 3/5
Betty O 3/14
Joe D. 3/19
Lenora C. 3/20
Mary Ann S. 3/22
Geri S. 3/24
Winnie H. 3/27
Andy A. 3/30
Maggie D. 3/30
Tom H. 3/30

Staff Birthdays

Hadisa K. 3/9
Corrie H. 3/27
Sarah A. 3/31

Staff Anniversaries

Jackie B. 3/10 - 3 years

March 2023

Hello! March always brings about some beautiful changes and new beginnings. First, more sunlight and warmer days ahead! Daylight savings is on Sunday, March 12th - please remember to set your clocks forward one hour. March 20th marks the first day of spring and I think many of us are ready for a change of seasons. Laura Ingalls Wilder once said, "Some old-fashioned things like fresh air and sunshine are hard to beat"...and isn't that the truth! Although we may not be ready to open our windows just yet in Minnesota, soon we will hear the birds chirping, the snow will melt away, and our patios will be calling our names!

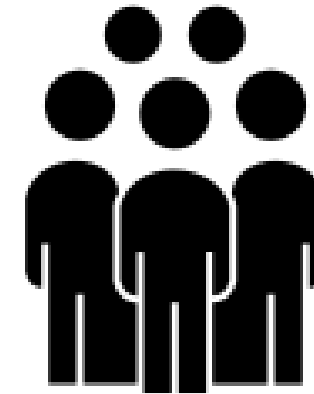
Enjoy this month with friends, family, and neighbors. We hope you'll join us for some fun activities and events!

Activities



Resident Council

The purpose of our monthly Resident Council meeting is to keep Residents informed and involved at Urbana Place. We will provide department updates, review facility changes and address any areas of opportunity to improve our community. Please join us the first Wednesday of each month at 2:00 in the Community Room.



Next meeting - March 1st

If you have items to discuss please fill out a feedback form and drop off in the Wellness Center prior to the meeting. Meeting minutes will be available in the Wellness Center by the day after the meeting.

March in History

- ~The late 1920s and the 1930s witnessed the longest and most severe economic downturn the industrialized Western world has ever seen. Brought about by numerous factors—including a four-day stock market crash, banking panic and failures, and the use of the gold standard—the Great Depression caused a substantial decline in employment, wealth, output, gross domestic product (GDP), and more in numerous countries across the globe. In the midst of this crisis, Franklin D. Roosevelt was inaugurated as the 32nd President of the United States. On March 4, 1933, he offered 20 minutes of reassurance, hope, and promises for urgent action in **his first inaugural address**, offering the now famous line: "... the only thing we have to fear is ... fear itself ..."
- ~By 1986, 14 states recognized March as **Women's History Month**, and the next year the U.S. Congress established Women's History Month as an annual federally recognized observance. Each sitting U.S. president since 1995 has issued a yearly proclamation honouring the role of American women in history.

Entertainment/Events



Lifespark Complete

Unless your goal is to run a 10K, physical exercise doesn't need to be exhausting. The goal is to keep your joints limber, build muscle strength, maintain a healthy weight, and slow down the loss of lean muscle mass.

Going for walks in your neighborhood, down the hall, or even around your living room all count as exercise. Ditto working with a stretchy band or lifting objects, such as soup cans, a laundry detergent jug, or bags of cat food. Both walking and weight resistance get your blood moving and keep the muscles engaged. If you feel a little sore the next day, that just means your muscles got a good workout. Keep at it and the soreness will go away. Here are some easy ways to incorporate physical activity into your everyday life:

- Stand up and sit down five times during each TV commercial break.
- Do bicep curls using water bottles or soup cans when you're watching TV.
- Do leg lifts while watching TV or talking on the phone.
- Walk around the living room, down the hall, or in the stairwell.

Bottom line, staying active can help you live a happier, healthier, more independent life! To learn more contact Lifespark at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com

Share Your Care-Volunteer

Share
Your Care!
Attend the Resident Volunteer
Meeting **March 20th at**
10:00am in the Bistro Come
learn more about volunteer
opportunities available at
Urbana Place

Chaplain's Corner

Recent studies from the National Academies of Sciences, Engineering, and Medicine have found that loneliness can increase our risk for serious health conditions. Still, many of us find ourselves lonelier as we age, and it can be daunting to think about forming new relationships! If we dare, we may just discover that we are not alone after all. This is the work of spirituality - encountering our connectedness to one another, to creation, and to the source of our being. What new connections are you thankful for in your life? Here is a blessing for new connections from poet, Morgan Harper Nichols:

Dare to keep your heart open. Allow yourself to be surprised by Hope.

Build a friendship with Courage and let it join as you make new connections on the road.

Building News

~Large items and furniture can not be left in the Refuse/Recycling Rooms. There is a \$50.00 charge per piece of furniture to be placed in the dumpster.

~ Battery Recycling bin in the Wellness Center. Instead of throwing your used batteries away, please drop them off in the Wellness Center orange bin to be properly recycled.

~MN Screen Door repair will be onsite March 31st. If your screen door is not working properly, has a rip or tear, please stop the Front Desk to get your name on the list for repair.