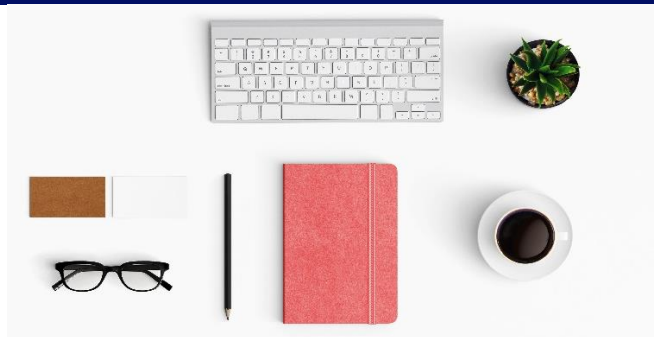


CARDIGAN RIDGE TIMES



ENTERTAINMENT

NEWS BRIEFS

BUS OUTINGS

LIFE AT CARDIGAN RIDGE



* Residents enjoying Cardigan Card Club in the activities room. Cardigan Card Club meets every Friday morning at 10am in the Library.



MEET OUR STAFF

Angela Regino
Executive Director
651-765-2701
763-202-3185

Nicolle Monette
Director of Nursing
651-765-2704
612-760-1596

Nick Campbell
Marketing Director
612-760-5621

Havik Holte
Maintenance
763-202-3053

Mark Schirmacher
Activities Director
651-765-2707

Greta Okanovic
Culinary Director
651-765-2706

Liz Anderson
Health Unit Coordinator
651-765-2704

Jestina Gardner
Nurse Manager
651-765-2703

Ariana Rivera
Nurse Manager
651-765-2703
612-760-5621

Neil Schmit
Reception
651-765-2703



*The River City Quartet performed for a full-house on April 4th.

Monthly Entertainment

Each month at Cardigan Ridge, we have a variety of activities to partake in. Listed below are but a few of this month’s exciting events:

Monday Music

Every Monday at 1:30, our Bistro is the place to be! Join us for community, laughter, and casual entertainment by a variety of local and nationally known musicians.

This month:

April 11
Squeezy Wes Miller

April 18
Robert Boziach

April 25
Van & Kathy

Come early, grab a seat and a complimentary cup of coffee, and we’ll see you in the Bistro!

Special Events

Cardigan Presents...The Guest Speaker Series:

Rob Ellos, “Apollo To The Moon!”

From liftoff at Kennedy Space Center to splashdown in the Pacific Ocean, Rob Ellos explains all about our human missions to the moon. Rob talks about Neil Armstrong, Buzz Aldrin, Alan Shepard, and other prominent figures of the early NASA space program.



In this exciting 1-hour presentation, see models of the Saturn 5 Moon Rocket, Lunar Module, Lunar Rover, and other various to-scale props. Rob will guide us through an entire mission sequence, talking about the spacesuits, materials, duties, and the overall scope of NASA’s push into space.

April 27 - 3:15 pm
The Community Room



Happy Hour at Cardigan Ridge

Every Friday from 2:00pm - 3:00pm, The Community Room is hopping with top-o-the-pops musicians & entertainers, and food and drinks are flowing freely...and FREE-ly. That’s right, every week on Friday afternoon, stop by the Community Room for a drink and a snack, and kick off the weekend with good music, good friends, and a good-old fashioned good time.

This month’s musical guests include:

April 8 - Gary LaRue

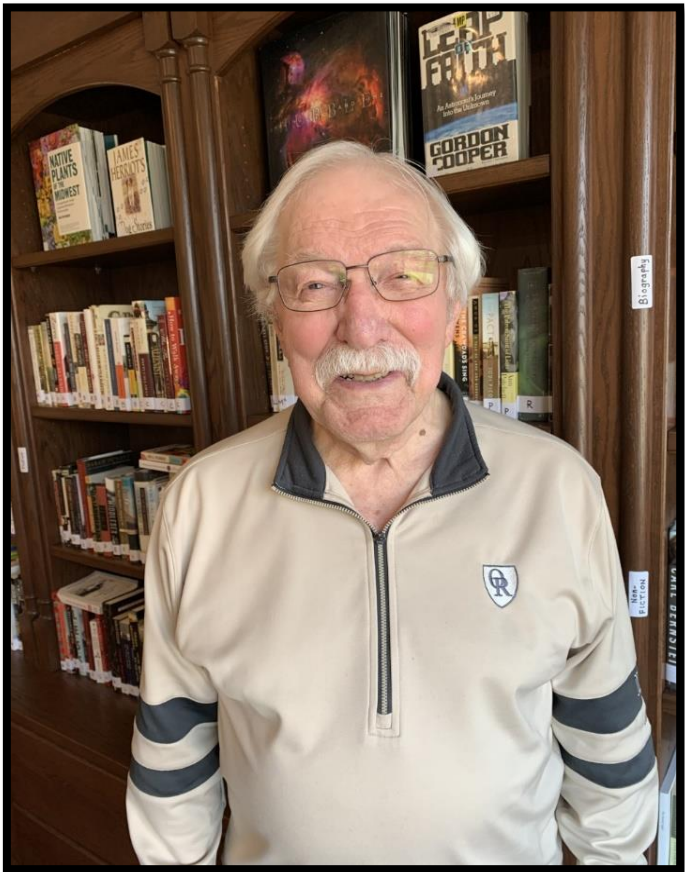
April 15 - Mary Franz

April 22 - Bandannah!

April 29 - Joanne Bolles

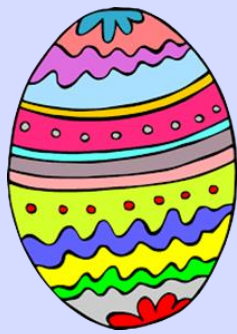


APRIL SPOTLIGHT



BOB DYKSTRA

APRIL
Scavenger
Hunt



April is the month of Easter and The Passover - 2 important holidays in the Judeo-Christian calendar! And both holidays use hard boiled eggs in their celebrations - how wonderful!

To celebrate, our over-enthusiastic Activities staff have hidden 4 of the above icons somewhere in the Cardigan Ridge Senior Living Facility. Find all 4, jot down their locations on the form from the Activities Office, and turn it in for a chance to win the Monthly Grand Drawing.
Whoopee!

Bob Dykstra was born in 1930 in a farmhouse in Wood County, Wisconsin. Literally, *born* in the farmhouse. One of 10 children (8 boys and 2 girls), Bob was given no middle name. When pushed why, he tells me “My parents were concerned about running out of names with that many children.”

When Bob was 11, he moved to rural Sheboygan County, WI. The first in his family to attend high school, he went to Normal school (a teacher preparation system feeding into the then-one-room-schoolhouses of rural Wisconsin) and taught briefly before being drafted in the Army in 1952. While stationed in Fort Riley, Kansas, Bob sang barbershop as part of the recruiting program for the US Army. This love of and involvement in barbershop quartets would be a continuing hallmark of Bob’s social & musical engagement for years to come.

Leaving the Army in 1954, Bob found himself back in the classroom until 1955. Lured by the fame and fortune awaiting barbershop quartets in the Minneapolis / St. Paul areas, he relocated to the “big city” and has called The Twin Cities ‘home’ since then. Bob earned his master’s and Ph.D. degree in Education at the U of M, and worked as a Professor for the esteemed School of Education at the University of Minnesota.

Bob’s 2 most prominent singing groups were The Salty Dogs and The Hut Four, and his involvement with barbershop quartets did not stop once he got married. His wife was an accomplished barber-shopper as well, her own quartet winning the 1982 International Sweet Adeline Quartet Competition. Bob and his wife were married for 60 years before her passing in 2018, and their 3 children (Kim, Paul, & Randy) are integral parts of Bob’s life today.

Bob’s wit, humor, and kindness are evident within our Cardigan community, and his presence at the BINGO table has earned him the nickname of “Bingo Bob.” A fan of Wordle, Scrabble, and good old-fashioned conversation, he’ll usually have a few good jokes (and a handful of lousy ones) at the ready. Next time you see him, say ‘hello’ and ask him to sing for you. He’ll most likely oblige! We’re honored to consider Bob Dykstra a member of our Cardigan Ridge family, middle name or not.

BUS TRIPS

Cardigan Ridge provides free rides to grocery stores, restaurants, and special outings every month! All you need to do is sign up at the receptionist desk for a spot on the bus and we'll see you there!

April 5
Cub Foods

April 6
Kowalski's

April 12
Como Park Conservatory

April 16
Outback Steakhouse

April 19
Hy-Vee Supermarket

April 20
Kowalski's

April 23
Red Lobster

April 26
Walmart

April 30
Famous Dave's Bar-B-Que



LINSEY SAXTON
APRIL EMPLOYEE OF THE MONTH

We are proud to announce April's Employee- & Admin-nominated Employee of the Month... Linsey Saxton.

Linsey has been part of our Housekeeping team with Cardigan Ridge Senior Living since June of 2021. Her easy-going nature, attentive eye, and willingness to engage in conversation are just some of the qualities that residents appreciate and fellow co-workers have noticed about Linsey. She values meaningful interactions with residents, often asking deeper questions to plumb the depths of residents' skills, experiences, and important life details.

About her work here, Linsey says: "I enjoy working around seniors, and they are very, very important to our community. Without them, we wouldn't be here." When asked about the secret to her success, she said, "I clean their houses as if I were cleaning my own."

Congratulations, Linsey! We appreciate all you do at Cardigan Ridge!



“April come she will when streams are ripe and swelled with rain. May she will stay, resting in my arms again.”

– Simon and Garfunkel

NOTES FROM FRONT DESK

By: Neil Schmit

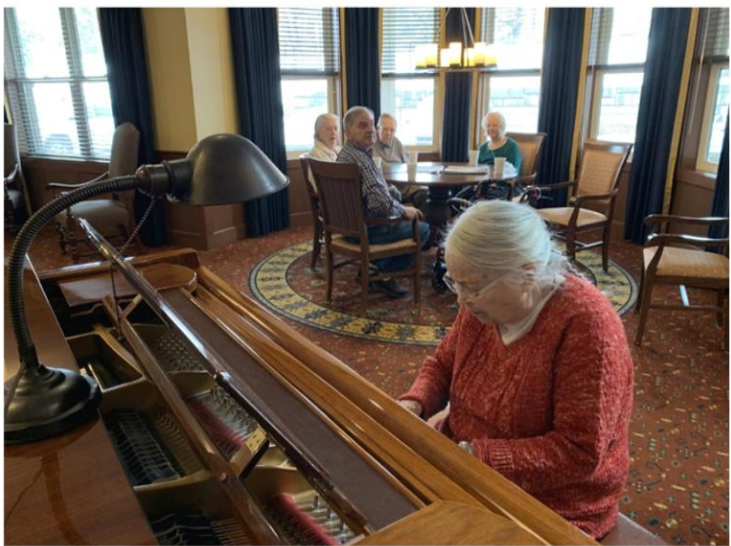


I'd like to start off with a special hello to anyone who's reading this. If you have not met me yet, my name is Neil, and as of May, I am the new receptionist at Cardigan Ridge. In my first few weeks here, everyone has been incredibly welcoming. I am going to do my best at getting to know every one of you so don't be afraid to stop by and see me!

In the meantime, I figured this would be a good opportunity to share some updates about the front desk:

- Stamps are available and sold for 50¢ each.
- If you have any checks for rent due, please turn them into the front desk and I'll insure our executive director, Angela, receives them.
- Work order notes are available on the drawer across from the front desk. If you have any maintenance work that needs to be done, please fill one out and turn it into me.
- Looking to sign up for our monthly bus trips? The activities sign-in book is available at the front desk. There is limited space, and some slots fill faster than others, so be sure to sign up soon!

That's all for this month. If you have any questions, feel free to stop by the entrance and say hello. I look forward to meeting all of you and forming new connections at Cardigan Ridge.



*DonaRae Peterson playing piano for some residents during morning Memory Care programming.

April Birthdays

This month we are celebrating many birthdays. Some of which have already happened, but it's never too late to wish them a belated "Happy Birthday". So, make a wish and blow out the candles!

- Joanne G. – April 2nd
- Helen P. – April 3rd
- Robbie G. – April 4th
- Edward R. – April 17th
- Duane G. – April 18th
- Robert R. – April 26th
- Duane P. – April 26th
- Frank Walz – April 29th

NOTES FROM THE ACTIVITIES DESK

By: Mark Schirmacher

Where do you belong?

Today is a Friday, about 3:54pm, and I just got done listening to Gary LaRue - a crowd favorite here at Cardigan Ridge - as he performed his heart out for an energetic and wonderful Friday Happy Hour crowd. Our Community Room was full of residents who were eating the fare that Greta and the kitchen crew thoughtfully prepared, while our Activities Team (Claire, Sheila, and yours truly) passed out glasses or cans of your favorite wine, beer, or soda pop. And it occurred to me: This is what life should look like. Togetherness, conversation, good music, sip & sup, and the feeling of belonging.

I've been acting as Activities Director for a few months now, and even though I'm still learning the ropes (will that dang calendar ever be 100% accurate??), I have a vast, peaceful sense of belonging. I'm so happy to be planning events, activities, and clubs that encourage community and togetherness, and I just wanted to thank you all for welcoming me so warmly. And pretty soon, I hope to move our activities out-of-doors as much as possible. I welcome your input & ideas for Spring / Summer programming!

So, as the warmer weather slowly thaws our protective winter internal layers, let's keep nurturing our community here at Cardigan Ridge by welcoming that new face in the Bistro, saying 'hello' to the new couple in the dining room, or sharing a chuckle in the elevator. This is a great place to belong, it's up to us to clue them in. Thanks for all you do for me, for each other, and come and see me in the Activities Office sometime ~

Giving Back To The Community

During the month of March, Cardigan Ridge residents have been cleaning out their closets, winnowing their wardrobes, and decluttering their coat trees, all for the benefit of others! We’ve been collecting clothing, home goods, and furniture items to donate to The Salvation Army, a local non-profit organization. These items will go to fund efforts to fight hunger, give warmth, provide housing services, combat pandemic poverty, and restore food pantries around the Twin Cities and beyond.

Thank You Cardigan Ridge for giving so generously!



Brain Games

Write down your answers and bring them to the activities office for a chance to win the Monthly Drawing.

- 1. A man is looking at a photograph of someone. His friend asks who it is. The man replies, “Brothers and sisters, I have none. But that man’s father is my father’s son.” Who was in the photograph?
- 2. What 4-letter word can be written forward, backward. Or upside down, and can still be read from left to right?
- 3. First, I threw away the outside. Then I ate the outside and threw away the inside. What did I eat?



*Happy Hour with Ross Mcleod



*Every Friday at 2pm, Cardigan Ridge hosts a Happy Hour with free food and beverages, and local and nationally known entertainers.



*Nate Hance performing stupid people tricks at a recent March Happy Hour.

“The most beautiful springs are those that come after the most horrible winters!”
-Mehmet Murat İldan