



FEBRUARY 2025

SHORELINES

**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 Rossini 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> - Angelique Prescott 612.746.4724	aprescott@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



Program Ponderings

Brad Ray – Director of Programs

Ah, February in Minnesota. The time when we see our football rivals participate in the Super Bowl, the baby potholes in the road become adolescents, and love fills the chilly the air. Here at Village Shores, our mailboxes are stuffed with activities, speakers, concerts, and outings to make any icy heart melt.

Roses are red, violets are blue, pop into Village Shores, see how much there is to do!

All throughout the month, **Wear Red and Win** on Fridays in honor of **American Heart Month** to be eligible for a prize drawing is held each Friday at 3:00 p.m. If you're looking for more information or support for your heart health, head to The Club. Details can also be found in the SilverCare (p3) and Wellness (p9) columns. Our biggest highlight of the year, the **Village Shores Annual Elegant Dinner**, will be held on the 6th! Dress up to the "nines" and enjoy a sumptuous feast with your friends! World class music will be provided during the meal seatings from **Rachel Brandwein**, harpist for the Minnesota Orchestra. After the meal, enjoy drinks and entertainment with variety pianist **Robert Bozaich**. Get a nice photograph of yourself taken with a lovely backdrop in the Private Dining Room. Make sure you are signed up!

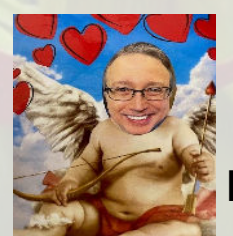
Taking a look at the provided Programs Calendar, you will see plenty of happenings in February. Musically, we welcome back the **Crosstown Band** for an unforgettable evening. Minnesota flatpicking legend **Bill Cagley**, our own Village Shores staff band the **Shore Liners**, and the **High Waters Band** will be performing on three out of four Fridays in February. In addition, we are especially excited for the return of locally celebrated photographer and metal detective expert **Doug Ohman** to return after recuperating from an injury sustained in an icy fall. He is a top notch presenter so we are thankful for his return! Folk guitarist **Dale Montel**, and a father/son music team, the **Berry Boys**, will augment the 3rd Floor AL and Reflections communities with some lovely Wednesday concerts in that nice space on 3rd floor.

We are excited to announce that our vacant bus driver position has been filled, so were up and running again! Feel free to sign up for outings to **Khan's Mongolian BBQ Grill**, **Perkins**, **Mystic Lake Casino**, and the **Science Museum/OMNI Theatre**. Once we get all of our transportation running smoothly, we may consider some more shopping options on different days, Stay tuned!

Stay warm and remember, February is the month of **love**, and Dezso and myself **love** to serve you by offering fun and interesting things to do, people to meet, and places to go! Don't forget to be **PROACTIVE** in your community!



**Roses are red- violets are blue
pop into
Village Shores
Where there is so much to do!**



Resident in the Spotlight

Carol Lobeck (#422)

“Life is ‘gooder’ than good!!”



Carol, a south Minneapolis native, is a lively retired nurse who did 14,000 steps daily before she broke her hip. Now she makes her Village Shores two daily circuits around the post office and Super America. Her childhood dog named Suzi had this same family spunk — she went to the park daily and came home with a tennis ball!

Carol found moving to VS was a big homecoming to her south Minneapolis roots since her cousin Linda Hegel was already here on the second floor, good friend Pam Giebink is on seventh, high school classmate Janet Parrott is on tenth, plus Jerry and Susan Snyder are on ninth.

Carol is a 1958 graduate of South High Minneapolis. She trained as an RN at the old Minneapolis General Hospital (now HCMC) where she worked for seven years in critical neurological care. From there she took her nursing skills to the VA on a rehabilitation floor for young vets from the Vietnam war.

In 1964 she married her best friend “Bobby” who is still her best friend even though he died suddenly from a blood clot in 1989 at age 49 on his way home from the golf course (which is what he used to joke about wanting to be his way to go.)

Carol has a unique “labor” story with her daughter. Carol was having contractions, so her husband Bobby was driving her to the hospital. Would you believe, they met a HOUSE on rollers being moved from one location to another? The workmen insisted that Bobby had to pull into a driveway to let the house pass by. Fortunately, Carol still got to the hospital in time.

Carol had two kids — their son Bobby and daughter Becky. She worked in the office of her husband’s company with his remaining partners and then she renewed her nursing license at Normandale College. This brought her a job at Mt Olivet Nursing Home in the Dementia/Alzheimer’s Unit, which she combined with a part-time job selling flowers at Bachman’s on Lyndale (her happy place). Two favorite people in Carol’s life are 1) her granddaughter Megan, and 2) Carol’s sister Kathy who chauffeurs Carol around.

Carol believes in “going” cheerfully when her time comes. In that spirit, she has considered getting a tattoo on her chest that says: “DO NOT RESUSITATE. NO CPR. IF YOU MUST DO SOMETHING, MAKE IT A MANHATTAN!”

Happy February Birthdays!

- 1 Margaret Stoick (720)
- 1 Rosie Walker (507)
- 3 Jeff Zweig— Staff
- 5 Charles LaPierre (623)
- 6 Kathleen Endert (616A)
- 9 Marie McGraw (703)
- 9 Bob Hillesland (316B)
- 9 Helen Taffe (703)
- 11 Solveig Tvedten (314A)
- 11 Margie Rizer (1019)
- 12 Mfon Udoh – Staff- SCSC
- 14 Marilyn Hayford (603)
- 14 Peggy Bodovinitz (303C)
- 14 Duane Kimber (509)
- 15 Fred Kramer (1012)
- 17 Diane Aase (1009)
- 18 Bilhune Gurmessa – Staff SC
- 19 Phyllis Bernston (501B)
- 19 Dorothy Schwartz (407)
- 22 Stephanie Weber -N Staff - SCSC
- 23 Deanna Miller (717)
- 24 Pam Propper --Staff
- 25 Beverly Burggraff (413)
- 25 Jeannine Sloan (913)
- 26 Florian Sterner (1014)
- 26 Dorothy DeFreese (1015B)
- 29 Larry Gottschalk (1008)

Celebrate February Birthday with High Waters Band



Friday
February 28th
at 2:00
Main Dining
Room

WELCOME NEW RESIDENTS!!

- Lynda Bartush (815A)
- Kurt Sandstrom (716B)
- Sharon McCord (414)
- Theresa Oyen (709)
- Joseph & Shirley Olson (706)



Silver Advantage



LETTER OF THE MONTH FOR

FEBRUARY IS: *S* for Safety & Security

Thank you Chris & Ricardo (Main.) for frequent visits to my apartment to fix heating issue. Its just perfect now!
Mary Ann McGuire (#804)

Thank You Elle (VS Chef) Your collaboration & patience are appreciated! Thank for sharing your expertise to let residents taste the Club's recipe of the month!
-Tara (Director of Wellness)

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.

Nicole (Receptionist) Thank you for all your help in printing out directions to specific medical buildings for doctors appointments. I would have been lost without your help! You are just the best!
-Mary Ellen (#617)

Shira- Thank you SO much for organizing our supply closet for our department. All those jumbled decorations! It never would have gotten organized without your help!
-Brad (Director of Programs_)

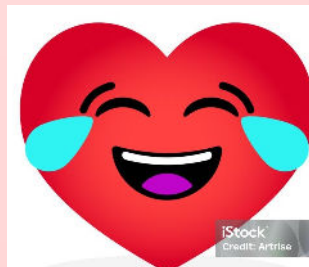
Mary (Housekeeper) Thank you for going ABOVE & BEYOND to clean the Richfield Room after an event, the floors look GREAT!
-Tara (Director of Wellness)

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.

Nothing goes hand in hand more than *laughter & love.*

Please enjoy (and share) some of these little giggles
with your friends, family, and grandkids!

Why do tennis players make the best spouses? They know everything about love.
Why was the cook arrested on Valentine's Day? She was caught beating an egg.
What do you call an army of baby Cupids? An infantry.
Why are only girls born on Valentine's Day? Because there's no mail delivery on holidays.
For Valentine's Day I asked Cupid for a million dollars. Cupid said, "Get real." So I replied, "OK, I want a boyfriend." To which Cupid responded, "Cash or check?"
My girlfriend said she wanted a fairy tale relationship. So I left her in the forest with a loaf of bread.
One did one squirrel say to the other? "I'm nuts about you."
Why shouldn't you marry a pastry chef? They're known to be "desserters."
Are you a bank loan? Because you got my interest.
I heard a joke about chocolate candy bars. It wasn't very funny. But I still Snickered.?
What did one tangerine say to the other on Valentine's Day? Orange you sweet?
What did Han Solo say to Princess Leia on Valentine's Day? Yoda one for me.
What did the two rocks pledge at their wedding? To never take each other for granite.
What did the omelet say to the toast on Valentine's Day? You're eggs-actly my type.
Why can't deer kiss? Because they have buck teeth.
What did one tangerine say to the other on Valentine's Day? Orange you sweet?
What did Han Solo say to Princess Leia on Valentine's Day? Yoda one for me.
What did the two rocks pledge at their wedding? To never take each other for granite.
What did the omelet say to the toast on Valentine's Day? You're eggs-actly my type.
Why can't deer kiss? Because they have buck teeth.
What did one salad say to the other on Valentine's Day? I love you from my head to-ma-toes.
How do astronomers propose on Valentine's Day? They planet.
What did the acorn say to the tree? I'm fallin' for you.
What did the thread say to the needle? I'm sew into you.
What did one yardstick say to the other? We be-long together.
What did one lamp say to the other? You light up my life.
What did one banana say to the other? You've got appeal.
What one cantaloupe say to the other? You're one in a melon.



Executive Director News

Antonio Rossini - Executive Director of
Village Shores

Can you feel the love this month? The cold weather and snow sure did show up in January! February may be the shortest month of the year, but it is one of the sweetest months. And we're all lucky in love here at our community!

February brings three holidays I look forward to. I honestly love watching the Super Bowl—not really for the football but for the commercials and excellent food! Secondly, Valentine's Day is a great day to remember your sweetie. Who doesn't love to receive flowers and chocolates? Lastly, and most importantly, is Groundhog Day! We all cross our fingers that winter is almost over, and spring is approaching quickly. I, for one, am looking forward to the sunshine and warmer days.

We are also thrilled to invite you to our Elegant Dinner on February 12, open to residents and families. This year, we have many surprises in store and look forward to seeing you in your best attire! The cost is \$25 per person (children 10 and under are free). Enjoy a three-course meal, an array of delicious desserts, and incredible entertainment. You won't want to miss this special evening!

Please continue to stay active by walking the halls or attending our Stretch -n- Sing exercise class on Mondays! Find a friend to walk with and chat as you go. We would like to encourage good health by reminding everyone to wash their hands frequently to keep the cold and flu at bay. Let's stay healthy together as we look forward to those warmer months.

There's always a sweet spot in February when hearts and candies are everywhere for Valentine's Day. Let's show lots of love to each other this year in honor of this holiday. Make sure no one is forgotten by spreading love everywhere. A little kindness goes a long way.

Stay warm and sweet this month!

~Antonio



Silver Care News

February is Heart Health Month.
Here are some Heart Healthy Tips for Seniors

- 1. Follow a heart-healthy diet.**
Low in calories but high in vitamins, minerals, and fiber, colorful fruits and vegetables are great for your heart. Seniors should get at least five servings per day of these nutrition all-stars. Read all nutrition labels and limit saturated and trans fats and added sugars. Buy plenty of nuts and high-fiber foods. Avoid high-fat dairy or meats and limit the amount of alcohol you drink. Never skip breakfast.
- 2. Stay active.**
Regular physical activity can help you lose excess body weight, improve physical fitness and well-being, and lower your risk for many conditions, including heart disease risk factors like high cholesterol and high blood pressure. Think brisk walking, dancing, or gardening—anything that gets you up and moving instead of sitting for hours every day. Always talk to your doctor before you start a new fitness routine, especially if you have physical impairments or take certain medications.
- 4. Maintain a healthy weight.**
The more body fat you have, the more likely you are to develop heart disease, high blood pressure, diabetes, breathing issues, and certain types of cancer. But losing weight can help to lower many of these levels and improve your overall health. A healthy body weight for most adults is a body mass index (BMI) between 18.5 and 24.9. Talk to your doctor about the right BMI for you. Following a heart-healthy diet and being physically active can help you achieve and maintain a healthy weight.
- 5. Keep your diabetes, high blood pressure, and/or high cholesterol under control.**
Two of the major risks for heart disease are high blood pressure, or stiffness of the large arteries which becomes common with age, and high blood cholesterol, which can lead to plaque buildup in your arteries. If these numbers are high, work with your doctors to lower them.
- 6. Minimize unnecessary stress.**
Studies show that higher stress levels can trigger a heart attack or angina. Stress can also contribute to high blood pressure and other heart disease risk factors. Chronic stress can affect your memory, learning, immune system, anxiety, and depression, especially as you age. If you're feeling stressed, especially if you're caregiving for a loved one, talk about your concerns with a loved one, your primary care physician, or a licensed therapist. Eat a healthy diet and get plenty of exercise, including relaxation techniques like yoga, tai chi, or meditation.
- 7. Know the symptoms of heart disease—and seek medical attention immediately.**
Early heart disease is barely noticeable, which is why it's important to maintain regular check-ups with your primary care physician. Contact your doctor if you experience any of these common symptoms:
 - Pain, numbness, or tingling sensations
 - Shortness of breath or trouble breathing
 - Chest pain during physical activity
 - Lightheadedness, dizziness, or confusion
 - Headaches
 - Cold sweats
 - Nausea/vomiting
 - Tiredness or fatigue
 - Swelling of the ankles, feet, legs, stomach, and/or neck
 - Reduced ability to exercise or be physically active
 - Problems with normal activities
- 8. Understand your risk of heart disease.**
Your risk depends on many factors, some changeable (being physically active and eating healthy) and some not (age, sex, and family history of heart disease). Your risk could be higher if you have high blood pressure or high cholesterol, are overweight or obese, have prediabetes or diabetes, or smoke. Women generally get heart disease about 10 years later than men do, but it's still the #1 killer of women. Preeclampsia during pregnancy can raise your risk, too. A crucial step in determining your risk is to talk to your doctor. Thorough check-ups and risk assessments are key. Your doctor can also help you set and reach heart-healthy goals. Ask about your heart disease risk at annual checkups and discuss prevention and treatment plans.
- 9. Get plenty of sleep.**
Sleep is key to good health and well-being. It's an important time to support healthy brain function and maintain general good health, but not enough Americans get the recommended hours of sleep each day. Over time, not getting enough sleep can raise your risk of heart disease, obesity, high blood pressure, diabetes, and stroke. There are several steps you can take to improve your sleep habits: avoid nicotine and caffeine, go to bed and wake up at the same time every day, keep your bedroom quiet and cool and dark.

Low Notes and High Notes with Dezso

Well, the heart of winter is upon us, and it is nice to have a holiday that marks the midpoint of winter. Such a holiday is Groundhog's Day! Groundhog's Day, known in Pennsylvania Dutch as *Grundsaudaag*, is a tradition that is celebrated regionally in the United States and parts of Canada on February 2 of every year. It may be interesting to note, that Pennsylvania Dutch is as misnomer from *Pennsylvanisch Deutsche*, literally "Pennsylvania Deutsch" or "Pennsylvania German" and not the Dutch as in the people from the Netherlands. The Dutch language is indeed closely related to German, thus the close relationship of the word "Dutch" to "Deutsch" in German or "Dütsch" as the language is known in Switzerland.

It is indeed from an old Pennsylvania Dutch tale that the holiday of Groundhog's Day emerges. An elder superstition among the Pennsylvania Dutch holds that if a groundhog emerges from its burrow on February 2 and sees its shadow, it will retreat to its den in the ground and winter will go on for six more weeks. If it doesn't see its shadow, spring will arrive early. This tradition remains popular to the present day. This weather lore came to the United States from Germany where a badger, however, was the forecasting animal. Hungary has the same tradition but with a bear for the same purpose.

The Groundhog Day ceremony held at Punxsutawney in western Pennsylvania, centering on a semi-mythical groundhog named Punxsutawney Phil, has become the most frequently attended ceremony. *Grundsow Lodges* in Pennsylvania Dutch Country in the southeastern part of the state observe the occasion as well. Other cities in the United States and Canada have also adopted the event.

The oldest holiday for this time of year comes to us from the Irish and Scottish Gaelic tradition for a celebration known as Imbolc or Imbolg and is also referred to as St. Brigid's Day. This day marks the beginning of spring for the ancient Celts and is also the feast day for Saint Brigid, Ireland's patroness saint. The traditional date for this holiday is February 1 and marks the halfway mark between the winter solstice and the spring equinox. Historically, the celebration was widely observed throughout Ireland, Scotland, and the Isle of Man. Since 2023, "Imbolc/St. Brigid's Day" has been an annual public holiday in Ireland. In medieval Ireland, on St. Brigid's Eve, Brigid was said to visit virtuous households and bless the inhabitants. As Brigid represented the light half of the year, and the power that would bring people from the dark season of winter into spring, her presence was vital at this time of year. Whether or not you make a note on your calendar regarding Groundhog's Day or Imbolc/St. Brigid's Day, it is nice to know that as of this date, we are now halfway through the winter. While the groundhog may or may not see its shadow, spring is on its way!



"Tech Friends" (A Village Shores resident run tech support club)

We are Village Shores residents who share interests (and problems) in computers and technology. We meet once per month in the 4th floor Activity Room. All residents are invited to join us. The February, 2025 Tech Friends meeting will be on February 24th, 3 pm. We will demo how to do email attachments for a variety of email systems. Also, help is available throughout the month. Persons needing assistance on PCs, smart phones, tablets, email and texting should call Larry Gottschalk, 612--770-7741 or leave a message in the file for Apt. 1008.

[The every-Wednesday help desk in the library is being discontinued.]

Your Tech Friends

Earl N. (210) 612-869-3454
Jeannine S. (913) 612-708-5371
Larry G. (1008) 612-770-7741



Larry Gottschalk
"E-Mail Expert"
Apt 1008 (612) 770-7741
larry.gottschalk@yahoo.com



Words from Wellness

Tara Davenport - Director of Wellness

February is American Heart Month, and we **LOVE** finding ways to keep yours beating strong. Adding physical activity is one of the most effective ways to reduce your risk for heart disease, stroke and diabetes. We have some exciting new tools and challenges for you at The Club to improve your cardiovascular health.

Explore the World at The Club

How about a trip to Italy or France? Adventure awaits with new outdoor landscapes on the re-cline bikes and treadmills at The Club. Discover breathtaking views that will make you want to push the extra mile. Ride along the coast, hike the Australian Outback or soak up the beauty and history of Lake Como with a tour guide. The Wellness staff is here to help you find a heart-healthy program that's safe and motivating.

February Heart Health Cardio Challenge

We are running a cardio challenge this month to kickstart your routine or increase your current efforts and improve your heart health. Grab a tracking log each week at The Club in February to record your distance riding the NuStep, walking or biking. Then return it Mondays for a chance to win weekly prizes! Look for flyers or ask the Wellness team for details.

Chair Volleyball Mondays in February at 2:00-2:30 pm

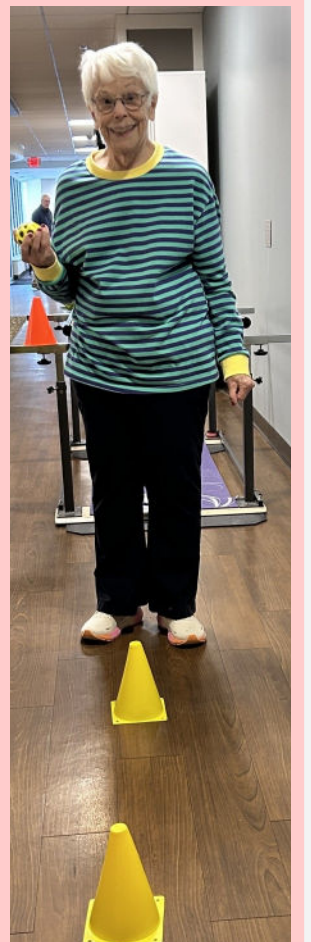
Kick off BeFit on Mondays with Chair Volleyball! Join Wellness Coordinator Miguel each week and improve your endurance, agility and coordination while having fun with friends. BeFit will run as scheduled 2:00-3:30 pm where you can stay for a blood pressure check or receive help through your personalized workout.

Try a Heart-healthy Wellness Recipe

Thanks to Chef Elle, we've had a chance to taste test some new recipes! Recently we learned about food swaps so we can satisfy a sweet craving with a delicious and nutrient-rich choice like chia pudding. Chia seeds are an excellent source of Omega-3s, fiber and protein to name a few. Join our Wellness Talk about heart health and then try a recipe on Tuesday, February 25. See you there or at The Club on the first floor where you can become a virtual globe trotter!

Find Your Balance!

On the right, VS resident Kathie T. is working on her balance during a personal training session. Questions or concerns about your balance? Come see us at the Club!



Maintenance Updates

Jeff Zweig - Director of Maintenance

Please be aware that the temperatures outside are going to get extremely cold, fluctuating from daytime to the night time. We are doing everything we can to keep you comfortable and making sure all mechanical for heating is good running condition. If you have any issues please contact the front desk and they will get a hold of us and we'll get taken care of ASAP.

Thank You from Village Shores Maintenance Team



**Work Orders
Please Call
Reception Desk
612 - 861-1186**

Village Shores Reflections Community

Lisa Klockmann - Director of Reflections

As the cold winter days roll in, we're keeping our spirits warm with a variety of engaging activities here at our Reflections Unit. This month, our residents will be enjoying the peaceful beauty of our indoor garden, where they will be helping to care for plants and watch them bloom, providing a sense of calm and accomplishment. Music is also filling the air, with lively sing-alongs and music therapy sessions that bring joy and stimulate memories. For a creative outlet, our residents have been expressing themselves through canvas painting, creating beautiful works of art that decorate our walls with vibrant colors.

To keep things cozy and festive, we've been sipping on hot apple cider together, sharing stories, and enjoying the warmth of friendship. We are also excited to crown our King and Queen for the month, celebrating with two special residents who inspire us all with their kindness and positive spirits. February is shaping up to be a month of connection, creativity, and celebration!

Best Hand Lotions for Dry Cracked Skin

So without complaining too much I'll just say that it's winter, and I need hand lotion. My hands don't just get dry, they cack and bleed, so I need a heavy duty hand lotion that will both moisturize and repair. It can be tough to choose one in the many options, but the hands that have looked grandmotherly every winter since I was a kid, I've had a lifetime of product testing And since I won't ever be spending \$30 for a tiny bottle given t he amount I go through each winter, here are the best drugstore options to heal your poor, cracked knuckles.

Eucerin Original Healing Cream, This lotion provides temporary relief. It actually heals cracks. Wear it overnight, and it really helps by using light cotton gloves to keep cream on your hands to work more deeply and not rubbing off on your sheets.

Cerave Intensive Moisturizing Lotion, This lotion contains 3 essential ceramides which are great option for mature skin, it helps restore your skins protective barrier. And doesn't leave a greasy residue.

Cetaphil Intensive Moisturizing Cream A heavy hitter for people with very dry skin. It has no fragrance, isn't greasy, and soothes immediately.

Vaseline Intensive Care Healthy Hands Stronger Nails A great hand lotion that strengthens your nails at he same time. What more can you ask for.



"The Shores" Hair Salon

Lani

McConnell

Owner / Operator

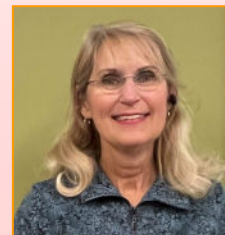
HOURS OF

OPERATION:

Monday - Friday
8:00am - 5:00pm

Walk In or By Appointment

612-746-4708



Food For Thought

Article Written by Jenna Huseby- Dining Manager

As we step into February, the month of love, we're turning up the heat in the kitchen! Our wait-staff and chefs have been working together to enhance your dining experience in the Village Shores Dining Room. After kicking off the year with a celebration of Italian flavors and wines, we're excited to continue this delicious journey.

First on the menu, join us for a **Super Bowl Sunday Tailgate** on the evening of **Sunday, February 9th**—a perfect way to enjoy pizza, beer, and great company before the big game!

Then, on **Wednesday, February 12th**, we invite you to our annual **Elegant Dinner**, featuring a **Surf & Turf** theme. Savor a specially curated meal as we celebrate love and appreciation together. (If you are on the meal plan, this event can count as one of your meals.)

Sign up at Reception to reserve your spot and choose your seating companions. A seating chart will be available, and live musical entertainment will accompany the evening.

We look forward to sharing joy, warmth, and wonderful flavors with you this month. Don't miss out on these special events—we can't wait to celebrate with you!



Village Shores Annual Elegant Dinner

Wednesday, 12th of February 2025

For you and your families

Enjoy a 3-Course Meal

Followed by Many Dessert Choices

Cost: \$25/person (under 10 free)

Mealtime Entertainment:
Harpist **Rachel Brandwein**

Post Meal Entertainment:
Pianist/Vocalist **Robert Bozaich**

Welcome New

**Village Shores Bus
Driver - Dale Belt!**

Outings for February

Feb 6- Khan's Mongolian BBQ

Feb 13- Perkins in Bloomington

Feb 20- Mystic Lakes Casino

Feb 27- Minnesota Science Museum & OMNI Theater

JANUARY MEMORIES



We found Nancy's senior yearbook at Wally's Roast Beef!



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 February

FEBRUARY IS AFRICAN AMERICAN HISTORY MONTH

- Feb 2- Groundhog Day
- Feb 4- Rosa Parks Day
- Feb 4- Thank Your Mail Carrier Day
- Feb 9- National Pizza Day
- Feb 12- Lincoln's Birthday
- Feb 14- Valentine's Day**
- Feb 15- Susan B. Anthony Day
- Feb 16- President's Day
- Feb 17- Random Acts of Kindness Day
- Feb 18- National Flirting Day
- Feb 20- National Love Your Pet Day
- Feb 21- National "Break Up" Day
- Feb 22- George Washington's Birthday
- Feb 25- National Clam Chowder Day
- Feb 27- National Chili Day
- Feb 28- First Day of Ramadan

