

DECEMBER

THE COLONY™



<p>Tuesday, December 4th 6:30pm - Community Room <u>The Music Men & Lori</u></p> 	<p>Wednesday, December 12th 2:00pm - Community Room <u>Social Hour & Music with Dan Newton</u></p> 	<p>Thursday, December 13th <u>HOLIDAY PARTY</u></p> 
<p>Monday, December 17th 6:30pm - Community Room <u>"After 5" Choir</u></p> 	<p>Wednesday, December 19th 1:00pm-3:00pm - Cafe <u>Holiday Cookie Party</u></p> 	<p>Thursday, December 20th 2:00pm - Community Room <u>Colony Christmas Service</u></p> 
<p>Friday, December 21st 6:30pm - Community Room <u>Gustavus Adolphus "Christmas in Christ Chapel"</u></p> 	<p>Tuesday, December 27th 2:00pm - Community Room <u>Holiday Violin Concert</u></p> 	<p>Wednesday, December 28th 2:00pm - Community Room <u>Birthday Party</u></p> 

Recurring Events

Wellness Clinic

- ▶ Thursday, December 20th
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, and Vision Services
- ▶ Experienced, credentialed, top-tier providers

*Please see front desk to register



"It's the most wonderful time of the year!"

This month's focus is ENVIRONMENT – the area and space in which we live and work. Several years ago, as I was working in a long-term care community, and a nurse said to me, "Residents don't live at our work. We work in their home." How true. You all invite us into your homes every day for the privilege of being a part of your life. Thank you. From the bottom of our hearts. We are honored to be invited into your homes and hearts.

This beautiful community, made up of amazing people, spaces, and amenities, is such a wonderful environment. I love watching residents on our walking paths, using our fireside room for family gatherings, reading the paper in our 2nd floor common space, or just enjoying The Colony Puzzles. It's incredible to see a space come alive just by people being present within it. Please make sure that you're coming out of your apartments and using the spaces around us – they are yours! And who knows what you might find or who you might meet as you're out and about.

With the holiday's upon us, we are starting to see the beautifying of our environment with garland, trees, lights and decorations. What

an amazing sight! I especially am thankful for the beautiful Christmas tree adorning our Atrium, and watching the lights reflect off of the angled windows.



As we move towards 2019, you'll start to notice construction crews back in our home. We are beginning a remodeling project focused on some of our

apartments on the south side of our building. First, we are remodeling some one-bedroom apartments with granite countertop, new cabinetry, and updated fixtures. These small changes are sure to make these spaces more desirable for your new neighbors! In addition to those upgrades, we'll be remodeling our old "Care Suites" into large 3-bedroom apartments with upgraded finishes and fireplaces. It will be exciting to see the transformations as they occur.



I am sending thoughts of PEACE, JOY, and HAPPINESS to you all this holiday season – and always. Ericka Heid, Executive Director

Welcome to Our Family

Joanne N. #118

We're glad you are here!

The Smell of Gingerbread Cookies

It's the smell of Gingerbread cookies, sitting in a warm cozy chair, gazing at the Christmas tree lights, hearing the carolers down the street, the taste of peppermint in your coffee, and the feel of a silk ribbon as you tie a bow to a package. Christmas engages all the senses. Your home comes alive with lights and smells and sounds that only this season can bring. Whether we like all the commercialism that can also accompany the holiday season or not, we can't argue that Christmas is a truly magical time of year.

My grandma was an amazing decorator when it came to Christmas. From Christmas soaps in the shape of Santa's face in the dish on the bathroom sink to the packaging peanuts she would string on a thread and decorate the tree (she was quite the recycler), she always made her house feel warm, cozy and very welcoming. It wasn't fancy, it wasn't expensive. It was decorated with much love. It is one of my favorite memories of Christmas, going to Grandma's on Christmas Eve. I couldn't tell you one single gift she gave me because I honestly don't remember. What I remember was the "feel" of her house, the love in the house.

I have been without my Grandma for about 18 years. I followed in her footsteps, though, with decorating my house top to bottom and creating that loving atmosphere for my own boys that my grandma had created for me. Now my boys are doing it for their children, and the legacy continues. The feeling of Christmas continues.

Dr. Seuss summed it up in "How the Grinch



Stole Christmas". The saying goes, "He puzzled and puzzled til his puzzler was sore. Then the Grinch thought of something he hadn't before. Maybe Christmas, he thought doesn't come from a store. Maybe Christmas, perhaps, means a little bit more."

My Christmas wish for you, to find your "little bit more."



Love and Light and Merry Christmas,
Holly

Happy Holidays!

Happy Holidays from Waters Restaurant Group. We had a wonderful Thanksgiving and are looking forward to a lovely Christmas meal.



Fresh Baked Holiday Pies Are Back!

You order. We bake. You and your guests enjoy!

- Apple \$8
- Pumpkin \$10
- Southern Pecan \$10
- Strawberry Rhubarb \$10
- Fruits of the Forest \$12

Ordering Information

- 48 hour notice on all orders
- Promotion ends on December 31st

Ask your Restaurant Manager for more information

December 1-31 - Holiday Pie orders & pick up

December 13 - Colony Resident Christmas Dinner

December 24, 25 - Christmas Eve: We will have normal hours. Christmas Day: We will serve our main meal at the 11:30am and 12:30pm seatings. We will be closing early. Boxed meals will be available for Supper. Boxed meal pick-up will be from 12:30pm-2:00pm on the 25th.

December 31 - Join us New year's Eve for a delightful dinner. We will be open regular hours.

December Birthdays

It's time to celebrate!

Roy W. - Dec. 1	Harvey S. - Dec. 3	Nancy B. - Dec. 17
Jim B. - Dec. 3	Paul J. - Dec. 8	Karen O. - Dec. 19
Cathy J. - Dec. 3	Betty W. - Dec. 12	Mary N. - Dec. 26
Ward K. - Dec. 3	Craig Z. - Dec. 16	Maxine M. - Dec. 30





PREPARING 'ENVIRONMENTS' for CHRISTMAS WORSHIP

In past years our family traveled to the Christmas Tree Farm to cut our own tree and it felt like the environmentally correct Christmas. Certainly dragging the fresh cut evergreen tree through the fresh snow out of the forest connected us with the tree's origin and its Creator. Then it created a sacred environment filling the rooms of our home with spruce fragrances and the chancels of our hearts with expectation! Worship this season freshens our hearts with Advent Expectations/Christmas Experiences at The Colony!



-Chaplain Rod

FRIDAY BIBLE STUDY on LUKE

10:30am-11:30am in the Community Room

WISDOM LEGACY CIRCLE-Tuesdays 3-4pm Dec 4 and 18 in Garden View Lounge

Celebration of Life
Stuart Stulberg
Lila Mattke

The Colony Communion Sundays at 2pm/Community Room/Please Come

12/2 with Chaplain Rod Anderson-

Luke 21:25-36

"Preparing to Stand before the Lord"

12/9 with Chaplain Rod Anderson-

Luke 3:1-6

"Preparing the Way of the Lord"

12/16 with Pastor Chuck Humphrey-

Luke 3:7-18

"Preparing for the Winnowing Fork"

12/23 with Pastor Chuck Humphrey-

Luke 1:39-55

"Preparing the Glory of the Lord"

12/30 with Chaplain Rod Anderson-

Luke 2:41-52

"Preparing in the Temple Courts"

The COLONY CHRISTMAS SERVICE

We'll have an early Christmas at 2pm on Thursday, December 20th in the Community Room. All invited to gather. Carols and Candles will warm our expectant hearts!

10:00am Sunday Catholic Eucharistic Service
provided by Pax Christi Church

CHRISTMAS in CHRIST CHAPEL

Concert Worship-"Visions of Divine Mystery"- comes to us via LiveStream from the campus of Gustavus Adolphus College. Pastor Rod, former Gustavus College Chaplain, will host Friday, December 21st 6:30pm in the Community Room.

HANUKKAH arrives Dec. 2

WELCOME the LIGHTS!

Inside & Out

The hustle and bustle has begun. It is depicted in the news and is all around us. This may be observed in visions of people scurrying to visit friends and family. This may be observed through images of people seeking the perfect gift or present for that special "someone." Yes, as the year comes to an end, much activity is spent on festivities, joy and laughter with those who are amazing to us. It is a good time to take a pause and to reflect on the wonderful "gifts" that we have experienced throughout the year as well as to reflect on what we may give!

I wanted to take a moment to reflect on all the new residents and their families new to The Colony at Eden Prairie in 2018. A special "thank you" to you for making this your new home. You have been a special gift to all of us.

Many of our new residents have had a chance to be welcomed by members of our Welcoming Committee. The members of this committee have become a spectacular "gift" as they continue



to take their time to help acclimate new residents to our community. For example, our newest resident, Joanne received a heart-felt welcome from Karen, a member of The Welcoming Committee. Karen took the time and initiative to introduce herself to Joanne's family. That's not all, she has already spent time with Joanne in her apartment, learned about Joanne and shared information about our lovely and vibrant community. I've been told that other members have already gotten Joanne involved in Bridge. Karen and others on the committee continue to take the initiative to

help new residents get used to The Colony as they venture to make this their new home. Recall what it was like to be in a new environment? It is a lot easier when someone can help. Thank you, Welcoming Committee members, for the gift you give!

Regardless of how busy we are during this season, it is important to stop and take a look around our environment to see what we can do to help one another. That's a good way to give a gift of ourselves! Many people have come to our community seeking a new place to live and we have been able to help many. Others may not even know how nice it is to be here. That's where you can come in by giving a gift of the knowledge of The Colony to your friends.

Just today a resident approached me and said they had a friend who may be interested in living here. I let the resident know that if the person moves in, they are providing a gift to their friend while the resident may receive the gift of \$500 off their rent in one month. Those are wonderful gifts during this gift giving season. Ask me for more details about our "Refer a Friend" program! It's lucrative. Now that's building a great community and a great environment of gift givers!



Seneca once said that, "A gift consists not in what is done or given, but in the intention of the giver or doer."

Enjoy this special season filled with the hustle and bustle but also please enjoy time for reflection of thanks for the gifts we already have. Happy Holidays!

Georgene C.,
Senior Living Consultant

Active Life

Rose Court Drumming Class



Active Life

Veteran's Day Service



Fitness Program



Dixieland! Keeps your feet stompin'!

"Somewhat Dixie" they called themselves. No doubt about it. They were the real thing. Each musician had Dixieland in their soul.



That Tuba was so deep that it may have been a Sousaphone.

Would it surprise you to know that a place this far north could be

a hotbed of Dixieland? Just 10 miles from The Colony in Mendota Heights there were two hotspots in the 50's. "Mitch's" at the

end of the Mendota Bridge: "Emporium of Jazz" in downtown Mendota.

Once on a Saturday night when we stopped at the Emporium, there were six extra chairs set up. We heard the Preservation Hall Jazz Band from New Orleans. They had been booked en route from a gig in St. Cloud. Exciting!

I miss those two stages, but if Active Life will engage that "Somewhat Dixieland" group again, we can all smile as we bounce. They love what they do, and they do it very well!



-Bob W.

Veterans Day at The Colony was our chance to thank our Veterans for their service to our country. We currently have 30 residents that are Veterans. In order to honor our Veterans throughout the year, we will be putting up a Veteran's wall. We ask that each Veteran bring a picture from their days in the service to Lauren at the Front Desk. She will make a copy and return your photo. If you are unable to locate a picture, we would like to set up a time to get a picture of you for the wall. We look forward to this very special display.

Our fitness program led by Holly has grown in size, by far the largest we have had. Feel free to join this fun, healthy class held Monday through Friday in the Community Room at 9:45. What a great way to start off your morning!



-Linda D.
Active Life
Manager