

Boulder Ponds

Community News

September 2025.

Happy September friends & family!
As summer gently fades and the leaves begin to show their colors, we welcome the new season with open arms. Fall brings with it fresh adventures, new friendships, and beautiful memories waiting to be made. We are so grateful to share this special time of year with each of you here at Boulder Ponds.



What's New?



COVID and flu vaccination clinic

Friday, October 3rd - Boulder Ponds will be hosting a COVID & flu vaccination clinic. Consent forms must be completed and returned by September 10 and are available at the front desk.

Men's Bible Study Group

Starting **Tuesday, September 23rd**, Pastor Terry Quinn will be hosting a Men's Bible Study Group. This will be a special time for gentlemen to gather privately, share meaningful conversation, build new connections, and strengthen their faith together. Whether you're looking for fellowship, guidance, or simply a space to reflect, you are welcome to join this uplifting gathering.

Welcome Wrenn! Our new Legacy Suites coordinator.

Wrenn has been in the healthcare industry since she was 15, holding a variety of roles from Culinary Assistant to Certified Nursing Assistant. Wrenn will begin training on **September 4th** and will be with us **full-time, Monday through Friday** as our new Legacy Suites Coordinator, helping make days fun, engaging, and meaningful through games, crafts, music, and conversation. She looks forward to getting to know everyone and creating wonderful memories together!



September Birthdays

HAPPY BIRTHDAY

Assisted Living Birthdays

Jean C.- *Sept 2nd*

Ken M.- *Sept 5th*

Rene W.- *Sept 7th*

Jerry O.- *Sept 12th*

Janet K.- *Sept 21st*

Charlotte E.- *Sept 22nd*

Dee K.- *Sept 25th*

Pat B.- *Sept 25th*

Sharon R.- *Sept 25th*

Bill C.- *Sept 29th*

Legacy Suites Birthdays

Joyce S.- *Sept 3rd*

Mary H.- *Sept 29th*



Resident Spotlight

This month we are delighted to shine the spotlight on our very own Miss Barb Wall!

Barb is a cherished member of our Resident Ambassador group, always ready to welcome new community members with warmth, kindness, and the friendliest smile. She makes sure everyone feels at home here at Boulder Ponds. Whether she's lending a helping hand, jumping right into new activities, or sharing thoughtful ideas for future ones, Barb's enthusiasm and love for life shine brightly. She brings joy, laughter, and comfort to those around her, reminding us all what true friendship looks like. Barb, you are a light in our community, and we are so grateful for your kind heart and the many ways you enrich our lives each day.





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.

COVID and flu vaccination clinic

On *Friday, October 3rd*, Boulder Ponds will be hosting a COVID and flu vaccination clinic for residents from 9:00 AM to 1:00 PM in the 1st Floor Community Room and Bistro. Vaccines offered include the standard and senior *flu shots*, as well as the *Moderna COVID-19 vaccine*, provided by Homeland Health Specialists. *Medicare or insurance will be billed directly*. Consent forms must be completed and returned by *September 10th* and are available at the *front desk*. Staff cannot assist with filling them out. For further question please contact our nursing team.

Maintenance



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.***

Housekeeping



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 *Tuesday, September 16th at 2:00pm in the First Floor Community Room.*****



Chaplain Jody is at our Community weekly on **Tuesday & Wednesday** and always available for personal visits. Whether it's a casual conversation, guidance, or just a friendly chat, Chaplain Jody is here for you!

Tuesdays- 12:30pm

**AL\IL Worship
Service 2nd Floor Pub**



Wednesdays-10:30am

**Legacy Suites Worship
Service**



Growing in Grace Group-
Wednesdays, 1:00pm 2nd Floor Pub.

Men's Bible Study Group

Tuesday, September 23rd 2:00pm, Pastor Terry Quinn will be hosting a Men's Bible Study Group. This will be a special time for gentlemen to gather privately, share meaningful conversation, build new connections, and strengthen their faith together. Whether you're looking for fellowship, guidance, or simply a space to reflect, All men are welcome to join this uplifting gathering.

Womens Bible Study Group

Tuesday, September 9th at 9:00am

Join Chaplain Jody for a Women's Bible Study, a special time to gather in sisterhood, share in faith, and lift one another up with love, encouragement, and God's word. All women are welcome to come as they are and be part of this heartwarming time together.



In Loving Memory &



YOLANDA ANDERSON
2/15/1941-8/26/25



STEVE HESSEL
10/3/1944-8/17/25

*"Perhaps they are not stars, but rather
openings in heaven where the love of our
lost ones pours through and shines down
upon us."*





Happy September, sweet friends!

I'm so excited for the fall season and all the joy it will bring. Before we jump into this new chapter, I want to take a moment to share my deepest gratitude and appreciation for each of you. Your kindness, love, and support never go unnoticed, and I feel so truly blessed to be surrounded by such a wonderful community. I hold you all close to my heart and could not be more thankful for the family I have found here with you. Now, let's dive into all the fun September has in store! We've got exciting new game groups, like *Mexican Train on Mondays* and *Left Right Center on Tuesday nights*, as well as *Men's and Women's Bible Study* for those looking to grow in faith and fellowship. Fall-themed happy hours will bring plenty of coziness and delicious treats, and we've planned outings to *Cub and the St. Paul Farmer's Market* to enjoy the season together. With all these activities and more, I can't wait to share laughter, friendship, and all the wonderful moments of fall with each of you!

Reminder,

Please don't hesitate to come to me (CC) with any questions, concerns, or ideas regarding activities! I'm here for YOU and will always do my very best to bring new ideas to life and help make your days feel a little lighter and brighter. Thank you all for being such a joyful, loving community, it's truly an honor to share these moments with you!



Upcoming Outings & Events



Cub Foods Shopping Trip- *Sept 8th*

Women's Bible study group- *Sept 9th*

Resident Council- *Sept 15th*

Chef Chat- *Sept 16th*

Carmel Apple Bar- *Sept 16th*

Oktoberfest Happy Hour- *Sept 18th*

West St.Paul Farmers Market outing- *Sept 19th*

Men's Bible Study Group- *Sept 23rd*

Apple Cider Tasting- *Sept 23rd*







Legacy Suites

Welcome, Wrenn Jarvis!

We are so excited to introduce Boulder Ponds' new Legacy Suites Coordinator. Wrenn will begin training on September 4th and will be joining us full-time, Monday through Friday. This long-awaited addition is such a blessing, and we cannot wait to officially welcome Wrenn into our Boulder Ponds family!



A special introduction to Wrenn-

Hi! I'm Wrenn, and I am excited to be here as your new Legacy Suites Coordinator. I am originally from Duluth, Minnesota, and just recently moved to the Twin Cities area. I've been working in senior care since I was 15 and have held a variety of roles over the years, from Culinary Assistant to Certified Nursing Assistant. I was inspired to get into the healthcare field by my grandma, who has been a nurse for over 40 years. My future goal is to become a hospice nurse so I can continue to support residents and their families with compassion and dignity. As your Legacy Suites Coordinator, I'm here to help make your days more fun, engaging, and meaningful-whether that's through games, crafts, music, or just having a good chat. I'm Looking forward to getting to know each of you and making great memories together!

With all the exciting changes happening this month, including welcoming our wonderful new addition, Wrenn, we have so much to look forward to! The Minnesota Zoo will be stopping by, Alyssa will be leading a cozy fall art class, Megan will be sharing her beautiful music, and of course, we'll be making (and tasting!) all the best fall treats while decorating our Legacy Suites for the season.

We are truly so excited for September, and we want to take a moment to thank all of you, our community members, families, and friends-for your patience, support, and trust these past few months. We know not having an activity coordinator has been felt by everyone, and we are so grateful for the love and understanding you've shown. Now, we can't wait to celebrate this new chapter together!



An email will be sent out to all Legacy Suites loved ones with Wrenn's contact information and the best ways to reach her. As always, please continue to reach out to CC, our Life Engagement Coordinator, with any questions, concerns, or feedback, i love hearing from you!



Upcoming Outings & Events



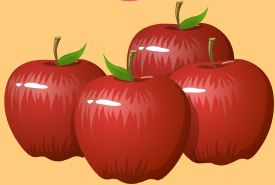
Wrenn's first Day! - *Sept 4th*

Minnesota Zoo Visit - *Sept 9th*

Music with Megan - *Sept 9th*

Art Class with Alyssa - *Sept 23rd*

Music with Megan - *Sept 23rd*



**Mondays-
Craft Corner**

Fall Suncatchers

Fall Door decor

Fall Flower Pots

Scarecrows

**Patio Painting
canvases**

**Wednesdays-
Tasty Treats**

Apple Pie Bites

Carmel apple bar

Apple Cider Tasting

Pumpkin bread

Fall apple tasting

**Fridays-
Mocktail Hour**

**NA wine & Beer
options.**

Cinnamon Hot coco

**Pumpkin spice
Cider**

**Vanilla Pear
Sparkler**



