

Boulder Ponds

SENIOR LIVING

Boulder Ponds Senior Living

192 Jade Trail N, Lake Elmo, MN, 55042

December 2022

Meet the Staff

Erin Zeimet

Executive Director

Colette Campeau

Business Office Manager

Aleshia Betcher

Staffing Specialist

TBD

Director of Life Care

TBD

Interim Assistant Director of
Life Care

Jose Zentella

Director of Dining Services

Glenn Martin

Director of Environmental
Services

Amanda Daniels

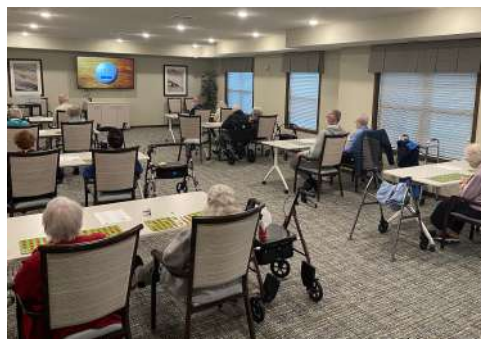
Life Enrichment Director

Charli Fregine

Sales & Marketing Director

Kent Lee

Chaplain



Take a look at our calendar and join us each month for various Outings, Bingo, Food Demos (with our Dietitian Rachel) & Journeying with Chaplain Kent!

Welcome New Residents

Nancy M.

Lowell S.

Lynn S.

Colette V.

*Welcome to the
Boulder Ponds Family!*

December Birthdays!



Dec 15th - Gloria S.

Dec 17th - Jeanne L.

Dec 22nd - Sharon W.

Dec 24th - Don W.

Dec 28th - Marlene W.

Dec 29th - Annette O.

Church Services:

Thursday, December 1st, 8th, 15th, 22nd, 29th:

11AM - Community Room
Guardian Angels
Catholic Communion Service

Wednesday, December 7th, 21st:

1PM - AL/IL, Community Room
Lifespark Chaplain: Kent



Chaplain's Corner:

“Unto us a child is born!”

These famous words have shaped history immeasurably. Here in December the Christian tradition prepares for the birth of the Christ child to Mary and Joseph, later to be named and known as Emmanuel, Jesus, ‘God with us’. December can be a time of preparation for Holiday festivities from a variety of traditions beyond Christianity as well. Yet, the simple phrase, “unto us a child is born” is simultaneously full of exuberance surrounding the new life that we behold in tension with the realization that there is no “operators manual” that comes along with this new birth! How we each hold this tension within ourselves and in our lives helps us all explore the wonders of all that creation and life hold for us each day.

I hope one’s faith and spirituality nurtures us in ways that open us to the wonders and possibility of each new day. We will all carry the unknown, the what if’s, ask the why’s and how’s, and have a healthy dose of skepticism from time to time. When we step beyond all that can hold us back, we then can embrace what might be, we can ‘birth’ that which we may never have been able to completely open ourselves too before. We can grow by sharing these moments and times with one another as we find ourselves and our belonging amidst all that we are part of each day. I look forward each and every time we meet or gather and explore what new is being birthed right here in our community. Stop me, share your stories with me, with one another. I look forward to hearing from each of you!

Rev. Kent Lee

Senior Living Chaplain

GINGERBREAD FROLICKING

Tuesday, December 6th: 10:30AM – Bistro

Wednesday, December 14th: 1PM – Bistro

Let's roll out some dough and use cookie cutter shapes to make Holiday Gingerbread designed cookies! Then the next week let's return again to decorate all that we have baked! This is a fun activity that can remind us of all the ways we have prepared for all the holidays throughout our lives. Often food is the centerpiece of many various holiday traditions in nearly all cultures. Gingerbread is just one example of this at this time of year.



Activities & Events

DECEMBER PERFORMANCES

- Friday, December 9th: 2PM

1st Floor Community Room

December Birthday Celebration

w/ Joanne Bolles!

- Thursday, December 22nd: 2PM

1st Floor Community Room

Holiday Music w/ Kent Appeldoorn!

FOOD DEMO W/ RACHEL (DIETITIAN)

- Wednesday, December 7th: 1:30PM

1st Floor Bistro

HOLIDAY HAPPY HOUR

- Friday, December 23rd: 3:30PM

2nd Floor Pub & Lounge

CRIBBAGE W/ LARRY (VOLUNTEER)

- Every Tuesday at 10AM

2nd Floor Pub & Lounge

CHEF CHAT W/ JOSE

- Friday, December 2nd: 1:30PM

1st Floor Community Room

FARKLE (Located in 2nd Floor Pub)

- Mondays at 3PM

- Thursdays at 6PM

- Saturdays at 3PM

HAPPY HOUR

- Tuesdays & Thursdays: 3:30-4:30PM

2nd Floor Pub & Lounge

MOVIE MATINEES; Tuesdays at 1PM

Tues Dec 6th: Home Alone

Tues Dec 13th: Miracle on 34th Street

Tues Dec 20th: White Christmas

Tues Dec 27th: The Santa Clause

BINGO STORE INFO

Friday, December 2nd: **10:15-10:45AM**

Friday, December 16th: **10:15-10:45AM**

Friday, December 30th: **10:15-10:45AM**

NETFLIX SERIES: 'Call the Midwife'

- Every Monday: 1PM

2nd Floor Pub & Lounge

HOLIDAY BAR BINGO

- Wednesday, December 21st: 2:15PM

2nd Floor Pub & Lounge

Holiday Paint & Sip w/ Cheers Pablo!

- Tuesday, December 20th: 3PM!

Located in Craft Room (Garage).

Please join us in painting ornaments and enjoying an alcoholic beverage!

Due to this event, regular happy hour is cancelled.

Activities & Events

Holiday Decorating!

-Thursday, December 1st - Pub/ Lobby - 1:45PM-3PM

Please join us if you would like to take part in decorating our home for the holidays!
We will be starting in the lobby at 1:45PM. Thank you!

OUTINGS! *Please sign up at front desk - Thank you!*

Assisted / Independent Living:

- Wizard of Oz: Friday, December 2nd - 6PM

- Joseph's Restaurant & Christmas Light Drive: Wednesday, December 21st - 4:15PM

Memory Care:

- Christmas Light Drive: Friday, December 16th - 5:15PM

Open Art!

The Craft Room (located in Garage) is always open!

Please grab a friend and see where your creativity takes you!

Calendar Planning!

- Thursday, December 8th - 2PM - 2nd Floor Pub

Please join Amanda in discussing any questions/concerns regarding activities.

We would love your input on what we should add to our community. Thank you!

Community Caroling & Worship!

- Friday, December 23rd - 11AM - 1st Floor Community Room

Please join us on ringing in the holiday season!

Journeying: It's a Spiritual Practice!

- Wednesdays at 10:30AM - 2nd Floor Pub **Moved to Pub**

Join us every Wednesday morning as we dive deeper into every state in the US!

Community Updates

Veterans Wall of Honor:

If you would like to be a part of our Wall of Honor, please stop by the front desk / or activities office to drop off a photo. Digital copies can be emailed to Amanda, at adaniels@lifespark.com. Thank you!

Beauty Shop:

Please reach out to Jackie Drake at 651-488-2579 to schedule an appointment. Thank you!

Resident Council:

Monday, December 19th - 2PM - 1st Floor Community Room

Family Council:

Wednesday, December 28th - 5:30PM - 1st Floor Community Room

Family Dementia Education:

Wednesday, January 25th - 5:30PM - 1st Floor Community Room

'Finish the Lyric':

Keep an eye out every **FRIDAY** on Channel 49 for a 'Finish the Lyric' slide! Stop by the *2nd Floor Pub & Lounge* to drop off your answer under the TV to be entered into a drawing to win a prize.

The winner will be revealed on Friday, December 30th!

The more correct answers, the higher the chance of winning!

Exercise Info:

Group Exercise - Mondays: 10:45AM

Group Exercise - Tuesdays: 10:45AM **Dec 6th time change; 10AM**

Walking Group - Wednesdays: 10AM **Meet in Lobby**

Group Exercise - Thursdays: 10:15AM

Drumming - Fridays: 11AM **Dec 23rd time change; 10:30AM**

Fun & Games



CHRISTMAS WORD SEARCH



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

BELLS
CANDLES
CANDY CANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTH POLE
REINDEER



HOLIDAY SPIRIT WEEK

December 19 - 23

Merry Monday: *Wear red and green!*

Tacky Tuesday: *Wear holiday socks!*

Winter Wonderland Wednesday:
Wear blue & white or dress like a snowman!

Family Picture Thursday: *Wear your favorite flannel!*

Festive Friday: *Wear your best holiday sweater!*

