

Tradition Staff

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Amber Abubo Culinary Director  
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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**

Hair Stylist – Patti 651-829-5289  
*Please call for an appointment*  
Massage with Jeanne  
*Please sign up in the community room*

**Podiatrist**  
Sept 9<sup>th</sup> 9 – 2  
**Beauty Salon**  
*Please see nursing if you need to  
set up an appointment*

September Birthdays

Gene C	Sept. 1 <sup>st</sup>
Flo H	Sept. 7 <sup>th</sup>
Dee P	Sept. 8 <sup>th</sup>
Ben G	Sept. 12 <sup>th</sup>
Annette A	Sept. 12 <sup>th</sup>
Nancy B	Sept. 15 <sup>th</sup>
Chuck J	Sept. 19 <sup>th</sup>
Val R	Sept. 19 <sup>th</sup>
Rolf O	Sept. 29 <sup>th</sup>
Marty J	Sept. 29 <sup>th</sup>



Please join us on Friday,  
September 26<sup>th</sup> for our Birthday  
Happy Hour with Cake and Ice  
Cream. We'll be celebrating all our  
September Birthdays at 3 pm in  
the Community Room!

**YE OLD GENERAL STORE**  
  
Run by Residents  
for Residents  
  
Located on 2<sup>nd</sup> Floor  
  
Hours: 12:30 – 3 pm  
  
Monday, Wednesday, Friday  
and Saturday

Tradition Times

Tradition Senior Living /8500 Tessman Farm Road, Brooklyn Park, MN 44554 (763)-416-7740



**Apple Orchard on the Farm**  
**Friday, September 19<sup>th</sup>**  
**2-4 pm**

Llamas, Live Music, Apple  
Refreshments and more!  
Join us outside on the  
front parking lot.



**Hospice Myths  
and Truths**  
**Wednesday, Sept. 17<sup>th</sup>**  
**2pm Community Room**

Join St. Croix Hospice as we  
learn all about the myths  
and truths of hospice care.  
Refreshments Provided

**Two Chances for the  
Farmers Market**

**2 pm each day**

**Wednesday, Sept. 3<sup>rd</sup>**  
**Brooklyn Park**

**Thursday, Sept. 11<sup>th</sup>**  
**Maple Grove**

*Make sure you sign up to get  
a spot on the bus!*

Fun at Tradition's State Fair  
Event

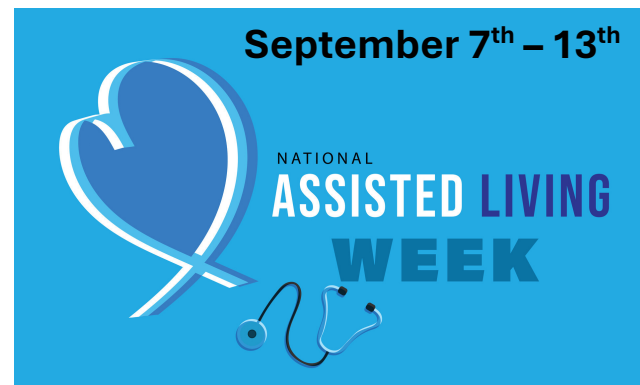






Let's give a warm welcome to  
all our new residents

Marlin R	Elaine T
Pat T	Allaire
Bob K	Dave A
Mary R	Ramona Q
Judy M	Carolyn B
Tom and Bev A	



**Monthly Resident Meeting**  
**Thursday, September 4<sup>th</sup>**  
**2 pm Dining Room**

Join us as we discuss the latest  
updates and hear from all our  
Department Heads.  
*Refreshments will be served*

**New Activity**  
**Paraffin Hands**  
**Monday, Sept. 8<sup>th</sup>**  
**1pm Activity Parlor**

At its core, Paraffin Hands involves  
the use of heated paraffin wax to  
deliver a soothing warmth that  
penetrates deeply into the skin.



Jane was born in Iowa and moved into Tradition over year ago. She moved in first and then her mom, Eloise moved in from Iowa. Jane lived in Iowa while growing up and didn't leave until after high school when she went to Sioux Falls for college. Jane attends the Living Word Christian Center, a non-denominational Christian church. She loves the sense of community in this church and someone picks her up every Sunday to go to church. Growing up, Jane had two beagles: Cricket and Snoopy.

**Favorite Color – Red**

**Favorite Season – Spring**

**Sweet or Salty – Both, depends on my mood**

**Night owl or morning person -Night Owl**

**Favorite Food – Pizza, Everything Pizza, not picky**

**Favorite Music – All music**

**First job – cleaning my dad's office**

If you could live anywhere, where would you live? Here in Minneapolis – like the four seasons, variety of things to do.

Jane says it's nice to have her mom living nearby, she says "if I'm not in my apartment I may be with my mom". Jane says she likes both the residents and the staff here at Tradition!

## Excursions

### Restaurant Outing

#### Pizza Ranch

Thursday, September 18<sup>th</sup>  
11 am



Serving cravable pizza, mouthwatering chicken and garden salads. Get ready for legendary eats! **Sign up early as space is limited.**

### Shopping Trips

We are going to Aldi, Target, Festival Foods, Dollar Tree and Hy-Vee. Check your calendar for specific dates and times. Interested in a different store? Let us know! **Please sign up early as the bus fills up fast.**



### Farmers Markets

Wednesday, September 3<sup>rd</sup>  
2 pm

#### Brooklyn Park Farmers Market

Thursday, September 11<sup>th</sup>  
2 pm

#### Maple Grove Farmers Market

Two chances to go to a farmers market and help support local agriculture and community interaction. **Sign up in the community room.**

**Armchair Travel**  
**Sojourn in Sweden**  
Thursday, Sept 25<sup>th</sup>  
Community Room



Sweden is a Nordic European country known for its natural beauty, strong social equity and contributions to technology, science and design. Sweden has so much to offer!  
**Refreshments will be served.**

## Notes from the Kitchen



- Labor Day is **Monday, September 1<sup>st</sup>**. Dinner will be served at 12 pm. Holiday guest price is \$16. There will be a cold Lunch Box delivery to those on the lunch plan around 3 pm. If you are not on the lunch plan, but would like a cold box, please be sure to sign up in the community room.
- Rib Night is **Friday, September 19<sup>th</sup>**. Please be sure to sign up in the community room if you plan to come but are not on a meal plan.
- As the school year approaches, please remember that some of our servers may focus on their education and we may not see them much during the week. Thank you in advance for your understanding!

Thank you!  
**Chef Amber**  
**Culinary Director**

## Movies

**Monday**  
**September 9/1**

**Sunday Movies with Snacks**  
**Cheaper by the Dozen 9/7**  
**Monster Ball 9/14**  
**Goldfinger 9/21**  
**Breakfast at Tiffany's 9/28**