

With spring finally upon us and the sunshine gracing our days once more, our hearts are full of gratitude. There's something so special about witnessing the beauty of the changing seasons together, watching new life bloom, feeling the warmth on our skin, and embracing the joy that May brings. We're filled with excitement for all the moments ahead both the big celebrations and the quiet, meaningful ones. As always, we are so thankful to share this journey with each and every one of you.

## Whats New?

#### **Dining Room Chair Slider Replacement**

Following up from the recent Resident Council meeting, we wanted to let you know that replacement sliders for the bottom of the dining room chairs have been ordered.

The project is scheduled to be completed by *Thursday, May Ist.* For any questions, please feel free to reach out to Jay.

#### Golden Senior Prom

Get ready to dress up and dance the afternoon away at the Golden Senior Prom on May 21st, This festive event will be held at Guardian Angels Church from 11:30 AM – 2 PM, featuring live music, bingo, exciting prizes, and delicious catering by Donatelli's. Tickets are \$15, and Boulder Ponds will be providing transportation—only 8 spots are available, so don't wait! Sign up and submit payment at the front desk by May 14 to reserve your seat. Please reach out to CC, our Life Engagement Director, or Beth, our Head of Marketing, with any questions.

#### **Memorial Day BBQ**

Join us for a fun-filled early Memorial Day Lunch celebration on <u>Friday, May 23 at 11:30 AM!</u> We'll be serving up classic cookout favorites like hot dogs, hamburgers, and more. Bring your appetite and patriotic spirit as we kick off the holiday weekend together!



## **May Birthdays**



#### <u>Assisted Living Birthdays</u>

- **Beatrice M.- May 8<sup>th.</sup>**
- Donna S. May 9th.
- Pennis S.- May 29th



#### **<u>Legacy Suites Birthdays</u>**

- Orville S.- May 8<sup>th</sup>.
  - W Barb K- May 11th.
    - Pat W.- May 17th.
- Sylvia P.- May 25<sup>th.</sup>

### News From Nursing



Our dedicated nursing team is onsite Monday through Sunday 7 days a week, ready to assist you with any medical needs, questions, or concerns you may have. To reach our nursing team, please do not hesitate to call the front desk and we will transfer you to someone who can assist you.

As we step into May, the Boulder Ponds nursing team is focused on supporting residents with both physical and mental well-being. Here are some tips on how to stay healthy & happy this month!

## Tips for staying Healthy & Happy in May

Drink Plenty of Water: Stay hydrated as the weather warms up—
it's key to feeling energized.

Enjoy the Outdoors: A little fresh air and sunshine can do wonders for your body and mood.

Eat Fresh, Seasonal Foods: Take advantage of delicious, nutrientrich fruits and veggies like strawberries and greens.

Nurture Your Mental Health: Take time for simple joys—whether it's a chat with a friend or quiet reflection.

### <u>Maintenance</u>





Jay, our Maintenance Director is onsite Monday Through
Friday to tackle any maintenance issues you may have, big or
small!

For maintenance needs or work orders please contact the front desk.

#### **Dining Room Chair Slider Replacement**

Following up from the recent Resident Council meeting, we wanted to let you know that replacement sliders for the bottom of the dining room chairs have been ordered.

The project is scheduled to be completed by Thursday, May 1st.

If you have any questions, please feel free to reach out to Jay.

Thank you for your attention and cooperation!

## <u> HouseKeeping</u>





Robb our Housekeeping Director, is in the building Monday through Friday. He and his wonderful team are here to make our building sparkle and to lend a hand whenever you need assistance.

For Housekeeping needs or scheduling please contact the front desk.

## **Dining**



Questions regarding meal delivery service can be answered by the dining staff, Home Health Aides or by contacting the front desk. Any further questions or concerns will be addressed and answered at our monthly Chef Chat meeting with Jose, our head of Dining Services, on <u>Tuesday, May 20<sup>th</sup> 1:30 pm</u> in the First Floor Community Room.

 May menus can be found in the 2nd floor <u>dining room and</u> viewed in both elevators.

### **Meal Change**

A letter was sent to all residents' community mailboxes, which includes a detailed breakdown of meal pricing. Please take a moment to review this information, as it outlines the cost of meals and any additional charges that may apply.

Any items not included in the original meal will incur an additional \$12 charge. We encourage you to review the letter carefully to understand the pricing structure.

If you have any questions or need further clarification regarding meal pricing or charges, please don't hesitate to reach out to our front desk for more information. We are here to assist you!

## <u>Spiritual</u>



#### Tuesdays 10:00am.

AL/IL Church Service- 2<sup>nd</sup> Floor



#### Wednesdays 10:30am.

Legacy Suites Worship Service.



Chaplain Jody is at our Community weekly on <u>Tuesdays</u> & Wednesdays and always avalible for personal visits. Whether it's a casual conversation, guidance, or just a friendly chat, Chapalin Jody is here for you!

#### Growing In Grace with Chaplain Jody

Wednesdays, at 1:00 pm in our 2<sup>nd</sup> floor Pub

Join Chaplain Jody every Wednesdays as we gently explore faith, love, and the deeper meaning of life.

All are welcome

Come as you are, and leave with a little more peace in your heart.





We have so many wonderful things planned this May—each one sure to bring smiles, laughter, and sweet memories. Whether you're here to celebrate, unwind, connect with friends, or simply enjoy the beauty of the moment, there's something special just for you.

From dancing the night away at our Senior Prom and savoring joyful happy hours on the patio, to tapping your toes to live music and gathering for our heartfelt Mother's Day Brunch—every event is a chance to make new memories and honor the love we share. Especially on Mother's Day, we celebrate the incredible women of Boulder Ponds, whose wisdom and warmth help make this community so special.

Here's to a May filled with sunshine, laughter, and a little something for everyone to enjoy!

As we step into yet another new month together, my heart feels especially full. I want to take a moment to say how deeply grateful I am to share this beautiful journey of everyday life with each of you. We are more than friends & neighbors—we're family. And it's that love, laughter, and sense of togetherness that turns this place into a true home.

Please remember to check your first-floor mailboxes next to the elevators for your monthly activities calendar. Additionally, you will find the weekly schedule posted in both elevators and at the front desk.



## Upcoming OUTINGS & EVENTS



May 7th - Resident Ambassador Meeting

May 9th - Mothers Day Brunch

May 9th - Cub Foods Shopping Trip

May 16th - Live Music with Josh Quinn

May 19th - Resident Council

May 20th - Chef Chat

May 21st - Golden Senior Prom

**May 23rd** - Memorial Day BBQ!

May 27<sup>th</sup>- Happy Hour with live music by Jonathan Wayward.















The Gladstone Community Education Center Presents:

## GOLDENSENIOR PROM

11:30AM - 2PM

Live Musi

TICKETS \$15

Guardian Angels Church

8260 4th St N, Oakdale, MN 55128

Boulder Ponds will be providing transportationspaces are limited! Sign up & submit payment at the front desk by May 14th to reserve your spot!

See Beth or CC with questions or for more details!









Hello from Legacy Suites!

Spring is in full bloom, and so are the smiles around our community! May brings us longer days, warmer sunshine, and plenty of reasons to celebrate. One special highlight this month is our Mother's Day Spa Celebration on May 9th—a heartfelt event honoring the amazing moms who fill our lives with love. Residents will enjoy a relaxing morning of pampering, complete with soothing music, fragrant hand massages, and a few sweet surprises. We can't wait to treat them like the queens they are!



Legacy Suites calendars are available next to the bulletin board in our unit, and copies will also be placed in community members' apartments for your convenience. Please reach out to Carrissa with any comments, questions or concerns!

Carrissa.Ballard-Cropsey@lifesparksl.com.



## Upcoming OUTINGS & EVENTS



<u>May 5<sup>th</sup></u> - Robert the Piano Man Musical Performance.

<u>May 13<sup>th</sup></u> - Music with Megan.

May 16th \_- Live music with Josh Quinn.

<u>May 19<sup>th</sup> -</u> Brunch at IHOP!

<u>May 21<sup>st</sup></u> Golden Senior Prom.

<u>May 23<sup>rd</sup></u> - Memorial Day BBQ!







# May is Mental Health Awareness Month a gentle reminder that taking care of our hearts and minds is just as important as caring for our bodies. At Boulder Ponds, we believe in supporting one another not just through celebrations and fun, but also through empathy, understanding, and kindness.

Mental health touches us all in one way or another, and it's okay to not always feel okay. What matters most is that we're not alone. This community is built on connection and compassion, and we're here to lift each other up—whether through a warm conversation, a listening ear, or simply being present for one another.

Let's take this month to check in, with ourselves and with those around us. Together, we can continue to create a space where everyone feels safe, seen, and supported. You matter. Your story matters. And we are so grateful you're here.

<u>MANAMANAMANAMANA</u>