

# Tradition Times

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



### 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  
beautician,  
PATTY!

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

The beauty salon is open  
Monday, Thursday and Saturday

## February Birthdays

Kent M	2/2
Carol S	2/6
Gena C	2/17
Jean S	2/19
Sally D	2/28



Please join us for our Monthly  
Birthday Party. Have a piece of  
cake and chat with friends!

Friday, Feb. 28<sup>th</sup> 2 pm

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*

*All you need is love, but a little  
chocolate now and then doesn't  
hurt - Charles M. Schulz*

### Valentine's Party Friday, Feb. 14<sup>th</sup> 2pm Dining Room

Let's celebrate Valentine's  
Day with vibraphonist Steve  
Roehm and enjoy special  
refreshments. Please note-  
This takes the place of our

### Girl Scout Cookie Sales Saturday, February 22<sup>nd</sup> 2- 4 pm Lobby

It's almost girl scout cookie  
time. The girl scouts will be  
back at Tradition to sell  
cookies. What are your  
favorites?!

### Ladie's Valentine Tea Wednesday, Feb. 5<sup>th</sup> 11 am Community Room

Join us as we enjoy a cup of  
tea, a small snack and chat  
about all things "LOVE."  
Space is limited so please  
sign up early

### Hearts and Flowers Week Dress Up Days February 3<sup>rd</sup> – 7<sup>th</sup>

#### Monday, Feb. 3<sup>rd</sup> – Flower Day

Wear your favorite flowered shirt, flowered  
pants or even a flower in your hair!

#### Tuesday, Feb. 4<sup>th</sup>– Twin Day

Dress up just like another resident or staff.  
Bonus points if your hairstyle matches!

#### Wednesday, Feb. 5<sup>th</sup>– Pink Day

Can you say Pretty in Pink?

#### Thursday, Feb. 6<sup>th</sup> – Wacky Day

Stripes and Polka dots or colors that just don't  
go together – it's your choice!

#### Friday, Feb. 7<sup>th</sup> - National Wear Red Day

February is also American Heart Month. Let's  
wear RED to boost awareness!

### Armchair Travel

#### DUBAI

Thursday, Feb. 20<sup>th</sup>  
1:30 pm Community Room



The city of Dubai, located in the Dubai emirate of  
Dubai in the United Arab Emirates, is a marvel to  
behold, with its stunning coastlines, towering  
skyscrapers, and desert landscapes. Join us as we  
"travel" to this beautiful city.

**Refreshments will be served!**



Monthly Resident Meeting  
Thursday Feb. 6<sup>th</sup>  
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 questions.

*All residents are encouraged to attend!*

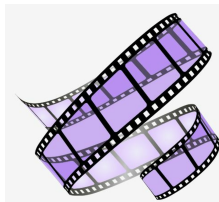
Batteries R US  
Monday, February 3<sup>rd</sup>  
1 – 3 Lobby



A mobile battery store that comes to you!

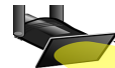
### FEBRUARY MOVIES

All movies are shown the community room at 2 pm



Sunday, Feb. 2 <sup>nd</sup>	Groundhog Day
Sunday, Feb. 9 <sup>th</sup>	Pitch Perfect
Monday, Feb. 10 <sup>th</sup>	Downton Abbey
Sunday, Feb. 16 <sup>th</sup>	Shawshank Redemption
Sunday, Feb. 23 <sup>rd</sup>	The Greatest Showman

## Resident Spotlight Iris S



I was born in Chicago, moved to California in 1943, lived there until 5 years ago I came here. My daughter lives here and my son lives in San Diego. My sister, Sandy, lives in Los Angeles. I was raised on Venice Beach.

### Lightening round questions:

Favorite season? **Spring**  
Lake or beach? **Beach**  
Ketchup or mustard? **Neither one**  
Favorite beverage? **Coffee**  
Sweet or salty? **Sweet**  
Favorite movie? **Now Voyager**  
Favorite pizza topping? **Vegetarian**  
What was the last show you binge watched?  
**Yellowstone**  
What was your first job? **Babysitting at 10 years old, dime store at 12**  
Morning person or night owl? **Night Owl**  
French Fries or potato chips? **French Fries**  
Target or Walmart? **Target**



*We will deeply miss our dear friend  
Barb S*

## Bus Excursions

### Restaurant Outing Lynde's Restaurant

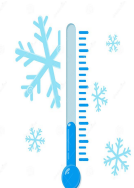


Wednesday, Feb. 19<sup>th</sup>  
11 am

Family owned and operated for over 40 years; Lynde's Restaurant is always a hit! Food is home cooked, portions are hearty and service is fast and friendly. Don't forget to sign up!

### Shopping Trips – Wednesdays in February

We go to Target, Cub, Walmart, Festival Foods and the Dollar Store. Check your calendar for specific dates and times. Please sign up early as space is limited.



*Please note that our bus doesn't go on excursions if the temperature is below 10 degrees*

### New Activities

Left, Center, Right Dice Game – Roll the dice, and pass your chips left, center or right.  
Bunko – No experience needed! Fun and fast moving.  
Funny Baby, Cat and Dog Videos – We dare you not to laugh!

## From the Kitchen



## Happy Valentine's Day!

**Thank you** for your understanding while we put in our beautiful new floor! We know you will enjoy it and we are so excited for our wonderful new look!

Join us for a special **VALENTINE'S DAY DINNER** on Friday, February 14<sup>th</sup> at 4:30 P.M.

**RIB NIGHT** is Friday, February 21<sup>st</sup> at 4:30 pm. Sloppy and maybe messy but oh so delicious!

Want to reserve a table? Call the kitchen at **763-203-8182**. Otherwise, seating in the dining room is "first come- first served". Please do not "save" seats for people, but especially do not exclude your fellow residents from a place at your table. It is not neighborly, or kind and the dining room and experience should be one of relaxation and joy.

If you are having **GUESTS** join you and need to reserve a table for lunch or dinner, please call the kitchen ahead so staff can prepare the table and servers.

Thank you,

*Chef Amber*



