

St. Patrick's Day Party



Friday, March 15th

2:00 PM

Music by Mark Stillman



Lunch Outing

Friday, March 22nd

10:45 AM Departure

Sign up at Front Desk

A message from Ebenezer Chaplain Craig Simenson

Our two children like to make art. They like painting, they like coloring, they like making crafts—all of it! On a recent weekend, they were both at work on coloring projects, making pictures for their grandparents and aunts. However, when I came back into the room, I discovered that our younger daughter Ruth had taken her coloring to another level. There she was with markers in hand, coloring all over the table, and up and down her arms. She had even taken her two socks off so that she could color all over her feet. I must admit that it had already been a long and frustrating day and I was not at my parenting best. In a fury, I ripped the markers out of Ruth's hands and yelled at her. I do not remember exactly what I said to her, but I can tell you that my words were not calm, gentle, or loving. I immediately regretted it. I saw Ruth's lower lip start quivering, saw the tears beginning to well up in the corner of her eyes, and then she was crying. It was a humbling remarkable sight my sweet, little two-year-old, hurting and upset, and to know that my harsh and angry words had been the cause. At once, I knelt before her and apologized.

At times we have all said things we later regret. We have sometimes spoken words. judgment. We may have gossiped or spread rumors. We have all lied at least once in our lives. We have sometimes said one thing and then done another. Our words are powerful things. They can bless and they can also curse. Owning up to our words and the harm they may have caused is a difficult thing. But when we take time to apologize and use our words instead for good, we make space for grace and healing to get in. I want my children and the generations to come to use the power of their words to bless the world. But I also recognize that it all starts with me, and us, and how our words set the tone.

March Birthdays

Sue C	11 th
Bill C	11 th
Diana W	16 th
Eileen L	16 th
Bob G	16 th
Kathy T	19 th
Josie M	21 st
Jo G	23 rd
Bonnie M	23 rd
Barb S	23 rd
Jackie K	26 th

Birthday Party of the Month is on
Friday, March 8th at 2:00 PM.
Music by Joann Bolles.

Stonehaven Newsletter

1000 Station Trail/Eagan



Stonehaven Welcomes "OboeBass"

Monday, March 25th

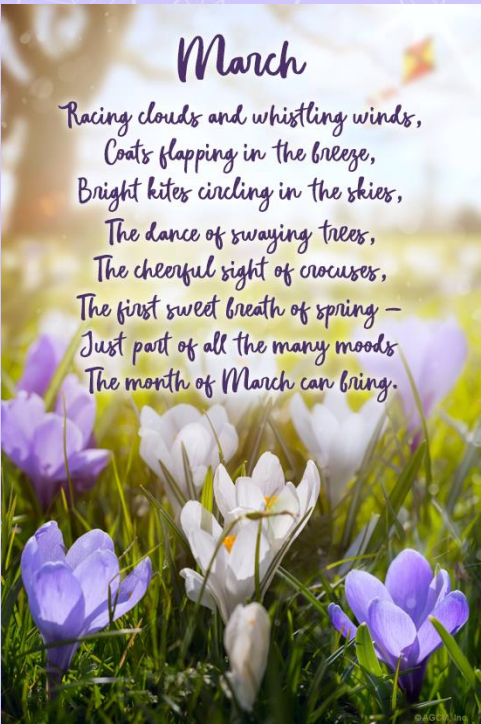
6:30 PM

Community Room

March's Topic:
"The Remarkable Music Machine"

The adult Music Learning Series is a monthly music appreciation curriculum.

It introduces audiences of all backgrounds to the exciting world of music. Rolf and Carrie have presented hundreds of programs to audiences across the country, showcasing their engaging combination of instruments and stories.





Crafts with Linda

Friday, March 1st

10:45 AM

Community Room

Sign up at Front Desk



Open Door Food
Pantry

Food Drive

Non-Perishables

Starting March 4th -29th

Bring Food donations
to the front desk and
checks made out to
“The Open Door”



Thank You

Thank you to all Stonehaven Residents
who donated grocery bags and egg
cartons to the Open-Door Food Pantry.

Thank you, Sheryl for collecting and
bringing the items over to Open Door. This
is a continuous donation.

Accent Care

Special Speaker

“The Benefits of Growing Older”

Thursday, March 28th

11:00 AM

Community Room



Virtual Goggles

Thursday, March 21st

11:00 AM

Theater

Travel to all corners of the world,
check off bucket list items and
explore. Virtual reality can help make
seniors feel connected to their world
without ever having to leave their
homes.

Anna F

RESIDENT OF THE MONTH
March 2024



Anna and her husband Arthur moved to
Stonehaven, July 2020. Anna was born in
Medelia, Minnesota. They were married 62
years when Arthur passed away. Anna has
two grown children, Susan, and Kent. You may
see her daughter Susan often visiting. Anna is
so proud of her two grandchildren.
Anna’s favorite things to do are needlepoint,
card games and crafts. Anna and Susan love
participating in Paint n Sip; they have created
lovely paintings together.
You can always find a lovely smile when you
greet Anna. She adds a little sunshine our
way. We are so happy to have Anna in our
Stonehaven community.



Thank you to the Eagan Hammerhead
Volleyball team for bringing the Valentine
treats for ALL our residents. Thank you to
our Stonehaven residents who helped to
distribute the treats.

Paint N Sip



Acrylic Painting with Alyssa

Saturday, March 9th

2:00 PM

Free for Residents/\$25.00 for Guests

Sign up at the Front Desk

National Waffle Day
March 25th



In honor of National Waffle Day, we will be
hosting a Waffle Breakfast for residents on
Monday, March 25th from 8:00 AM – 9:00 AM.
This is free for all residents. Please sign up at
the front desk.

Good Friday Service



Led by Brianna

Friday, March 29th

11:00 AM

Chapel