



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

Age Magnificently



August 2025 Newsletter
Discover what's going on in our community

Happy Birthday !

**8/2 Ruth K.
8/8 Joyce F.
8/9 Maynard W.
8/9 Dolores D.
8/10 Marlene Z.
8/10 Theresa H.
8/12 Sherry P.
8/24 Theresa P.**





Meet Lily Kiffmeyer, Assistant Executive Director

Lily Kiffmeyer recently joined The Legacy of St. Michael as the Assistant Executive Director. Lily is from Shoreview, MN and enjoys being active outside, taking yoga classes, traveling, and spending time with her friends and family. She recently graduated from The University of Wisconsin - Eau Claire with a major in Health Care Administration and a minor in Finance. Lily is excited to meet everyone at The Legacy of St. Michael!

A Message from our Executive Director, Jeremy

We have a team for The Walk to End Alzheimer's. We will be having some events in the near future to raise money. Our goal is \$2,000 this year!



Rockin' Rogers Honoree Alert!

One of our very own residents was honored at Rockin' Rogers Days Parade! Norb Z. was awarded the 2025 Living Legend award for his dedication and service to the City of Rogers and the Rogers Lions Club.



** Norb has been a resident of St Michael/ Rogers for all of his life, he is 93!

** He has developed over 100 house plans for the city of Rogers.

** He has been a member of the Rogers Lions for 24 years.

What we did in July

4th of July Celebration Concert

The Legacy of St. Michael Sing Along group put on a 4th of July concert for the community! We were encouraged to sing along and enjoyed a festive treat in celebration of Independence Day.

Sing Along is an informal group of friends who come together in the spirit of song.

Everyone is welcome!

Sing Along is every Tuesday at 2:00



Sue in the Spirit!



Lord of Life Church Volunteers

A youth organization through Lord of Life Church has been volunteering weekly in The Gardens in order to provide intergenerational socialization and engagement. Residents have been loving the fresh energy they bring each week!

What we did in July



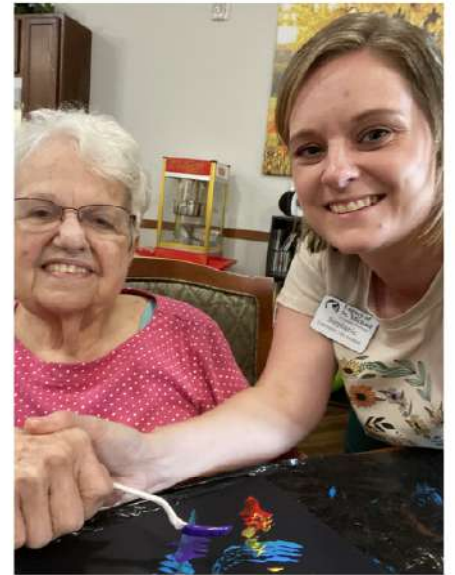
Vocational Tasks (left)

These tasks instill a sense of purpose and familiarity with everyday tasks residents have encountered such as washing dishes, dusting, sweeping, and of course, watering plants (which also has positive impact on grip and fine motor)

Fireworks Art (right)

Using alternative supplies, this project exercises a bit of flexibility in thinking, creativity, and fine motor skills.

Hand under hand is a helpful technique for those with limited mobility to be able to participate in fine motor activities



Chaplain Chat

Spiritual health is of utmost importance for our residents. It gives a sense of meaning and purpose. We are lucky to have Chaplain Kevin to help nurture their spiritual wellness each week!



Made Fruit Pizza

This activity is a fun group effort that includes a variety of tasks from cutting the fruit, spreading the dough and cream cheese, and adding toppings. It was delicious!

August Events

Entertainment:

Wednesdays in July @6:00pm
Night in the Park

Resident ART SHOW 8/8



Showcasing resident artwork during our summer fair!

All types of craft welcome: painting, woodworking, sewing, etc. Submissions due to front desk by 8/6.

8/13 & 8/20 Fantasy Football



with Jodi



3:00 in the Coffee Shop

Football is soon upon us! Join Jodi in fantasy draft fun!



8/21 Welcome to the Community & National Senior Citizen Day
State Fair Social

1:00 in the **Community Room**
(note change in location!)



8/28 Culinary Chat 1:30
Chef Demo 2:00
Community Room

8/7 Virtual Event:

The Incredible Life of John B. Jones
2:00 in the
Community Room



8/8 Summer Fair & Pie in the Face 4p-6p

Enjoy a social event with the community and come throw a pie at our willing volunteers! 😊

Chaplin Corner with Chaplin Kevin



3:00 in the Chapel

8/14 & 8/28 Worship Service

8/7 Chaplin Chat

8/21 Grief Support



8/21 Resident Council

2:00 in the Community Room
(following State Fair Social)

Come share your thoughts and ideas for activities, outings, and more! We want to hear from YOU!



New Residents!



Meet Millie!

Millie just moved into apartment 313 from Big Lake. She worked for the telephone company for 30 years as an operator. She loves to be outside, read books and watch comedies like Abbot Elementary. Her favorite foods are pizza and ice cream.



Meet Betty!

Betty just moved into apartment 104 from Illinois! She is 95 years old and is a retired Home Economics Teacher. She grew up on a farm and loved cooking, sewing and collecting stamps and glass. Her favorite treat is lactose free ice cream!



Meet Susan!

Susan just moved into apartment 312. She is moving here from Long Prairie where she was raised. She loves being part of the church, singing in the choir and quilting. She loves a sweet treat with caramel.

**Welcome to the
Community!**



Management



Executive Director
Jeremy Meriwether



**Assistant ED/
Business Office**
Lily Kiffmeyer



Marketing Director
Rachel Rigo



**Director of Health
Services**
Ashley Lefebvre,
RN



Assistant DHS
Gina Cody, RN



**Memory Care
Coordinator**
Sara Steffens, RN



Culinary Director
Coming Soon!



Activities Director
Jenny Kisch



Maintenance
Lutch Martinez



**Housekeeping
Manager**
Alyssa Nyhlen



**Administrative
Assistant**
Karen Ludwig



ED in Training
Annabelle Einhorn

Phone: 763-497-0171

August 2025 - Senior Living

Sunday					
1:00 Northwest Bible C... 2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
31					
 <small>Schedule is subject to change</small>					
August continued					
1:00 Northwest Bible C... 2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
3					
9:30 Coffee Chat [CS] 10:30 Exercise- Strengt... 1:00 Ice Cream Social [CR... 2:00 Card Bingo [DR] 3:00 Happy Hour [LC] 6:15 Rosary [CH]					
4					
9:00 Shopping Trip- [M... 9:30 Coffee Chat w/ Th... 10:30 Exercise- Cardio [CR... 11:00 Legacy Buck Store [C... 12:45 Grip Games [GR] 2:00 Sing-a-Long [CR] 3:00 Craft Club- [CR]					
5					
9:30 Coffee Chat w/ Nu... 10:30 Exercise- Stretch... 1:30 Entertainment w/ Key... 3:00 Bingo [CR] 6:00 Night in the Park: C...					
6					
9:30 Coffee Chat w/ Cu... 10:30 Exercise- Cardio ... 11:00 Legacy Buck Store [C... 2:00 Virtual Event: The I... 3:00 Chaplin Chat w/ Chap...					
7					
9:30 Catholic Communio... 10:30 Exercise- Strengt... 1:00 Game Time: [CS] 1:00 Really Big Show [CR] 2:00 Legacy Buck Bingo [D... 3:00 Happy Hour Munchies ...					
8					
2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
9					
1:00 Northwest Bible C... 2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
10					
9:30 Coffee Chat [CS] 10:30 Exercise- Strengt... 1:00 Ice Cream Social [CR... 2:00 Card Bingo [DR] 3:00 Happy Hour [LC] 6:15 Rosary [CH]					
11					
9:00 Shopping Trip- [M... 9:30 Coffee Chat w/ Th... 10:30 Exercise- Cardio [CR... 11:00 Legacy Buck Store [C... 12:45 Grip Games [GR] 2:00 Sing-a-Long [CR] 3:00 Music & Manicures [C...					
12					
9:30 Coffee Chat w/ Nu... 10:30 Exercise- Stretch... 2:00 Bingo [DR] 6:00 Night in the Park: P...					
13					
9:30 Coffee w/ Culinar... 10:30 Exercise- Cardio ... 11:00 Legacy Buck Store [C... 3:00 Worship Service w/ C...					
14					
9:30 Catholic Communio... 10:30 Exercise- Strengt... 1:00 Game Time: [CS] 1:00 Really Big Show [CR] 2:00 Legacy Buck Bingo [D... 3:00 Happy Hour Munchies ...					
15					
2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
16					
1:00 Northwest Bible C... 2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
17					
9:30 Coffee Chat [CS] 10:30 Exercise- Strengt... 1:00 Ice Cream Social [CR... 2:00 Card Bingo [DR] 3:00 Happy Hour [LC] 6:15 Rosary [CH]					
18					
9:00 Shopping Trip- [M... 9:30 Coffee Chat w/ Th... 10:30 Exercise- Cardio [CR... 11:00 Legacy Buck Store [C... 12:45 Grip Games [GR] 2:00 Sing-a-Long [CR] 3:00 Cooking Club- [CR]					
19					
9:30 Coffee Chat w/ Nu... 10:30 Exercise- Stretch... 2:00 Bingo [DR] 6:00 Night in the Park: K...					
20					
9:30 Coffee Chat w/ Cu... 10:30 Exercise- Cardio ... 11:00 Legacy Buck Store [C... 2:00 Resident Council Mee... 3:00 Grief Support Group ...					
21					
9:30 Catholic Communio... 10:30 Exercise- Strengt... 1:00 Game Time: [CS] 1:00 Really Big Show [CR] 2:00 Legacy Buck Bingo [D... 3:00 Happy Hour Munchies ...					
22					
2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
23					
1:00 Northwest Bible C... 2:00 Movie Matinee- [C... 2:00 Cards- 500 [CS]					
24					
9:30 Coffee Chat [CS] 10:30 Exercise- Strengt... 1:00 Ice Cream Social [CR... 2:00 Card Bingo [DR] 3:00 Happy Hour [LC] 6:15 Rosary [CH]					
25					
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26					
9:30 Coffee Chat w/ Nu... 10:30 Exercise- Stretch... 1:30 Birthday Bash w/ Jer... 3:00 Bingo [CR] 6:00 Night in the Park: T...					
27					
9:30 Coffee w/ Culinar... 10:30 Exercise- Cardio ... 11:00 Legacy Buck Store [C... 3:00 Worship Service w/ C...					
28					
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29					
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30					