

NORGARD COURT



APRIL, 2014

NEWSLETTER

NORGARD COURT APARTMENTS

1807 GERVAIS COURT E.

MAPLEWOOD, MN 55109

651-777-5020

YOUR SITE STAFF

HOME CARE SENIOR SERVICES

SHARON BENDUHA-----SITE MANAGER

Mon.-Fri. 8:00 a.m. to 4:00 p.m. 651-777-5020

GUY----CARETAKER/RICK----- MAINTENANCE

KAREN TIEDENS-----GENERAL MANAGER

HOME CARE SENIOR SERVICES

COMMUNITY ROOM: 651-777-2448



Please join us for our 'Birthday Bash' on Wednesday, April 2, 2014, in the Community Room, at 1:00 p.m. Cake and ice cream will be served by management.



Home Care Senior Services Management Company will have a booth set-up at the 'Senior Wellness Expo' on Thursday, April 10, 2014, from 10:00 a.m. to 2:00 p.m. Maplewood Community Center's Senior Wellness Expo is FREE for all attendees and will offer something for everyone, including: Nutrition & Health Foods, Sports & Fitness, Anti-Aging Programs, Leisure, Vacations & Travel, Restaurants & Wineries, Home & Garden, Health & Other Insurance, Financial Planning, Beauty & Fashion, Spas, Saunas & Hot Tubs, Natural Healing, Chiropractors and Massage, and much more! The Maplewood Community Center is located at 2100 White Bear Avenue, in Maplewood. Hope to see you there!



Think Spring! If anyone is interested in utilizing the outdoor flower beds, please don't hesitate. The beds are there to be used, and some residents are talking about planting fruits, vegetables, and herbs. Please let the office know if you have any questions as to getting started in this endeavor. Also, if anyone would like to plant spring flowers in our back patio flower bed, please let the office know. Let's get this Gardening started 😊

McCormick® Cheesy Hash Brown Breakfast Casserole

INGREDIENTS

- 8 frozen hash brown patties
- 6 eggs
- 2 cups milk
- 1 cup sour cream
- 1 tsp. McCormick Garlic Powder
- 1 tsp. McCormick Ground Mustard
- 1/4 tsp. McCormick Ground Black Pepper
- 6 slices bacon, crisply cooked and crumbled
- 2 cups (8 oz.) shredded Cheddar cheese, divided
- 3 green onions, thinly sliced

PLACE hash brown patties in single layer in 13x9-inch baking dish sprayed with no-stick cooking spray. Bake in preheated 450°F oven 20 minutes or until browned, turning hash brown patties after 10 minutes. Remove from oven. Let stand 5 minutes. Reduce oven temperature to 350°F.

BEAT eggs in large bowl with wire whisk. Add milk, sour cream, garlic powder, mustard and pepper; mix well. Stir in bacon, 1 1/2 cups of the cheese and onions. Pour over hash brown patties. Sprinkle with remaining 1/2 cup cheese.

BAKE 40 to 50 minutes or until center is set and edges are golden brown.

Makes 12 servings.

Q ARE DYED EGGS SAFE TO EAT?

A: The coloring in decorating kits is OK to consume. But, to prevent bacterial growth that can make you sick, refrigerate cooked eggs until ready to decorate. Also, don't leave eggs out for more than an hour, whether dyeing or displaying.

SOURCE: Deborah Beauvais, RDN, spokesperson for the Academy of Nutrition and Dietetics





OPEN HOUSE

NORGARD COURT APTS.
1807 GERVAIS COURT E.
MAPLEWOOD, MN 55109

SUNDAY, APRIL 27, 2014



1:00 – 3:00 P.M.

ONE AND TWO BEDROOMS
AVAILABLE. STOP BY FOR A
TOUR & REFRESHMENTS!

FIRST MONTH RENT FREE!

APRIL, 2014

NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Senior Wellness Expo April 10 th		1 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	2 Brkfst @ 8:30 Kowalski's Bus @ 9:40 a.m. <u>B.D.BASH@1p</u> Communion Service @ 2:30	3 Beauty Shop, Chair Ex. @ 10:30, Schwan's @ 11:00 a.m., Worship Service @ 2:30	4 Bingo @ 7:00 p.m./ Cards To Follow	5
6	7 Breakfast @ 8:30 a.m. Postal Van @ Noon, Poker @ 7:00p.m., BEAUTY SHOP	8 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	9 Continental Breakfast @ 8:30 a.m.	10 BEAUTY SHOP OPEN Chair Ex. Class@10:30 a.m., Blood Pressure@1pm	11 Bingo @ 7:00 p.m./ Cards To Follow	12
13	C/R Reserved SIMPLE SNACKS Party 3:30 p.m.	15 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	16 Continental Breakfast @ 8:30 a.m., Kowalski's Bus @ 9:40 a.m., <u>Pot Luck</u> @ 5:30pm	17 BEAUTY SHOP OPEN Chair Exercise Class @10:30, Schwan's@ 11:00 a.m.	18 Bingo @ 7:00 p.m./ Cards To Follow	19 C/R Reserved #317 Noon - 8:00 p.m.
20	21 Breakfast @ 8:30 a.m., Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY Shop	22 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	23 Continental Breakfast @ 8:30 a.m.	24 BEAUTY SHOP OPEN 8:30a.m.- Noon Chair Exercise Class @ 10:30 a.m.	25 Bingo @ 7:00 p.m./ Cards To Follow	26
27	 OPEN HOUSE 1:00-3:00 P.M.	29 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	30 Continental Breakfast @ 8:30 a.m., Kowalski's Bus @ 9:40 a.m.	BEAUTY SHOP OPEN ON MONDAYS, BY APPT. ONLY 651-387-0219	BEAUTY SHOP OPEN ON MONDAYS, BY APPT. ONLY 651-387-0219	BEAUTY SHOP OPEN THURSDAY 8:30 A.M. - NOON

Easter Word Search

Find the hidden words pertaining to Easter.

N M W O L L A M H S R A M W E W C
 G E Y O V S S E D D O G M G K R M
 Y A T T B S K C I H C O G C E W P
 L S I P Q D B U A X B S G S Q B I
 I T L D E L A Y E M P T U Q O K Q
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- BASKET
- BONNET
- BUNNY
- CANDY
- CHICKS
- CHOCOLATE
- CHRISTIAN
- DINNER
- EASTER
- EASTERLILY
- EASTRE
- EGGS
- EQUINOX
- FERTILITY
- GODDESS
- GOODFRIDAY
- GRASS
- HUNT
- LAMB
- LENT
- MARSHMALLOW
- PALMSUNDAY
- RESURRECTION
- SPRING
- VERNAL

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