

Our Volunteers:

- Jeanne
- Tom
- Terry
- Steve
- Jodi
- Nancy
- Pastor Rasmussen
- Paul
- Jaen
- Margie
- Abby
- Hope Harbor
- Pastor Sarah

If you're interested in volunteering. Here are some things you could do.

- Call bingo
- Run a craft or art class
- Lead Mens Club

Contact:
Laurie.Ourada@lifesparks.com



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Facility Activities

500 CARD CLUB

Have Fun With Friends!

JOIN US!
Every Sunday
6:30 PM
Friendship Room

TUES - FRI
9:00AM
IN THE COMMUNITY ROOM

JOIN US FOR EXERCISE



JOIN US! MEN'S CLUB

We will view a variety of documentaries together and discuss after the video. Each week will be a new topic.

2ND & 4TH THURSDAY OF EACH MONTH
AT 10AM
IN THE COMMUNITY ROOM

Our Community Newsletter

Discover what's going on in our community.

Lets Celebrate!

Resident Birthdays!
Ron- 9th
Lauraine- 13th
Dan- 20th

Staff Anniversaries!
Amber- 3 years
Lauren- 1 Year

Staff Birthdays!
Gabriella- 2nd
Caroline- 3rd
Grace-6th
Ivonne-11th
Natalie-13th
Sara- 16th
Slyvia-20th
Eliza-22nd
Nicolette- 25th

February 2025

Happy New Year. I hope everyone was able to take time this holiday season to spend time with your family and friends. As we start the new year with some new friends in the building, please take the time to introduce yourself to them, help them with where to go if they need it and take the time to get to know them. I always love hearing everyone's stories of where their path in life has taken them and what they have experienced along the way. I thank you for choosing to continue sharing your journey with us at Heritage.

Sara, Executive Director

From the director of Health Services Nicky:

Another year has passed. I hope each of you was able to spend quality time with family and friends over the holidays. Our year was filled with many exciting things. Lydia turned 18 in July. She's living her best senior life possible and soaking up as much time as she can with her friends. In June, she earned a national trip to Seattle for her FCCLA project, where she placed fifth overall. She plans to attend NDSU next year and follow in her mom's footsteps by taking up nursing. She's looking forward to getting away from home; I, on the other hand, not so much! Landon turned 16 in September. He's a sophomore and continues

to enjoy Baseball, football, and basketball. He got some reps in varsity football this year, and in case you didn't hear, he and his team earned a "three-peat" championship! Way to go, Vikes!

Leah turned 16 in October. She is also a sophomore and continues to enjoy Volleyball, basketball, and FCA. Leah also earned a spot on the Varsity VB team. Although Minneota wasn't able to earn a first-place championship, it was fun to watch Leah improve her skills and grow.

Logan turned 13 in November. He is in 8th grade and enjoys baseball, football, and basketball. He's also shown some interest in hunting.

Laney turned 12 in February but thinks she's 25. She is in the 7th grade and enjoys volleyball and basketball. She's full of spunk and loves to keep us entertained with her humor.



MERRY CHRISTMAS
Nick, Nicky
Lydia (18), Landon (16), Leah (16)
Logan (14), Laney (12)

Reminder we are still in the midst of flu season, please be very mindful of others and practice good hand hygiene.

From Community Life Director Laurie:

Hello from Community Life!

This has been the craziest winter, where is the snow? I love to see and experience snow covering everything. I love walking in the fresh fallen snow, snow angels, warm fuzzy mittens and the warmth of a crackling fireplace as I sip on a hot cocoa with my grandkids. But it seems it is not going to happen, at least not in January! We are keeping busy here at Heritage with BINGO games, winter crafts, Purple University topics, Armchair Travel to faraway places, devotion time, prayer time, decorating for Valentine's Day now. Plans are in place for a Valentine's party, music and visits from school children ready to engage in board games and conversation.

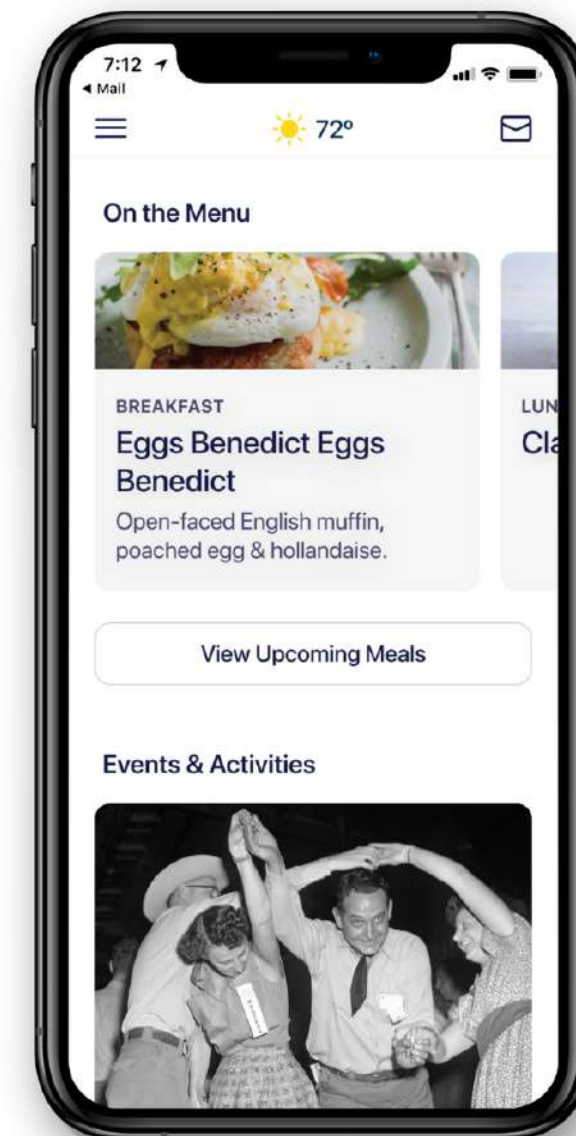
Blessings,
Laurie O Com. Life Director

"Dragonflies are reminders that we are light, and we can reflect light in powerful ways if we choose to do so." - Robyn Nola



Download the new mobile app for Heritage Pointe Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Marshall, MN



Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/ABBHR>

Enter code ABBHR after opening the Quiltt app for the first time.



Spiritual

My life has been the poem I would have writ; But I could not both live and utter it.

-Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

From the Games:

It is so good to be back in my position at Heritage in community life and with all my friends. Lifespark TRYatholon is well under way. We are just finishing our 2nd week and are very happy with our team scores. The Dragonfly Team is working hard to get stronger and better both on the team and personally. Watch our Facebook page for pictures and updates, we are fierce on the Crank and Whizzer Walk!!

Blessings,

Laurie O

Com. Life Director

Community Life:

If there is anything you'd like to see added or any comments or ideas for the newsletter please let Laurie or Nini know. We want to hear your feedback!



Bus Outings:

- Ghent out to eat February 10th at 10:45am
- Shopping at HyVee February 10th at 2:45pm
- Dairy Queen February 13th at 2:30pm
- Prairie's Edge February 20th at 1:30pm
- Shopping at Walmart February 24 at 2:45pm
- Prairie's Edge February 25th at 2:15pm



Resident Updates:

Lifelong learning: Homesteading for Freedom - Virtual Program in the Community Room on February 6th at 2:00pm

Resident Council will be held on February 20th at 10:00am in the Community Room

Walker, wheelchair, power mobility, and cane clinic on Thursday February 20th at 3:00 in the community room

February birthday social will be held on February 26th at 2:45pm in the community room





January Activities

