



Harrison Bay
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

2024

April

"Growing old is mandatory; growing up is optional." -Chili Davis

HAPPY BIRTHDAY!



Green Tea

- 4/9 Sue C.
 - 4/11 Nancy G.
 - 4/15 Kathreen F.
 - 4/18 Sara Lane B.
 - 4/28 Pat M.
 - 4/29 Pat E.
 - 4/30 Claudia N.
- Fights cancer
 - Lowers cholesterol
 - Prevents cavities
 - Protects against heart disease
 - Speeds metabolism
 - Prevents diabetes
 - Antiviral agent
 - Maintains a healthy circulatory system
 - Strengthens tooth enamel
 - Reduces plaque and bacteria in your mouth
 - Prevents dementia
 - Full of antioxidants
 - Prevents food poisoning
 - Gives healthy skin
 - Prevents bad breath
 - Detoxifies

9:30AM Happy Feet Walkers

(Mon-Sunday)

Come join us for a walk around our facility or go on our bikes down in the fitness center to start our day on the right start!

3:00 Needle Crew

(Every Wednesday)

Do you Crochet, Knit, Cross Stich, or Latch hook? Come join our group down in the pub! We have supplies we just need you!

BIRTHDAY BASH 1:00

Wednesday, April 24th Location: MAIN DINING

Come enjoy Jim Kirkendall's music of 50, 60, 70's and celebrate all the residents APRIL BIRTHDAYS with Tammy's festive cupcakes!!!



OUTING: Thursday, April 4th "Adels Ice Cream"

**Excelsior, MN
12:45pm meet in lobby**

Come join us for a scenic drive around Lake Minnetonka and grab some homemade custard ice cream in the cute lake town of Excelsior!

**Thursdays Special Flavor: Banana Cream Pie!
*Meet in lobby at 12:45pm.**



OUTING: Thursday, April 11th "Orchestra Hall"

**Minneapolis, MN
5:15pm meet in lobby**

Do you love Orchestra music? It's a FREE EVENT we reserved tickets ahead of time and have sign up list at Activities table to listen to the Air Force Band and Singing Sergeants!



OUTING: Thursday, April 18th "Culvers Lunch + Goodwill + Penny Wise shopping!!!"

**Chanhassen, MN
10:15am meet in lobby**

Come join us to grab a bite to eat before we thrift shop to find great deals!

-CULVERS + GOODWILL (Chanhassen)
-PENNY WISE (Mound)



Minnesota Landscape

ARBORETUM

UNIVERSITY OF MINNESOTA

OUTING: Wednesday, April 24th "MN Arboretum Tulips + bagged Lunch"

**Chanhassen, MN
9:45am meet in lobby**

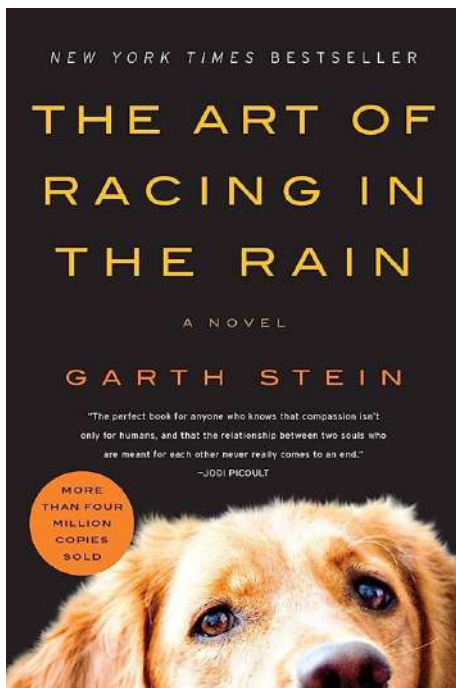
Come join us for a 3-mile tour about the Arboretum and to see the tulips ready to bloom and if weather is nice, we'll enjoy lunch outside!

Meet our New Team Members:

- **Chris Knudtson**- Marketing Director Chris.Knudtson@lifesparks1.com
- **Dallas Johnson**- Maintenance Dallas.Johnson@lifesparks1.com

Welcome New Residents:

- **Alan S.** # 223
- **Kathreen & Thomas F.** # 212
- **Jon & Susan P.** # 202
- **Constance M.** # 205
- **Donna W.** # 203
- **Gloria & George J.** # 305
- **Linda Z.** # 329



BOOK CLUB: Tuesdays

Starting: April 9th at 3:00pm

location: Community Room

**See Michelle to get book. Limited available.*

The Art of Racing in the Rain is narrated by Enzo. Enzo is a dog who was adopted by a race car driver, Denny. When the book opens, Enzo is near the end of his life. He narrates the story about his life with Denny, plus Denny's wife Eve and daughter Zoe, and everything that's happened in their time together.

It's a story about love, loss, triumphs, grief, family, hardships and of course racing.

*Movie to follow after finishing reading the book. TBD...



Earth Day

WORD SEARCH



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

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|---------|--------|----------|---------|-------|
| clean | grass | nature | recycle | trash |
| earth | green | planet | reduce | tree |
| flowers | lake | plants | reuse | waste |
| glass | litter | preserve | save | water |

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