

# NORGARD COURT



2015

FEBRUARY

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**

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**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, February 4, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Conrad, Ray, George, and Inez's birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! You don't want to miss out on the fun, and it's a great way to get to know your neighbors better! Hope to see everyone there ☺



Let's give a warm welcome, if you haven't already, to Eileen, Apt. #108, and Mike & Ann, Apt. #109. We are so happy you've chosen to reside at Norgard Court Apartments!



Many thanks to Enid for organizing the Silent Auction. Plans are already underway for a Silent Auction in December, 2015. If anyone would like to donate items and/or make cash contributions, please see Enid, Apt. #317. All proceeds go towards holiday decorations, special events, etc. An example of one of the special events is the 'Sunday Supper' on February 8, 2015. Another great way to bring everyone together – THANK YOU ENID!



HAPPY VALENTINE'S DAY! Just a friendly reminder that on Saturday, February 14, 2015, it's St. Valentine's Day. Did you know that approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas?!!



On the bulletin board you will find a sign-up sheet from Petersen Carefree Travel for the round trip deluxe motorcoach ride to Treasure Island Casino scheduled on Senior Day, Wednesday, March 25, 2015. Evie needs your name, address, birth date, and player's card number to ensure that you receive a \$15.00 credit on your card, and a food coupon for \$3.00. You can either sign-up on the sheet, or you can call Sharon Benduha, Site Manager, at 651-777-5020, with the necessary information to ensure your reservation. This trip has been coordinated with residents, and friends from Briarcliff Manor Senior Living, Mahtomedi, which makes for twice the fun!! DON'T miss out on the fun – DO sign-up today☺



An Apple A Day, Keeps The Doctor Away! The vitamin C in apples keeps your tissues strong, supports healthy brain function, and fights cardiovascular disease. The carbs found in apples help you metabolize fats and allow your nervous system to function. Enjoy one today, tomorrow.....!!



When the weather is pleasant, it's easy to take a quick stroll outside or get your exercise in by raking leaves or walking the dog. But as the days turn colder, it can become more difficult to get out and about, and more tempting to stay inside on the couch. The benefits of activity – even just 30 minutes a day – are well-documented, from helping control diabetes, high blood pressure, and the effects of heart disease, to helping maintain flexibility and muscle integrity as we age. In the winter months, getting regular activity can also help battle the winter blues and elevate mood and energy levels.

The good news is that you don't have to sacrifice your daily activity as the seasons change. There are plenty of ways to stay active during the winter months, and we've compiled a few top tips below. As a reminder, it's always a good idea to check with your doctor before starting a new exercise regime.

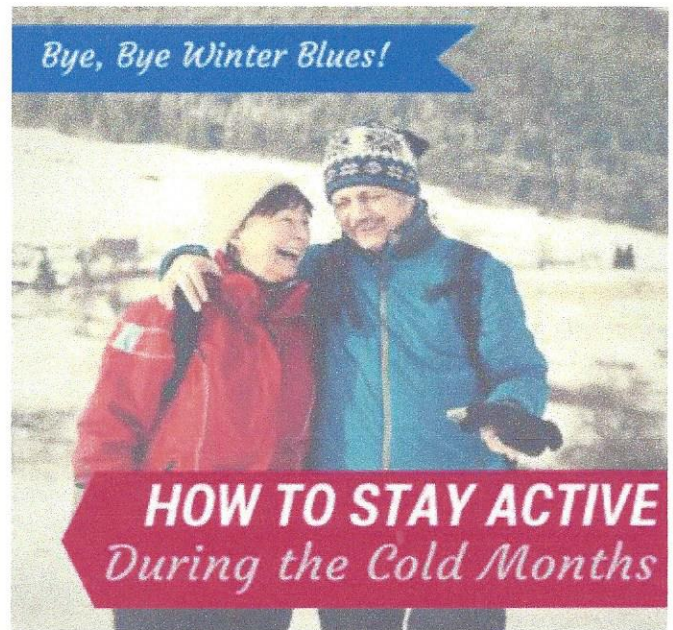
**Same Activities, different location:** If you enjoy warmer-weather activities like walking or swimming, you can keep these up during the colder months by simply relocating. For example, you can take your walking routine to your local mall to enjoy your exercise in a climate-controlled environment. Many malls actually unlock their doors an hour or so before the stores open, so it's a perfect time to take a stroll before the crowds arrive. There are even some walking groups that meet regularly at malls to share in some great conversation while exercising.

Similarly, swimming and water aerobics can remain on your daily list of to-dos by finding an indoor pool. Check out Maplewood Community Center for their indoor pool where you can swim laps or participate in group exercise classes like water aerobics or aqua yoga. Many private gyms also offer senior discounts, so it's a good idea to call and ask about special pricing and classes. If you enjoy workout classes or even lifting weights, you can use the winter as the perfect chance to use our community work out space.

**Layer up and head out:** Many people really enjoy the colder weather, along with winter sports like skiing, skating, and snow-shoeing. If you're an active senior and enjoy these activities, by all means, get out and enjoy! Just remember to prioritize your safety and health, and keep a close eye on how your body is responding. The top tip for outdoor activities in the winter is layering your clothing; this ensures you stay warm when first going outside, but you can uncover if and when your body warms up. Be sure to cover your extremities, and wear a hat (60% of body heat escapes through your head). If you're exercising somewhere with dim lighting, be sure to wear reflective items to help others see you clearly, and you may even consider wearing some sort of medical alert device in case of an emergency. You should err on the side of caution, and remember that your body might not perform the same way year-to-year. Be sure to stay hydrated and pace yourself, but continue to enjoy your favorite outdoor winter activities.

**Look for new ideas:** The social aspects of winter activities can be just as beneficial as the physical aspects; being around others and having fun together is an important element in fighting off seasonal depression or loneliness. Many cities have senior activity centers, community centers, libraries, or churches that host social clubs. The winter can be a perfect time to learn a new hobby, brush up on your computer skills with continuing education classes, and make new friends. You can look for more active classes as well, like dancing or even exercise boot camp. Something as simple as a weekly game night can give you something fun to look forward to, and be an enjoyable way to break up the cold months.

**Everything counts:** Remember that every activity counts in your quest to stay fit and flexible in body and mind. Whether you're getting your exercise in the toasty warmth of your own home, or braving the elements for activities you can only do when the temperatures drop, it's best to get your blood pumping every day. With a positive attitude and a little creativity, you can make the winter months an enjoyable season for making new friends and trying new activities. Check out [www.ci.maplewood.mn.us](http://www.ci.maplewood.mn.us) website to see what is going on in your city and programs offered for seniors at your local community center





# FEBRUARY, 2015

# NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	3 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	4 Brkfst@8:30 Kowalski's -9:40 Birthday Bash @ 1:00 p.m.	5 ChairEx. 10:30 Schwan's @ 11:00 BEAUTY SHOP OPEN	6 Bingo @ 7 p.m., Cards to Follow	7
8 <b>SUNDAY SUPPER</b>	9 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	10 Chair Ex. Class@10:30 am, Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	11 Continental Breakfast @ 8:30 a.m.	12 Chair Ex. @ 10:30am, Blood PressureCheck @1pm/Worship Serv. @2:30 p.m.	13 Bingo @ 7 p.m., Cards to Follow	14 <b>Happy Valentine's Day!</b>
15	16 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	17 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	18 Cont.Brkfst. @ 8:30 a.m., Kowalski's 9:40, Communion Serv.@2:30 p.m. Ash Wednesday	19 Chair Exercise Class @ 10:30 a.m., Schwan's @ 11:00 a.m.	20 Bingo @ 7 p.m., Cards to Follow	21 Community Room & Guest Suite Reserved Apt. #303 10:00 a.m. to 6:00 p.m.
22	23 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	24 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	25 Cont. Brkfst. @ 8:30 a.m., <b>POTLUCK</b> @ 5:30 p.m. in the Community Room	26 Chair Exercise Class @ 10:30 a.m., BEAUTY SHOP OPEN	27 Bingo @ 7 p.m., Cards to Follow	28
	<b>BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY</b> 651-387-0219			<b>BEAUTY SHOP OPEN ON THURSDAYS</b> 8:30 a.m. - Noon		

## Black & White Television Classics

Z V M J W Y H T P A D W L S R E T S N U M I M J B  
 T V A M O U L H T C N A I O L B W D F M T L K W E  
 F N K M H U I I S E F D N S N R V X X H H O P S T  
 S L E H S K A O M J I J Y N D E P J F C P V Z R T  
 N X R P E Z B F Q A B R M G Y Q R I B X X E C D Y  
 O N O Q K O Z N J M F I R K R T D A B D M L A D W  
 S Q O Z Y U P G E E S S D A D I H O N A C U D X H  
 E Q M Q D Q F P I T A O M E H A F O R G A C N F I  
 E L F A N Y U E E L N W N A V D D F M S E Y R O T  
 R O O U A O F R Z N M N V P D M N K I A B R B T E  
 H R R R V Y E J A D I U E I W D E A M T S J Z C S  
 T R D B K D W R E S X A D Y F K A B E D H S V B H  
 Y O A W C R E K T A E K Q F C K T D Y I G S H Z O  
 M Z D Z I E Y H S R E N O O M Y E N O H Z B H O W  
 R A D C D R E V A E B O T T I E V A E L C Z D O W  
 B S Y S E M M I C K E Y M O U S E C L U B J O K W  
 T Z H L E X O Z L E A C U H S F H O E M H E S D L  
 Q O Z N P N F Y A R A F J L N N E T H I D R T I G  
 W U A Z F D X W Z T N M U P J I I V M U S X K W J  
 J C H O W D Y D O O D Y B G K O C F P J U S C H L  
 E G W R I R P Y N L L V X R A W T I R G S H A J O  
 A L F R E D H I T C H C O C K P R E S E N T S L D

Lassie

Howdy Doody

Danny Thomas Show

Dennis the Menace

Zorro

Lone Ranger

I Love Lucy

Ozzie and Harriet

Addams Family

Leave It to Beaver

Donna Reed Show

Munsters

Andy Griffith Show

Dick Van Dyke Show

My Three Sons

Betty White Show

Mickey Mouse Club

Make Room For Daddy

Mister Ed

Alfred Hitchcock Presents

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

**Trivia:** This popular sitcom received excellent ratings when it first aired in 1956, yet only a total of 39 episodes were made before the show was cancelled in 1957. What is the name of the show?

**Answer:** \_\_\_\_\_