

Heritage Activites

Our Amazing Volunteers:

**Margie Tom Terry Janna
Steve Jodi Faith Sofie
Nancy Sherry Teri H. Diane
Sheila Jaen Rhonda
Hope Harbor Pastor Steve
Holy Redeemer Catholic
Daughters**

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

- Call BINGO
- Lead a craft or art class
- Lead Mens Club/Golden Girls

Contact:
Laurie.Ourada@lifesparks.com

**Join friends
for 500 Card
Game in
Friendship
Room
Mon. Wed. Fri
@ 6:30 PM**

**Sonia's Salon
October dates
1, 8, 14, 22, 29
For appointments,
reach out to Roxy at
Heritage and she will
connect you with
Sonia.**

**Morning
Move
&
Groove
Exercises
Daily at 9:00
AM**

S

**Men's Club
Meets 2nd & 4th Friday at
10:45 in Com. Room to view
& discuss Historial events,
Current events & enjoy a
cup of coffee together.**

**BINGO
Mon. Wed. Fri.
@ 2:00**



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Lets Celebrate!

October 2025

Residents Birthday's

1st AnnaMae
17th Milly
28th Jeff

Staff Birthday's

2nd Laurie
4th Kody
18th Stephanie
23rd Brittany

Oct. Staff Anniversaries

Tracy 1yr
Karlee 7yrs
Alexander 1yr
Twila 9yrs
Veronica 1yr
Donna 5yrs
Payton 1yr

Thank you to all Residents, Families, Staff, Marshall Police Dept, the Anton Family and, Volunteers that were a part of Nat'l Assisted Living Week at Heritage Pointe. It was a great week packed full of various activitiees that created a fun and engaging atmosphere. I think I am still recovering from the week! It was so fun to see all the smiles and laughter throughout the building!!

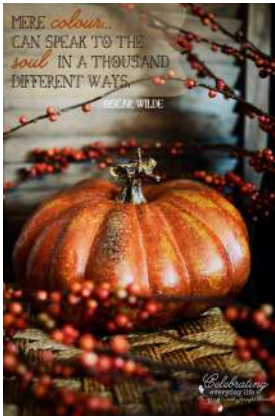
Sara Dolan
Exective Director

From Community Life Director Laurie:

Hello October,!

We just finished celebrating Nat'l Assisted Living Week & Grandparents Day mid-Septembe! There was so much joy shared all week between staff, residents, family & community. We truly have found happiness & are living our Best life ever!! It is the small things we find the most Joy in!! Our favorite treat was the homemade icecream by the Anton family. Myra & I got to lick off the ice cold ice cream beaters & that memory is forever etched in my heart!! If you haven't seen the multitude of photos taken, please check us on on Facebook.

My favorite color is Fall. I love the crisp weather, wearing my jeans & a sweatshirt, big mugs of hot cocoa, bonfires with my family & the sounds of harvest! Our combine is ready, tillage equipment is being greased up, tractors are lined up waiting their turn to do their designated jobs, grandkids anxious for rides with Papa & field lunches. Garden produce is bountiful & and that last task of mowing my ginornous lawn will soon be done & my John Deere mower will be put away for another season. Bring on the colors, I am ready. Laurie



Bus Outings:

Bus will be doing planned outtings to HyVee, Avera Thrift Store and Walmart.

Bus will also be making an October trip to Prairie's Edge Casino



Resident Updates:

Resident Council will be held on Oct. 16th at 10:00 am in the Community Room



October birthday social will be held on October 22nd at 2:45pm in the Com Room

Oktoberfest will be celebrated on October 2nd in Com Room with live accordian music by Lloyd White

Menu: Soft baked Pretzels w/Cheese dip



Smoked sausage bits
Spaetzel w/butter
Sauerkraut
Pickles

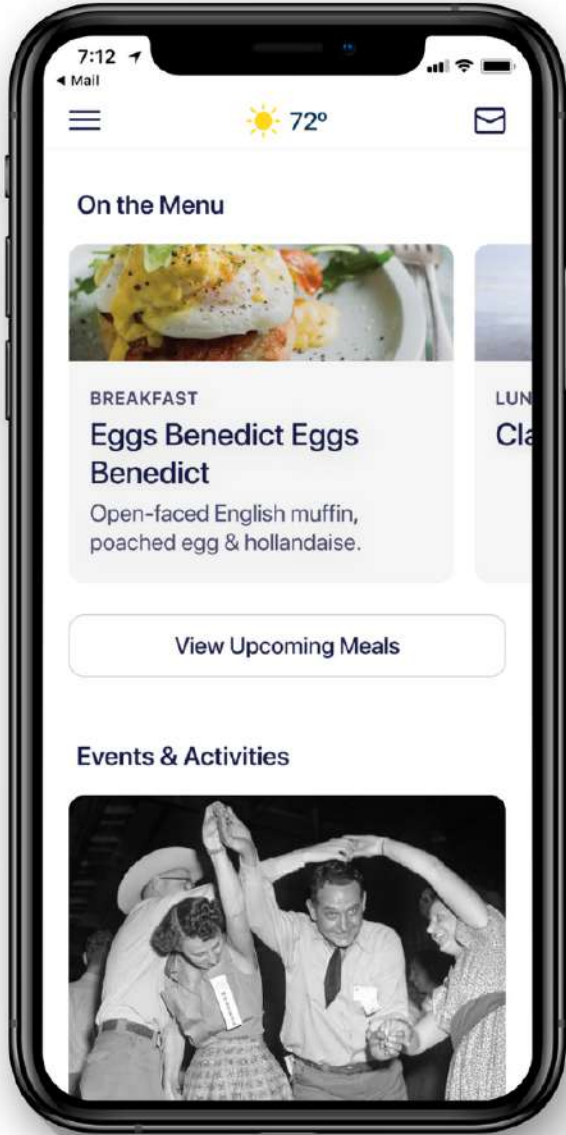


German Chocolate Cake
Beer, Wine, Mulled Apple Cider
Game of "Fassrollen" with Forklifts & Hammerschlagen!!



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.



Director of Nursing



Flu & COVID Vaccination Clinic

The best protection you can get and give is a flu shot.

1 in 5 Americans gets the Flu each year? Don't let the flu stop you.

WHEN

Monday, October 6th, 2025

WHERE

Private Dining

We accept the following insurances: (we will bill your health plan)

- Aetna
- Blue Cross Blue Shield
- Cigna
- HealthPartners
- Medica
- Medicare*
- PreferredOne
- United Healthcare

*Bring a copy of your Medicare and Supplemental insurance card to the clinic.

Offering the standard flu vaccine, Senior Dose (65+), and COVID-19 vaccine.

If you don't have one of the insurances listed above you are welcome to purchase a Flu injection the day of the clinic \$45, Senior Dose (65+) \$75, and/or COVID \$190.

Community Life

October is here, and we are excited for a new month filled with fun, friends and fall festivities!

September was truly special as we enjoyed our Heritage Pointe Art Show, where residents proudly shared their beautiful creations. Each piece told a story and brought smiles to all who attended.

We also enjoyed a special Grandparents Day Social, complete with BINGO, snacks and cherished family time. What a perfect way to welcome Autumn!

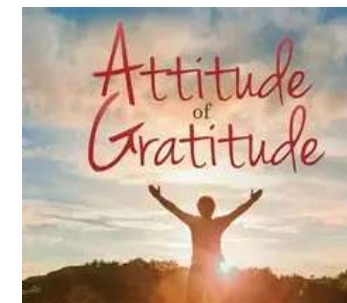
Sue Jants

Community Life Assistant



Spiritual Thoughts

Gratitude in Troubled Times



We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability to feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace. We see with D. Bonhoeffer in the concentration camp WWII, M. Gandhi in British Rule and oppression, N. Mandela in South Africa Apartheid and MLK Jr's work for civil rights in the United States that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God is with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

Dragonflies

The Dragonflies competed in the Final Four seeking a position in the Championship Game. They came very close but the Coyotes edged us out by a couple points & then won the Championship. Congratulations Dragonflies on an amazing season. Keep on Grippin & Rippin. Coach Laurie



