

NORGARD COURT



2015

JANUARY

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

RICK BUDD—————MAINTENANCE

Mon.-Fri. Noon to 3:00 p.m.

STEVE PALMER—————CARETAKER

APT.# 110

TRACY BARNACLE—————GENERAL MANAGER

HOME CARE SENIOR SERVICES – 651-770-8505

COMMUNITY ROOM: 651-777-2448



All residents are invited to join us for the 'Birthday Bash' on Wednesday, January 7, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Pat, Helen, Don, and Dan's birthday. Cake and ice cream will be served by management. You don't want to miss out on the fun, and it's a great way to catch-up on what everyone did over the holidays! Hope to see everyone there ☺



HAPPY HOLIDAYS! Please note that the office will be closed on **Thursday and Friday, January 1st & 2nd, 2015.** **On behalf of Home Care Senior Services, we are grateful for your continued support, and we wish you and yours a great New Year!**



Many thanks to Pami Hesley for bringing us a new Christmas tree, ornaments, lights, storage bag, storage container, and decorating it beautifully! When you walk into the Solarium, you will notice it right away. Pam noticed the decorating that was done by our Decorating Committee, which is run by Enid, Jeanne, and volunteers, and said it brought her much joy to see! We are so fortunate to have so many talented people share their gifts, which brings so much happiness for all to see ☺



Our new Caretaker, Steve Palmer, Apt. #110, is settling-in nicely, and doing a great job for us! Steve can be reached on his cell phone, and/or his home phone for emergencies only, after our regular office hours, Monday thru Friday, 8:00 a.m. to 4:00 p.m. A separate flyer was sent to all residents December 16, 2014. If you did not receive one, please come to the office or call us at 651-777-5020, and we would be happy to give you Steve's phone numbers. Another big thank you goes out to Pami Hesley for providing us with a new vacuum cleaner! May God bless you for having such a kind heart ☺



Once again, the 'Silver Harmony Singers' brought us so much joy with their beautiful voices. For those of you who missed out on the fun, they will be joining us again this year, December 8, 2015, at 2:00 p.m. Many thanks to June for organizing the cookies & refreshments, and to Ray & Sally for the use of their piano!

New Year's Resolutions for 2015

Lose weight. Enjoy life to the fullest. Stay fit and healthy. Spend more time with family. According to the research institute Statistic Brain, these are four of the top 10 New Year's resolutions made for 2014. Do they sound familiar?

Crimson Hexagon, a social media analysis firm, notes that 46 percent of Americans who made resolutions have vowed to exercise more and be healthier. Easier said than done? By setting attainable objectives along with action steps on how to reach them at a comfortable pace, you will set yourself up for another happy and healthy year. For example, rather than just saying you are going to lose 15 pounds, add a few ways on how you plan to achieve that benchmark: Eat only one dessert a week; order vegetables instead of french fries at lunch; buy new tennis shoes to get excited about exercise; etc.

Let's take a look at the above resolutions and show you how we can help:

Lose weight/stay fit and healthy: Capital Senior Living communities have a multitude of ways for you to reach your goal.

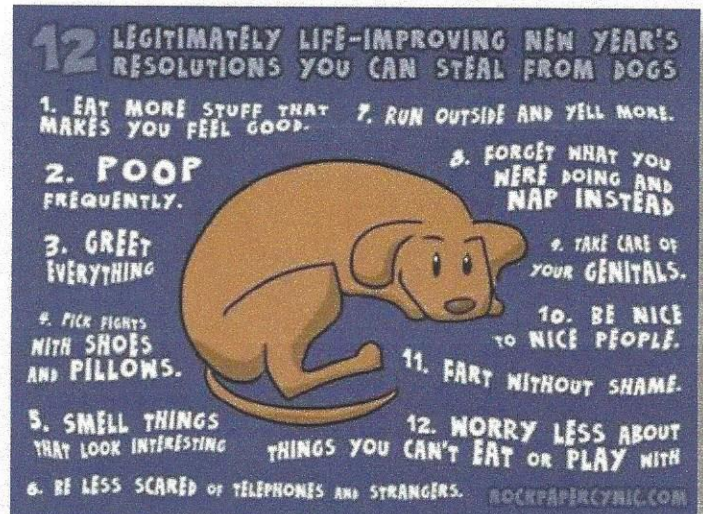
- Your community offers wellness, walking, balance and exercise classes, attend a few each week to ease into making it part of a regular routine. If you prefer to work out on your own, our exercise rooms are the perfect place to focus your energies.
- Get out several times a week, when the weather allows, and take a stroll around the well-maintained grounds and landscaped courtyards. Walk with a neighbor or friend to make the journey even more enjoyable.

Enjoy life to the fullest: Whether it means taking part in the many social, educational and recreational programs offered in our community or to get out and enjoyed a community organized excursions, you have plenty of feel-good activities to choose from.

- Challenge a neighbor or friend to a card or board game in the activity center. Or, even better yet, start a weekly group that meets to socialize and play games.
- Our community has onsite beauty salons/barbers where you can get a new look, change your hair color or simply get a little trim – because looking good on the outside also makes you feel good on the inside.

Spend more time with family: Invite your loved ones over to enjoy some time in your home. Family could mean very close friends as well

- Reserve a dining space in our communities and offer the ideal place to hold a grandchild's birthday party or son or daughter's anniversary celebration or even a friends gathering. You can bring food in and CELEBRATE!



As we embark on another year full of promise and hope, we look forward to serving you with the same high standards and quality of service you have come to expect!

JANUARY, 2015

NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY	BEAUTY SHOP 651-387-0219		BEAUTY SHOP OPEN ON THURSDAYS 8:30 a.m. - Noon	1 HAPPY NEW YEAR! Office Closed	2 Bingo @ 7 p.m., Cards to Follow Office Closed	3
4 5 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	5 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	6 Chair Ex. Class @ 10:30 am, Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	7 Brkfst @ 8:30 Kowalski's 9-9:40 Birthday Bash @ 1:00 p.m., Communion Service @ 2:30	8 Chair Ex. 10:30 Schwan's @ 11:00, Blood Pressure Check @ 1pm/Worship Serv. @ 2:30	9 Bingo @ 7 p.m., Cards to Follow	10
11 12 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	12 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	13 Chair Ex. Class @ 10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	14 Continental Breakfast @ 8:30 a.m.	15 BEAUTY SHOP OPEN, Chair Exercise Class @ 10:30 a.m.	16 Bingo @ 7 p.m., Cards to Follow	17
18 19 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	19 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	20 Chair Ex. Class @ 10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	21 Cont. Brkfst. @ 8:30 a.m., Kowalski's @ 9:40 a.m., POTLUCK @ 5:30 pm in C/R	22 Chair Exercise Class @ 10:30 a.m., Schwan's @ 11:00 a.m.	23 Bingo @ 7 p.m., Cards to Follow	24
25 26 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	26 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	27 Chair Ex. Class @ 10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	28 Continental Breakfast @ 8:30 a.m.	29 BEAUTY SHOP OPEN, Chair Exercise Class @ 10:30 a.m.	30 Bingo @ 7 p.m., Cards to Follow	31



Thought it might be fun to do a Word Search with all of our resident's first names. Some names are duplicates, so I added the next initial. The names can go forward, backward, diagonal, up, and down. Have fun, and I wish all of you a very Happy 2015! Sharon

Alan	Alda	Barbara	Beth	Bev	Bob
Carol	June	Clifford	Conrad	Daniel	Dave
Deb	DeLoris	Don	Donna Mae	Dorothy	Enid
George	Guy	Helen L.	Helen Grace	Inez	Jeanne
Joyce	Kathryn	Leo	Leroy	Lorraine	Lucy
Marion D.	Marion S.	Mary B.	Mary M.	Mary Jane	Mary Jo
Melanie	Mike	Neonila	Pat M.	Pat S.	Ray
Ruth S.	Ruth T.	Sally C.	Sally S.	Sharon	Stephen G.
Stephen P.	Theresa	Tibie	Vern	Virginia	Wilma

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