

APRIL

Thursday, April 4

10:30am - Galleria Mall Flower Show



Friday, April 5

2:00pm - Colony Bus Drive Tour of Flooding in MN



Tuesday, April 9

6:30pm - Community Room The Music Men & Lori



Wednesday, April 10

2:00pm - Community Room Social Hour & Music



Thursday, April 11

11:15am - Lunch at Culver's Sign up in Community Room



Tuesday, April 16

10:30am - Community Room Travel Club - Portland



Friday, April 19

2:00pm - Community Room Good Friday Service



Thursday, April 25

11:00am - Colony Bus Drive MN Landscape Arboretum



Friday, April 26

2:00pm - Community Room Birthday Party & Music



Recurring Events

Wellness Clinic

- ▶ Thursday, April 18th 10:30am-12:00pm (Atrium)

Blood pressure, oxygen saturation and weight are checked as well as pendant batteries. No need to sign up. Free service.



In-House Senior Services

- ▶ On-site Podiatry & Audiology Services
 - ▶ Next Podiatry Clinics: Wednesday, May 15 & Friday, May 17

*Please see Concierge to register.



THE COLONY™



It is Time! We are just a few short weeks from our transition to internal dining services. There is so much to look forward to! A new Director of Culinary Services (Chef) – Bill Evanoff, a new Dining Services Manager – Jody Brownlee, several new cooks, and many new servers. Transition date is April 23, 2019.

Additionally, as you know, we have moved to a more defined list of what is included in each meal:

Breakfast:

- One hot beverage
- One cold beverage
- One Breakfast Menu Item
- Fruit OR applesauce OR yogurt OR Danish

Lunch:

- One hot beverage
- One cold beverage
- One Lunch Menu Item
- Fruit OR salad OR soup
- Dessert

Dinner:

- One hot beverage
- One cold beverage
- One Dinner Menu Item
- Fruit OR salad OR soup
- Dessert



The cost of your meal is not changing, unless you order more than what is included in the defined list provided. Speak with your server for details if extra charges apply. Additional meals will remain available at \$5 for breakfast, \$10 for lunch, and \$12.50 for supper. The goal is for you to leave full and happy after every single meal and limit any extra charges.

As always, I wish you HAPPINESS on this day and every day!

Restaurant Transition News: Many new faces are appearing in the Restaurant. Our recruitment efforts at Eden Prairie High School have been fruitful and we are very excited to have our newest team members join us! They are wonderful, friendly, fun and enthusiastic souls that fit in perfectly with our culture here at The Colony. Also, please be patient as we learn and grow with our new Point of Sale system and their training period.

Next opportunity for Dining/Restaurant feedback:

*Resident QA Team Meeting: Tuesday April 9, 2019 at 10:30 in the Providence Dining Room.

-Ericka H., Executive Director



Welcome to Our Family

Peter W. #165 Jim & Carol G. #221

Judi F. #224 June W. #218

We're glad you are here!

Childlike Wonder



Why does it feel that as we get older, time goes faster? I have always wondered about that question. I hear my parents saying it often and now I am experiencing it myself at times. I stumbled upon an author who gave a simple explanation that totally took me by surprise.

The author stated that when we are small children, everything is so fascinating that life seems to go on forever. Every day is huge, because there are so many amazing things happening and we are interested in all of them. Just being in the sandbox can feel like a lifetime because we are so intrigued with what we are doing. With this in mind, childhood seems like a very long period. But as we get older and fall into routines, our minds get less and less curious. We go onto automatic pilot in our relationships, our hobbies and in our social life. Therefore life seems to lose its wonder and seems shorter. When time seems to speed up it's because we have lost our curiosity with life. Suddenly we have "been there, done that" and life can become mundane and routine.

So, how do we get the childlike wonder back again? Well, children live in the present. They don't worry about tomorrow. We can do that. They lose themselves in having fun. We can do that. There are no limitations to their imagination. We can do that. They are endlessly curious and ask questions. We can do that. They enjoy the little things in life. Yes, we can do that.

Try something new. You can do that right here at The Colony. Read something different than what you are used to reading. Get creative. Show up at a class you haven't tried before. Get curious about life. Don't lose your childlike wonder. It's still there no matter where we are at in our lives; it's just waiting on us to rediscover it.

"Adults are always asking little kids what they want to be when they grow up because they're looking for ideas." – Paula Poundstone

Love and Light and Everything Bright and Beautiful,
Holly



Concierge Corner Decorah, Iowa Eagle Nest: Live Broadcast

Come visit the Theater on First Floor to view a live broadcast of an Eagle Nest in Decorah, Iowa. Mom and Dad have been taking turns incubating two eggs. The eggs will hatch in early April!



EASTER BRUNCH

"Happy Spring " from The Waters Restaurant Group. Please join us in welcoming in our new staff of servers. We ask for your continued patience as we train these new Team Members to serve you.

Easter Celebration Meal will be served on Sunday, April 21st with two seating times: 11:30am and 12:30pm. We will be closed for supper, but we will be offering a boxed supper option again like we did last year. Please make reservations with the Concierge for Easter Brunch, and to order your boxed supper.



The pickup time for the boxed supper is from 12:30pm until 2:30pm. We will have you pick it up right outside of the kitchen on 2nd Floor. The Chefs are going to be preparing a wonderful Easter Meal. We look forward to having you join us.

Easter Menu:

Champagne Mimosa, Hot Crossed Buns with Strawberry Butter, Spring Salad, Prime Rib, Citrus Glazed Ham, Roasted Asparagus, Twice Baked Cheddar Potato, and Assorted Desserts

Boxed Supper Menu Options:

- ▶ Roast Beef Sub Sandwich, Chips, Fruit Salad, Cookie
- ▶ Lasagna, Garlic Breadstick, Broccoli, Cookie

-Jody B.,
Dining Room Manager



APRIL BIRTHDAYS

Shanta C. -	April 1
MaryAnn P. -	April 12
Muriel S. -	April 13
Dominic S. -	April 14
Evelyn C. -	April 18
Mary N. -	April 22
Lee S. -	April 23
Raney K. -	April 26
Marge R. -	April 26
Tom F. -	April 28
Bonnie H. -	April 30
Dan T. -	April 30





"BEHOLD: I Make All Things New" - God

We have a problem (sin, death and evil all around) for which we need a solution (an absolute solution called 'absolution') which comes to us via the life, death and resurrection of Jesus! Radical forgiveness and everlasting salvation are far more 'innovative' than anything we could have hoped for, but yet, a free gift 'out of the blue' from heaven above! So come each Sunday to remember the crucifixion/resurrection switch that God 'pulls' at 10am (Catholic) or 2pm (Ecumenical) Services in the Community Room where we gather The Colony

'New' Community! **CHRIST is Risen! He is Risen Indeed!** - Chaplain Rod



The Colony Weekly Bible Study gathers Fridays 10:30am-11:30am in the Community Room. We open our Bibles to Luke's Gospel in the New Testament for the most detailed recounting of the life and ministry of Jesus!

'Innovative' Worship Celebrations in April

4/7 with Pastor Chuck Humphrey-

John 12:1-8

"Plans to Kill Jesus and Lazarus"

4/14 with Chaplain Rod Anderson-

Luke 19:28-40

"The Palm Parade That Never Ends"

4/19 with Chaplain Rod Anderson-

Good Friday

"Seven Last Words From the Cross"

4/21 with Chaplain Rod Anderson-

Luke 24:1-12

"Innovative God - Everlasting Easter"

4/28 with Pastor Chuck Humphrey-

John 20:19-31

"See and Believe with Thomas"

The Legend of the EASTER LILY

When Christ arose on Easter morn in glory and in grace...



He walked within the garden, making it a holy place.

For everywhere the Savior walked, a pure white lily grew...

And shed its fragrance on the air to scent the morning dew.

And still the Easter lilies grow and blossom on the way,

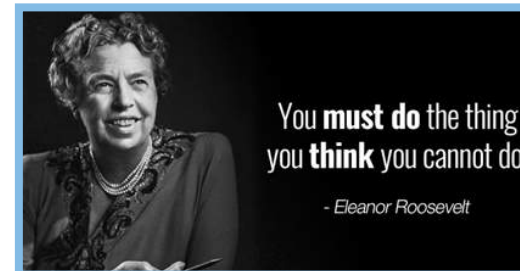
As they flowered in Christ's footsteps on that first glad Easter Day!

(Easter Lilies in honor or memory of loved ones...order from Pastor Rod by 4/8)

...Try and try again...it works!

Just when you thought it couldn't be done. Have you ever wished "they" could come up with something that would solve a particular issue? For example: Have you ever wished that "they" could come up with an innovative way to.....?

Who are "they" anyway? "They" are the inquisitive souls yearning to find an answer.



When people work hard enough at something, they are able to find the right answer or solve an

inherent problem. Perhaps they weren't trying to solve a particular problem at all. Perhaps "they" were just investigating. Regardless of the reason, "they" kept at that burning problem or issue until they found or discovered an answer. Usually that answer or innovation was something that could benefit us all. Perhaps "they" just stumbled on a solution while seeking another. The point is "they" never, ever gave up and were determined enough to keep the creative and experimental juices flowing! They tried something hard or new and eventually it worked! They interrogated and pushed themselves.

Have you ever asked yourself, "What if?" This takes a very curious and tenacious mind. I've always been interested in how things work and have often wondered what if "this" (referencing almost anything amazingly useful these days) had never been invented? What if the inventor had never been determined enough to keep trying to solve "the" problem? Perhaps one of the most interesting stories of perseverance and innovation is the one of Thomas Edison. What if he had given up? He

tested thousands of materials and ventured in to several industries only to finally find a filament that really worked. This has been improved over the years resulting in something we use every day... the lightbulb.

How about the problem of turning electrical signals into sounds? With much tweaking, someone had to figure out how to vary the strength of a current in order to catch the variations in voice and sound. A few people worked on this including Bell, Reis and Edison resulting in the telephone that we use to solve problems every day!

Another useful innovation came from a number of collective minds. It was the television. The problem was to determine a way to pair what the radio was built upon and figure how to marry that with a picture like a movie projector. The name Farnsworth appears however there were many involved who contributed to the collective genius of this invention.

So, what do all of these genius creations have in common? They have people who were inquisitive enough and determined enough to never give up. Each day we have the chance to solve a problem or to try something new. Maybe we think it to be too hard. Try it anyway. Ask for help if needed. It can be as simple as getting up and doing something different for the day or to tackle a project you've been meaning to get to. All it takes is what's between our two ears. We need our minds to fill us with that seed of determination and creativity and curiosity.

What are you going to do today? What one thing are you going to try? How will you contribute to help solve a problem today? No matter what, never, ever give up! That's the secret!



-Georgene C., Senior Living Consultant


Celebration of Life

John Crissinger John Forsmark

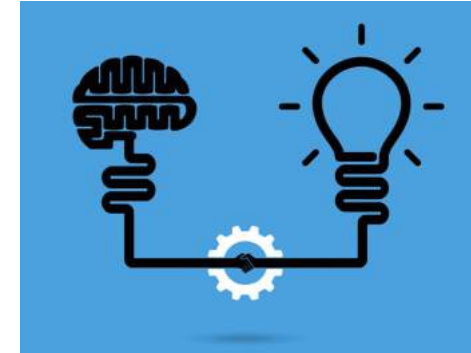
Cedar Ridge Elementary School



On Friday, March 22 we were fortunate to have 75 first-graders from Cedar Ridge Elementary come to sing for us and then spend time visiting. Throughout the school year we are blessed to have the chance to not only have Ms. Tompkins' first grade class come to The Colony, but we also have four "grandma's" (and one substitute grandma) who visit the school twice a month to assist the four first grade teachers with their classrooms. This program has been such a fantastic opportunity not only for our seniors, but for the students as well. It is always so much fun to see the kids reunite with their "grandparent" after time away. During their visit this month Pete the chef was invited in by Doug H. Pete led the kids in singing "De Re Mi" from the Sound of Music. I must admit, I was a bit leery when he walked in. However, the kids absolutely loved it.

 -Linda D., Active Life Manager

Changes Call for Innovation



"Changes call for innovation, and innovation leads to progress" is a quote that was spoken by Li Keqiang and has always been a memorable quote for me. As I think about innovation and how it is a key factor in improvement, my mind brings me back to the word change. Change is an amazing, inevitable part of our world. Think of how often you face changes in your life. Are they daily? Weekly?

Embracing these changes, along with innovating and pursuing new ideas, is the best way to make progress. I have been thinking a lot about personal innovation in the recent months. What can I do to improve myself to help make this world a better place? For anyone, these changes can be physical, personal, emotional, or anything in between. There seems to be a "trigger" that causes you to begin this process. For example, if someone was not sleeping well, they may try to set a sleep schedule to help with this process. Being tired during their day "triggered" them to look into this solution. This is a simple example of change for personal growth. With this, I encourage you to think about innovation in all instances of your life.

I am so grateful to be a part of an amazing community that embraces change and promotes innovation. I am excited to see what the future holds for us all in this sense.



Wishing you all health and happiness always,
Courtney M., Director of Health & Wellbeing

The Perils of Ninety

Making it to 90 used to be unusual in our parents' day. Increasingly, it is becoming common. Maybe you are one of them.

Once you get there, the temptation is to shoot for 100. Why not? If your general health is good and your blood pressure is not consistently high, your chances are pretty good.

Cautions: Be careful getting in and out of a car. Use your arms as a rear brace when you sit down. Your aide should use her arms to support your back, slowing its progress to the chair back.

Hey, you're a lucky person to be in your 90's and ambulatory. Be proud of your longevity. Don't let being too careful cause you to fall. Smile and stay lucky!



If you're tempted to try the 100 yard dash? Don't. Just enjoy your good fortune, carefully. Dedicated to Florence N. Now 99. Go for it!
-Bob W., Resident

