

Lets Celebrate!

Staff Birthdays

Ethan I.	9/1
Hailey N.	9/11
Julia S.	9/12
Bailey M.	9/13
David T.	9/22

Staff Anniversaries

Sam D.	9/3	1 year
Ashley E.	9/6	2 years
Precious J.	9/12	3 years
Astella M.	9/12	2 years
Jade C.	9/14	2 years
Martha A.	9/18	3 years
MaryAnn M.	9/19	3 years
Theresa B.	9/26	2 years

Resident Birthdays

Jerome K.	9/3
Marvel D.	9/8
Albert "Jim" B.	9/9
Carolyn G.	9/10
Sharon S.	9/10

Did You Know... September Fun Facts!

- On September 9th, 1873, The Northern Pacific Railway completed its line through Minnesota.
- In September of 1988; The Minneapolis Sculpture Garden opens alongside the Walker Art Center. Designed by modernist architect Edward Larrabee Barnes in collaboration with landscape architect Peter Rothschild, it is the home of the famous Spoonbridge and Cherry by Coosje van Bruggen and Claes Oldenburg.
- On September 11th, 1971, the first Minnesota Renaissance Festival opens at Lake Grace in Jonathan (now Chaska). One of the largest of its kind, the festival now operates from a permanent encampment near Shakopee.
- On September 17th, 1961; the Minnesota Vikings football team played its first game, beating the Chicago Bears 37-13 at Metropolitan Stadium in Bloomington.
- First Lady Eleanor Roosevelt, is the keynote speaker at the first meeting of the Women's Institute, in St. Paul on September 20th, 1939.
- September is the month to celebrate Johnny Appleseed Day, paying homage to John Chapman, the legendary frontiersman renowned for planting orchards all over the Midwest.

From the Executive Director

Residents and Families of Fremont Village -

How is it already September and back-to-school season! The summer flew by!

With Fall just around the corner, there also comes Fremont Village's anniversary. Can you believe we have been open for almost 3 years already! For some of us who have been with the community since the very first day, it does not feel like we have been open for that long already.

With that said, please save the date for our 3-year anniversary party! We will be having a 3-year anniversary party on Thursday October 2nd from 5-7pm. Join us for food, music, games, and much more! We are looking forward to celebrating with you all soon!

Thank you,

Kendra Chambliss



Employee Spotlight



Tell us about your family!

I have three siblings and a cat named Beans.

What is your secret talent no one knows about?

I play guitar.

What is your favorite season?

Summer.

What is on your bucket list?

Travel to Europe.

What are some of your hobbies?

Playing guitar and drawing.

Would you rather cook or order in, and why?

I'd rather order in because the clean up is faster!

If you could live anywhere, where would it be?

Somewhere that's warm year round.

What is your favorite thing about your job?

That I get to serve people food.

What did you want to be when you grew up?

Professional skateboarder.



Justin Tuckner
Cook

A Message from our Chaplain



September 1st is Labor Day which honors all who work, which includes all of you who are retired. You all have worked hard your entire lives, and this is your season to rest.

For many of us, our purpose was what we did for a wages. But purpose does not retire when we do, it simply changes. Work isn't just about earning a paycheck. It is about contribution and you all contribute so much to our community. Be it volunteering, creating artwork or simply sharing your wisdom. Here in this community we celebrate the ways you live with purpose. Whether you are showing a new resident around our community, participating in a spark challenge or simply being a source of kindness to someone who is struggling. You matter!

Let's continue to support one another in the ways we connect with one another – because part of aging magnificently knowing that purpose does not fade with age.

Chaplain Jean

Dementia Support Group

Wednesday September 3rd at 5:00pm in the Community Room.

Please contact Mary Ann with any questions.



Maryann.Mulvihill@LifesparkSL.com

Did You Know...?

Evergreen trees don't change colors in the fall because the leaves are coated with a waxy substance that protects them from the cold.

Family Council Happy Hour!

Join us for our quarterly Family Council meeting on **November 20th at 5:30pm.** We will have drinks and snacks available, and we will discuss any questions, comments, concerns, or suggestions you might have.

We hope to see you there!

Greeting Cards

Fremont Village has greeting cards available for residents. These include birthday, anniversary, sympathy, thank you, etc.

Please stop by the front desk if you are in need of a card for a special occasion.

Nursing News



Happy September,

It's hard to believe summer is over, we start thinking about winter and self-protection from the upcoming flu season.



Fremont Village is having a Vaccine Clinic on Friday, September 26th. You will find the consent forms at the front desk. Return your consent form to the front desk by Monday, September 22nd. Homeland Health will be administering the Covid vaccine and Flu vaccine in the Private Dining area 9am -12pm. Insurance covers the cost of the vaccines.

Patti Armstrong,
Director of Health Services

September Outings

- Tuesday, September 9th - Culver's with Legacy Court
- Tuesday, September 23rd - New Hong Kong Buffet

Remember to please sign up in the 'Outing Binder' by the mailboxes!



Maintenance

September is here already and we're looking forward to calmer weather, comfortable temperatures and getting ready to welcome fall. Still report any issues to the front desk or staff members if you need maintenance attention. We will be having our contracting company who serves all of our "fire protection" items in this building here on September 4. That Thursday, we'll be going room to room all across the building to inspect the sprinkler system. We will have to access everyone's apartment, so we apologize for any inconvenience it may cause you. Reminder, all emergency preparedness information is available at the front desk. Please remain in your apartments in case the fire alarm sounds, shelter in place unless notified from staff.

- Dan, Maintenance Director

Community Events

Friday, September 5th - National Cheese Pizza Day

Join us in the Pub at 2pm for Social Hour and a slice of pizza.



Sunday, September 7th - National Grandparents Day

Help yourself to cookies and lemonade in the Pub at 2pm in honor of all the wonderful grandparents!!

Monday, September 22nd - National Ice Cream Cone Day

Stop by the Bistro at 2pm for a delicious ice cream cone.



Monday, September 29th - National Coffee Day

Join us at 2pm in the Bistro for a coffee bar!

Trivia

In September 1902, Harry Jackson became the first person to be convicted using a new technology. Which one?

- A) DNA
- B) Fingerprint
- C) Lying Detector
- D) Automatic License Plate Recognition

Answer: D

Ladies on the Loose

Bring your girlfriends and come and join us for some fun!

- Multiple vendors
- Wine Tasting
- Shopping
- Fundraiser for the
- Appetizers
- Alzheimer's Association

Grand Prize Drawing at 2:30pm!

Where: Fremont Village Senior Living
When: Saturday, September 13th 11am-2pm

Leave a Review!


Please leave a Google Review for Fremont Village! There is information on how to do this at the front desk, by the visitor sign-in book.

What's Cookin' in the Kitchen



The new Rise and Dine Menu will start September 15th!

Please leave any suggestions you have with Sue. We want your feedback!

September 2025 - Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 1:00 IN Come and check out Horse Racing! 2:30 SO Bunco, Left Center Right	10:00 PH Sit and Be Fit with Brenda 2 12:45 SP Grip Games 2:00 SP Church with Chaplain Jean 2:30 IN Let's Gather in the Pub for Games!	Happy Birthday Jerome 3 10:45 PH Gentle Fitness 1:00 SP Catholic Bible Study 1:00 VO Word Games - Indoor Shuffleboard 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! 4 10:30 EM Tai Chi is Canceled for Today 1:00 PH Special Grip Games Meeting 2:00 VO Lifelong Learning - American Women During the American Revolution 2:30 SO Bingo	10:45 PH Gentle Fitness 5 1:00 PH Balloon Ball 1:00 SP Really Big Show 2:00 SO Social Hour in the Pub	10:00 IN Let's Sing 6 1:00 EM Walking with Kelly or Emily 2:00 SO Games with Kelly or Emily
10:30 SP Christ our Light Catholic Service on TV 7 2:30 SO Meet with Friends in the Pub for Games!	Happy Birthday Marvel 8 10:45 PH Gentle Fitness 1:00 VO Word Games - Indoor Shuffleboard Games 1:00 IN Cribbage 2:30 SO Bunco, Left Center Right	10:00 EM Nail Painting - Sign up 9 10:00 EM Grief Support Group 10:00 PH Sit and Be Fit with Brenda 11:00 IN Book Club Changed to the 17th 12:45 SP Grip Games 2:00 SP Church with Chaplain Jean 2:30 IN Let's Gather in the Pub for Games!	Happy Birthday Sharon 10 Happy Birthday Carolyn 10:45 PH Gentle Fitness 1:00 IN Let's do some Horse Racing! 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! 11 10:30 PH Drumming 2:30 SO Bingo 3:35 VO Resident Council Meeting	10:45 PH Gentle Fitness 12 1:00 PH Balloon Ball 2:30 SO Happy Hour Music with Diane	10:00 IN Let's Sing 13 11:00 SO Ladies on the Loose! 1:00 EM Walking with Kelly or Emily 2:00 SO Games with Kelly or Emily
10:30 SP Christ our Light Catholic Service on TV 14 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness 15 1:00 IN Cribbage 1:00 VO Ladder Ball and Shuffleboard 2:30 SO Bunco, Left Center Right	10:00 PH Sit and Be Fit with Brenda 16 10:00 EM Grief Support Group 12:45 SP Grip Games 2:00 SP Church with Chaplain Jean 2:30 IN Let's Gather in the Pub for Games!	10:45 PH Gentle Fitness 17 1:00 IN Book Club 1:00 IN Ladies Craft 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! 18 10:30 PH Balance Clinic with Patty 12:45 SP Grip Games Championship 1:45 SO Monthly Birthday's 2:30 SO Bingo	10:45 PH Gentle Fitness 19 1:00 PH Balloon Ball 2:30 SO Happy Hour Music with Manny	10:00 IN Let's Sing 20 1:00 SO Saturday Matinee 2:00 SO Games in the Pub
10:30 SP Christ our Light Catholic Service on TV 21 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness 22 1:00 VO Word Games - Indoor Shuffleboard Games 1:00 IN Cribbage 2:00 SO National Ice Cream Cone Day! 2:30 SO Bunco, Left Center Right	10:00 EM Nail Painting - Sign up 23 10:00 EM Grief Support Group 10:00 PH Sit and Be Fit with Brenda 12:00 SO New Hong Kong Buffet - Sign up 2:00 SP Church with Chaplain Jean 2:30 IN Let's Gather in the Pub for Games!	10:45 PH Gentle Fitness 24 1:00 SP Catholic Communion Service 1:00 IN Let's do some Horse Racing! 2:30 SO Coney Island Bags Outside Weather Permitting	10:00 EM It's Cookie Day Thursday! 25 10:30 PH Drumming 2:30 VO Bingo	10:45 PH Gentle Fitness 26 1:00 PH Balloon Ball 2:30 SO Happy Hour Music with Scott	10:00 IN Let's Sing 27 1:00 EM Walking with Kelly or Emily 2:00 SO Games with Kelly or Emily
10:30 SP Christ our Light Catholic Service on TV 28 2:30 SO Meet with Friends in the Pub for Games!	10:45 PH Gentle Fitness 29 1:00 IN Cribbage 2:00 SO National Coffee Day! 2:30 SO Bunco, Left Center Right	10:00 PH Sit and Be Fit with Brenda 30 10:00 EM Grief Support Group 2:00 SP Church with Chaplain Jean 2:30 IN Let's Gather in the Pub for Games!	<div>  <p>Schedule is subject to change.</p> </div> <div> EM Emotional SP Spark Performance IN Intellectual PH Physical VO Vocational SO Social SP Spiritual </div>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>OT Other</div>			