



## WOMEN'S HISTORY MONTH



### POETRY CORNER

#### MARCH

Racing Clouds and whistling winds,  
 Coats flapping in the breeze,  
 Bright Kites circling in the skies,  
 The dance of swaying trees,  
 The cheerful sight of crocuses,  
 The first sweet breath of spring—  
 Just part of all the Many moods  
 The month of March can bring.



### MARCH IS WOMEN'S HISTORY MONTH

Women's History Month is a dedicated month to reflect on the often-overlooked contributions of many remarkable women in history. Women who have paved the way from women's right to vote, to gender equality, or political positions and have broken barriers, challenged norms, and left a positive mark on society. Their resilience, courage, and vision inspire generations to come.

This year the National Women's History Month's Theme celebrates women who advocate for equity, diversity and inclusion. Women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination. Join us here at Beacon in celebrating those remarkable women in history.

### WOULD YOU LIKE TO RECEIVE A \$20 GIFT CARD?



Pacific Lutheran

University is doing a research study on Pandemic Preparedness and needs your help! If you are at least 18 years old and willing to attend one in person focus group meeting, you will be able to receive a \$20 gift card. For more information contact Lynn or Vicki.

### RIDDLE CENTRAL

Can February March



### NEW TECHNOLOGY

#### Q & A

Do you need help checking your email? Have questions about accessing apps or information on your cell phone? In addition to teaching the Beginning Computer Class, Ron Yaden will be available from 2pm to 3pm on Mondays to assist you with your technology questions.

### COUNCIL MEMBER

#### KIARA DANIELS

Council Member Kiara Daniels will be at the Beacon Senior Center on Thursday, March 21st at 11:00am to help us celebrate Women's History Month. She will be speaking about the importance that women have play in our local history.



### SPRING AHEAD

Don't forget that Sunday, March 10th is Daylight savings time, be sure to turn your clocks ahead 1 hour.

### MARCH HIGHLIGHTS

- Beginning Computer (4)
- Technology Q & A (4)
- Medicare 101 (4)
- Pot Luck (7,29)
- Advisory Board (12)





### 1 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

### 4~ MONDAY

9:00 Card Games  
**10:00 Move & Popcorn**  
**“Amelia Earhart: The Final Flight”**  
10:00 Medicare 101  
11:00 Tai Chi w/Tim  
12:00 Lunch  
*1:00 Beginning Computer*  
*2:00 Technology Q&A*

### 5~ TUESDAY

9:00 Card Games  
10:00 Yoga with Ed  
11:00 Strength & Balance  
12:00 Lunch  
12:30 Bingo  
1:00 Focus Group

### 6~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
12:00 Lunch  
1:00 Spades

### 7 ~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
11:00 Potluck  
12:00 Lunch  
12:30 Discussion Group

### 8~ FRIDAY

9:00 Card Games  
10:00 Focus Group  
11:00 Legal Documents  
12:00 Lunch  
12:30 Bingo

### 11 ~ MONDAY

9:00 Card Games  
**10:00 Movie & Popcorn**  
**“Suffragette”**  
11:00 Tai Chi w/Tim  
12:00 Lunch  
*1:00 Beginning Computer*  
*2:00 Technology Q&A*

### 12 ~ TUESDAY

9:00 Card Games  
10:00 Yoga w/Ed  
10:00 Advisory Board  
**11:00 Strength & Balance**  
12:00 Lunch  
12:30 Bingo

### 13 ~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
11:00 Sing-a-long  
12:00 Lunch  
1:00 Spades

### 14 ~ THURSDAY

9:00 Spades  
11:00 Yoga w/Ed  
12:00 Lunch  
12:30 Karaoke

### 15~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo



### 18~ MONDAY

9:00 Card Games  
**10:00 Movie & Popcorn**  
**“History Of St. Patrick’s Day”**  
11:00 Tai Chi w/Tim  
12:00 Lunch  
*1:00 Beginning Computer*  
*2:00 Technology Q&A*

### 19 ~ TUESDAY

9:00 Yoga with Ed  
9:00 Card Games  
**10:00 Birthday Dance**  
12:00 Lunch  
12:30 Bingo



### 20 ~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
11:00 Crafts w/Vicki  
12:00 Lunch  
1:00 Spades

### 21 ~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
**11:00 Council Member Daniels Presentation**  
12:00 Lunch  
1:00 Discussion Group

### 22 ~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
12:00 Lunch  
12:30 Bingo

### 25 ~ MONDAY

9:00 Card Games  
**10:00 Movie & Popcorn**  
**“Maya Angelou: And Still I Rise”**  
11:00 Tai Chi w/Tim  
12:00 Lunch  
*1:00 Beginning Computer*  
*2:00 Technology Q&A*

### 26 ~ TUESDAY

9:00 Card Games  
10:00 Yoga with Ed  
11:00 Strength & Balance  
12:00 Lunch  
12:30 Bingo

### 27 ~ WEDNESDAY

9:00 Card Games  
10:00 Bean Bag Toss  
11:00 Crafts  
12:00 Lunch  
1:00 Spades

### 28~ THURSDAY

9:00 Card Games  
11:00 Yoga with Ed  
12:00 Lunch  
12:30 Karaoke

### 29~ FRIDAY

9:00 Card Games  
10:00 Beachball Volleyball  
11:00 Potluck

## BEGINNING COMPUTER CLASS



Ron Yaden from Pt Defian-Ruston Senior Center

will be offering our second Beginning Computer Class beginning on Monday, March 4, at from 1pm to 2pm. Registration is required and space is limited to five participants. Please be sure to register at the front desk. If you need assistance registering Sandy, Vicki or Lynn will be happy to help.

## BRING A FRIEND PROGRAM

Share the fun by bringing a friend to Beacon!



If you bring a friend, and your friend becomes a participant here at Beacon, both you and your friend will be entered into our monthly drawing to win a prize. There is no limit on how many friends you bring and you can increase your odds!



## RIDDLE ANSWER

No, but April May!



*\*This calendar is subject to change.*