

NORGARD NEWS

1807 GERVAIS COURT - MAPLEWOOD MN 55109



FUN STUFF

Celebrate Our Mail Carrier

Tuesday February 4th is National Thank Your Mailman Day! Please consider leaving a small gift or card near the mailboxes for our postal carrier on Tuesday 2/4/2020.

REMINDER

Winter Footwear Storage

Please do not leave your Shoes/Boots in the hallway next to your apartment door. Your personal belongings should be stored inside your apartment.

UPDATE

Office Closed

Office Closed February 17th - 25th. Reopening on the 26th at 8am. Please contact your caretaker if an important issue arises. Maintenance will be here as normal schedule. Place needed workorders in box outside of office.

Happy
VALENTINE'S
DAY

HOT COCO & CHOCOLATE

Stop by the community room for a treat and visit with your neighbors.

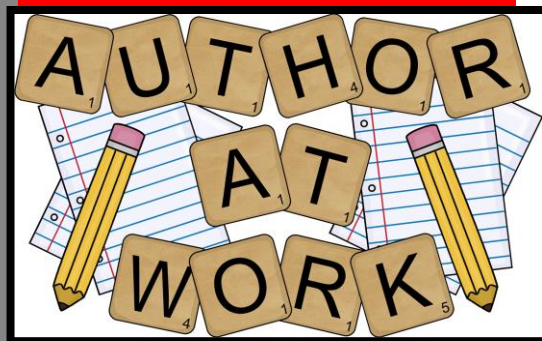
Friday February 14th 11am

Autobiography Workshop

Like me, most of us know very little about our forebears. Sadly, many of us know very little about the early lives of our own parents. It's not lack of love! It's a part of the here-and-now syndrome that characterizes us always on the move, upwardly mobile American society. Losing contact with our heritage is why I became a Guided Autobiographical Instructor and created this workshop. My mission is to help seniors write their own life story and memories so future generations can experience how they felt and reacted in their time.

The one-hour long workshop will begin to help you construct your life stories. Everyone has a life story worthy of telling! -Paul Wolff

Thursday February 27th at
10am



BIRTHDAY BASH

FEBRUARY 5TH 1PM

Cake & Ice Cream in the Community Room

1st Venetta #308
4th George #209
8th Sandy #102
18th Helen #105
21st Chuck #315
23rd Ray #121



Random Act of Kindness Day

MONDAY FEBRUARY 17, 2020
10 random acts of kindness

1. Hold the door open
2. Give an honest compliment
3. Thank someone who you appreciate
4. Be a good listener
5. Offer your help to someone
6. Ask the person who's serving you how their day is going
7. Treat someone to a coffee or tea
8. Bake your neighbor cookies
9. Send flowers or chocolates to a friend out of the blue
10. SMILE

How will YOU show your random act of kindness?

Valentine's Day Fun Facts

- Every year, more than 36 million heart shaped boxes of chocolates are sold across the country.
- Sorry men, it looks like you'll be spending twice as much as women this year on gifts. The average man spends \$130 on Valentine's Day, while women spend about \$70.
- Don't forget about your pets! Every year, around 9 million people buy their pets a Valentine's Day gift.
- February 14th is the second largest card giving day of the year, just after Christmas. This year, it's expected that 1 billion cards will be exchanged around the world.
- Teachers receive the most Valentine's Day cards, followed by kids, mothers, wives and girlfriends.
- Hallmark was one of the first to mass produce a Valentine's Day card, all the way back in 1913.
- More than one-third of men are comfortable not receiving anything from a lover on Valentine's Day.
- It's estimated that the U.S. alone is going to spend \$3.3 billion on flowers for loved ones this year.
- The only other day that beats Valentine's Day in floral sales is Mother's Day.
- Of the 124.6 million households in the U.S. it's predicted that 43 million of them will purchase flowers.

Special Thank YOU to all the volunteers around the building that help make sure Norgard is a great place to live. I appreciate you ALL so much!

♥ Amy

Valentines Recipe

4 small kisses
6 giant hugs
1 cup of kindness
3 cups of love
5 tsp of happiness
2+ caring hearts

Mix together and spread the love

Words can't describe my love for you.

I guess this face will have to do.



I want to recognize both Helen Miels and Helengrace Bauer for doing such an incredible job welcoming all our new tenants that move in to Norgard. It is very impressive to see the two of you independently take the time to welcome and invite new tenants into the fold. I appreciate you both.

♥ Amy