

Country Club Manor

September, 2007 Newsletter

Edited by Lee Bakewell

WE ALL SAY "GOODBYE" TO GEORGE & ROBERTA



It seems like George and Roberta (formerly #210) have been with us forever! We have all benefited from their great job here at CCM and their constant cheerful outlook on life. But now they are moving closer to their grandchildren. To show our appreciation, CCM sponsored a nice going-away party on August 13. There was plenty of food, drink, and excellent conversation. And we probably would have had just as good of a time even if the punch wasn't spiked and there was no wine!

A SHORT POEM FOR GEORGE AND ROBERTA

Some people seem to specialize in doing the thoughtful deeds.
Even before you ask they understand your problems and your needs.
Quietly they do their best to help inspire and cheer,
And everything looks brighter right away because they're near.
They always have a lot to do but still find time to spare
To listen and to give advice, because they really care.

They help because they really want to. They find joy in being kind.
And making others happy is the first thing on their minds.
They make this world a better place by practicing the art
Of reaching out to others and by giving from the heart.

VICKIE'S CORNER



er.

I would like first to thank each and every one of you for taking me in here at Country Club Manor with open arms and big smiles.

Just little synopses of where I have been and what I've been up to before I arrived at this community we all call HOME,

I was born and raised in Grand Forks, North Dakota. Had only one sister who now lives in Austin, Texas. I graduated from High School there and left the day after graduation. I knew there must be more out there than silos and grain elevators. I was right!

Went to several Colleges and Universities around the country including but not limited to UND, Moorhead and Pima Community College in Tucson, Arizona.

It was in Tucson that I finished nursing school, worked in that profession and had my daughter, Nadine.

Moved back to the Midwest, got married and had my second child, Matthew.

Now with a bigger family I chose to leave nursing and work only week-days and have holidays off. Using my nursing background I embarked on a new adventure in the insurance industry.

It was in 1999 that a friend of mine offered me a position in the apartment management field. I worked just a few blocks away at 2200 Southview Blvd. in South St. Paul as an assistant manager and then took on a bigger role as manager in a complex in Bloomington.

It took me nearly 3 months to convince Lee and Mary that I needed Country Club Manor and that Country Club Manor needed me!

I am going to do my best to show you and them that they finally made the right decision. I'm not going anywhere soon so get used to me because I'm here for the duration!

You may see my son, Matthew, in the halls, at the pool or on the grounds. Feel free to ask him to carry your bags or get the door for you. He is here with me so he is here to help too.

One final thought. I don't want to hear "I'm sorry" or "I don't mean to complain" when you have an issue or a problem. That's what I'm here for . . . to help. Without you I wouldn't have a job but I want this job so let me know when you have a problem or a request and don't be "sorry;" you are not complaining. I in turn will do my best to help you in any way possible.

Thanks again to Lee and Mary and all of you for giving me this opportunity.

TIME FOR A TRIP?


WELCOME ABOARD!! ARE YOU READY TO HAVE SOME FUN?





Sunshine Travel Company is a family owned business in Apple Valley, MN, enjoying an outstanding reputation with the BBB since 1980.

We specialize in premium tours for 55+ers that are designed to provide fun, group fellowship, and interesting experiences. Our tours appeal to friendly groups and attract congenial people.

Sunshine Travel is proud to offer an outstanding individual refund policy, ensuring many of our travelers a full 100% refund.

Jeanne, your Sunshine Travel representative, will be presenting informative and entertaining travel shows on many destinations that Country Club Manor has shown interest in for future group travel. Be sure to look for posters and brochures describing these travel shows and wonderful touring opportunities. In the meantime, here is a list:

-  Banff - Lake Louise
-  Lake Superior Fall Foliage
-  Branson Christmas
-  Mackinac Island
-  Branson (Fall)
-  Branson (Spring)
-  New Orleans
-  Nova Scotia -New England

-  Door County
-  Ottawa -Montreal -Toronto
-  Holland Tulip Festival
-  Pella Tulip Festival
-  House on the Rock
-  Winnipeg Folklorama
-  Washington, D.C.

Come join us and learn about all the fun that we have to offer!

YOU CAN CHOOSE YOUR OWN NEIGHBORS!

We are renting apartments as people leave but we would rather have YOU choose your own neighbor rather than us!

Choosing your own neighbors is easy! Just give the Country Club Manor office the name and number of someone you think might be looking for a nice apartment. That's all there is to it. Or you can give the office number (451-2633) to your friend. In the latter case, please make sure they mention your name early in their conversation with the office.

If you have a friend who would like to take a look, just have them call the Country Club Manor office and we'd be happy to set up a showing with them.

When your friend signs a lease and moves into Country Club Manor, you will receive two \$100 certificates of appreciation to use towards your rent.

Our hat's off to all of you who have already helped us out and please feel free to send a few more of your friends our way! You'll help them find a nice place to live while helping CCM attract "pre-qualified" residents.

We have a 2 & a 3 BR available at the moment.

REMINDERS:

MAINTENANCE:

Any *maintenance* EMERGENCY can be reported after hours by calling the office number, 651-451-2633. Note: We always try to answer the phone rather than let it go to a machine. So please respect our off hours and call only for maintenance items of an EMERGENCY nature. If you should get a recording for some

reason, you can also dial our emergency beeper at 612-640-1948. (Just punch in your phone number after the beep.) For health emergencies, PLEASE CALL 911.

Out of respect for our on-call staff, please report only those repair items that cannot wait until the next business day i.e., emergency items only. If you have any routine maintenance, please fill out a maintenance request slip. Maintenance requests can be found outside the office door. Written requests help assure repairs don't "fall through the cracks." If you live in the 55 building you can pick up maintenance requests slips in the lobby and drop off the filled-out forms in the slot in the door located on the garage level by the elevator.

REMINDER:

Please return grocery carts to the area just inside the overhead garage doors. (We are trying to keep the area around the elevator doors neater.) Thanks for your cooperation!

Please do not use the laundry room before 8 a.m. (as posted). In addition to the noise possibly disturbing other residents that early, the floors are mopped before 8 a.m. so that no one will slip on a wet floor.

REMINDER: DARTS & INTERIM HEALTHCARE

Be sure to stop by the Club Room for the free blood pressure clinic. We would also hope to see more of you attend the Darts educational meetings. Darts has so much to offer for seniors. In fact, "It's more than a bus."

- 1st week of the month on Thursday at 3:00 p.m. is Ask a Nurse and blood pressure.
- 2nd week of the month on Wednesday from 1:00 - 3:00 p.m. a **service coordinator** will be on-site in the CCM office.

CCM'S MANY ACTIVITIES

EVERY DAY OF THE WEEK "THERE'S ALWAYS SOMETHING GOING ON"

➤ **Poker Club:** Every **Monday** Afternoon at 1:00 PM ,

in the Club Room. Please call Jim Long at 455-4893 for further information.

➤ **CCM AEROBICS:** Every **Monday Afternoon at 1:00 p.m. in the pool.**

➤ **Bridge Club:** Every **Tuesday** at 7:00 PM to 9:30 PM

in the club room. Call Gerry Brack at 455-8531 for further information.



Photo Taken 7/12/07

➤ **Movie Night:** Every **Friday**

Take in one of the many movies from Pat Wacker's (#201) DVD collection . . . or bring your own. Sit back and enjoy our home in the Club Room beginning at 7:00 p.m.

➤ **CCM AEROBICS:** Every **Saturday** at 10:00 a.m. (and Mondays at 1 p.m.)

Aerobics is a good way to exercise without putting the stress on and joints that walking and other exercise can do. Everyone agrees leader, Jared Fuller, is the greatest instructor ever! Best of all, it's totally FREE!

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM, and Monday evenings at 7:00 as well! The only cost is that if you

Photos taken May 22, 2007

➤ **Game Night:** Every **Wednesday** at 7:00 P.M.

Bring a game, deck of cards, snack to pass, or just come and join the fun. Coffee will be served and a pop machine is available in the pool room. If you want something else to drink, feel free to bring it with you. Some games will be provided.

➤ **Bingo Night:** Every **Thursday** from 7—9 p.m.

You get 3 cards for a quarter.



theater

bones
our
all

DON'T attend, your good health will suffer! So please come on down and visit your neighbor while losing a pound or two! Everyone is welcome.

➤ **Every Day of the Week is Puzzle Day**

If you've ever passed by the area between the east Club Room door and the entrance to the 45 building, you no doubt have witnessed our "perpetual puzzle." These is almost always a puzzle in progress. Anyone is welcome to stop by and give our regulars, Shirley (#219) and Bernice (#219), a helping hand with that one tough piece to find



Shirley and Bernice. They "Stand by Their Work!" (7/16/07)

➤ **Saturday Morning Coffee and Donuts:**

Three Saturday mornings a month, we have coffee and donuts in the club room from 9-11:00 am. Kevin Ericson usually caters this delightful event with occasional help from Don and Carol Standley. This is a great way to get to know your neighbors. You do not need to commit to every Saturday. If you can make it this Saturday, but have to miss the next three, that's no problem. This is not like a golf or bowling league where you must attend every week . . . or not at all! Please stop by when you get a chance and join in the fun.

➤ **POTLUCK/Birthday Party:**

September's potluck will be held on Monday, September 24 in the Club Room. Photos below taken 6/25/07

➤ **CCM AEROBICS**



Please join us for CCM Aerobics held every Saturday morning at 10:00 AM and Monday afternoons at 1:00 PM. **There is no charge.** Come on down and visit your neighbor while losing a pound or two! All are welcome.

CCM SEPTEMBER BIRTHDAYS

9/4 Darrell Lenertz
9/6 Carl Otto
9/9 Marlene Woog
9/10 Nick Ramirez
9/15 Tina Sanchez
9/18 Mark Schindeldecker

9/18 Gary Jones
9/21 Marion Johnson
9/22 Fred Arndt
9/27 Mark Gallahue
9/28 Myrna Schreur
9/30 Gil Reyes

THE PRICE OF GETTING OLD

At a nursing home, a group of seniors were sitting around talking about all their ailments. “My arms have gotten so weak I can hardly lift this cup of coffee,” said one. “Yes, I know,” said another. “My cataracts are so bad, I can’t even SEE my coffee.” “I couldn’t even mark an “X” at election time, my hands are so crippled,” volunteered a third. “What? I can’t hear you! Turn your head toward me when you speak,” said another. “I can’t turn my head because of the arthritis in my neck,” to which several nodded weakly in agreement. “My blood pressure pills make me so dizzy!” exclaimed another. “I forget where I am, and where I’m going,” said the first one. “I guess that’s the price we pay for getting old,” winced an old man as he slowly shook his head. The others all nodded in agreement.

Then one woman said cheerfully, “Yes, but we should keep a positive attitude and count our blessings.” “Thank God we can all still drive,” she declared!