

# THE CARDIGAN RIDGE CHRONICLE



## ENTERTAINMENT

## NEWS BRIEFS

## BUS OUTINGS

## LIFE AT CARDIGAN RIDGE



Left: Resident Dorothy Beirma standing proudly with daughter and falconer, Michelle Beirma, after a Special Edition Birding 101 class at Cardigan Ridge in February. Michelle Beirma brought 2 amazing Falcons and shared her experiences as an Interpretive Naturalist and member of the North American Falconers Association (NAFA).

Right: Joanne Bolles serenades the residents for a Friday Happy Hour. George and Beverly take this opportunity to “cut a rug.”



Left: Glad Tidings Christian Choir brought their choral sophistication and joy to a Special Sunday performance on March 3. It was a full house!

Below Left & Right: A few favorite pics from our Valentine’s Day Social.



## 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  
612-494-1382



# April 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!

**April 8<sup>th</sup>**

**Bill Cagley**

**April 22<sup>nd</sup>**

**“Squeezy” Wes Miller**

## 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!

**April 5<sup>th</sup>**

**Mary Hall**

**April 12<sup>th</sup>**

**Bobby & Christine**

**April 19<sup>th</sup>**

**Sandy Waterman**

**April 26<sup>th</sup>**

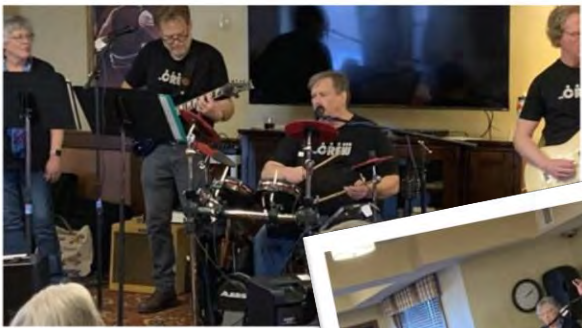
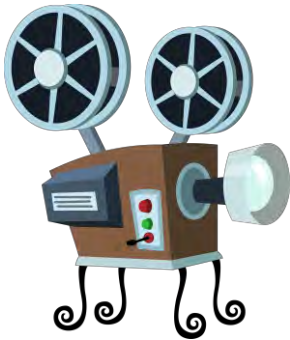
**The Floras**

## Updates & Changes

- **Wii Bowling Club** has been moved from Mondays at 10:30am to **Thursdays at 1pm**.



- **An additional late-night movie** will be shown in our theater at **7pm** the **3<sup>rd</sup> Wednesday** of every month.



## Special Events

**April 11<sup>th</sup>**

**Music with Mark**

**2pm – Community Room**

**April 23<sup>rd</sup>**

**Vet's Group**

**4pm – Club Room**

# May 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.

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**May 6<sup>th</sup>**  
**Vinnie Rose**

**May 20<sup>th</sup>**  
**Michael Larson**

## Happy Hour at Cardigan Ridge

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**May 3<sup>rd</sup>**  
**Patrick Allen**

**May 10<sup>th</sup>**  
**Adam Daniel**

**May 17<sup>th</sup>**  
**Randy Roloff**

**May 24<sup>th</sup>**  
**Jim Kirkendall**

**May 31<sup>st</sup>**  
**Joanne Bolles**

## Special Events

**May 4<sup>th</sup>**  
**Mending with Bec**  
**(A walk-in clothes alteration service)**  
10am – Craft Room

**May 9<sup>th</sup>**  
**Van & Kathy**  
7pm – Community Room

**May 14<sup>th</sup>**  
**Ridge Singers Choir Concert**  
7pm – Community Room

**May 15<sup>th</sup>**  
**Minnesota Boys Choir**  
1pm – Community Room

**May 22<sup>nd</sup>**  
**Historical Presentation w/David E. Jones**  
**“Statue of Liberty: Two Decades of Effort, Almost Impossible Odds”**  
4pm – Club Room

**May 28<sup>th</sup>**  
**Vet’s Group**  
4pm – Club Room





NEWSLETTER

HEIRO'S  
GLUTEN  
FREE  
KITCHEN



Mix together thoroughly:

- ¾ cup + 1 Tbs tapioca flour
- ¾ cup + 1 Tbs lite buckwheat flour
- 1 tsp xanthan gum
- 1 cup sugar
- 1 Tbs baking powder
- ¼ tsp salt

Beat in thoroughly with mixer on slow:

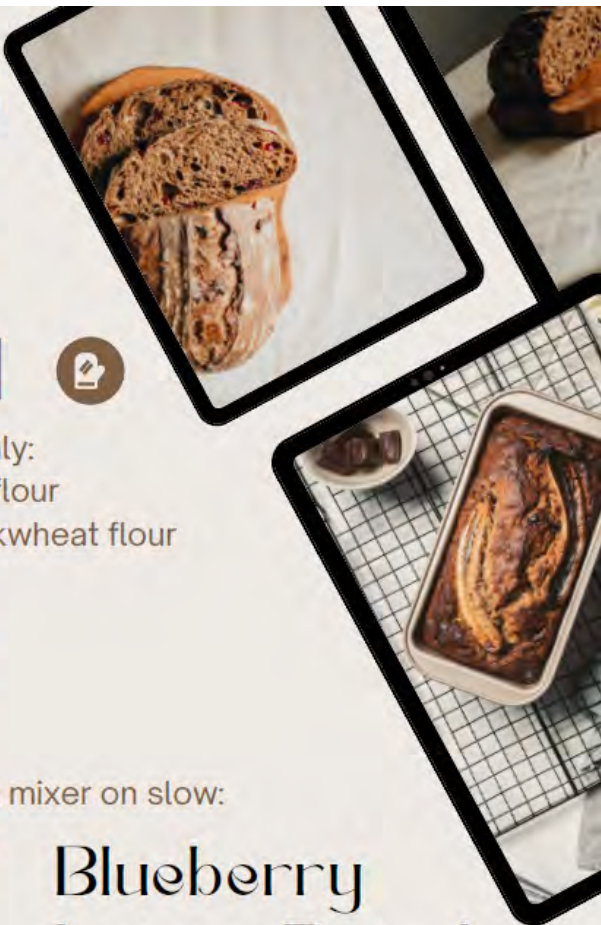
- 6 Tbs butter (melted)
- 2 eggs
- 2 tsp lemon juice

Stir in:

- 1 ½ cups blueberries (room temp.)
- 1 Tbs grated lemon rind

Bake in greased and floured bread loaf pan at 350° for 65 minutes. While still warm, free bread from sides of pan and tip onto cooling rack.

Blueberry  
Lemon Bread



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! 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 Brandon or Hannah  
Phone 612-562-8204

THE  
RIDGE  
SINGERS  
SPRING CHOIR  
CONCERT  
MAY 14TH  
7PM

Community Room  
Cardigan Ridge Senior Living  
3300 Rice St. Little Canada

FITNESS TESTING

WEDNESDAY APRIL 10TH AT 10AM  
IN THE COMMUNITY ROOM

JOIN US FOR THE FIRST OF OUR MONTHLY  
STRENGTH, FLEXIBILITY, AND MOBILITY TESTING!

HOSTED BY





NEWSLETTER

Do You Know Who This Is?



This sketch was made by Donna Olson, and we’re wondering if you recognize this Cardigan Ridge 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 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 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.

April/May  
Employees of the Month



Dawn Michel



Cherry Paw

Congratulations to Dawn Michel and Cherry Paw: Cardigan Ridge’s Employees of the Month for April and May!

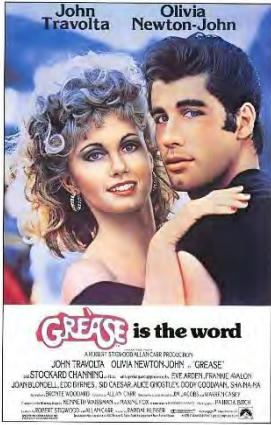
Dawn and Cherry both started their employment here about 9 months ago. In that short time they have managed to make quite a difference.

Dawn grew up in St. Paul and graduated from Como High School. Outside of work she likes to crochet, camp, and spend time with her kids and grandkids. She enjoys getting to know each resident and aims to continue helping those in need.

Cherry was born in Thailand and moved to the US at the age of 7. She currently goes to college for Cosmetology and loves doing nails/lashes, going to the gym, and going on nature walks. She enjoys spending time with her family, especially with her baby sister. She enjoys assisting residents and hearing the stories they love to share.

Huge CONGRATULATIONS to Dawn and Cherry for earning 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~

Wednesday, April 3<sup>rd</sup> – Mamma Mia!

Sunday, April 7<sup>th</sup> – Anything Goes

Wednesday, April 10<sup>th</sup> – Grease

Sunday, April 14<sup>th</sup> – Pippin

Wednesday, April 17<sup>th</sup> – A Star is Born (1954)

Followed by A Star is Born (2018) at 7pm

Sunday, April 21<sup>st</sup> – **Finian’s Rainbow**

Wednesday, April 24<sup>th</sup> – La La Land

Sunday, April 28<sup>th</sup> - Camelot

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

*Showtime is always 1:00 pm*



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 Stores

April 3<sup>rd</sup>  
**Kowalski's**  
Pick up at 10:15am

April 9<sup>th</sup>  
Walmart  
Pick up at 9:45am

April 16<sup>th</sup>  
Target  
Pick up at 9:45am

April 17<sup>th</sup>  
**Kowalski's**  
Dollar Tree  
Pick up at 9:45am

April 23<sup>rd</sup>  
Dollar Tree  
Pick up at 9:45am

April 30<sup>th</sup>  
Walmart  
Pick up at 9:45am

May Stores

May 7<sup>th</sup>  
Cub Foods  
Pick up at 9:45am

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

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

May 28<sup>th</sup>  
Dollar Tree  
Pick up at 9:45am

Special Trips

April 27<sup>th</sup>  
**Famous Dave's BBQ**  
Pick up at 10:30am

April & May Birthdays



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

April

- Katherine Brynelson (4/2)
- Robbie Gersdorf (4/4)
- Duane Goldammer (4/18)
- Duane Perry (4/26)
- Frank Walz (4/29)

May

- Mary Hogan (5/2)
- Delores Kudrna (5/2)
- Bob Cordes (5/11)
- Mary Halaska (5/12)
- Joyce Berg (5/17)
- Mary Jo Schmidt (5/18)
- Matt Monzel (5/19)
- Karen Griffin (5/25)
- Sandy Morris (5/28)
- Stephen Hartley (5/30)
- Marilyn Carnes (5/31)



# 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. 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, May 7<sup>th</sup> at 6:30pm – 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 (2<sup>nd</sup> 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 Wednesday, 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!  
**(Join us at our new time!) Every Thursday at 1pm – 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 1<sup>st</sup> and 3<sup>rd</sup> 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, April 2<sup>nd</sup> 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, April 17<sup>th</sup> 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 4pm 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, April 23<sup>rd</sup>, at 4pm – 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.**



MANICURE  
WITH MARIAH

April 5<sup>th</sup> & 19<sup>th</sup>

(These dates are correct;  
Calendar dates are inaccurate)

10AM-5PM

Located in our  
Nail Corner -  
Craft Room (-1)

APPOINTMENTS ARE WALK-IN ONLY.





CROSSWORD

1	2	3	4			5	6	7	8		9	10	11	12
13					14						15			
16					17						18			
19					20				21	22				
			23					24						
25	26	27					28				29	30		
31					32	33					34			35
36						37					38			
39			40		41				42		43			
	44			45					46	47				
50	51	52					53					54	55	56
57					58	59					60			
61					62						63			
64					65						66			

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

Across

- 1 Time periods
- 5 Balmy
- 9 Shellfish
- 13 Set down
- 14 City
- 15 Employ
- 16 Italian currency
- 17 Boredom
- 18 A cozy room (2 wds.)
- 19 Hide
- 21 Capital of the Bahamas
- 23 Toy flown in the air
- 24 Wading bird
- 25 Ailing
- 28 Revere
- 31 Origination
- 32 Furnish with an income
- 34 Deliver by post
- 36 Female sheep
- 37 Moray
- 38 \_\_ Lanka
- 39 Remake
- 41 Crick
- 43 Speck
- 44 Musical
- 46 Chronicles
- 48 Not warm
- 49 Breeze
- 50 Hindu god
- 53 Airfoils on airplane wings
- 57 Negative (prefix)
- 58 Shekel
- 60 Fencing sword
- 61 Type of tea
- 62 Selfish desire
- 63 Buckle
- 64 Dozes
- 65 Aborts
- 66 Gap

Down

- 1 Women's magazine
- 2 Shower
- 3 Ventilates
- 4 Ate
- 5 Yard surrounder
- 6 Green Gables dweller
- 7 Promissory note
- 8 Colored arch in sky
- 9 Bod
- 10 Caps
- 11 Region
- 12 Restaurant dinner listing
- 14 Docile
- 20 Lubricate
- 22 Cause of sickness
- 24 Heathen gods
- 25 Drug doer
- 26 Stairway post
- 27 Overgrown
- 28 Perfect
- 29 Saltine cracker brand
- 30 Register
- 33 Asian nation
- 35 Fades
- 40 Showy flowers
- 41 Flog
- 42 Sent
- 43 Actress Julie
- 45 Charged particle
- 47 Compass point
- 49 Misleads
- 50 Conceited
- 51 S.A. Indian
- 52 Tier
- 53 Bedroom furniture (2 wds.)
- 54 Opaque gem
- 55 Roman emperor
- 56 September (abbr.)
- 59 Vase