

Tradition Staff

Crystal Lerol Business Office Manager
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Tracy Treanor Life Enrichment Director
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Amber Abubo Director of Culinary
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Allison Tang Community Relations Director
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Billy Stubblefield Maintenance Supervisor
612-499-3306 bstubblefield@traditionliving.org

Konita Sasraku, RN Director of Nursing
763-425-2013 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

Hair Stylist – Patti

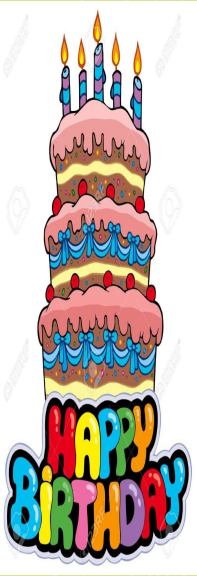
Please call 651-829-5289 for an appointment

Massage with Jeanne

Please sign up in the Community Room

March Birthdays

Mary S 3/2
Fred B 3/2
Richard M 3/2
Mary C 3/2
Jean K 3/4
Virginia E 3/6
Mel J 3/16
Sharyl D 3/16
Dick P 3/19
Har A 3/28
Robert O 3/30



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

Friday, Feb. 28th 3 pm

Community Room

Resident Store



Check out the cool stuff we have at our resident store. Located on the 2nd 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

Tradition Times

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



Arboretum Flower Show
Monday, March 3rd 10 am

Join us as we see some beautiful flowers INSIDE.

Bring \$\$ for lunch and the gift shop

Space is limited so please sign up early.



Russell Schmidt Music
Monday, Mar 10th 2 pm Dining Room



Russell is an amazing vocalist and accomplished guitar player who knows over 1000 songs from the 50s – 80s.

Refreshments will be served

Men's Group Lunch

Wednesday, March 26th

12 pm Activity Parlor

Join us for a fantastic lunch provided by the Life Enrichment Department and our very own Seasons Restaurant. Please RSVP to Tracy or Laura by 3/21.

Tradition Spirit Days

Let's have a little fun in March with some dress up days!

Tuesday, March 3rd – Mardi Gras. Dress in green, purple and gold.
Monday, March 17th – St. Patrick's Day Let's all wear green or jeans!
Tuesday, March 18th – Pink Day Your shirt, your shoes, your choice!
Wednesday, March 19th – Mis-Match Day Stripes and Polka Dots? Sure!
Thursday, March 20th – Flower Day Let's celebrate the first day of Spring!
Friday, March 21st – Favorite Team Day Show your team spirit!

St. Patrick's Day Scavenger Hunt
Monday, March 17th

There will be 6 pots of gold hidden around the building. If you find one, bring it to Tracy or Laura for your prize!



Walker Valet Parking



We are pleased to provide the service of walker VALET parking in our Dining Room and Community Room.

Help us keep our walkways accessible and safe for all by using our FREE valet service. Staff will always be on hand to bring your walker back when requested.

Please see Tracy or Laura if you need your walker labeled with your name.

Thank you for your cooperation in keeping Tradition safe for everyone.

Monthly Resident Meeting
Thursday, March 6th
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.

All residents are encouraged to attend!



Ladies Spring Tea

Join us for delightful conversation and delicious snacks. Please sign up in the community room.

Welcome to our newest neighbors!

Anna P
Julie G
Mary Ellen R



In Loving Memory
Barb S
Jerry H

Sunday, March 9th
Turn your clocks



Resident Spotlight



Floy M was born in Long Prairie, MN but moved to Osakis, MN when she was a small child. She worked at Prudential and remembers that it was above JC Penneys.

Floy lived in the Pillsbury House for girls in Minneapolis and fondly remembers the good times. Floy met her husband when she lived with his sister in the Pillsbury House. They married and raised three boys in Brooklyn Park, and later in Minneapolis.

Lighting Round Questions

Favorite Season – Summer

Favorite Meal – Pizza and Diet Coke

Favorite Pizza Topping – Pepperoni and Sausage

Sweet or Salty – Salty

Last TV Binged – Not much for TV, but loves College Basketball

Morning Person or Night Owl – Both!

First Job – Woolworths in Alexandria

Hobbies – Cards (you'll often see her at the Community Center) and Embroidery.

Floy has a zest for life and doesn't like to complain. She is grateful for her health and her long life! Make sure you say hi to this lovely lady.

Pat F



Excursions

Brick and Bourbon
Monday, Mar. 24th
2pm

Burgers, wings, salads and more. Great food and fantastic service equals an outstanding time! Sign up in the Community Room.

Shopping Bus
Select Wednesdays and Mondays in March

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



MOVIES

March 2nd Driving Miss Daisy
March 9th You've

Got Mail
March 16th Night at the Museum
March 23rd Jane Eyre

ARMCHAIR TRAVEL
CRUISING
THE NILE

Join us as we cruise along Egypt's Nile River, starting in Cairo with stops in Luxor and Aswan. Fun facts, beautiful scenery and a little bit of history!

Refreshments will be served



From the Kitchen

Welcome Spring!



- ❖ Friday, March 14th is PI Day (3.14) We will be serving pie in our dining room for dinner as well as at our Friday social. Come and help us celebrate the significance of this number!
- ❖ Monday, March 17th is St. Patrick's Day. Please be sure to sign up for lunch or dinner to enjoy themed meals.
- ❖ Friday, March 21st is RIB NIGHT. Please be sure to sign up. Guests are always welcome. Dinner will be served at 4:30.
- ❖ A New Bisto menu for spring will start on April 1st. The menu will be delivered with your April menus. They will also be available in the Community Room and by request in the Dining Room.
- ❖ As always, please show kindness, patience and respect to your neighbors and servers.

Thank you,
Chef Amber



NAME TAGS

We are offering name tags! Please contact Tracy or Laura to get on the list. They can also give you a label for your walker or wheelchair!



