



## Lets Celebrate!

### Staff Birthdays

Astella M.	1/4
Janet H.	1/18
Lillian T.	1/24
Gracie F.	1/26
Samantha H.	1/31

### Staff Anniversaries

Emily T.	1/4	2 years
Camille E.	1/15	2 years
Suzanne B.	1/22	2 years
Joanne M.	1/23	3 years
Madelynn A.	1/30	3 years

### Resident Birthdays

Donna B.	1/1
Gayle M.	1/7
Vera H.	1/9
Jack K.	1/9
Jerry P.	1/23
Janice K.	1/24

## Did You Know... January Fun Facts!

- The first Super Bowl was played on January 15, 1967. The Green Bay Packers defeated the Kansas City Chiefs.
- On January 28, 1986, the U.S. Space Shuttle Challenger exploded 74 seconds into its flight. Christa McAuliffe, a teacher who was to be the first ordinary citizen in space, was onboard.
- January 7, 1782 - The first U.S. commercial bank opened as the Bank of North America in Philadelphia.
- January 17, 1966 - A Hydrogen bomb accident occurred over Palomares, Spain, as an American B-52 jet collided with its refueling plane. Eight crewmen were killed and the bomber then released its H-bomb into the Atlantic.
- In January, 1969, the Coast Guard closes Split Rock Lighthouse after fifty-nine years of service. Its grounds become a state park the following year.
- In January, 1944, the cruiser Duluth is launched in Newport News, Virginia, christened by Ella T. Hatch, wife of Duluth mayor Edward H. Hatch. In May 1945 the ship becomes part of the U.S. fleet in World War II.



# From the Executive Director

Hello Residents and Families of Fremont Village!

The beginning of a new year is a time for reflection, renewal, and looking ahead with optimism—and I am excited for what 2026 holds for us.

This past year brought growth, meaningful connections, and many shared moments that made our community stronger. Whether it was participating in activities, enjoying time with neighbors, or simply exchanging a friendly smile in the hallway, those moments truly matter and are what make our community feel like family.

As we move into the winter months, our focus remains on your comfort, safety, and well-being. Our team continues to work diligently to ensure our building, services, and programs meet your needs while creating opportunities for engagement, wellness, and enjoyment.

I encourage you to take part in the events and offerings available, share your ideas with us, and reach out to any member of our team if you need assistance. Your feedback and involvement help us continue to improve and serve you better.

On behalf of our entire staff, thank you for trusting us and for being part of our community. We wish you a healthy, happy, and fulfilling New Year. We look forward to creating many more wonderful memories together in 2026!

Best,  
Kendra Chambliss



## Employee Spotlight



**Tell us about your family!**

*I have a big family and I have an amazing little boy named Waylon.*

**What is your secret talent no one knows about?**

*Multitasking.*

**What is your favorite season?**

*Fall*

**What is on your bucket list?**

*Going on vacation anywhere warm.*

**What are some of your hobbies?**

*I like to fish, hunt, and go on adventures.*

**Would you rather cook or order in, and why?**

*I like to cook when I have time.*

**If you could live anywhere, where would it be?**

*I would love to live in Texas.*

**What is your favorite thing about your job?**

*Helping the residents and making relationships with them.*

*Making them laugh and smile.*

**What did you want to be when you grew up?**

*I want to be a nurse.*



**Kenzie  
Coons-Chambliss**  
Certified Nursing Assistant

# A Message from our Chaplain



As we stand at the beginning of a brand new year, I want to extend heartfelt greetings to each of you. The turning of the calendar is more than just a change of date—it’s an opportunity to reflect, renew, and look forward with hope. Whether the past year has brought you joy, challenges, or a mix of both, together we now face the promise of new beginnings.

One of the greatest gifts here at our assisted living community is the sense of belonging we share. As we welcome 2026, I encourage you to reach out, connect, and support one another. Whether it’s joining in group activities, sharing a story at meal times, or simply offering a smile in the hallway, small gestures can brighten someone’s day and remind us all that we are never alone.

My prayer for you this year is that you find peace, joy, and renewed purpose. May you feel surrounded by love and cared for in body, mind, and spirit. Remember, each day is a gift—an opportunity for gratitude, growth, and grace. If you ever need someone to talk to or a listening ear, my door is always open.

With love and blessings,  
Chaplain Jean

## Dementia Support Group

Wednesday January 7th at 5:00pm  
in the Community Room.

Please contact MaryAnn  
with any questions.



MaryAnn.Mulvihill@LifesparkSL.com

## Did You Know...?

The confetti dropped in Times Square  
is holding secret messages.

People write their wishes for the new  
year and submit them to the Wish Wall  
in Times Square (or online), and those  
wishes are turned into the confetti that  
falls over the crowd at midnight.

## Family Council Happy Hour!

Join us for our quarterly Family Council  
meeting on **February 19th 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



7 Healthy Habits for 2026

- Stay Hydrated:** Did you know you can get fluids from more than “Drink more water”? Fruits, vegetables and soups add liquids to your diet.
- Get Plenty of Sleep:** Strive for 7 hours of sleep per night.
- Practice Stress Reducing Techniques:** Deep breathing, gentle yoga, and meditation.
- Stay Socially Active:** Participate in activities, community meals, visiting your neighbors.
- Stay Mentally Active:** Puzzles, reading, cards.
- Exercise:** Walking, Gentle Fitness Class, Sit and Be Fit, Utilize the Activity Room Equipment.
- Eat a Balanced Diet:** Fruits, Vegetables, Whole Grains, Lean Protein, and Healthy Fats.

2026

Happy New Year from your Fremont Nursing Team!

January Outings

- Jack and Jims Lunch Outing - Wednesday, January 14th at 11:30am
  - Elk River Walmart - Monday, January 19th at 1:20pm
- Remember to please sign up in the 'Outing Binder' by the mailboxes!



Maintenance

Happy New Year! I hope everyone had a wonderful Christmas! Cold weather with snow and ice as we all know is dangerous so please be mindful when going outside or leaving the building. Please report any issues to the front desk or Maintenance. Reminder, space heaters are not allowed by state codes (MN Department of Health and State Fire Marshal.) Electric blankets are an exception ONLY if they are new, UL-Listed and plugged directly into the wall outlet, no extension cords. We strongly recommend dressing appropriately and using blankets if needed for comfort. So, be safe, stay warm, and we'll make it through another Minnesota winter. Please see the front desk if you have any questions regarding safety, emergency preparedness, or fire alarm questions, and we'll be happy to discuss everything you need to know.

- Dan, Maintenance Director

Community Events

Wednesday, December 31st - New Year's Eve Social Hour

Ring in the new year with us at 1:30pm in the Pub.



Thursday, January 15th - National Bagel Day

Start your day with a delicious bagel at 10am in the Bistro.



Monday, January 19th - National Popcorn Day

Join us at 2pm in the Bistro for a tasty snack.

Trivia

On which day does the US president take his/her oath?

- A) January 1st
- B) January 20th
- C) January 4th
- D) January 10th

Answer: B

National Activity Professionals Day - January 27th

Join us in celebrating our amazing Community Life Director: MaryAnn, and her wonderful assistants; Kelly, Emily, and Shanna.



Thank you for all that you do in the Fremont Village Community!

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



**Chef Chat is back! Meet with Sue on Wednesday, January 21st at 2pm to give your feedback on meals.**

\*Chef Chat will be held every 3rd Wednesday of the month at 2pm in the Pub.

January 2026 - Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Schedule is subject to change.</p>	<div> <div>EM</div>Emotional <div>SP</div>Spark Performance <div>IN</div>Intellectual <div>PH</div>Physical <div>VO</div>Vocational <div>SO</div>Social <div>SP</div>Spiritual <div>OT</div>Other </div> <div> <div>BIS</div>Bistro <div>CR</div>Community Room <div>FR</div>Fitness Room <div>L</div>Lobby <div>LC</div>Legacy Court <div>MDR</div>Main Dining Room <div>P</div>Pub <div>PD</div>Private Dining Room </div>			<div> <div>Happy Birthday Donna</div><div>1</div> <div>New Year's Day</div> <div>2:30</div><div>IN</div>Meet with Friends for Games in the Pub [P] </div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>PH</div>Balloon Ball [CR] <div>2:30</div><div>IN</div>Bingo [P] </div> <div>2</div>	<div> <div>10:00</div><div>IN</div>Table Ball [LC] <div>1:00</div><div>EM</div>Walking with Kelly or Emily [P] <div>2:00</div><div>SO</div>Games with Kelly or Emily [P] </div> <div>3</div>
<div> <div>10:30</div><div>SP</div>Christ our Light Catholic Service on TV <div>2:30</div><div>SO</div>Meet with Friends in the Pub for Games! </div> <div>4</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>IN</div>Cribbage Group [PD] <div>1:00</div><div>VO</div>Horse Racing [P] <div>2:30</div><div>VO</div>Bunco, Left Center Right [P] </div> <div>5</div>	<div> <div>10:00</div><div>PH</div>Sit and Be Fit with Brenda [CR] <div>1:00</div><div>IN</div>Let's make something! [PD] <div>2:00</div><div>SP</div>Church with Chaplain Jean [CR] <div>2:30</div><div>IN</div>Farkle or No Name Card Game [P] </div> <div>6</div>	<div> <div>Happy Birthday Gayle</div><div>7</div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>IN</div>Knitting and Crocheting Group with Lucy [P] <div>2:30</div><div>SO</div>Coney Island Bags [CR] </div>	<div> <div>10:00</div><div>EM</div>It's Cookie Day Thursday! [BIS] <div>10:30</div><div>PH</div>Drumming [P] <div>1:00</div><div>IN</div>Word Games/Trivia [P] <div>2:00</div><div>VO</div>Life Long Learning - A Moment in Time [PD] <div>2:30</div><div>IN</div>Bingo [P] <div>3:35</div><div>VO</div>Resident Council Meeting [P] </div> <div>8</div>	<div> <div>Happy Birthday Vera H.</div><div>9</div> <div>Happy Birthday Jack</div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>PH</div>Balloon Ball [CR] <div>2:15</div><div>SO</div>Happy Hour Music with Phil [MDR] </div>	<div> <div>10:00</div><div>IN</div>Table Ball [LC] <div>1:00</div><div>EM</div>Walking with Kelly or Emily [P] <div>2:00</div><div>SO</div>Games with Kelly or Emily [P] </div> <div>10</div>
<div> <div>10:30</div><div>SP</div>Christ our Light Catholic Service on TV <div>2:30</div><div>SO</div>Meet with Friends in the Pub for Games! </div> <div>11</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>IN</div>Horse Racing [P] <div>1:00</div><div>IN</div>Cribbage Group [PD] <div>1:00</div><div>SP</div>Coaches and Captains Meeting [FR] <div>2:30</div><div>VO</div>Bunco, Left Center Right [P] </div> <div>12</div>	<div> <div>10:00</div><div>SO</div>Nail Painting - Sign up [P] <div>10:00</div><div>PH</div>Sit and Be Fit with Brenda [CR] <div>12:45</div><div>SP</div>Triathlon Scrimmage Whizzer [P] <div>2:00</div><div>SP</div>Church with Chaplain Jean [CR] <div>2:30</div><div>IN</div>Farkle or No Name Card Game [P] </div> <div>13</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>11:30</div><div>SO</div>Lunch Outing -Jack and Jim's (Sign Up Only) [L] <div>1:00</div><div>SP</div>Catholic Bible Study [CR] <div>2:30</div><div>SO</div>Coney Island Bags [CR] </div> <div>14</div>	<div> <div>10:00</div><div>SO</div>National Bagel Day [BIS] <div>12:45</div><div>SP</div>Tryathlon Scrimmage Crank [P] <div>2:30</div><div>IN</div>Bingo [P] </div> <div>15</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>12:55</div><div>SP</div>Really Big Show [FR] <div>1:00</div><div>PH</div>Balloon Ball [CR] <div>2:15</div><div>SO</div>Happy Hour Music with Diane [MDR] </div> <div>16</div>	<div> <div>10:00</div><div>IN</div>Table Ball [LC] <div>1:00</div><div>EM</div>Walking with Kelly or Emily [P] <div>2:00</div><div>SO</div>Games with Kelly or Emily [P] </div> <div>17</div>
<div> <div>10:30</div><div>SP</div>Christ our Light Catholic Service on TV <div>2:30</div><div>SO</div>Meet with Friends in the Pub for Games! </div> <div>18</div>	<div> <div>Martin Luther King Jr. Day</div><div>19</div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>IN</div>Cribbage Group [PD] <div>1:20</div><div>IN</div>Walmart Outing - Sign up [L] <div>1:30</div><div>SO</div>Monthly Birthdays [P] <div>2:00</div><div>SO</div>National Popcorn Day [BIS] <div>2:30</div><div>VO</div>Bunco, Left Center Right [P] </div>	<div> <div>10:00</div><div>PH</div>Sit and Be Fit with Brenda [CR] <div>12:45</div><div>SP</div>Triathlon Whizzer [P] <div>2:00</div><div>SP</div>Church with Chaplain Jean [CR] <div>2:30</div><div>IN</div>Farkle or No Name Card Game [P] </div> <div>20</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>IN</div>Knitting and Crocheting Group with Lucy [P] <div>2:00</div><div>VO</div>Chef Chat with Sue [P] <div>2:30</div><div>SO</div>Coney Island Bags [CR] </div> <div>21</div>	<div> <div>10:00</div><div>EM</div>It's Cookie Day Thursday! [BIS] <div>10:30</div><div>PH</div>Drumming [P] <div>12:45</div><div>SP</div>Tryathlon - Crank [P] <div>2:30</div><div>IN</div>Bingo [P] </div> <div>22</div>	<div> <div>Happy Birthday Gerald P.</div><div>23</div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>12:55</div><div>SP</div>Really Big Show [FR] <div>1:00</div><div>PH</div>Balloon Ball [CR] <div>2:15</div><div>SO</div>Happy Hour with Darrell [MDR] </div>	<div> <div>Happy Birthday Janice</div><div>24</div> <div>10:00</div><div>IN</div>Table Ball [LC] <div>1:00</div><div>EM</div>Walking with Kelly or Emily [P] <div>2:00</div><div>SO</div>Games with Kelly or Emily [P] </div>
<div> <div>10:30</div><div>SP</div>Christ our Light Catholic Service on TV <div>2:30</div><div>SO</div>Meet with Friends in the Pub for Games! </div> <div>25</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>IN</div>Horse Racing [P] <div>1:00</div><div>IN</div>Cribbage Group [PD] <div>2:30</div><div>VO</div>Bunco, Left Center Right [P] </div> <div>26</div>	<div> <div>10:00</div><div>SO</div>Nail Painting - Sign up [P] <div>10:00</div><div>PH</div>Sit and Be Fit with Brenda [CR] <div>12:45</div><div>SP</div>Triathlon Whizzer [P] <div>2:00</div><div>SP</div>Church with Chaplain Jean [CR] <div>2:30</div><div>IN</div>Farkle or No Name Card Game [P] </div> <div>27</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>1:00</div><div>SP</div>Catholic Communion Service [CR] <div>1:00</div><div>IN</div>Word Games/Trivia [P] <div>2:30</div><div>SO</div>Coney Island Bags [CR] </div> <div>28</div>	<div> <div>10:00</div><div>EM</div>It's Cookie Day Thursday! [BIS] <div>12:45</div><div>SP</div>Tryathlon - Crank [P] <div>2:30</div><div>IN</div>Bingo [P] </div> <div>29</div>	<div> <div>10:45</div><div>PH</div>Gentle Fitness [CR] <div>12:55</div><div>SP</div>Really Big Show [FR] <div>1:00</div><div>PH</div>Balloon Ball [CR] <div>2:30</div><div>SO</div>Social Hour [P] </div> <div>30</div>	<div> <div>10:00</div><div>IN</div>Table Ball [LC] <div>1:00</div><div>EM</div>Walking with Kelly or Emily [P] <div>2:00</div><div>SO</div>Games with Kelly or Emily [P] </div> <div>31</div>