



BHA NEWS

400 TOWERS

March 2026

Activities Committee

The Activities Committee is looking for your opinions! They would like to know what activities you would like to do here.

They also would like to know where residents (ages 60 and up) would like to go for a bus day trip. **Please fill out the survey on the last page and give it to Emily**, or you can leave it in the white box outside of her office!



St. Patrick's Day Game Night

TUESDAY, MARCH 17th at 4:30PM

There will be a table for:



- Euchre
- Scrabble
- Left, Right, Center



Green Snacks will be provided!

Health Insurance

If you are having issues with your health insurance since the new year started you have until the end of March to switch plans. Cathy Mack will be in the Community Room on Wednesday, March 25th from 10:00am to 12:00pm.



is Colorectal Cancer Awareness Month!

Talk to your doctor about getting a colonoscopy, because it can find problems early and help save your life!

REPEATING EVENTS

Weekly Activities

These events happen every week at the same time.

Nickel Bingo

Mondays at 11:00am-12:15pm

Regular Bingo

Fridays at 11:00am- 2:00pm

Pokeno

Wednesdays at 1:00pm

*Wednesdays with Ceramics- 3:00pm

Nickel Bingo

Saturdays at 2:00pm

All ending times are approximate.

Monthly Events

Ceramics

March 11th at 1:00pm

Bottles & Cans

Wednesday, March 18th at 10:00am

Resident Council

March 9th at 3:00pm

*50/50 raffle tickets at all meetings

Nutrition Classes

4th Tuesday of the Month

March 24th at 2:30pm

Haircuts

The hairdresser is Kellie Baker, she charges \$15.00. This month she is coming March 10th.

The sign-up sheet is on Emily's door.

Trivia

Trivia with Jeff will happen on March 12th at 2:00pm and March 26th at 2:00pm.

Bible Study

There will be MEN and WOMEN'S Bible Study on Tuesday March 10th and March 31st 3:00-5:00pm

See Cheryl Talone if you have any questions.

See the calendar on Page 5 for more events and activities- open to all residents!



March Birthdays



Kevin Larsen	3/1	823
Johnathan Reddy	3/2	630
Curtis Wall	3/3	704
Charles O'Connor	3/3	808
David Sisson	3/11	604
Alan Redman	3/13	103
Augustine Fleming	3/21	326
Scott Gaylord	3/25	325
Robert Pollock Jr.	3/26	125
Marie Sand	3/27	104
Paul Sprinkle	3/27	621
Robert Ryan	3/28	223
John Ratulowski	3/28	824
Patricia Brunner	3/30	625
Barbara Bliemeister	3/30	501

Building Reminders



- Winter Parking - make sure your vehicle is moved out of the row that will be plowed that day by 7:00am.
- Make sure you are putting your items in your storage cage.
- Between 11pm and 8am it is quiet time.

Rememberance Bulletin Board

The bulletin board by the mailboxes will be used to post obituaries of residents who have recently passed. Whether they were currently living here or have lived here in the past. If you would like an obituary posted, please see Emily and she will print it for you. Each obituary will be up for at least 2 weeks.

WELCOME New Residents!

Francis Rodriguez 2/26 305



Kitchen



You **must sign up** for meals or you **will not** be served.

Fridays: Breakfast 9am to 11am

Please see the schedule and menus by the elevators, kitchen and in the Community Room.

Make sure to sign-up. If there are not enough sign-ups, the kitchen will be closed for that day.

Case Manager

Emily will be out of the office from March 12th - March 20th. She will be back on Monday, March 22nd.



Snack Shop



Mondays, Wednesdays and Fridays
10:00am to 12:00pm
1:00pm to 3:00pm

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 3:00pm Resident Council	10 Haircuts 1:00pm Activities Committee Meeting 3-5:00pm Bible Study	11 1:00pm Ceramics	12 2:00pm Trivia	13 LAST DAY TO PAY RENT	14
15	16	17 4:30pm St. Patrick's Game Night 	18 Bottles & Cans Pick-up from 10-10:30am	19	20	21
22	23	24 2:30pm Nutrition Class	25 10:00am-12:00pm Cathy Mack	26 2:00pm Trivia	27	28
29	30	31 3-5:00pm Bible Study				

Activites Committee Survey

What type of events/activitees would you like to do here?

For a bus trip, (ages 60 and up) where are some places that you would like to go?

Please check this box if you are interested in paying \$20-40 for a nice Coach Bus, which would have a bathroom on it, for a day trip.

Please turn this survey in to Emily. You can either hand it to her or leave it in the white box outside of her office.