

# THE CARDIGAN RIDGE CHRONICLE



## ENTERTAINMENT

## NEWS BRIEFS

## BUS OUTINGS

## LIFE AT CARDIGAN RIDGE



\*Historian and space-enthusiast Rob Ellos presents "What Really Happened to Amelia Earhart" to a captive audience.



\*Crafts with Kim in our North Shore and South Shore Memory Care Communities.



\*DonaRae Peterson playing for residents during casual afternoon-music in the Bistro.



## MEET OUR STAFF



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



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



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Activities Director  
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Culinary Director  
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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  
651-765-2722



# 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.

**August 8<sup>th</sup>**  
**Randy Roloff**

**August 15<sup>th</sup>**  
**Robert Boziach**

**August 22<sup>nd</sup>**  
**Gary LaRue**

**August 29<sup>th</sup>**  
**Scott Beaumont**

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

## Movie Theater Shows



The Cardigan Ridge Movie Theater is located in the Lower Level (-1). Movies are FREE and friends & family are welcome to join you~

Wednesday, August 10 <sup>th</sup>	1:00pm	<b>Big</b>
Sunday, August 14 <sup>th</sup>	1:30pm	<b>The Bedford Incident</b>
Wednesday, August 17 <sup>th</sup>	1:00pm	<b>What About Bob?</b>
Sunday, August 21 <sup>st</sup>	1:30pm	<b>Steel Magnolias</b>
Wednesday, August 24 <sup>th</sup>	1:00pm	<b>The Sound of Music</b>
Sunday, August 28 <sup>th</sup>	1:30pm	<b>The Caine Mutiny</b>
Wednesday, August 31 <sup>st</sup>	1:00pm	<b>The Shawshank Redemption</b>

## 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:

**August 12<sup>th</sup>**  
**Jim Kirkendall**

**August 19<sup>th</sup>**  
**Duke Zecco**

**September 2**  
**Charley Wyser**

**September 9**  
**Bill Mann**

**September 16**  
**Joanne Bolles**

**September 23**  
**Ross McLeod**

**September 30**  
**Flip Side**



RSVP by Aug 19th  
651-765-2722

Cardigan Ridge

BY CHEF  
GRETA &  
MERSUD

RIB

Thursday

August 25th - 5:00pm

Dining Room

Music @ 6pm:  
Jim Kirkendall

PORK RIBS,  
POTATO SALAD,  
WATERMELLON,  
DESERT

2 GUEST  
MAX

SENIOR  
CARDIGAN RIDGE  
LIVING

3300 Rice St. Little Canada



Cardigan Ridge Spotlight



Mary Ann Gruber

make ends meet, was prompted to get involved in Minnesota Transport Services Association (MTSA), where she worked for 35 years - beginning as Secretary and winding up as CEO & President of the Association. During George’s service years and their children’s high school years, Mary Ann traveled to Europe & beyond, chasing down family connections from ages past.

Mary Ann has fought back from 2 strokes, and has been a Cardigan Resident member since 2019, keeping strong involvement in our Book Club, Card Club, YMCA Exercise Classes, Bus Outings, and plenty of walks around the back pond. She’s also on our Resident Gardening Committee, and nurtures & maintains our gorgeous plants and flowers on the grounds. She enjoys the people here at Cardigan Ridge, laughing with one another, and getting to know new residents, as well. She signs all her cards to children, friends, and family, “Love ‘n’ Prayers.” This valediction is extended to her Cardigan Ridge family, as well, she says.

So, from Mary Ann Gruber (and myself),  
Love “n” Prayers  
Mark



Let’s Go Fishing!  
(At Chisago Lake)

Sign-up at the Front Desk for one of our bi-weekly pontoon boat rides. The trips are free and space is limited, so sign up early!





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!

Weekly Shopping

August 9<sup>th</sup>  
Walmart  
Pick up at Cardigan Ridge at 1:30pm

August 16<sup>th</sup>  
CUB Foods  
Pick up at Cardigan Ridge at 1:30pm

August 17<sup>th</sup>  
Kowalski's  
Pick up at Cardigan Ridge at 10:15am

August 30<sup>th</sup>  
HyVee Supermarket  
Pick up at Cardigan Ridge at 1:30pm

Special Outings


August 9<sup>th</sup>  
Elvis Movie  
AMC Classic Mounds View  
Pick up at 5pm  
Return at 9:30pm

August 13<sup>th</sup>  
Applebee's  
Pick up at Cardigan Ridge at 10:30am

August 20<sup>th</sup>  
Famous Dave's BBQ  
Pick up at Cardigan Ridge at 10:30am

Boat Outings

August 24<sup>th</sup>  
Pontoon Ride on Chisago Lake  
Pick up at Cardigan Ridge at 10am



August Birthdays

Wishing a very "Happy Birthday!" to all those born in the month of August!

Sherman Farmer 8/8

Bonnie carrell 8/10


Cassie Philippi 8/13

Bubby Schaber 8/14

Barb money 8/15

Irene Kroening 8/22

Archie Lahti 8/30



\*Bobby and Christine perform for Happy Hour.

Summer Nights Concert Series

August 12

August 19

August 25

September 1

September 8

September 16

Jim Kirkendall


Ben Cook-Feltz

Jim Kirkendall

Michael Larson

Kurt Weber

John & Dave



Join us on the Front Entrance Patio or the Bistro (weather dependent) to celebrate the marvelous Minnesota Summer evenings with music and community.

Music starts at 7pm - Invite your family & friends to this free event :)

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# CARDIGAN CLUBS

### Needlework Club

Do you quilt? Weave? Sew? Beading? Needlepoint? Share your projects, skills, and time with other residents who share your passion for Needlework! Meets every Saturday morning at 10am in the Craft Room.  
Next meeting is **Saturday, August 13<sup>th</sup> at 10am**

### Wii Bowling Club

Every Wednesday at 10:30am, a dedicated squad of bowlers are gunning for strikes & spares, whilst avoiding gutter balls in the pursuit of the “perfect game.” The wall-mounted TV in the Fitness Center (Lower Level) is the arena for our residents to brush up on their bowling skills, or to learn the fun of playing Wii Sports. If you enjoy trying to knock down pins, give our Wii Bowling Club a try!  
Next meeting is **Monday, August 15<sup>th</sup> at 10:30am.**

### Cardigan Card Club

Do you like playing cards? Well, we’ve got just the thing for you! The Cardigan Card Club meets every Friday morning at 10am in the Library to play hands of Rummy, Kings In The Corner, Uno, Phase 10, and we want you to join us! We learn new games frequently, so we’ll keep your brain finely tuned. This is a great place to meet and engage with other active card players in the building and to schedule “pick up” card games during the week.  
Next meeting is **Friday, August 12<sup>th</sup> at 10am.**

### Art Class w/ Donna

Our own resident art teacher, Donna Olson, brings her teaching background to bear during Art Class w/ Donna, the 2nd and 4th Tuesdays every month in the Craft Room (Lower Level). She does step-by-step instruction on a new art technique every session, and all skill & experience levels are welcome! Sketching, watercolor, perspective, pastel - come explore the world of art with us :)  
Next meeting is **Tuesday, August 9<sup>th</sup> at 3:15pm.**

### Book Club

Love to read? Love to talk about the books you’ve read? Join the Book Club! We meet once a month and delve into books and authors from the region, as well as National & International authors. All genres are considered, so come and make your voice heard! We also hold Special Events that host bestselling authors and international writers.  
Check out the Monthly Calendar for upcoming dates.

### Cardmaking w/ Nancy

Come to our monthly Cardmaking Class with the Jill of all trades, Nancy Monzel. Learn how to make hand-made cards for your loved ones, upcoming holidays, or to spruce up your own abode. We meet the last Tuesday of every month in the Craft Room (Lower Level).  
Check out the Monthly Calendar for upcoming dates.

### Veterans Group

Cardigan Ridge residents who have served in the military meet the 4th Tuesday of every month at 6:30pm in the Pub (main level, adjacent to the Dining Room.) Led by Sean Gustafson, a veteran, volunteer and Post Service Officer at the Roseville VFW and the Lino Lakes American Legion.  
Next meeting is **Tuesday, August 23<sup>rd</sup> at 6:30pm.**

**Are we missing the right club for you? Come by the Activities Office (adjacent to the 2nd floor Library) and talk to us about it! We are here to support resident interests, and if there is something you’d love to do, the Cardigan Ridge Activities Department is willing to work to make it happen! Hobbies, interests, pastimes, passions, craft ideas, or programs - we want to hear about what you’d like to do here at Cardigan Ridge. Stop by the Activities Office or call us at 651-765-2707.**

Employee of the Month



Mee Mee Tun

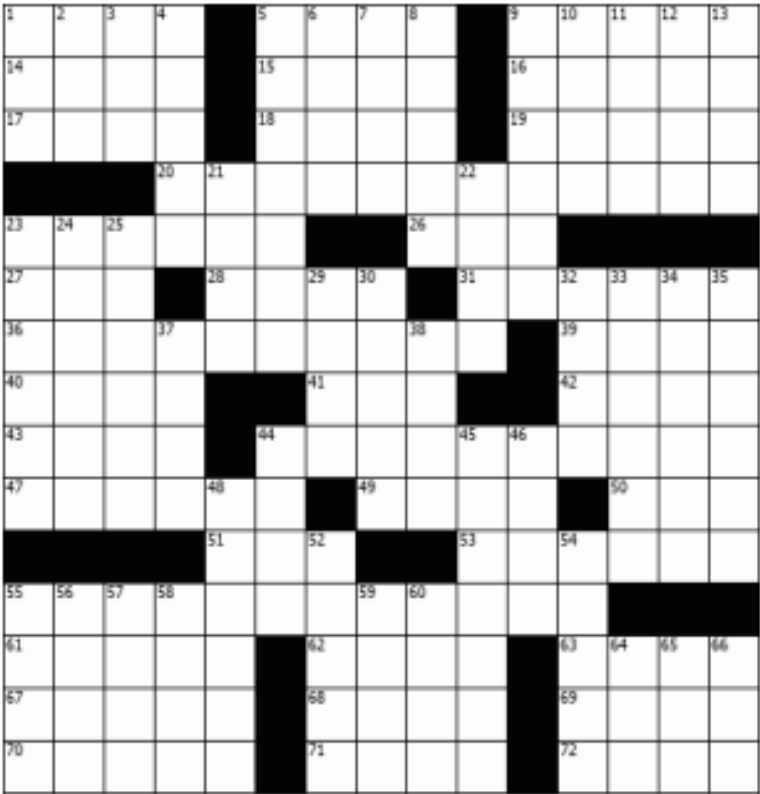
Mee Mee Tun is the Cardigan Ridge Senior Living Employee of the Month!

Mee Mee is a Health Aid here at Cardigan, and her reliability, friendliness, and consistent care for our Memory Care residents has earned her Employee of the Month. She is flexible, easy to work with, and is always willing to pick up shifts and help out when needed.

Congratulations, Mee Mee! We appreciate everything you do!

Crossword Puzzle

- Across
- 1. Stylish
  - 5. Gear for a horse
  - 9. Western spread
  - 14. Hippocratic pronouncement
  - 15. Raison d'\_\_
  - 16. Gay over Hiroshima
  - 17. Wall St. trading center
  - 18. Twelve
  - 19. Something to pay
  - 20. Ground beef serving, formally
  - 23. Clergy member
  - 26. Diving sea bird
  - 27. Metric land measure
  - 28. Where the Amazon rises
  - 31. Put to work again
  - 36. Crackerjack, formally
  - 39. Al Capp's hyena
  - 40. Assist in malfeasance
  - 41. "Am \_\_ understand that ..."
  - 42. Hardly
  - 43. Jazz bassist Hinton
  - 44. Certain flag, formally
  - 47. Not just imagined
  - 49. Canal from the Great Lakes to the Atlantic Ocean
  - 50. English svc. award
  - 51. Line of a sort
  - 53. Chewed on
  - 55. Butcher's offering, formally
  - 61. Lover of Shakespeare?
  - 62. Guam, for one (Abbr.)
  - 63. Seven-hilled city
  - 67. Acid class
  - 68. Pins and needles case
  - 69. Ph.D. exam
  - 70. Computer peripheral
  - 71. Earthbound bird
  - 72. Place to plant a kiss



- Down
- 1. Lifer
  - 2. Grass made into fodder
  - 3. " \_\_ Now or Never"
  - 4. Venue in which mating occurs
  - 5. Dovetailed
  - 6. Straddling, perhaps
  - 7. Word with cash or bumper
  - 8. Safari country
  - 9. Annul, as a license
  - 10. Spanish liqueur
  - 11. Word with ring or dive
  - 12. Part of a film
  - 13. "What \_\_ God wrought!"
  - 21. Cuts, as branches
  - 22. It may be hung
  - 23. Kind of pants
  - 24. Like some numerals
  - 25. Make liquid again
  - 29. Cause of pitter-patter
  - 30. Loosen Timberlands
  - 32. Wrist-elbow connector
  - 33. Manatee, for one
  - 34. Provide with clothing
  - 35. Studio couch
  - 37. " \_\_, Bruté?"
  - 38. It's in a jamb
  - 44. Peter Fonda title role
  - 45. Lagos locale
  - 46. Where Napoleon defeated the Prussians
  - 48. Flowering
  - 52. Chemist's compound
  - 54. Ohio tire center
  - 55. Burn the midnight oil studying
  - 56. \_\_ sapiens
  - 57. Amongst
  - 58. Kevin's co-star in "Tin Cup"
  - 59. Adam's third son
  - 60. Test answer
  - 64. Miners dig it
  - 65. Fleetwood \_\_
  - 66. Fraternal member

Notes From the Front Desk

By: Neil Schmit

Summer is almost over and there's no better time than now to take a step outside and appreciate what we have before it's gone. There's plenty of exciting activities, both old and new, happening this month and we hope to make it a summer to remember!

Here are a few of the services provided at the Front Desk near the entrance:

- Any rent due can be handed in at the Front Desk.
- Stamps are still available for 50¢ each.
- Be sure to check the front desk for any "Lost and Found" items.
- Work Order Slips are available near the Front Desk. These are for anyone in need of maintenance help.
- Sign-Up for outgoing Bus Trips and other activities are available at the Front Desk.
- Extra Newspapers are available for reading at the table in front of the main lobby's fireplace. Please leave these papers at the table so that other members of the community may get a chance to read them.

That's all for right now, I'll keep you updated if any changes are made within the next month. Please stop by the font desk for any further questions. I'll see you around!