

NORGARD COURT



2015

JUNE

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

happy
birthday

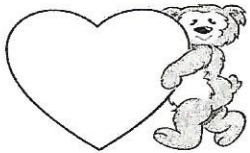
All residents are invited to join us for the 'Birthday Bash' on Wednesday, June 3, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Melanie, Al, Cliff, Mary Jo, Dave, June, and Helengrace's birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! Hope to see you there ☺



Our outdoor patio planter looks so beautiful, thanks to Melanie, Enid, Donna Mae, Rick, and Steve. It's so inspiring when friends get together and create something so wonderful, and then share it with others. It brings joy to our hearts, and peace of mind. It also gives us that sense of pride in our community, here at Norgard Court Apartments. Thank you so much for sharing your time, and talent. You have created a piece of art for all to see!



On July 19, 1910, the governor of the U.S. state of Washington proclaimed the nation's first "Father's Day." However, it was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official that the day became a nationwide holiday in the United States. Did you know? There are more than 70 million fathers in the United States. Economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts. Most likely, because they're worth every penny spent! Happy Father's Day☺



Let's give a warm welcome to Venetta, Apt. #308. We are so happy you've chosen to reside at Norgard Court Apartments!



The garden beds are sprouting-up nicely! Be sure to view the beautiful flowers, and see if you can name all of the healthy produce that has been planted. Many thanks to Ray, Apt. #121, for coordinating the planting; designating where to plant, what to plant, etc. There is still room to plant more, if you are interested. Please talk to Ray about this, and he will give you all the details. We are so fortunate to have Ray volunteer his time. Thank you for **ALL** you do!

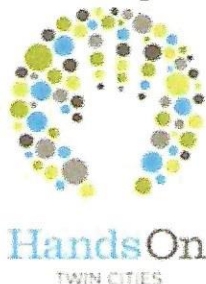
5 Reasons to Volunteer (A Place for Mom in 2014)



Retirement can afford you the chance to work on a project or issue that is important to you – simply for the passion of it, rather than for a paycheck. Seniors have a unique set of skills and knowledge to offer as volunteers: a lifetime of experience can help you help others in a myriad of ways, from mentoring and tutoring younger generations, to providing career guidance, to offering companionship and care.

Volunteerism isn't just beneficial for those being helped – research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society. Here are just a handful of reasons volunteer activity is beneficial:

1. It helps bridge the generation gap. Young people are often encouraged to volunteer as a way to broaden their horizons, improve their college prospects, build their resumes and help others while doing it. Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.
2. It helps change the way people think about older adults. By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.
3. It is good for mental health and can help prevent Alzheimer's. The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity. Being a volunteer can help keep the brain and the body active, which contributes to continuing cognitive health, according to numerous studies.
4. It helps prevent senior isolation and depression. In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.
5. It promotes healthy physical activity. Volunteering can be good for keeping the body active, whether you're building houses for Habitat for Humanity or walking around your favorite museum as a volunteer docent. Maintaining a healthy level of physical fitness as we age helps ward off disease, injury and even dementia.



To find your next volunteer experience:

Hands on Twin Cities

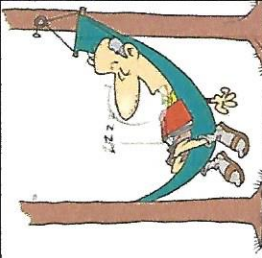
www.handsontwincities.org

Email: info@handsontwincities.org

Phone: (612) 379-4900

JUNE, 2015

NORGARD COURT APARTMENTS

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

Fishing on the Lake

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

fishing	salmon	bite	life preserver
lures	carp	rod	tackle box
bait	catfish	worm	sport
sinker	waiting	minnow	release
line	fillet	relaxing	whopper
boat	stringer	drifting	biggest
dock	casting	weekend	keeper
canoe	patience	lake	bobber
bass	scales	sunrise	hook
perch	caught	dinner	net
trout	nibble	cook	

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 species of sport fish is also known as "Yellow Pike."

Answer: _____