

New Residents

Please be sure and give our new neighbors a warm welcome! There are so many opportunities to meet your neighbors in the dining room and as you join in our daily activities.



We look forward to meeting you!

Jerry
LaVonne

Resident Ambassadors

Judy D	Ginny L	Sharon B	Ken B
Mary Lou S	Bobbie W	Avis Von E	Fran K

Here at Nine Mile we have a group of residents dedicated to welcoming our new neighbors! Please don't hesitate to contact any one of them or our Life Enrichment Director, Lauren, if you have any questions about the community or our monthly calendar.

Resident Council

Judy D	Pat H	Ginny L	Curt C
Sharon B	Janet S	Pat W	Mary Lou S

Do you know that we have an active Resident Council here at Nine Mile Creek? Do you have some concerns or questions about the community or things you would like to see changed or implemented? Let your voice be heard! Feel free to contact these residents listed above if you have something in mind. Resident Council is the second Monday of each month at 2:30pm.

Our Management Team



Luke L. Executive Director	Leanne O. Director of Health Services	Paul A. Maintenance Director	Tami F. Marketing Director	Charlie W. Culinary Director	Lauren M. Life Enrichment Director	Brigette P. Resident Services Coordinator
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January 2025 Newsletter

2301 VILLAGE LANE, BLOOMINGTON MN 55431

(952)-888-0731

A NOTE FROM OUR LIFE ENRICHMENT DIRECTOR

Grocery Store Outings:

Fridays at 10:00am the bus will shop at the following locations:

- 12/3 Walmart/Aldis
- 12/10 Festival Foods
- 12/17 Cub/Arcs Value/Dollar Tree
- 12/24 Target/Trader/Byerly's
- 12/31 Walmart/Aldis

Game Time:

Check the calendar for programs that fall on alternating weeks.

- Mondays:** Crosswords at 3:30
Cards "500" at 6:00
- Tuesdays:** Mexican Train at 10:30
Billiards at 3:30
Bridge Club at 6:00
- Wednesdays:** Penny Poker at 3:30
Wii Golf at 3:30
- Thursdays:** Cribbage Club at 1:30
Wii Bowling at 2:30
Bingo at 3:30
- Fridays:** L/R/C Dice Game at 3:30
Cribbage Club at 6:00
- Saturdays:** Rummikub at 1:30

Happy New Year!



Thank you to everyone for a wonderful December and holiday season. We had such wonderful participation for our Toys for Tots donations, Happy Hour, entertainment and concerts, gingerbread contest voting and so much more! Thank you to everyone for their joyful spirits this holiday season! On January 3 we will retire our Christmas trees and decorations again for another year. Feel free to join us in the lobby as we pack them up.

In the month of January we celebrate the beginning of a New Year as well as Martin Luther King Jr. Day. We will also have accordion music on Wednesday, January 22nd at our Happy Hour event to celebrate National Polka Month!

We have some changes coming our way in January. Join us for Wii Golf at 3:30 every other Wednesday, Billiards has moved to Tuesdays at 3:30, and Tuesday Trivia (jeopardy) is now at 2:00pm.

We have added Bingo to every week on Thursday. We will host one very special Bingo event - on January 30 we will host a called "Gift Bingo" where instead of our usual prizes we will give small household type items or other small items of interest! If you have something you would like to donate, please contact me.

As always, please let me know if you have any suggestions or ideas. We will meet on Monday the 6th for our Calendar Planning as we look ahead to next month.

See you soon!
Lauren Mielzarek
(952) 346-9574



Monthly Activities

Calendar Planning What's Happening? We will meet on the first Monday of the month at 10:30am in the Event Center. Bring your ideas, let us know what you would like to see on the calendar. YOU are what makes this possible so please share with us!

Book Club is on the 2nd Tuesday of each month at 1:00pm in the Event Center.

Chat with Chef is on the 2nd Wednesday of each month at 10:30. This is a great opportunity to share your comments with our Culinary Director Charlie. Please attend, your feedback matters!

Coffee Talk is the 3rd Monday of each month at 10:30 in the Club Room. Let's get together and meet our neighbors! Coffee and treats will be served.

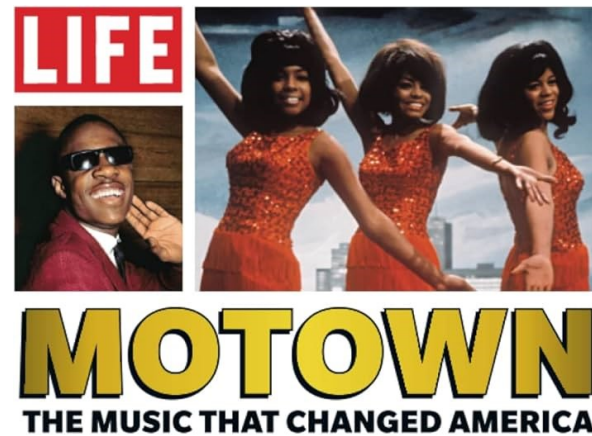
Men's Group is the 4th Monday of each month at 10:30 in the Club Room, join us for donut holes and casual conversation with the other men of Nine Mile Creek.

Tuesday Trivia is every other week now at 2:00pm, check the calendar for this fun jeopardy/trivia game. We play as one team, no pressure!

Town Hall is a monthly meeting where you can learn what's going on in our community. This month Town Hall is on January 21 at 3:30pm in the 2nd Floor Event Center.

Lifelong Learning - MacPhail Music

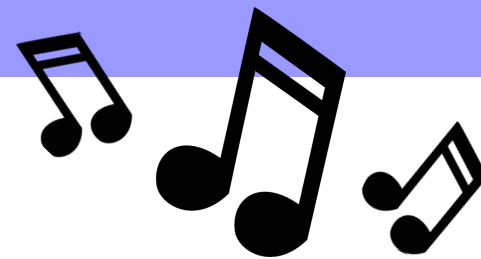
Our instructor Andrea will be here to lead us in an Ebenezer Lifelong Learning program. Join us in the Event Center on Tuesday January 7 for MOTOWN Music! Deemed "the music that changed America" by Life magazine, this style of music served to integrate popular music through the success of artists such as Smokey Robinson, the Supremes, the Temptations, Marvin Gaye, the Marveletts and a host of others. In this class we'll take a look at the songwriters and characteristics of the musical sound that has impacted the trajectory of American popular music.



NEW Classics Sing Along

Monday, January 6 & 20

Join us as we listen so some of our favorite musicians and tunes, you can sing along too!



NEW Craft & Color

Monday, January 13 & 27

Join us on alternating Mondays at 2:00pm in the Event Center. Bring your own craft, knitting, painting, or other projects you are working on. Or you can come to visit and color! Lauren will provide supplies for coloring. **On January 27** Lauren will have supplies for Valentine card making as well.

Staff Spotlight: Amy Jo Fulgency, Assistant Director of Health Services, RN

I was born and raised in Alexandria, MN where I participated in a multi-business entrepreneurial family household, which ingrained hard work, dedication, and ownership into my soul, otherwise known as the "Midwest Work Ethic." I live in Tonka Bay/Excelsior area of South Lake Minnetonka, where I feel like I'm on a perpetual resort feel vacation. My husband, Craig, works in Digital Marketing for a small company just 3 miles down the street from here. We have one son, Grayson, who just turned 9 years old, in third grade in Minnetonka School District. We have 3 small dogs and 2 new bunnies as pets!

Lexi - Female - 8 years old
- Miniature Schnauzer

Izzi - Female - 14 years old
- Yorkshire Terrier

Cobi - Male - 5 years old
- Yorkshire Terrier

Goldi & Blui - Males - 6 months
- Holland Lop Bunnies



January Holidays



New Year's Day is the first of January which represents the fresh start of a new year after a period of remembrance of the passing year, including on radio, television, and in newspapers, which starts in early December in countries around the world.

Martin Luther King Jr. Day is a holiday in the United States honoring the achievements of Martin Luther King, Jr., a Baptist minister and civil rights leader who advocated for nonviolent resistance against racial segregation.



Qigong Meditation

As a reminder, Micki will be here on Fridays at 1:00pm to lead a revised version of "Gentle Movement." Qigong (pronounced chi-gong) is an amazing Chinese holistic practice designed to optimize energy within the mind, body and spirit. It's an enjoyable practice that anyone can do! Benefits of Qigong include better sleep, decreased stress, a stronger immune system and improved general well-being. Why not give it a try?



A Message from Our Chaplain

“Oh, the weather outside is frightful / but the fire is so delightful / And since we’ve no place to go / Let it snow! let it snow! let it snow!”

When I was a child, my father’s home was heated by a wood-burning stove. My younger brother and I never much liked the work that was involved—in wintertime, there was always firewood to either cut, chop, load, unload, or stack! Now, however, I tend to look back on that time with a good bit of nostalgia. I linger on memories of the crackling fire, the aroma of burning wood in the air, or the sight of smoke flowing out the chimney.



For as long as people have been people, we have gathered around the fire to tell stories, share memories, sing songs, or simply tend to the everyday tasks of our life together. Since time immemorial, fire has been a life-giving force that has brought us together in communities of care and support.

Nearly every Ebenezer senior living community I serve has a fireplace in the building. Oftentimes it’s located in the front lobby where it helps to make everyone who walks through the doors feel welcomed and at home. Around the fireplace, residents may read the newspaper, wait for a ride, or simply sit chatting with one another, perhaps with a cup of coffee in hand.

We may no longer rely on fire to cook our food or warm our homes like we once did, but fire places are still places where community is formed. Around the fire, we can feel our bodies warmed, our spirits lifted, and our lives connected to something much bigger than ourselves. Around the fire, each of us can find the warmth we need to make it through even the coldest and darkest times together.

~ Chaplain Craig Simonsen

Spiritual and Religious Services

- **Bible Study & Coffee with Chaplain Craig:** Thursdays at 10:30am, all are welcome.
- **Catholic Communion:** Thursdays at 10:00am, led by volunteers from Nativity of Mary Church.
- **Church Service:** Non-denominational, Thursdays at 1:00pm with Chaplain Craig

Marketing Notes



Find a Friend Promotion: We have current availability! If you refer a friend to live here, you both receive \$500 off on your next month’s rent! Please contact our Sales and Marketing Director, Tami Forsyth with questions.

Resident Birthdays

January Birthdays!

Please join us on Friday, December 20 to celebrate all of our birthdays this month. Everyone is invited and encouraged to attend the party! We will share a song, cake from the kitchen and good company.

Bob M.
Gerry J.
Julia B.
Chuck R.
Mike N
Judy L.
Carol R.
Jay O.
Madonna D.



January Entertainment



- 1/8 Happy Hour - Live Entertainment from Summit Music
- 1/15 Concert & Cookies - Guitar Music with Russell Schmidt
- 1/22 Happy Hour - Accordion music with Michael Larson
- 1/29 Concert & Cookies with Sandy Atlas on Piano

Events & Outings Sign Up:

Please be sure to sign up in advance for our bus outings. Sign-Up Book is located in the lobby.

- 1/22 — **Scenic Drive at the Minnesota Landscape Arboretum**
Bus leaves at 10:30. We will not stop for lunch today.
- 1/29 — **Lunch at Red Lobster**
Bus leaves at 11:00am. Bring money for lunch!

Popcorn & Previews



Come for the fresh popped popcorn, stay for the previews!

Have you been wondering what movies are playing in our Theatre? Come to the 4th Floor Theatre on Mondays at 1:00pm to watch the movie trailers for each week. Popcorn will be served! We choose our movies each week based on your choices and suggestions, so please continue to share your ideas. We pick our movies up from the Hennepin County Library each week.

Movies are scheduled for:

Wednesdays 6:30pm
Saturdays & Sundays at 2:00pm

Gingerbread House Contest



Toys for Tots



Holiday Concerts & Entertainment



Wickedly Good Fun!



Deck the Halls!



Christmas Gnome Painting



The NOTEable Singers



Country Christmas Happy Hour & Holiday Dinner

