

THE  
CARDIGAN RIDGE CHRONICLE



ENTERTAINMENT

NEWS BRIEFS

BUS OUTINGS

MEET OUR STAFF

LIFE AT CARDIGAN RIDGE



The Ridge Singers gussied up for their debut performance (above).

Residents Margaret and Fred enjoying a sit in the mid-afternoon (above right).

Memory Care residents enjoy craft time and community in MC North (below).



The Fitness Center is a place for weekly classes with the YMCA, robust health programming by the Activities Team, Wellness sessions with Active Therapy, and a little goofiness (above).



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



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



Liz Bosman  
Marketing Director  
612-760-5621



Mark Schirmacher  
Activities Director  
651-765-2707



Greta Okanovic  
Culinary Director  
651-765-2706



Amanda Lund  
Health Unit Coordinator  
651-765-2702



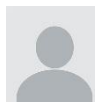
Jestina Gardner  
Nurse Manager  
651-765-2703



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



Neil Schmit  
Reception  
651-765-2722



Brion Aune  
Maintenance  
763-202-3053



# 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.

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

**February 13<sup>th</sup>**  
**“Squeezy” Wes Miller**

**February 27<sup>th</sup>**  
**Joe Colihan & Tim Ernest**

**March 13<sup>th</sup>**  
**John Randall**

## 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, Feb. 8 <sup>th</sup>	1:00pm	<b>The Gold Rush (Charlie Chaplin)</b>
Sunday, Feb. 12 <sup>th</sup>	1:00pm	<b>Command Decision</b>
Sunday, Feb. 19 <sup>th</sup>	1:00pm	<b>Joe Kidd</b>
Wednesday, Feb. 22 <sup>nd</sup>	1:00pm	<b>The Great Dictator (Charlie Chaplin)</b>
Sunday, Feb. 26 <sup>th</sup>	1:00pm	<b>Dirty Harry</b>

## Special Events



**February 14<sup>th</sup>**  
Valentine’s Day Concert – Charley Wyser  
1:30pm – Community Room

**February 15<sup>th</sup>**  
“The Washington Monument” with David E. Jones  
2pm – Community Room

**February 22<sup>nd</sup>**  
Coffee with Sheriff’s Department  
3:15pm - Community Room

**February 23<sup>rd</sup>**  
“Pop Standards Social Club” Quartet  
7pm – Community Room

**March 1<sup>st</sup>**  
The Pistachio Singers  
7pm – The Community Room

## Happy Hour at Cardigan Ridge

Every Friday from 2:00pm - 3:00pm The Community Room is hopping with music and refreshments. Come a few minutes early, grab a good seat, and talk to friends from all around the building. Refreshments are available for residents attending this weekly event, and the musicians are regional & national entertainers, ready to help us kick off the weekend right!

This month’s musical guests include:

**February 10<sup>th</sup>**  
**Colleen Hiebeler**

**February 17<sup>th</sup>**  
**Tim Patrick**

**February 24<sup>th</sup>**  
**Nate Hance**

**Friday, March 3**  
**Happy Hour - Bill Mann**

**Friday, March 10**  
**Happy Hour - Kurt Weber**



NEWSLETTER



Mary Mann

Employee of the Month

Mary Mann is a wonderfully reliable employee who always goes the extra mile to support our residents’ needs at Cardigan Ridge. She is a team player with a positive attitude and a willingness to pick up shifts when necessary. A very special **thank you** to Mary Mann for all you do and a hearty **congratulations** on being February’s Employee of the Month.

Resident Spotlight



Albert “Al” Buelow

Al Buelow was born January 23, 1940 in Marshall, Missouri. He had an older sister and 3 younger brothers. His father was a Lieutenant Colonel in the Air Force, so the family lived in many different places - Ohio, South Carolina, West Virginia, Anchorage, Seattle, Wiesbaden, Germany among others. Al and his dad flew to Berlin on a C47 and drove through Checkpoint Charlie. While in Europe, Al biked through Switzerland, Austria, and Italy (He was still biking when he moved into Cardigan Ridge in Dec. 2017!) The family came home from Europe on the USS America. They always kept ties to Minnesota in between his dad’s stations. His dad started a Cut Your Own Christmas Tree farm in Lake Elmo, planting over 4000 trees a year. The whole family was involved in the planting, shearing, and selling, including his 11 nieces and nephews.

Al was in the Air Force and then he became an Industrial Engineer and worked full time for Polaris, Fingerhut, Whirlpool and Deltak. He changed to consulting work, so he traveled the country to work for different companies.

Al loved sailing. He was a skipper and when he met Pat in 1986 she became the First Mate! He took out groups of friends on Lake Superior (the Apostle Islands), the British Virgin Islands, the Bahamas, the Greek Islands and the islands of Tahiti. He had his own boat on the St. Croix River.

Al was also a skier, biker, camper, played volleyball and loved fixing things. When he came to Cardigan, he helped Bill Baechler and Matt Monzel build the Wood Shop from scratch. He loves being busy and productive which is why he went out a couple of times a day to pick up the trash on the Cardigan Ridge grounds. When Al became very sick with Covid, he transitioned to the North Shore Memory Unit and enjoys interacting with the other residents.

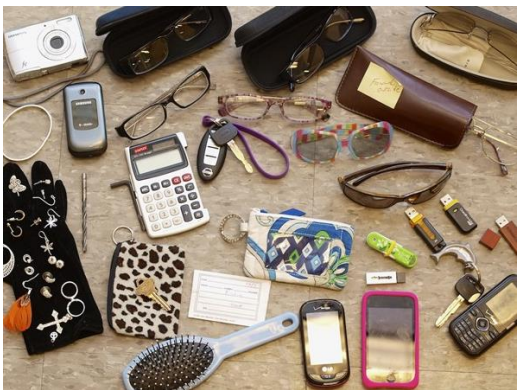
Al Buelow is a gregarious, funny, and warm member of our community, and he is always the first one with a joke, a comical observation, or a friendly handshake. We are so fortunate to have him as a part of our Cardigan Ridge family!

Used Batteries?



Cardigan Ridge is looking to recycle any dead batteries. If you have any you wish to dispose of, please bring them to the Front Desk. Thank you!

Lost and Found



As a reminder, Cardigan Ridge has a Lost and Found located behind the Front Desk. If you have lost anything recently please stop by and ask Neil to check.



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!

Stores

February 7<sup>th</sup>  
CUB Foods  
Pick up at 9:45am

February 14<sup>th</sup>  
Target  
Pick up at 9:45am

February 15<sup>th</sup>  
Kowalski's  
Pick up at 10:15am

February 21<sup>st</sup>  
Walmart  
Pick up at 9:45am

Restaurants

February 11<sup>th</sup>  
Outback Steakhouse  
Pick up at 11:45am

February 25<sup>th</sup>  
Olive Garden  
Pick up at 11:45am



January and February Birthdays



Last month the Cardigan Chronicle focused on recapping the events of 2022. So this month we're wishing a very "Happy Birthday!" to those born in both January and February!

January Birthdays

- Carol Boesen - 1/04
- Carol Johnson - 1/08
- Margaret Policone - 1/09
- Art Fowler - 1/13
- Al Buelow - 1/23

February Birthdays

- George Fortmeyer 2/06
- Tom Valley 2/07
- Greg Carrell 2/10
- Sallyann Johansen 2/11
- Cecelia Warnecke 2/12
- Mary Melcoch 2/14
- Bob Wilson 2/18
- James Farley 2/19
- Liz Borich 2/20
- Joanne Pardo 2/21
- Helen rafter 2/24
- Bob Dykstra 2/26

Do you ever wonder if you might benefit from Physical Therapy, Occupational Therapy or Speech Therapy but are unsure if you qualify? Or do you wonder what it is therapy even does? We welcome any questions you may have. Stop by and see us or stop us in the hall. We love getting to meet everyone! Keep an eye on the activities calendar for our upcoming wellness talks, balance classes and "Ask a Therapist" times.

Active Therapy is here to provide you with any of your therapy needs without having to leave the building! We offer Physical Therapy, Occupational Therapy and Speech Therapy. We would like to offer you a free assessment! Please present this to one of our therapists for a free therapy screening to determine what therapy services you may qualify for or benefit from!



Free Therapy Screening  
Please present to Patty, Tiffany, or Hannah  
Phone 612-562-8204

February 2022	CARDIGAN RIDGE CHRONICLE	
NEWSLETTER		
CARDIGAN CLUBS		
<div><div><b>Cardigan Ridge Birding 101 Club</b><p>Want to learn more about our feathered friends? Come and participate in our monthly meeting of bird-minded people ("bird brains"??) as our resident ornithologist Duane Perry (Duane II) shares his knowledge of the Avian species. This group is meant for beginners through avid bird-watchers, and aims to inform, enlighten, and open your eyes to the everyday wonders of creation. This group meets the first Monday of the month in the Community Room. <b>Next meeting will be Monday, March 6<sup>th</sup> at 9am.</b></p></div><div><b>Cardigan Card Club</b><p>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. <b>Every Friday morning at 10am.</b></p></div><div><b>Needlework Club</b><p>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 <b>Craft Room</b>. <b>Every Saturday morning at 10am.</b></p></div><div><b>Cribbage Club</b><p>Every Saturday a small group of Cribbage enthusiasts meet in The Library to out-wit, out-score, and out-peg each other. If you love cribbage, consider joining this cozy cribbage club – see you there! <b>Every Saturday morning at 10am.</b></p></div><div><b>Wii Bowling Club</b><p>Every Monday, a dedicated squad of bowlers are gunning for strikes &amp; 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! <b>Every Monday morning at 10:30am.</b></p></div><div><b>Art Class w/ Donna</b><p>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 &amp; experience levels are welcome! Sketching, watercolor, perspective, pastel - come explore the world of art with us :) <b>Next meeting is Tuesday, February 7<sup>th</sup> at 3:15pm.</b></p></div><div><b>Cardigan Ridge Choir</b><p>Do you like to sing? The Ridge Singers is a resident choir here at Cardigan Ridge, and they meet every Thursday at 10:45am in the Community Room. Everybody is welcome to join, and choir members enjoy singing together, learning new songs and relishing in the established canon of pop &amp; sacred works, and having loads of fun! Led by volunteer choir director Dick Schirmacher, The Ridge Singers is committed to creating a welcoming environment for those interested in lifting their voices together in a supportive, creative community. <b>Thursdays in the Community Room at 10:45am.</b></p></div><div><b>Book Club</b><p>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 &amp; 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. <b>Next meeting is Wednesday, February 15<sup>th</sup> at 3:15pm.</b></p></div><div><b>Scrabble Club</b><p>Think you have what it takes to be the Scrabble champ? Every Wednesday and Friday, the Scrabble club meets in the Library. Perfect for those who enjoy Crosswords and Word Finds. We're always looking for new players so feel free to stop by and put your vocabulary skills to the test! <b>Every Monday &amp; Wednesday at 2pm, and Friday at 3pm.</b></p></div><div><b>Veterans Group</b><p>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. <b>Next meeting is Tuesday, February 28<sup>th</sup> at 6:30pm.</b></p></div><div><b>WORSHIP SERVICE UPDATE: No Worship Service on Thursday, March 9<sup>th</sup></b></div><div><p><b>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.</b></p></div></div>		



LCFD Booya - Saturday, February 11 at 10:30am

The Little Canada Fire Department is running a Booya fundraiser. All Booya will be packaged in to-go containers. Residents can sign up in the Library (2<sup>nd</sup> floor) and the Fire Department will be delivering it on **Feb. 11 at 10:30am.**

- Cost:
- \$5- Bowl
  - \$10- Quart



Across

1. Takes into a count?  
5. Do a double-take, e.g.  
10. Monterrey money  
14. Father  
15. Diamond flaw?  
16. In the thick of  
17. Novelist Haley  
18. Transistor predecessor  
20. Nebraska river  
22. Surreptitious types  
23. Farm equipment pioneer  
25. S.C. time  
26. Laser gun sound effect  
29. Buck's pride  
31. Nothing more than  
33. Amateur video subject, maybe  
34. Listlessness  
36. Pastoral  
37. Trample  
39. Serves beer after beer  
41. Like old records  
42. Finger or toe  
44. Bathing, body and birthday  
46. Declaration that ends a certain game  
47. Imitates  
49. Redcaps  
51. Turn state's evidence  
52. Head of thick, stringy hair  
54. Pageant headgear  
55. "The Color Purple" star  
57. Ascot relative  
60. Impossible to miss  
64. Fodder structure  
65. Word with birth or interest  
66. First name in beauty products  
67. School near Slough  
68. Mine finds  
69. Miss Jane Pittman portrayer  
70. They provide highlights

Down

1. Order request, perhaps  
2. Pickle flavoring  
3. Type of battleship  
4. Duet times three  
5. Deeply respectful  
6. Slice of history  
7. Pendulum paths  
8. Stylish auto  
9. Platitude  
10. Touches affectionately  
11. Exotic farmbird  
12. Blood relative, briefly  
13. Poetic form  
19. Poet's concern  
21. Marketing start  
24. Fish hawks' cousins  
26. A space case?  
27. "Jagged Little Pill" singer Morissette  
28. Egyptian gateway  
29. Lake Assal is its lowest point  
30. First light  
32. Daiquiri liquor  
33. Fresh milk container?  
35. Dostoevsky novel (with "The")  
38. Dossier info  
40. Wounded  
43. Wiggle a carrot in front of  
45. Luminary  
48. Frappe relative  
50. Rubbed out  
53. \_\_\_\_-walsy  
55. Wallet residents, perhaps  
56. Boater and sailor  
58. Moisturizer ingredient, perhaps  
59. Copious amount  
60. Former amateur  
61. Gear for a galley  
62. Suffix with social  
63. Classic start



Having eye strain or difficulty reading small print? A photo/print/text enlarger is available for rent by the month. Please see Mark in Activities if you'd like to sign up to use this Library resource. Once rented, you will be allowed to take the enlarger to your apartment for the month, and then return to the library when finished.

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68					69						70			

Answers: <https://www.onlinecrosswords.net/solution-2318.png>