

Tradition Staff

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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



May Birthdays

Bonnie P May 2nd
Toni W May 3rd
Marguerite M May 5th
Arlene L May 10th
Peter S May 10th
Marian P May 11th
Dorothy P May 11th
Ilene R May 12th
Trudy O May 14th
Richard B May 15th
Arlene S May 16th
Sally P May 19th
Shirley S May 27th



Join us for our Monthly Birthday Party on Friday, May 30th at 3 pm in the Community Room

Resident Store

Check out all the fun stuff we have at our store. You are sure to find what you need! We are located on the 2nd floor.

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

Run by Residents – for Residents!



Russell Schmidt Music
Monday, May 19th
2 pm Dining Room

Russell has an extensive range of guitar styles and thrives on engaging with live audiences. His love of entertainment will leave a lasting impression on you!



Refreshments will be served

State of Minnesota
Services for the Blind

Wednesday, May 7th

2pm Community Room

Find out information specific to your needs – no matter what your vision loss status

Taylor Marie Fashions

Saturday, May 10th

1 – 4

Just in time for Mother's Day – fashion that comes to you! Bring \$\$\$ for purchases

Minnesota State Deaf and Hard of Hearing Services

Thursday, May 22nd

2 pm Community Room

Join us for an opportunity to find out what resources are available to you!



FUN AT TRADITION



Tradition's Community Garage Sale



The sale will be held in the Activity Parlor on Wednesday, May 14th and Thursday, May 15th. Please contact Judy (763-434-6098) with any questions. Please leave a message and she will return your call.

All proceeds will go to the Resident Council Garden Club

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Thursday, May 8th
2 pm Community Room



Wednesday, May 21st
3:30 pm Community Room

Join us for crafts, a
movie and some facts
about Flanders Field
and Memorial Day!



Carl and Jeanne J



Donna M
DeWayne M



Resident Spotlight
Marvin L



Marvin was born on July 4th in Renville, Minnesota. He will be 101 years old this year! Marvin moved to Robbinsdale as a child and drove a big semi as an adult. There is a picture outside his door here at Tradition. Marvin moved to Tradition in 2017 after his wife, Louise, passed away. Fun fact – Marvin is called Grandpa Woo by his grandchildren, great grandchildren and great-great grandchildren! Seems they couldn't pronounce Louise, so they shortened it to Grandma and Grandpa Woo.

Lightning Round Questions

Favorite Color – Blue
Favorite Season – Summer
Sweet or Salty – Salty
Night Owl or Morning Person – Night Owl
Favorite Food – Ham and Pork Chops
Hobby – Cards
Favorite Music – Old time music, waltzes
First Job – At 17, moving a piano
Marvin is so cheerful and has such wonderful stories to tell. Make sure you ask him about the piano!!!!

Monthly Resident Meeting
Thursday, May 1st
2pm 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

Excursions

Restaurant Outing
Perkins
Friday, May 9th
11 a.m.



Breakfast classics and hearty lunches, plus downright delicious bakery treats will satisfy most any craving! Please sign up early as space is limited. If you will be driving yourself, please let us know so we can let Perkins know how many to expect.

Shopping Trips
Wednesdays in May

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.



Armchair travel

The Great Lakes

Thursday, May 15th
1:30 pm Community Room



The Great Lakes, five interconnected freshwater lakes in eastern central North America, are the largest freshwater system in the world. Join us as we explore each lake, uncovering its history and key attractions.

Refreshments will be served

Movies



Sunday, May 4th The Firm
Sunday, May 11th State Fair
Sunday, May 18th Walk the Line
Sunday, May 25th Runaway Bride

All movies are at 2 pm in the Community Room

From the Kitchen



Rib Night is
Friday, May 16th.

You are always welcome to walk-in, but signing up ahead of time will give our staff a better idea of how much food to prepare.

We have two holidays this month; **Mother's Day is Sunday, May 11th** and **Memorial Day is Monday, May 26th**. We will be serving dinner at noon, and a box lunch at 3 pm. Look out for the flyer!

We will be celebrating **Cinco De Mayo, on Monday, May 5th** with Margaritas (both with alcohol and without). These are available in the back of the dining room for **ALL** residents not just those on the meal plan.

There is **fresh fruit** available during the day in the dining room. In addition, there is a **snack bowl** near the front desk. Please help yourself but be mindful of other residents. We want to make sure there is some for everyone.

Here are **new pick-up** times effective May 1. Lunch pick-up is 12 Noon, and dinner pick-up is 4:30 pm. If you come later, please be patient and we will get to you as soon as possible.

Thank you-
Chef Amber
Culinary Director

