



6501 Woodlake Dr.
Richfield, MN 55423

To follow and learn more use the links below:

Facebook Link: <https://www.facebook.com/villageshores>

Instagram Link: <https://www.instagram.com/villageshores/>

Village Shores Website Link:

www.villageshoresseniorcommunity.com



Staff Directory

***All Village Shores Staff members are available by calling Reception Desk at
612-861-1186**

<u>Executive Director</u> - Antonio Rossi 612.746.4703	arossini@villageshores.com
<u>Director of Administrative Services</u> - Pam Propper 612.861.1186	ppropper@villageshores.com
<u>Director of Marketing</u> - Ann Huseby 612-746-4711	ahuseby@villageshores.com
<u>Marketing Field Associate</u> - Hala Randall 612.746.4706	hrrandall@villageshores.com
<u>Director of Programs</u> - Brad Ray 612.746.4705	bray@villageshores.com
<u>Activity Coordinator</u> - Dezso Bartha 612.746.4702	activitycoordinator@villageshores.com
<u>Director of Dining Services</u> - Shawn Richardson 612.746.4710	srichardson@villageshores.com
<u>Director of Maintenance</u> - Jeff Zwieg 612.746.4701	jzwieg@villageshores.com
<u>Director of Wellness</u> - Tara Davenport 612.746.4712	tdavenport@villageshores.com
<u>Director of Resident Services</u> - Monica Whitson 612.746.4707	mwhitson@villageshores.com
<u>Director of Reflections</u> - Lisa Klockmann 612.746.4714	lklockmann@villageshores.com
<u>Director of Nursing</u>- Joyce Mugaki 612.746.4722	jmugaki@villageshores.com
<u>Clinical Registered Nurse</u> - Rosemary LeBlanc 612.746.4709	rleblanc@villageshores.com
<u>Resident Care Coordinator</u> - Tavon Cummings 612.746.4724	tcummings@villageshores.com
<u>Housekeeping Supervisor</u> - Crystal Wilson 612.746.4701	cwilson@villageshores.com
<u>Lead Receptionist</u> - Nicole Johnson 612.861.1186	reception@villageshores.com

NOVEMBER
2024



SHORELINES

Program Ponderings

Brad Ray – Director of Programs

Well here we are again, in that familiar place where the wind stings our faces, and the leaves swirl around piles of dusty snow. A timeless Minnesota season when we start to hunker down, cook stews and soups, nestle near the fireplace with a good book, or enjoy warm drinks and laughter with friends. Here at Village Shores, the changing of the seasons brings us a cornucopia of activities, entertainers, speakers, and outing opportunities to warm the hearts and souls of all our residents. Let's take a peek at what bounty November will bring us.

Starting out with a last chance to look at the leaves with us, Dezso and I will be leading another walking group around **Richfield Lake!** The last time we did this was so fun, I thought we could do it again! And if you enjoy walking around that lovely amenity next door, be sure to join the **Wednesday Wellness Walks** hosted by our amazing **Wellness Team!** And dig that coat out of the closet, because these walks go on **YEAR ROUND** (weather permitting). Meet on 1st Floor near the sign up sheets to be a part of the group walks.

The Trebletones return to give us some fall glee on a Thursday night, so make sure to attend that one. They are fabulous! Legendary guitarist **Bill Cagley** will augment our delightful cocktails and fall treats for our monthly **Happy Hour**, and after that comes our **Annual Village Shores Veterans Appreciation Event** with music by **Jeff Carver**. All residents and family members are encouraged to attend. Fans of the Beatles will be delighted by the return of former Village Shores resident and professional lecturer, **John Leisenring** as he introduces his first in a series of three lectures detailing the music and lives of the **Beatles!** The **Minneapolis Aquatennial Singers** return with well constructed harmonies and nostalgia, and we can anticipate a fantastic performance by the return of **Victor Zupanc**, piano virtuoso! He will be entertaining for our November birthday party.

With Thanksgiving falling on the last Thursday of the month, (our usual allotted day to commandeer our bus for leisure outings), we will only be going to three. The **Gasthaus Bavarian Hunter Restaurant** in "Northeast" Minneapolis, the **Minnesota Landscape Arboretum**, and the **Convention Grille** in Edina. As this is being written, most seats are already filled. Oy.. We need an extra bus! As you may have noted, we have had a real increase in the number of residents joining our activity programs, outings, and events. Our motto is **"keep it like a cruise ship with always something going on!"** We love to do our keep this place hopping, and that atmosphere of excitement is contagious!

Our bi-monthly Wednesday AL/Reflections concerts will feature pianist **James Shaw**, an entertainer I have been booking for over 20 years, and a new gentleman I have not yet met! We are excited to host **Tim Patrick** who will be presenting a tribute to the great **Frank Sinatra!** I am excited to hear that!

Make sure to attend our yearly Service of Remembrance. On Monday, November 25th, Rev. Ruth Phelps will lead us in remembering the Village Shores residents who passed away since our last service in November 2023. Please consider coming to remember and cherish our lost friends.

Please note that towards the end of January, we will be encouraging Village Shores residents to share their handcraft talents, or show off collections of interesting items they may have in their possession with our annual **Village Shores Arts, Crafts, and Collections Symposium!** More information on this will be made available, but for now I am just planting a seed for those interested to please consider hosting a table to **"show off your goods!"** If you have presented in the past, don't let this deter you! We have MANY new residents who would love to see what you have to share!

Please keep coming to us with ideas and offering up your own hidden talents! As we rev up towards the holiday season, you can be sure that our star will shine more brightly than any of the others in the Richfield sky. Have a wonderful November and stay thankful!

~Brad



Resident in the Spotlight - Warren "Lee" Lincoln (#919)

Lee Lincoln, FRIEND OF LAND AND ANIMALS
Lee grew up on a farm in Iowa and couldn't wait to get back to the land and the animals once he retired from IBM in Rochester (MN).



Lee got hired at IBM shortly after graduating from high school. He was trained on the job and because Lee was handy, he moved through many tasks during his 30 years at IBM. He tested equipment, installed things and the final 10 years, Lee managed the MA program tied to Univ of Minnesota for the electrical and mechanical engineers to earn their masters' degrees.

Lee was happy to retire in 1990 and headed back to the farm with his wife Sharon — to the land and the animals he loved most — such characters as his Shetland pony who had free run of the farm and hated to pull a cart but gave Lee's grandkids horseback rides.

He also had beef cattle, raised corn and hay, and sold timber from his land along the Zumbro River. There were lots of canoes on the Zumbro.

Lee experienced having his farm flooded by the Zumbro River when the dam broke. It took out the road and the soybean field and dumped a lot of sand on his field. He appreciated his neighbor who brought his big tractor and helped move the sand and get the soil back into shape.

Lee and Sharon raised 4 girls and 2 boys — 3 live in the Twin Cities region and 3 live in Pine Island just north of Rochester. In 1997 they took off in their RV for the Tampa area of Florida where Lee played a lot of golf. The hurricanes were scary because of the 'spinning' wind that left flattened trees laying in different directions. He's really glad he left before this hurricane year with Helene and Milton.

Sharon's death in 2021 combined with the brutal Florida summers sent him back to Minnesota and Village Shores. He loves Tara and Mitch in the Club, Richfield Lake and the friendly Village Shores people. He watches Vikings football and enjoys having his children close.

Say "Hi" to Lee when you see him in the hall — on his way to the Club.

Villager Shores Birthdays in November

- 3 Darlene Gripne (204)
- 4 Virginia Schoen (227)
- 4 Rochelle Tudor (304A)
- 4 James Rippa (701B)
- 4 Swede Olson (802)
- 4 Elle Aldich-Goldstein - SCDS
- 7 Ruth Kelman (312A)
- 8 Luella Moore (622)
- 10 Val Escher (809)
- 10 Wilma Hoflin (916A)
- 11 Jeanne Linne (713)
- 11 Hassan, Fardowsa- Staff- SCSC
- 13 M. Eileen Fanning (308C)
- 13 Marvin Bermeo – Staff SCDS
- 19 Sue Domeier (409)
- 19 Perrin, Marie- Staff- SCSC
- 19 Mary Dean (421)
- 20 Barbara Lewis (607)
- 20 Marge Chism – Staff - VS
- 21 Margaret Severe (803)
- 23 Ken Hanson (517)
- 25 Amy Rincon (915A)
- 26 Sean Jones – Staff - SCDC
- 29 Harry Bloom (319)
- 30 Chris Engh – VS-Staff

WELCOME NEW RESIDENTS!!

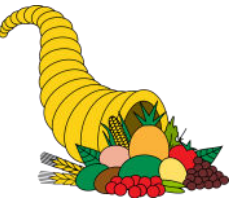
- Marguerite Voekel (323B)
- Jim Robertson (522)
- Dorothy Eberle (226)
- Marylin Christensen (817)
- James Miller (323B)



Come Celebrate November Birthdays on Friday 11/22 with entertainment by Victor Zupanc from the Guthrie Theatre



Silver Advantage
LETTER OF THE MONTH FOR NOVEMBER IS: T for TEAMWORK



Chris (Maintenance)
Thank you for visiting my apartment and assessing safety for me in my bathroom. You recommended and created changes that will make it much safer for me. I appreciate your skill very much!
-Mary Ann M. (#804)

Chris-
You solved a dark closet situation by designing and installing motion lights! Now I can finally find my winter jackets!
-Rob (#705)

With the Letter of the Month standing for "Community" residents can enjoy the fact that Village Shores is an amazing community of vibrant residents who take initiatives! We have so many hands that want to help make our community stand out as a place of cooperation, learning, and friendship.

Crystal (Housekeeping)
Thanks for the great job cleaning our apartment! Always going ABOVE & BEYOND!
-Evelyn (#702)

Angeleece (Silvercare)
Thank you for all your hard work and helping cover the overnight shifts! You are an invaluable team player!
-Nursing Supervisor

Bistro Staff- Sean & Stephanie
Thank you for the excellent lunch on 10/8/24. I had a friend to visit and we were both very pleased! Good food, good service, good fun!
-Susan F. (#904)

Silver Advantage is the Silvercrest Mantra of customer service. The acronym R.E.S.P.E.C.T. defines our goal in providing the best experience we can offer as far as being an excellent community to live and work in.

Thank You Village Shores Veterans!

HONORING OUR VETERANS PROGRAM VETERANS RECOGNITION PROGRAM

MONDAY NOVEMBER 11

MAIN DINING ROOM AT 2:00 P.M.

MUSIC BY TRUMPET PLAYER JEFF CARVER

REFRESHMENTS SERVED

Special guest speaker **Kenneth Hansen**
U.S. Army 1950 – 1953 Korean War P.O.W.



Two Village Shores WWII
Veterans James Rippa
& Camillo De Santis

Resident Council Monthly Meeting Notes

Items discussed during the 10/2/2024 were as follows:

1. Resident Rich Lux attended the meeting to report on the rights of people living independently in an assisted living facility. Barb will look into having the ombudsman speak to all residents.
2. The second meeting of "Ask the Nurse" was held on 9/16/24. council member Jane Radatz attended that meeting and gave a report.
3. The "Let's Talk Food" meeting was moved to next week. The new director will be training all dining room and Bistro staff. This will take place in the Dining Room.
4. We discussed the idea of making reservations vs not making reservations. The majority felt that those with meal plans or assisted living would not need reservations, but it would be helpful if all others made reservations. This would give the kitchen a better idea of how many/how much to prepare.
5. Camillo asked for volunteers to help set up for the Saturday Coffee Social. Since this is a resident run event, maintenance is unavailable. The number of residents attending the Social continues to grow almost every week.
6. At the November council meeting, we will be introducing new members for 2025. Presently, there are nine members; four will be returning for another term.
7. Miscellaneous items:
 - At present, work orders are needed for shampooing the hall carpets.
 - Are dryer vents cleaned regularly?
 - A work order is necessary if a resident wants their air conditioner cleaned.
 - There is a first aid kit in the Club if a resident is in need and has none of their own.
Question: Can a resident ask for one at the nurse's station on 4th floor?b
 - FYI: You need a computer, tablet, or smartphone to schedule an Uber or Lyft ride. Alternatives include a taxi or Metro Mobility. (Since this meeting, it has come to our attention that a third option is available: Go Go Grandparent Call 855-464-6872. They will contact Uber or Lyft and schedule your ride. There may be a service charge for first time usage.)
 - Free Covid tests are available from the US Gov. Go to covidtests.gov or call 1-800-232-0233

Our next meeting is Wednesday, November 6 the Private Dining Room.
Any Village Shores residents are welcome to attend.
Jane Radatz, Secretary (404) 612-381-7158
Barb Teawalt, Chairperson (811) 651-470-2863



Executive Director News

Antonio Rossini- Executive Director at Village Shores

Welcoming Joyce Mugaki: Our New Director of Nursing at Village Shores!

We are thrilled to announce the arrival of Joyce Mugaki as the new Director of Nursing at Village Shores! With her extensive experience in healthcare, Joyce is set to be a transformative leader for our community. Joyce brings a wealth of knowledge and compassion, embodying the values we hold dear at Village Shores. Her commitment to high-quality, person-centered care aligns perfectly with our mission to enhance the lives of our residents. We believe that healthcare is not just about treatment; it's about fostering a nurturing environment where every individual feels valued.

Throughout her career, Joyce has demonstrated an exceptional ability to build strong relationships with both staff and families. Her collaborative approach not only inspires her team but also creates a supportive atmosphere for our residents and their loved ones. We are confident that Joyce's expertise and vision will greatly benefit our community, ensuring that every resident receives the best possible care. As we welcome Joyce into the Village Shores family, we invite you to join us in extending a warm greeting. We are excited to see the positive impact she will undoubtedly make as we continue our journey of providing exceptional care. Stay tuned for more updates as Joyce settles into her new role and shares her plans for our nursing team!

Time for a Sparkling Clean!

Hello, everyone!

We've heard your requests, and we're excited to announce that our window cleaners will be coming in November! It's time to let the sunshine in and give our windows the shine they deserve.

What to Expect

We'll be sharing specific dates for the service soon, along with some tips on how to prepare your space for the cleaning crew. This will help ensure a smooth process and that those windows get the attention they need.

Get Ready!

In the meantime, here are a few things you can do to prepare:

- **Clear the Area:** Move any plants, decorations, or furniture away from the windows to give the cleaners easy access.
- **Secure Your Valuables:** If you have items near the windows that could be affected, make sure they're safely stored away.

Communicate: If you have any specific requests or concerns, feel free to reach out!

Thank you all for your feedback and support in getting this service organized. We can't wait to see those windows sparkling!

Stay tuned for more details!

~Antonio

Silver Care News

Something is Afoot!

Understanding Plantar Fasciitis in Seniors and How to Manage It

Plantar fasciitis is a common condition among seniors that causes pain and inflammation in the heel and foot. As we age, the padding under our feet becomes thinner, and the wear and tear on the plantar fascia—a ligament connecting the heel bone to the toes—can lead to chronic discomfort. Seniors with this condition often experience sharp, stabbing pain, especially during their first steps in the morning or after prolonged periods of sitting or standing.

Managing plantar fasciitis in seniors requires a combination of preventative measures and treatment options. Wearing supportive shoes with proper arch support, stretching the calf and foot muscles, and using orthotic inserts can help alleviate the strain on the plantar fascia. Ice therapy and over-the-counter anti-inflammatory medications may also provide relief from pain and swelling. In some cases, physical therapy can assist in strengthening the muscles around the foot to prevent further strain.

For seniors, it's important to address plantar fasciitis early to avoid complications that could limit mobility and independence. Caregivers and healthcare professionals should encourage regular checkups to assess foot health, especially for those with conditions like diabetes, which can exacerbate foot problems. Proper care and attention to foot health can significantly improve the quality of life for seniors dealing with plantar fasciitis.

Low Notes and High Notes with Dezzo

The year was 1918, and World War I, or as it was known at the time, The Great War, had been raging for four bloody years. Nothing had been able to break the stalemate between Germany and its Franco-British enemies on the Western Front. The battlefield had stagnated and barely moved since the initial German invasion and the breakdown to trench warfare across the entire front. Further, America had entered the war on the Allied side on April 6, 1917. Germany had secured a victory, however, on the Eastern Front against Russia, which sought a peace treaty with Germany with the Treaty of Brest-Litovsk on March 3, 1918. This freed up hundreds of thousands of German troops that Germany was now able to shift to the Western Front before the Americans could mobilize in mass formations. Germany now attacked with everything it had beginning on March 21, and the front line indeed shattered before the onslaught. German troops advanced up to 35 miles in some areas, but the assault broke down against stiffening Allied resistance, and finally stagnated. Meanwhile, two million American soldiers had arrived at the front, and the Allies began their own offensive on September 24, and the Germans were pushed back 50 miles to the Belgian frontier. Germany's allies now began to fall out, one by one: Turkey sought peace with the Allies; Bulgaria surrendered; and Austria-Hungary was in the grip of chaos as it disintegrated internally. The Kaiser abdicated in October, and Germany opted to negotiate with the Allies. On the 11th hour of the 11th day on the 11th Month of 1918, an armistice ended all hostilities. The date was November 11, 1918, and the Great War had finally come to an end.



The next year, November 11, 1919, President Woodrow Wilson issued a message to his fellow countrymen, that this date "will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory" that these men fell for. This was continued in 1926 when President Calvin Coolidge issued that the date should be observed every year. In 1938, Congress made November 11 a legal holiday called Armistice Day.

In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama had the idea to expand Armistice Day to all veterans, not just those who served in World War I. This was brought to the attention of General Dwight D. Eisenhower who supported the notion of National Veterans Day. As President, Eisenhower signed the bill into a law on May 26, 1954. Congress amended the bill on June 1, 1954, replacing "Armistice" with "Veterans," and it has been known as Veterans Day ever since. It is with great pride that we at Village Shores honor our cherished veterans in a special dedication on November 11 every year, in gratitude to those of our residents who have taken up the heroic cause to defend our national liberty and our country.



"Tech Friends" (Formerly Computer/Technology Interest Group)

Plan to attend the monthly **Tech Friends** meeting on **Monday, November 25, at 3 pm** in the 4th floor meeting room. In November, we plan to discuss favorite computer and smart phone puzzles and games. If you love games, join our meeting on Nov. 25.

Earl N. (210) 612-869-3454

Jeannine S. (913) 612-708-5371 "TECH FRIENDS"

Larry G. (1008) 612-770-7741

LEARN WITH LARRY WEDNESDAYS

Wednesdays from 3 to 4 pm there is free help in the library on first floor. First come, first served, or make an appointment by email with Larry



Larry Gottschalk
"E-Mail Expert"
Apt 1008

larry.gottschalk@yahoo.com



Words from Wellness

Tara Davenport - Director of Wellness

November kicks off a season of gratitude. We gather with family, reminisce about traditions or experience new ones right here at Village Shores. Did you know the simple act of giving thanks can improve our health? It's good for your heart, soul and can even rewire your brain!

Our Wellness Team prepared resources and activities for you to benefit from gratitude's superpowers. When you tap into a few strategies to add or increase your gratitude practice, you can improve your mind, body and our community. It's especially effective when you add it daily so we encourage you to **join our 28-day gratitude challenge!**

Scientific studies link gratitude to improved sleep, lower blood pressure, improved kidney function and lower cholesterol. No prescription required! In addition, an attitude of gratitude is a mood-booster. It can improve your mental health, increase happiness, improve self-esteem, build resilience and reduce depression and anxiety.

Reframing our thinking with a grateful mindset is also credited with rewiring our brain. It can:

Change the molecular structure of your brain

Release dopamine and serotonin

Improve decision making and productivity

Activate your prefrontal cortex

Improve higher mental functions such as critical thinking.

Its powerful, positive impact doesn't stop there. It can transform our social and emotional health too. A grateful heart helps us feel more connected, less isolated, more generous and we can exhibit more resilience to trauma. These important pieces of our overall personal health then ripple through our community and increase joy all around.

Giving thanks doesn't have to be complicated. It does take a little time and attention because it's like a muscle. We must use it or lose it.

Call or stop by The Club to tap into our gratitude resources. We'll find a strategy that's right for you.

Keep a gratitude journal – be specific with what you give thanks for each day. You could note three new people or things you're grateful for daily. **For specific journaling prompts, join our 28-day day gratitude challenge. Call or stop by The Club to join.**

Exercise – experience a brief gratitude practice in our November group exercise classes. Or workout in The Club independently or with us at BeFit. Movement is medicine. **Exercise impacts our positive mindset and builds community connections which improves our overall wellbeing.**

Meditate – this allows us to focus on the activity at hand. Come to a special gratitude meditation class (see The Club calendar for dates and times) or meditate independently. Say a short prayer, mantra or quote. We have resources including a list of free guided meditation apps to use on your phone or smart device.

Write a Gratitude Letter or Share Random Acts of Kindness – this is a powerful energy exchange that brings joy to both you and the recipient. If you want to say thanks to Village Shores staff, use the Silver Advantage notes. We can't accept gifts, but we CAN accept your kind words!

Read – come to The Club to read our gratitude quotes or dip into one of our meditation books.

Shira, Mitchell and I are grateful for the opportunity to share wellness with you. We wish you a beautiful November!

~Tara



Maintenance Updates

Jeff Zweig - Director of Maintenance

With our unpredictable weather, with daytime temperatures being a lot higher than usual and overnight lows being in the 30s and 40s , please know that the boilers are on and operating. However, during the day if you need to, please turn on your air conditioning to reach your desired level of comfort. Let us know if you have any issues with either heating or cooling. Please contact the front desk to put a work order in and we will take care of any issues you may have. Our Maintenance Team is here and ready to help you in any capacity you need!

~Jeff



**Work Orders
Please Call
Reception Desk
612 - 861-1186
Will Fix It For
You!!**



“Hair Ye! Hair Ye!” Salon News

Where in the World is My Hair Going???

Caring for gray hair requires a specific approach to maintain its health, texture and shine. Here are some best practices to follow:

1. Choose a sulfate-free shampoo to prevent dryness and retain natural oils.
2. Use a moisturizing conditioner to combat dryness, make sure you get it down to the scalp to prevent scalp dryness and flakes.
3. If your hair begins to take on a yellow or brassy tone use a purple shampoo periodically, helps brighten your gray hair.
4. Always apply a heat protectant before using styling tools to minimize damage, and lower heat settings on your irons.
5. Use a leave-in conditioner for added moisture and detangling.
6. Schedule trims every 6-8 weeks to remove split ends and keep hair looking healthy.
7. Eat a diet rich in vitamins, minerals, and healthy fats to support hair health. Foods high in omega-3 fatty acids, antioxidants, and protein are particularly beneficial. Also, drink plenty of water to keep hair hydrated from the inside out.

I would also like to inform you that one of our great stylists - Kirsten, will be working as well on Fridays. Give us call, so we can help with your hair needs before the week-end.

~Lani

Village Shores Reflections Community

Lisa Klockmann - Director of Reflections

As the leaves change and the air turns crisp, we’re reminded that the season of gratitude is upon us. With Thanksgiving just around the corner, it’s the perfect time to reflect on the blessings we share as a community. We’re excited to welcome new music artists who will be visiting us throughout the month, bringing fresh tunes to brighten our days. And to keep the fun going, we’ve added some exciting new after-dinner activities! From game nights to craft sessions, and smore’s, there’s something for everyone to enjoy as we gather together to celebrate the spirit of the season.

“The Shores”

Hair Salon

Lani

McConnell

Owner / Operator

HOURS OF

OPERATION:

Monday - Friday

8:00am - 5:00pm

Walk In or By

Appointment

612-746-4708



Food For Thought

November Article Written by Jenna Huseby- Dining Supervisor

Village Shores welcomes Dining Room Manager Jenna Huseby to the Team!

I am thrilled to introduce myself to you! My name is Jenna. I am the front of the house manager, I oversee the servers in the Bistro, Main Dining Room, and our Reflections Community Dining area. I have a creative flair and dedication to excellent service. I’m sure to bring fresh perspectives and new energy to our projects. I love to draw, which adds a unique artistic touch to my work.

Seeking Your Ideas

As we strive to continuously improve our service, I want to hear from you! Your insights and experiences are invaluable in helping me identify areas for growth.

- **What changes or enhancements would you like to see?**

As the leaves change and the air turns crisp, we’re reminded that the season of gratitude is upon us. With Thanksgiving just around the corner, it’s the perfect time to reflect on the blessings we share as a community. We’re excited to welcome new music artists who will be visiting us throughout the month, bringing fresh tunes to brighten our days. And to keep the fun going, we’ve added some exciting new after-dinner activities! From game nights to craft sessions, and smore’s, there’s something for everyone to enjoy as we gather together to celebrate the spirit of the season.

- **Do you have any suggestions for new services or features?**

How can we make your experience even better?

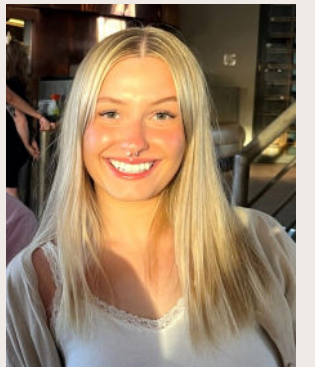


Feel
share



free to
your

**Jenna Huseby
Village Shores New
Dining Room Supervisor**



VS Transportation

Hotline

952-254-7855



**Victor Larson
Legendary Bus Driver**



November Outings

Sign up for any of our trips on the sign up table near the elevators

November 7- Gasthaus Restaurant

November 14- Landscape Arboretum

November 21- Convention Grille in Edina

November 28- HAPPY THANKSGIVING



OCTOBER Memories



Things You Should Know

- We have a free shuttle for medical appointments, grocery shopping, banking, restaurants, and casinos. Talk to Brad if you have more ideas.
- The meal charges that appear on your monthly invoice can be confusing. The date that appears next to your meal charges is the date that the charges were posted, NOT the date when you ate the meal. That date of posting includes all meal charges incurred over 30 days.
- If you have any comments please use the comment box on the sign-up table to leave them. We look trough them weekly and discuss them in our meetings.



Important Dates In November

- 1 All Saints Day
- 2 Deviled Eggs Day
- 3 DAYLIGHT SAVINGS ENDS**
- 8 National Duncce Day
- 11 Veteran's Day
- 13 National Caregivers Day
- 17 Homemade Bread Day
- 24 Evolution Day
- 28 National French Toast Day
- 28 Thanksgiving**
- 29 Square Dance Day
- 30 National Mason Jar Day

