



Heritage Pointe  
SENIOR LIVING  
A Lifespark Community

# Age Magnificently

Our Volunteers:  
Margie Tom Terry Janna  
Steve Faith Sofie Nancy  
Teri H. Diane Shelia Jaen  
Rhonda Hope Harbor Kristen  
Pastor Steve Fire Dept. JoJo  
Holy Redemer Cath.Daughters  
Kris, Marshall Police Dept.  
SPARKLE w/Jodi,  
Nanci & Sherry

**Daily  
Morning & Groove in  
Community Room.**

Join friends for 500 Card  
Game in Friendship room  
Mon, Wed, Fri at 6:30

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

## Facility Activities

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

- Call BINGO
- Lead a craft or art class
- Lead Mens Club
- assist w/parties

Contact:

[Laurie.Ourada@lifesparks.com](mailto:Laurie.Ourada@lifesparks.com)

**BINGO**  
Mon, Wed, Fri at 2:00  
Community Room

**Sonia's Hair Salon**  
For appointments,  
reach out to Roxy at  
Heritage and she will  
connect you with Sonia.  
507-337-4330



## Our Community Newsletter

*Discover what's going on in our community.*

## Let's Celebrate

Resident Birthdays: 1/5 Alice  
1/11 Ej  
1/11 Marian  
1/12 Linda  
1/13 Elaine E  
1/14 Harlen  
1/15 Carolyn  
1/17 Doris  
1/31 Elaine M

Staff Birthdays: 1/2 Hallie  
1/5 Catrice  
1/16 Taylor  
1/18 Mary L.  
1/24 Jiselle  
1/25 Mercedes  
1/28 Lauren

Staff Anniversaries:  
~Aracely 2 yrs  
~Makayla 2 yrs  
~Paul 2 yrs  
~Nikki 2 yrs  
~Andrea 3 yrs  
~Loni 6 yrs

## January 2026



As we begin the new year, it's always fun to look back on where the past year has taken us and what the future holds. Like most years there are things I am happy to forget and things I hope to never forget. Cheers to this year holding all kinds of memories you never want to forget.

## I HOPE THIS NEW YEAR BRINGS YOU...

Courage to try again

Passion for doing what you love

Ambition to aim higher

Resilience in overcoming obstacles

Humility to learn from others

Kindness for yourself and others



OurMindfullife.com

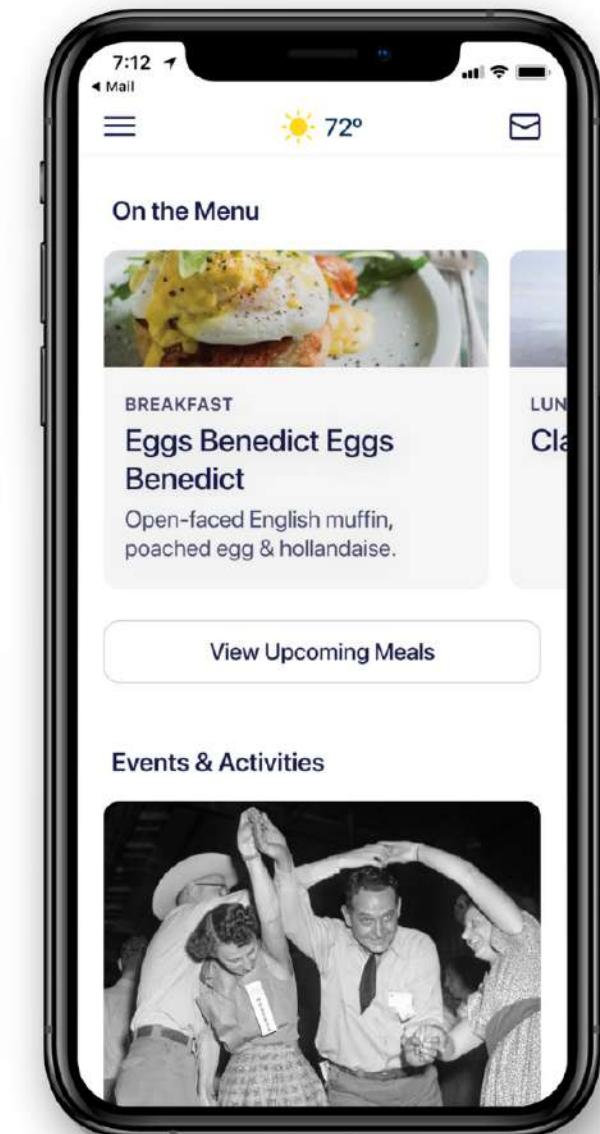
## From Director of Nursing Nicky

*"As the clock turns to a new year, I'm reminded that every heartbeat is a gift, every smile a victory, and every resident a story worth cherishing. Here's to health, hope, happiness, and kindness in the year ahead."*



## 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 Quillt for iOS, Android, and desktop

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

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





**WINTER WORD SEARCH**

X	F	M	T	F	I	R	E	P	L	A	C	E	O
V	I	D	N	P	S	S	O	G	A	Y	T	H	J
L	R	V	L	Y	N	D	D	A	E	R	N	A	J
Z	E	I	G	O	L	E	Y	M	S	A	N	Y	A
W	P	M	W	O	C	R	I	T	G	U	U	R	P
J	L	M	C	E	A	T	O	G	A	R	H	D	S
G	A	W	M	U	R	O	O	R	M	B	V	A	H
N	C	B	R	E	B	B	Y	N	T	E	R	G	T
E	E	B	T	C	O	C	O	A	T	F	E	N	A
R	E	N	F	T	M	A	A	Y	B	A	E	I	O
F	I	C	N	A	G	G	O	B	O	T	H	D	C
W	S	L	E	D	D	I	N	G	O	O	F	D	C
Y	E	S	N	O	W	S	U	I	T	O	N	E	D
D	E	C	E	M	B	E	R	N	P	Q	T	L	D
S	C	A	R	F	W	R	Q	P	B	W	Z	S	A

COLD  
BOOTS  
SCARF  
FIREPLACE  
SLEDDING  
WINTERTIME  
SNOWMAN  
SNOWSUIT  
TOBOGGAN  
COAT  
HAT  
DECEMBER  
JANUARY  
FEBRUARY

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A new year can be a time of joy and celebration, as we look back on all that has been and look forward to what lies ahead. At the same time, we may find ourselves carrying heaviness as we reflect on feelings of loss, loneliness, or worry about the future. This is part of being human – experiencing complicated and sometimes contradictory feelings. A wise person somewhere once said that when we share our joys we multiply them, and when we share our sorrows, we divide them. Living in community together affords us many opportunities to share our stories and memories, as well as to make new memories and build new stories together. In this new year, whatever has been and whatever will be, may you find companions among you who will receive your story. May you also be blessed as you receive the stories of others. May we find acceptance, affirmation, and belonging in community.

## Dragonflies



2026 New Year brings on the start of TRYathlon season Jan - March. The TRYathlon has three separate events. The Whizzer (walking), Arm Crank (swimming) and Leg Crank (biking). Each team has an allotted time to log as many miles as they can in each event while competing against another team. The object of the TRYathlon is to log more combined miles than the opposing team. It is a team effort with each team member contributing however they choose. The competition is relay style so all team members have an opportunity to contribute as much as they can. This event is open to all Elders living in the community. Dragonflies will start conditioning on Jan. 5th and Scrimmage is Jan. 13th and 15th. Season is seven weeks long. We compete on Tuesday's and Thursday's. Final Four week is on week 8, then World Championship week of March 24th. All are welcome to come in and cheer on the Dragonflies or you can log in to view team as they compete. Connect with Sara or Laurie for log in information.

# Community Life Message from Laurie

Happy New Year friends,

My hope is for a year filled with fun adventures and lots of time with my family and friends. I want to try new recipes, learn a new skill and most of all be a good friend!

Recently I was given a card with this Oath...

# "My Oath to You"

When you are sad... I will dry your tears.

When you are scared...I will comfort your fears.

When you are worried...I will give you hope.

When you are confused...I will help you cope.

and when you are lost...And can't see the light,  
I shall be your beacon...Shining ever so bright.

This is my oath...I pledge 'til the end.

Why you may ask?... Because you're my friend.

Signed, Me



## Other fun stuff

- **Theme days:**
    - Jan. 7th ~ Blue & White Day
    - Jan. 14th ~ Red & Black Day
    - Jan. 21st ~ Blue Jeans & Flannel Day
    - Jan. 28th ~ Green & Yellow Day





