

Tradition Staff

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Konita Sasraku, RN *Director of Nursing*
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FRONT DESK 763-416-7740

KITCHEN 763-203-8182

EMERGENCY NUMBERS

After Hours Nursing 612-385-0693
After Hours Maintenance 612-499-3306



We have our own in-house beautician
Call Patty at 651-829-5289
for a fun and fabulous new look!



In Loving Memory
Leonard J.
Connie J
Fern F.

October Birthdays

Pat H.	10/02
Judy B.	10/07
Gerald M.	10/12
Ed D.	10/16
Darlene G.	10/17
Elizabeth L.	10/18
Gladys S.	10/20
Kersey J.	10/26
Sherry L.	10/26
Floyd O.	10/30



Join us for our Monthly Birthday Party in the Community Room on Friday, October 25th at 3 pm



Pat K
Carol J

GENERAL STORE

Located on 2nd Floor
Run by Residents

Store Hours

Monday, Wednesday, Friday and Saturday
12:30 – 3:00 pm



We will miss you

Nancy H

October 2024

Tradition Times

Tradition Senior Living | 8500 Tessman Farm Road, Brooklyn Park 55445 | 763-416-7740

Taylor Marie's Fashion

Saturday, October 5th
1- 4 Lobby

Beautiful clothing and jewelry brought here to Tradition.

Arboretum

Monday, October 7th
10- 2

Let's leaf peep, see glass pumpkins and find some fun scarecrows. Bring \$\$\$ for lunch and gift shop!



Flu and COVID Shot Clinic

Wednesday, October 11th
1:00 to 4:00
Community Room



Scott Fraser Music
October 14th
2 pm Dining Room

Beautiful guitar music
Refreshments will be served

Advanced Healthcare Directives

Monday, October 21st
2 pm Community Room
Interim will discuss how to get started with creating an advance directive document

It's always a great day to go boating...

Tradition residents had the opportunity to go fishing in September. We were on Lake Riley with Let's Go Fishing. It was beautiful weather and we had the best time and made some great memories.



OKTOBERFEST
Friday, October 4th 2 pm
Back Parking Lot

Lederhosen, sausage, pretzels and beer

Oh, and don't forget accordion!



**Resident Spotlight
Virginia E.**

Virginia, affectionately known as “Virge” to her family, was born in Little Falls. She moved to the Twin Cities in 1963. She has three girls: Lisa, Julie and Sue. Virginia is a proud grandmother of three grandchildren. Her mother was her “daycare” during the school year and her sister looked after her children during the summer.

Virginia worked for Hoffman but left after and moved to California for her husband’s job. After just 13 months, she came back to Minnesota and moved into the same house and same telephone number!

Virginia fondly recalls her time selling Kirby vacuums. She was a top salesperson and the only woman salesperson. After selling vacuums for 10 years, she was rehired at Hoffmans where she retired after 28 and ½ years.

Retirement was boring, so Virginia started working at Kohls part time. She sold the most credit cards and even won some trips! One of her most exciting memories is going on a trip to Italy and staying with her family for 2 weeks.

After living in the same house for 64 years, Virginia says it was very difficult to think of leaving, but when she found Tradition, the decision was easy. She says Tradition is a good fit and she’s told her friends about it.

Virginia states the hardest part of leaving her house of 64 years was leaving her friends and neighbors back in Andover but each week she is feeling more and more comfortable here.

Committee Meetings

We want to hear what YOU want. Please attend our committee meetings to give your ideas about what activities we have at Tradition. See your calendar for specific dates and times.

**Reflections from the
Executive Director**



It’s the month of festive pumpkin patches, hot apple cider and the comforting embrace of oversized sweaters. We’re seeing beautiful changing leaves here at Tradition! I’d like to send out a huge thank you to our resident, Judy, for all the beautiful fall decorating around the building. It sure makes our home look wonderful. Make sure you look at the scare crows out in our raised beds!

We’ve set a date for our Christmas Gala – Saturday, December 7th. Please save the date. I know there will be food, fun and some good music. More details to follow.

Don’t forget to sign up for our Flu and Covid Shot Clinic on Friday, October 11th. Forms are available at the front desk. Our social that afternoon will be in the dining room.

My door is always open

Cheryl

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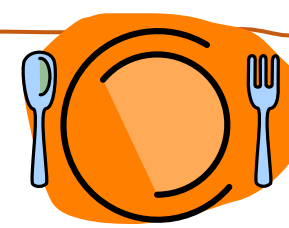
October Movie Time!

- Sunday, Oct. 6th *Grand Torino*
- Sunday, Oct. 13th *Bridges of Madison County*
- Sunday, Oct. 20th *Souder*
- Sunday, Oct. 27th *Halloween Town*

Monthly Resident Meeting
Thursday: October 3rd
2:00 pm Dining Room

We have resident meetings on the first Thursday of each month. Department Heads and our Resident Council are on hand to update you and answer any questions

**Notes from
the Kitchen**



Happy October!

- ❖ Chef’s Demo is on Wednesday, October 9th at 2 pm in the Activity Room. Please sign up in the community room as space is limited. See Tracy or Amber with any questions.
- ❖ Seating in the dining room is first come first served. Please do not “save” seats or deny someone a seat.
- ❖ Introducing Cherase, our new Dining Room Manager. Please say hello when you see here around the dining room. We are so excited to have her at Tradition!



Chef Amber
Culinary Director

Recycling at Tradition

Please keep the following guidelines in mind when recycling here at Tradition

The following items can be recycled:

Plastic: Bottles (pour out liquid and put cap back on)

Jugs, cups and containers

Paper: Mail, Magazines and Catalogs, Newspapers and ads, boxes from cereal, toothpaste, medication, etc., shoe boxes, paper bags

Cartons: Milk cartons, soup cartons, juice boxes (please make sure to rinse)

Glass: Bottles and jars (please make sure to rinse)

Metal: Food and beverage cans

PLEASE DO NOT RECYCLE THE FOLLOWING

Garbage, food waste, adult briefs, Styrofoam, black plastic items, shredded paper, paper towels, napkins, paper plates or plastic bags

Fall Outing
Friday, October 18th
9 am – 2 pm

Join us as we travel to Apple Jacks in Delano on the banks of the beautiful Crow River. We’ll indulge in fresh baked goods, jams, jellies and all things fall! And don’t forget the petting zoo! After Apple Jacks, we’ll be going to Oak Eatery in Hamel for lunch. This family-owned restaurant is sure to please!

Space is limited so please sign up in the Community Room

Armchair Travel
Thursday, Oct. 17th
1:30 pm Community Room



Join us as we travel to beautiful BORNEO!

Refreshments will be served

Lunch Outing – Olive Garden
Wednesday, October 16th
11 am



Unlimited breadsticks and salad make this a favorite Italian restaurant of many! Space is limited, please sign up

Shopping Trips – Select Wednesdays in October. Check your calendar for specific dates and times.

We go to Target, Cub, Walmart, Festival Foods, and Dollar Store. Check your calendar for specific dates and times. Please remember to sign up!

