

NORGARD COURT

The word "September" is written in a large, black, cursive script. It is surrounded by several autumn leaves in shades of yellow and orange. The leaves are scattered around the word, with some overlapping the letters. The overall style is decorative and seasonal.

September

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

happy
birthday

All residents are invited to join us for the 'Birthday Bash' on Wednesday, September 2, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Dorothy, Theresa, Tibie, Sally C., Don, Yan, and Joyce's birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! Hope to see you there ☺



Today's most widely used type of fire extinguisher is the multipurpose dry chemical that is effective on Class A, B and C fires. Class A fires are 'Ordinary Combustibles' such as trash, wood, and paper. Class B fires are 'Liquids' such as gasoline, petroleum oil, and paint. Class B fires can also involve 'Flammable Gases' such as propane and butane. Class C fires are 'Electrical Equipment' such as motors, transformers, and appliances.



Every unit at Norgard Court Apartments has a 'Dry Chemical' fire extinguisher, located in the pantry closet. Do take time to read the operating instructions and warnings found on the fire extinguisher label. Do not pull the pin or squeeze the lever. This will break the extinguisher seal and cause it to lose pressure. When it is time to use the extinguisher on a fire, just remember to P.A.S.S.! **PULL**, **AIM**, **SQUEEZE**, **SWEEP**.

*Hold Upright - PULL ring pin
Start back 8 feet - AIM at base of fire
SQUEEZE lever - SWEEP side to side*

Only fight a fire:

- A. If the fire is small and contained.
- B. If you are safe from toxic smoke.
- C. If you have a means of escape.
- D. If your instincts tell you it's okay.

THE RULES FOR FIGHTING FIRES – Just remember the three A's
ACTIVATE the building alarm system or notify the fire department by calling 911. Or, have someone else do this for you.
ASSIST any persons in immediate danger, or those incapable on their own, to exit the building, without risk to yourself. Only after these two are completed should you ATTEMPT to extinguish the fire.



SEPTEMBER, 2015

NORGARD COURT APARTMENTS

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

Jeopardy!

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

Alex Trebek

answer

audition

brains

buzzer

categories

champion

clue

Daily Doubles

electronic

history

intelligent

Jeopardy

knowledge

literature

match

Merv Griffin

phrasing as a question

pop culture

ringing in

science

screen

smart

speed

three contestants

tournament

wager

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 is contestant holds Jeopardy's record for longest winning streak. He won 74 games in a row and his prize totaled over 2.5 million dollars.

Answer: _____