

THE
CARDIGAN RIDGE CHRONICLE



ENTERTAINMENT

NEWS BRIEFS

BUS OUTINGS

LIFE AT CARDIGAN RIDGE



Left & Right: A Night At The Races – residents took in a beautiful evening at Running Aces Racetrack & Casino.

Lower Left: World-traveling singer / songwriter Adam Daniel brings his humor, storytelling, and musical prowess to an eager Thursday Night music event.

Lower Right: Resident JoAnne Lang and Life Enrichment Director share a dance at Friday's Happy Hour – you gotta “cut a rug” every so often 😊



Right: A sizeable crowd takes in a Monday Music event, leaving standing room only for musical guests such as Micheal Larson, Vinnie Rose, Sandy Waterman, Robert Bozaich, “Squeezy” Wes Miller, Joanne Bolles, Mary Hall, and many, many more. The Monday Music in the Bistro performances are geared for a more relaxed performance style, allowing residents the freedom to chat, drink a coffee, or grab their mail.



Meet Our Staff



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



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



Amina Chehadeh
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 Gardiner
Nurse Manager
651-765-2703



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



Neil Schmit
Reception
651-765-2722



Shane Reiman
Maintenance
763-202-3053

November Entertainment

Each month at Cardigan Ridge, we have a host of social engagement opportunities.

Monday Music

Select Mondays at **1:30pm**, 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!

November 13th
Robert Boziach

November 27th
Joanne Bolles

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!

November 10th
Van & Kathy

November 17th
“Squeezy” Wes Miller

November 24th
Randy Roloff

Special Events

November 7th
Birding 101 (Redux)
6:30pm – Community Room

November 11th
Grand Casino Hinckley
9am – 4:30pm- (Bus Outing)

November 15th
AFSA Student Choir Concert
1pm – Community Room

November 15th
Author Talk w/Marge Barrett
7pm – Community Room

November 30th
Woodwinds out of the Meadow (Classical Trio)
7pm – Community Room



December Entertainment

Monday Music

Select Mondays at **1:30pm**, 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!

December 4th
Bill Mann

December 11th
Mary Hall

December 18th
Sandy Waterman

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!

December 1st
Nate Hance

December 8th
Vinnie Rose

December 15th
High-Water Band

December 22nd
Colleen Heibeler

December 29th
Flipside

Special Events

December 7th
The Pistachio Singers
7pm – Community Room

December 12th
The Ridge Singers
2pm – Community Room

December 14th
Treble Tones
7pm – Community Room

December 15th
Kurt & Ash
(Piano & Violin)
6:30pm – Community Room

December 19th
North Suburban Chorus
2pm – Community Room

December 20th
Christmas Music w/Bill Cagley
7pm – Community Room

December 23rd
Dinner Music w/The Capital City
Brass Quintet
6pm – Community Room



NEWSLETTER

PET STORIES

By: Bonnie Fisher



FEATURING: BELLA

My name is Bella. You will see me often as I take my pets, Nancy and Matt on their walks through Cardigan halls. You will recognize me by my large, beautiful ears, some say they look like butterflies. That’s a lot of fluff.

I have handsome ears and am alert to any sounds that suggest my beloveds may be in danger. I’m considered one of the top ten brightest among dogs. Why limit that to dogs? I know I’m as bright as many critters here at Cardigan Ridge. I like all creatures. Feel free to pet me or offer me a treat. Small bits of dog biscuits preferred.

Do you know who this is?



This sketch was made by Donna Olson, and we’re wondering if you recognize this resident? Donna is a retired art teacher, but that doesn’t mean she’s retired from being an artist. She leads “Art Class w/Donna” on the 2nd & 4th Tuesdays of the month.

If you would like to borrow an art instruction book on drawing, painting, portraits, pastels, or “Drawing on the Right Side of the Brain,” contact Donna @ (651) 484-4322

Active Therapy Update!

Did you know that if you ever go to the hospital and they want to send you home with therapy you can request they refer you to Active Therapy that is right in the building! When it comes to healthcare you always have a choice of who you want to be your provider! We here at Active Therapy want to be your first choice of therapy providers. Along with providing excellent therapy at Prairie Bluffs we also offer a monthly wellness talk and will soon be bringing back balance classes offered for free to anyone who wants to participate. Between the therapy staff at Cardigan Ridge we have over 60 years of experience! Feel free to stop by and ask questions any time! We love visitors in the therapy area! Thank you to all of you who have used Active Therapy for your rehab needs and to those who have recommended us to others! Active Therapy has been seeing patients for 1 year at Cardigan Ridge as of June 1st. Thank you for helping us grow! The best compliment you can give us is referring us to your friends! We will also see people who don’t live in the building, so we are open to everyone!



Free Therapy Screening

Please present to Patty, Tiffany
Phone 612-562-8204



Our Wall of Honor has been newly renovated. Stop by find out which of your friends and neighbors have proudly served our country.

NEWSLETTER

November/December
Employees of the Month



Corin
Rutherford



Anne
Villafuerte

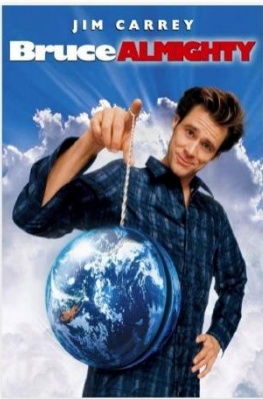
Congratulations to November and December’s Employees of the Month! Our picks for these months are two extremely dedicated team players that always get the job done!

Corin started her work as a Nurse Aide in January of this year. She is flexible with her schedule working both mornings and evenings. She is a reliable employee that always goes above and beyond. Her approach to her work comes from a place of genuine effort as she always strives to fulfill resident’s needs.

Anne is a Dietary Aide who started work in the kitchen back in March. She excels at her job, always making sure that all residents are satisfied and accommodated for. She is always on time and dedicated to doing her very best and her cheerful demeanor lights up the Dining Room on a consistent basis.

Thank you Corin and Anne for being outstanding employees and being nominated for November and December Employee of the Month!

Movie Theater
Showings



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

Sunday, November 5th – **The Way We Were**

Wednesday, November 8th – **Sister Act 2**

Sunday, November 12th – **Rome Adventure**

Sunday, November 19th – **Man’s Favorite Sport**

Wednesday, November 22nd – **Bruce Almighty**

Sunday, November 26th – **North Dallas Forty**

Wednesday, November 29th – **Young Frankenstein**

*December Movies will be posted near the start
of the month.*

Showtime is always 1:00 pm



New Large Print Books from the Ramsey County Library are available to rent in the Life Enrichment Office.

NEWSLETTER

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!

November Stores

November 7th
Cub Foods
Pick up at 9:45am

November 14th
Dollar Tree
Pick up at 9:45am

November 15th
Kowalski's
Pick up at 10:15am

November 21st
Walmart
Pick up at 9:45am

November 28th
Target
Pick up at 9:45am

Special Trips

November 11th
Grand Casino
Hinckley
Pick up at 9am
Return by 4:30pm



November and
December Birthdays



Cardigan Ridge wishes a very "Happy Birthday!" to all residents born in the months of November and December!

November

- Sally Cordes (11/02)
- Darlene Bilotta (11/04)
- Joseph Wicks (11/08)
- Maryann Gruber (11/10)
- Cliff Ash (11/15)
- Bob Gibson (11/15)
- Dennis Melvin (11/19)
- Dae Ko (11/25)
- Carol Robertson (11/28)

December

- Patrick Borich (12/02)
- Ellen Dumancus (12/05)
- Diane Farley (12/05)
- Bonnie Fisher (12/05)
- Margaret Alexander (12/06)
- Marion Reimer (12/09)
- Patsy Fog (12/10)
- Carol Powers (12/10)
- Carol Renstrom (12/11)
- Carol Johnson (405) (12/12)
- Claudette Kemper (12/14)
- James Ryan (12/17)
- Nancy Monzel (12/21)
- Carla Rekstad (12/27)
- Barb Cossack (12/28)
- Jim Burket (12/29)
- Larry Monette (12/31)
- Betty Olson (12/31)

UPDATED PHONE LIST
AVAILABLE AT FRONT DESK



If you would like an Updated Resident Phone List, please check with Neil at the Front Desk near the Entrance.

CARDIGAN CLUBS

Cardigan Ridge Birding 101 Club

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.

Next meeting will be Tuesday, November 7th at 6:30pm & Monday, November 13th at 9am – Community Room (2)

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.

Every Friday morning at 10am – Library (2)

Canasta Club

If you like playing Canasta, look no further! Every Sunday (2nd Floor adjoining the Activities Office) the Cardigan Canasta Club meets in the library to play a friendly game or two of the classic card game.

Every Sunday at 1pm – Library (2)

Cribbage Club

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!

Every Saturday morning at 10am – Library (2)

Wii Bowling Club

Every Monday, 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!

Every Monday morning at 10:30am – Fitness Room (-1)

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, November 7th at 3:15pm – Craft Room (-1)

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.

Next meeting is Wednesday, November 15th at 3:15pm – Library (2)

Scrabble Club

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!

Every Monday & Wednesday at 2:30pm, and Fridays at 3pm – Library (2)

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, November 28th, at 6:30pm – Pub (1)

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.

NEWSLETTER

MANICURE
WITH MARIAH

November 10th & 24th

10AM-5PM
Located in our
NEW Nail Corner! -
Craft Room (-1)

APPOINTMENTS ARE WALK-IN ONLY.

CALLBOX AVAILABLE FOR USE

The Callbox at the Front Entrance is once again available for use. This will make it easier for Guests to access the building after business hours and on weekends.

HOW TO USE:

- 1) Guests will use the **arrow keys** to search for a resident's name (All names will be in alphabetical order).
- 2) Once a resident is selected, guests will press the **"CALL"** button on the keypad.
- 3) The resident will then receive a call to the personal phone number provided to Cardigan Ridge.
- 4) Residents should answer the call, then press **"9"** on their phone. This will open the Front Door, allowing the guest entrance to the building.



WINTER WORD SEARCH

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N
L E Y C E K R A I M N D D R A Z Z I L B
A S C A W V K A I O E C I K C A L B R D
B W A R D R O T E S N O W S H O V E L C
W E R F A I T L C W A F I R E P L A C E
O A N P I E L I G E R N H E A D B A N D
N T I S N C P O L S Y E S E T A K S S W
S S V S N M E T H K E A D N D F R N E M
T H A M Y O S F S C K T N N O L O H A R
Y I L L R A W E I O C W O E U W O G S W
E R O S C O R S W S O I I B B G M C O I
S T E W A I T S H L H V T O O S N A N N
N K O P T M O S P O G I A S T G O O N D
D N I W P L T W T O E R N C O E G U L C
S E O I S I O S N W D S R G A R E A P H
E N L T N N L G I F R E E Z E T F L N I
S R I S S G G S M R O N B O O D I K S L
T C F I R E W O O D H A I L S T O O B L
E H S S T N A P I K S C H P A C T I N K

- BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES
HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF
- SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL
SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

Solution available at:
https://www.puzzles.ca/wordsearch/winter_solution.html