



Boulder Ponds Senior Living

192 Jade Trail N, Lake Elmo, MN, 55042

February 2023

Meet the Staff

Erin Zeimet

Executive Director

Colette Campeau

Business Office Manager

Aleshia Betcher

Staffing Specialist

TBD

Director of Life Care

TBD

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



Welcome New Residents

Gerald G.

*Welcome to the
Boulder Ponds Family!*

February Birthdays!



Feb 1st - Marian J.

Feb 11th - Carol B.

Feb 14th - Muriel G.

Feb 17th - Barb W.

Feb 24th - Judy C.

Feb 27th - Greg K.

Church Services:

Thursday, February 2nd, 9th, 16th, 23rd:

11AM - Community Room
Guardian Angels
Catholic Communion Service

Wednesday, February 1st, 15th:

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



Chaplain's Conversation Corner:

QUESTION: What is the name of a teacher/professor who you remember most and why?

I had a High School Physics teacher, his nickname was EPH. Edwin Paul Heideman was his full name. I always remember him for the way he made science come to life. He didn't just talk about science/physics, he invited us to experiment with what it was he was trying to teach. I remember building rockets and sending them into the sky in order to measure speed, force, resistance, consider designs and many other things. This has made me curious throughout my life about how things work, and awe struck by the universe and all it is made up of! Who is a teacher you remember?

Chaplain Kent looks forward to hearing your answers this month.

Note from Amanda:

Hello everyone!

I have some sad news to share with you all. I have an opportunity to continue to grow with my career & my last day with Boulder Ponds will be Friday, February 10th. I have loved the opportunity to get to know each and every one of you. Thank you so much for all of your kindness. I will miss you all very much!

Love, Amanda (Community Life Director)

Activities & Events

FEBRUARY PERFORMANCES

- Friday, February 3rd: 3PM
1st Floor Community Room
Music w/ Bree!
- Wednesday, February 15th: 2PM
1st Floor Community Room
February Birthday Celebration &
Music w/ Pop Standards Social Club!

FOOD DEMO W/ RACHEL (DIETITIAN)

- Wednesday, February 1st: 3:15PM
2nd Floor Pub & Lounge

CRIBBAGE W/ LARRY (VOLUNTEER)

- Tuesdays at 10AM
2nd Floor Pub & Lounge

CHEF CHAT W/ JOSE

- Friday, February 3rd: 2:30PM
1st Floor Community Room

FARKLE (Located in 2nd Floor Pub)

- Mondays at 3PM
- Thursdays at 6PM
- Saturdays at 3PM

HAPPY HOUR

- February 2nd: 3:30PM
- February 7th: 3:30PM
- February 9th: 3:30PM
- February 14th: 3:30PM
- February 21st: 2:30PM *Bar Bingo
- February 24th: 3:30PM
- February 28th: 2:30PM *Bar Bingo

Trivia Night! 6PM - 2nd Floor Pub

Wednesday, February 8th

BINGO STORE INFO

Friday, February 10th: **10:15-10:45AM**

Friday, February 24th: **10:15-10:45AM**

NETFLIX SERIES: 'Call the Midwife'

- Every Monday: 1PM
2nd Floor Pub & Lounge

Piano Music w/ Dorothy

- Thursday February 2nd & 16th at 2PM
1st Floor Bistro

Activities & Events

OUTINGS!

Please sign up at front desk - Thank you!

- Treasure Island Resort & Casino

Friday, February 10th - 9:30AM *Meet in Lobby*

TRYathlon Tournament!

- Please join us the following dates in February for our TRYathlon Tournament!
We are competing against ALL buildings and would love your help!

Tuesdays - 1PM - 2nd Floor Pub: February 7th, 14th, 21st, 28th

*Tuesdays we are walking with a pedometer and tracking our steps for 30 minutes.

Thursdays - 1PM - 2nd Floor Pub: February 2nd, 9th, 16th, 23rd

*Thursdays we use a bike crank to track our distance.
Arms for 20 minutes & legs for 20 minutes.

Open Art!

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

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

Journeying: It's a Spiritual Practice!

- Wednesdays at 10:30AM - 2nd Floor 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, February 20th - 2PM - 1st Floor Community Room

Family Council:

Wednesday, February 22nd - 5:30PM - 1st Floor Community Room

Exercise Info:

Group Exercise - Mondays: 10:45AM

Group Exercise - Tuesdays: 10:45AM

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

Group Exercise - Thursdays: 10:15AM

Drumming - Fridays: 11AM



Valentine's Day



Word Search

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

- Heart
- Arrow
- Flowers
- Valentine
- Love
- Sweet
- Candy
- Cupid
- Chocolate
- Hugs
- Kisses
- Gift