

NORGARD COURT



AUGUST, 2015

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

Monday - Friday Noon to 3:00 p.m.

STEVE PALMER----CARETAKER----APT. #110

JENNIFER METZ----CARETAKER----APT. #114

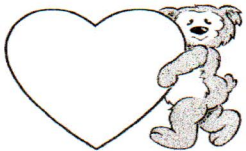
TRACY BARNACLE-----GENERAL MANAGER

HOME CARE SENIOR SERVICES - 651-770-8505

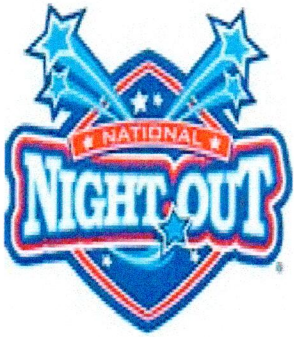
COMMUNITY ROOM: 651-777-2448



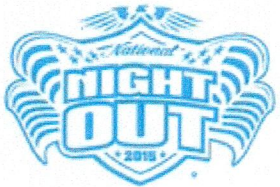
All residents are invited to join us for the 'Birthday Bash' on Wednesday, August 5, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Bob, Mary Jane, Sally, Barbara, Leo, Henry, and Keith's birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! Hope to see you there ☺



Let's give a warm welcome to Deloris, Apt. #205, Henry and Geraldine, Apt. #221, Yan and Kwei Chun, Apt. #216, Clarence and Thelma, Apt. #204, and Barb and Keith, Apt. #305. We are so happy you've chosen to reside at Norgard Court Apartments!



On Tuesday, August 4th, neighborhoods throughout Maplewood are invited to join forces with thousands of communities nationwide for the "**32nd Annual National Night OUT**" (NNO) crime and drug prevention event. National Night OUT, which is sponsored by the National Association of Town Watch (NATW) and co-sponsored by the Maplewood Police Department, will involve over 15,704 communities from all 50 states, U.S. Territories, Canadian cities and military bases around the world. In all, over 37.8 million people are expected to participate in 'America's Night Out Against Crime.'



National Night Out is designed to: (1) Heighten crime and drug prevention awareness; (2) Generate support for, and participation in local anticrime efforts; (3) Strengthen neighborhood spirit and police community partnerships; and (4) Send a message to criminals letting them know neighborhoods are organized and fighting back.

From 5 to 9 p.m., on August 4th, residents in neighborhoods throughout Maplewood and across the Nation, are asked to lock the doors, turn on outside lights and spend the evening outside with neighbors and police. Many neighborhoods throughout Maplewood will be hosting a variety of special events such as block parties, cookouts, mini carnivals and visits from Police and fire personnel.

Norgard Court Apartments is registered for this event, and welcomes all residents to our block party. Root beer floats will be served, and the party will last from 5:00 – 7:00 p.m. If you have any questions, please contact Enid, Apt. #317. Many thanks to Enid for coordinating this event!

Our Guest Suite is being converted to a storage room for our 'Show Room' furniture, and 'Continental Breakfast' supplies, due to **FULL OCCUPANCY** ☺



AUGUST, 2015

NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Saturday 2 Sunday	3 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	4 Chair Ex. Class@10:30 a.m., Bingo @ 2:00, Cribge. at 7:00, National Night Out 5-9	5 Cont.Brkfst. @8:30Kowalskis @9:40 BirthDay Bash @1:00 Communion Serv.@ 2:30 nm	6 Chr. Ex.@ 10:30am, Worship Serv. @ 2:30 p.m., Schwan's @ 11, Cribbage@7pm	7 Bingo @ 7 p.m., Cards to Follow	8
9 SUNDAY SUPPER - Community Room	10 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	11 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m.	12 Continental Breakfast @ 8:30 a.m.	13 Chair Exercise Class @ 10:30 a.m., Blood Pressure Check @ 1 p.m. Cribbage@7pm	14 Bingo @ 7 p.m., Cards to Follow	15
16	17 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	18 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m.	19 Continental Breakfast @8:30 Kowalski's @ 9:40 a.m. Pottuck @ 5:30 p.m. in Com.Rm	20 Chr. Ex. @ 10:30 a.m., Schwan's @ 11, Cribbage@7:00 p.m. in Community Rm	21 Bingo @ 7 p.m., Cards to Follow	22
23	24 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	25 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m.	26 Continental Breakfast. @ 8:30 a.m.	27 Chair Exercise Class @ 10:30 a.m., Cribbage @ 7:00 p.m. in Community Rm	28 Bingo @ 7 p.m., Cards to Follow	29
30	31 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY 651-387-0219		BEAUTY SHOP OPEN ON THURSDAYS 8:30 A.M. - NOON		

Brainiacs and Smartyants

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

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|----------------|-----------------|--------------|-------------|
| mind | logic | creativity | daydream |
| learn | puzzles | emotion | nightmare |
| neurons | knowledge | headache | meditate |
| think | wisdom | movement | visualize |
| smart | cerebellum | gifted | ideas |
| forgetful | hypothalamus | reasoning | clever |
| scatterbrained | cerebral cortex | confused | witty |
| advanced | brain stem | intelligence | genius |
| concentrate | figure | focus | distraction |
| memory | determine | thought | |

To answer the trivia questions, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia #1: **What is the only multicellular animal without a nervous system?**

Answer: _____ (one word)

Trivia #2: **The human brain weighs about 3 pounds (1.4 kg). What animal boasts the largest & heaviest brain, weighing 17 pounds (7.8 kg)?**

Answer: _____ (two words)