

# NORGARD COURT



OCTOBER  
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**

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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, October 7, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Pat, Stephanie, Mike, Carol, and Deb'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 Stephanie, Apt. 305. We are so happy you've chosen to reside at Norgard Court Apartments!



Just a friendly reminder that Maintenance Request forms can be found on the table, by the Guest Suite, in front of the Office. It is preferred that the resident fills in the information so Rick, our Maintenance person, is able to get all the information he needs. When the form has been completed, it can be dropped in the office door drop box, or it can be turned in to Rick, or Sharon. Rick's hours are noon to 3:00 p.m., Monday through Friday.



In the underground garage there are two large bins for cardboard and newspapers only. When one fills up, please use the other bin located across from the carwash stall. Also, you need to break-down boxes so we use the space of the bin more efficiently. The small bins, with the orange covers, are for glass bottles, jars, aluminum cans, plastic, tin cans, office papers, junk mail, and magazines. Please include these items loosely. **Do not include** vinyl siding, needles, plastic bags, Styrofoam, boxes with food or grease (produce, deli or black take out containers), window glass, ceramics, pottery, mirrors, wood, dishware cups, light bulbs, porcelain, cookware, hazardous waste, wrapping paper, tissue, napkins, and paper plates. Please refer to the informative 'Recycling At Your Building' sign, posted by Tennis Sanitation. Also, please do not leave magazines, newspapers, etc., on common area tables. Things like this can pile-up in a hurry and become unsightly. Thank you for recycling at Norgard Court Apartments!



If you find a key in your mailbox, you have a package in one of the parcel lockers. The key comes with a tag on it that has the designated letter as to which parcel locker you will need to open up. When you are done with the key, just leave it in the key slot for the designated parcel locker. Do not put the key back in your p.o. box. Also, when you know that a package is arriving from UPS, or Fed Ex, please be readily available for pick-up. Thank you!



# OCTOBER, 2015

## NORGARD COURT APARTMENTS

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

## Sounds to Break the Silence

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

<b>buzz</b>	<b>gurgle</b>	<b>wheeze</b>	<b>ka-ching</b>
<b>whir</b>	<b>drip</b>	<b>sniff</b>	<b>howl</b>
<b>zip</b>	<b>tick tock</b>	<b>chatter</b>	<b>hiccup</b>
<b>beep</b>	<b>snort</b>	<b>scream</b>	<b>rip</b>
<b>click clack</b>	<b>zap</b>	<b>bumpity bump</b>	<b>smash</b>
<b>kaboom</b>	<b>crack</b>	<b>scuff</b>	<b>swish</b>
<b>thump</b>	<b>whoosh</b>	<b>meow</b>	<b>toot</b>
<b>thud</b>	<b>kerplunk</b>	<b>splash</b>	<b>vroom</b>
<b>ding dong</b>	<b>squeal</b>	<b>crash</b>	<b>scrape</b>
<b>ring</b>	<b>bark</b>	<b>arf</b>	<b>zoom</b>
<b>roar</b>	<b>tap</b>	<b>gasp</b>	
<b>growl</b>	<b>ah-choo</b>	<b>sigh</b>	

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

**Trivia: How fast does sound travel?**

**Answer: \_\_\_\_\_ meters per second**