

## Tradition Staff

- Crystal Lerol Business Office Manager  
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- Tracy Treanor Life Enrichment Director  
763-203-8191 [tracy.treanor@traditionliving.org](mailto:tracy.treanor@traditionliving.org)
- Amber Abubo Director of Culinary  
612-834-2010 [abuboamber@traditionliving.org](mailto:abuboamber@traditionliving.org)
- Allison Tang Community Relations Director  
763-203-8169 [atang@traditionliving.org](mailto:atang@traditionliving.org)
- Billy Stubblefield Maintenance Supervisor  
612-499-3306 [bstubblefield@traditionliving.org](mailto:bstubblefield@traditionliving.org)
- Konita Sasraku, RN Director of Nursing  
763-425-2013 [ksasraku@traditionliving.org](mailto:ksasraku@traditionliving.org)

**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  
beautician,  
**PATTY!**

Call her to set up an  
appointment  
651-829-5289

The beauty salon is open  
Monday, Thursday and Saturday

## January Birthdays

Howard B 01/07  
Irene L 01/09  
Carol H 01/11  
Marilyn M 01/15  
Elaine F 01/18  
Ruth B 01/24



Please join us for our monthly  
Birthday celebration on Friday,  
January 31<sup>st</sup> at 3 pm in the  
Community Room!

## Resident Store



Check out the cool  
stuff we have at our resident store.  
Located on the 2<sup>nd</sup> floor,  
you are sure to find what you need!

### Store Hours

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

**Run by residents – for residents**



January 2025

# Tradition Times

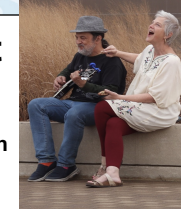
Tradition Senior Living | 8500 Tessman Farm Road, Brooklyn Park 55445 | 763-416-7740

## Music Entertainment Bobby and Christine

Monday, January 6<sup>th</sup>  
2pm Dining Room

Music and fun for everyone!  
Join this fantastic duo for  
some light and joy!

Refreshments will be served



## ABC's of Medicare Parts

Monday, January 13<sup>th</sup>  
2 pm Community Room

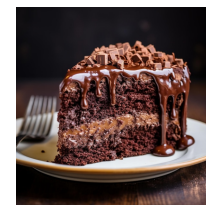
Learn all about the different  
parts of Medicare, as well  
as the home health and  
hospice benefits.



*Presented by Interim*

## Chocolate Cake Day

Monday, January 27<sup>th</sup>  
2 pm Activity Parlor

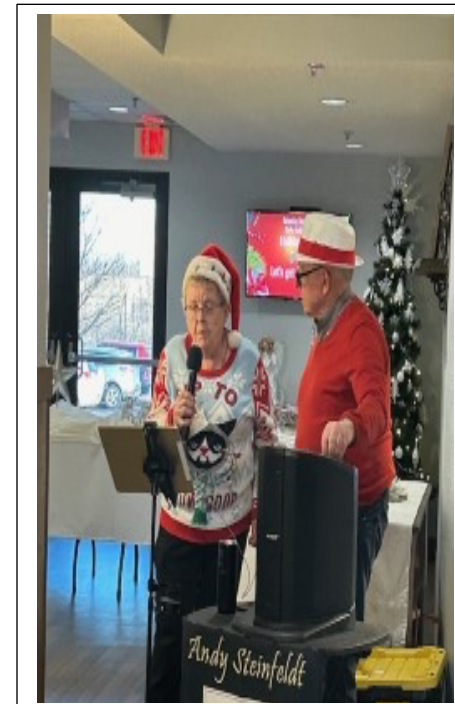


Enjoy some  
chocolate  
cake as we  
celebrate  
one of the

**SWEETEST** days of the  
year!

## Annual Holiday Gala

Such a wonderful time was had by our  
residents, families and guests. We had  
some great food, as well as a Santa and  
Mrs. Claus. Looking forward to next



## HOLIDAY DOOR DECORATING CONTEST WINNERS

1<sup>ST</sup> - #330 Bob O  
2<sup>nd</sup> - #357 Elaine F  
3<sup>rd</sup> #114 Arlene C

Thank you to all the residents that participated.  
You made Tradition so very festive!

### Lunch Outing



Willie McCoy's

Monday, January 20<sup>th</sup> 11 a.m.

Family owned – great food in a comfortable atmosphere. Space is limited, please sign up early.

Shopping Trips – Select Wednesdays in January.

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



#### Don't be this person!

Please be in the lobby 15 minutes before departure so we can load the bus and leave on time. Thanks for your cooperation!

### Ladies Tea

Wednesday  
January 15<sup>th</sup>  
11 am Community Room



Join us for a cup of tea, a small snack and some chit chat. This promises to be a lovely time! Please sign up as space is limited!

### Batteries R US

Thursday, Jan. 9<sup>th</sup>  
1 – 3 Lobby



A mobile battery store that comes to you!



### MEN'S GROUP

Wednesday, January 29<sup>th</sup>  
3:30 pm Community Room

Hope to see you there!



Mike S

### Resident Meeting

The resident meeting will be **THURSDAY, JANUARY 9<sup>TH</sup>** at 2 pm in the dining room. Please join us to hear from each of our directors as well as the resident council. The resident council will also announce the winner of the Door Decorating Contest!



Vicki M  
Moriko A  
Cindy H

### Armchair Travel Oxford, England

Thursday, Jan. 16<sup>th</sup>

1:30 Community Room

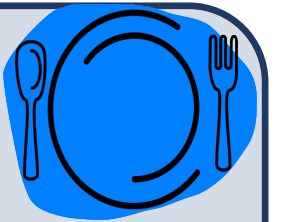
One of the most famous of England's cities, Oxford beckons visitors with its ancient university, the gently flowing Thames Rivers and serene countryside. Join us for some fun learning and tasty refreshments!



Mary E  
Darlene I

### From the Kitchen

Happy New Year!



**New Year's Day** is Wednesday, January 1<sup>st</sup>, 2025. Dinner will be at 12 noon. There will be a late meal delivery for those on the lunch plan around 3 pm. If you are not on the lunch plan but would like a cold box lunch delivered, please be sure to sign up in the Community Room.

**Rib Night** is Friday, January 17<sup>th</sup>. Please be sure to sign up for this popular dinner!

Thank you!  
Chef Amber

### January Movies

All movies are on **SUNDAY** at 2 pm in the Community Room

- Jan. 5<sup>th</sup> Somethings Gotta Give
- Jan. 12<sup>th</sup> A Walk to Remember
- Jan. 19<sup>th</sup> Titanic
- Jan. 26<sup>th</sup> 80 for Brady

relaxing  
massage

### Massage with Jeanne

Appointments start at 9 am and go until 2 pm. It's only \$15 for 20 minutes. Jeanne accepts cash or check.

January Dates Friday, 1/10 and Friday, 1/24.