



**The Legacy
of St. Michael**
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.



Violet & Primrose



Aquarius (January 20 – February 18)

Pisces (February 19 – March 20)

Happy Birthday:

Margaret J 2/8

Barbara K 2/10

Maria G 2/11

Olivia K 2/17

Donna T 2/19

Linda F 2/22

Ronald M 2/25

“

”

“Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.” – Samuel Ullman

New Residents:

#233 Shirley Ann B.

#102 Barbara P.



Celebration of Life Tree 12/29/23



Cooking Club- Chocolate Cake



Aggie's Floral Creation



!Beautiful, Theresa



Craft Club- Floral Pomander




Very Nice, Janet!



Craft Club- Mini winter Wreath



Accordion Serenade w/ Linda B



Special Thanks to

Bock Family for Bingo Donations.
Tom C. for helping with Christmas Trees.
Nancy W. for Happy Hour help.



RESIDENT PHONE BOOK 2024 Update

Forms to Complete for Resident Phone Book will be distributed on February 2. Please return to Front Desk/Community Room when completed.



Boost Heart Health

Pamela M. Podawiltz, C.P.T.

Keep weight under control. Lower blood pressure, blood sugars and cholesterol with diet and exercise. Aerobic exercise-30 minutes, 5 days a week.

Strength training- 2 days a week.
Flexibility & Balance training- Daily.



February 14

Each year on February 14, many people exchange cards, candy, gifts or flowers with their special

"valentine." The day of romance we call Valentine's Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia.



News From the Marketing Corner ~

Pick your Neighbors and Refer a Friend!

If your friend moves in..... you will receive \$500 off one month's rent, and they receive \$500 off their first month's rent as well!

Please see Lisa in Marketing if you have a referral.

"Good friends make nice neighbors; nice neighbors make good friends!"

Lisa Toms, Marketing Director, 763-497-0171



February Excursions

"Free transportation To & From"

Walmart, Hyvee, Dollar Tree, Hobby Lobby, Granite City Restaurant, Original Pancake House, St Michael Senior Center for BINGO, St Michael Cinema



Birthday Celebration

w/ Kevin Wegman

Come and join us for our Monthly Birthday Celebration on Wednesday, February 21 @ 1:30 (DR)



Valentine's Day Entertainment

w/ The Kayr Tones

We are bringing back this Family Trio to sing our favorite songs of Love. Wednesday, February 14th @ 1:15 (DR)



**EyeWest Med Clinic-
Tuesday, February 6th @ 2:30
(DR)**



**Chef Demo-
Thursday, February 8th @ 1:00pm (DR)**

**Tuesdays- (Whizzer) Walking for 30 minutes
Thursdays- (Crank) 20 min. of Arm Cycling &
20 min. of Foot Cycling
*Help earn \$\$\$ for our Community!***

From your Executive Director....

Hello Everyone,

I want to thank everyone for welcoming me to the community as it has been a very pleasant experience thus far. I have a lot planned for us in the coming months but initially I wanted to mention the change to our residential meeting each month. I, along with other leaders, will be taking over our monthly meeting which will be held on the 3rd Thursday each month starting in February. This will remain at 2pm as previous meetings were held, and all are welcome to join. I am working with other leaders to begin planning some events for everyone and your families. More information on this will come as we solidify details. Please continue to be active in our community and our programming; it is exciting to see everyone interact, and we have plenty of opportunities to grow together. We will also be pushing the LifeSpark challenges over the next few months. I look forward to seeing you all out and engaged as you make a difference in our community and each others lives.

Thanks,

Jeremy Meriwether BSN, CDP, CALD

Executive Director

Office: 763-497-7119

Gospel Gab...

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends. --1 Corinthians 10:4-7

It's February, the month of Valentines and heart-shaped boxes of candy...so what else is someone to write about in the newsletter but love? Thanks to the mass commercialization of Valentine's Day, love is everywhere. Love is all around us! But where did Valentine's Day come from? Let's look back...way back... The monk Valentine was discouraged. It seemed to him that he had no special and could therefore do very little good. But his heart overflowed with love to God and others, and so the Spirit of God led him to do many little deeds of kindness from his spirit. He helped everyone he met. He loved to hang little gifts onto cottage doors whenever a birthday came, and he was always giving to someone. On the monk's birthday we now send little tokens of remembrance to our friends.

Please join us this month at The Legacy of St. Michael for several great opportunities. First, the guys will be gathering in the Community Room on Friday, February 9th at 11:45am for lunch. Next, we are starting a study entitled, "The Fruits of the Spirit" on Tuesday's at 10:00am in the Chapel. Last, we will be having a special movie at 2pm on February 20th in the Community Room. Stay tuned for more information on that.

During this month remember to inhale love and exhale gratitude,

Chaplain Jeff Bergman

Senior Living Chaplain



Patsy Cline Tribute Concert



Owen Enjoying the Concert



Concert @ Le Musique in St Michael



**February 1 @ 2:00 (CR)-
JFK Myths & Conspiracies**



Cooking Club



Sopapilla Cheesecake



**Men's Luncheon- The Legacy
Knights**



Lifespark Tryathlon- Treats



From the Chef...

Valentine's Lunch.

February 13th Valentines 4:15 dinner and 5:15 dinner

Everyone is allowed one "plus 1"

There will be 2 meal options-

We will have a Caesar salad appetizer for all options and a delicious cake for dessert.

Option 1# Ribeye steak, twice baked potatoes, roasted vegetables

Option#2 Chicken alfredo, roasted vegetables, breadstick

At time of reservation I would like the meal option to be selected for resident and there guest. Sign up no later than February 7th in the Dining Room

When making the reservation they can designate either 4:15 meal or 5:15 meal slot.

We will be doing to separate services to ensure every resident and their guest can be in the dining room and not in other rooms of the building

The Legacy Court (MC) will be served at 4:00pm.



**Leave a note for a friend that you are Thankful
For outside of (CR) double doors.**



Legacy Puzzlers working all together



Resident of the Month

Agnes "Aggie" Solarz was born in Perham, Minnesota on March 9, 1927. She married Wilford "Willie" on May 20, 1947. Together, they had 12 children, 3 Girls and 9 Boys (8 Boys in a row). Aggie and her husband had a Dairy Farm in St Michael. Willie was also a Dairy Hauler. After her children were old enough, Aggie took a position as a Nurses Aide in Monticello. Aggie enjoys quilting, oil painting, collecting recipes and cooking. Aggie has a strong faith and believes that everyone needs to "Remember to always depend on him, We all need God in our lives."

