

## Lets Celebrate!

### Staff Birthdays

Madilyn H.	4/12
Aubree E.	4/22
Sloane G.	4/23

### Staff Anniversaries

Aubree E.	4/8	1 year
Nancy M.	4/11	2 years
Samantha H.	4/22	1 year
Tammy A.	4/27	3 years

### Resident Birthdays

Bonnie K.	4/1
David L.	4/3
Carol B.	4/8
Sherrill S.	4/13
Sheri W.	4/27

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

- In April, 1982, the last edition of the Minneapolis Star is printed, ending sixty-two years of publication. The following day marks the first publication of the Minneapolis Star and Tribune, which later became the Minneapolis Star Tribune.
- On April 6th, 2002, the University of Minnesota Gophers men's ice hockey team wins the National Collegiate Athletic Association (NCAA) national championship tournament. It beats the University of Maine 4-3 in overtime to win its first national title since 1979.
- On April 12th, 2010, the Minnesota Twins play their first regular season game at their new stadium, Target Field. They beat the Boston Red Sox 5 to 2 in front of a crowd of nearly forty thousand people.
- In April 1990, the Minnesota State Lottery begins selling instant tickets. Within four months, sales reach \$100 million.
- In April, 1967, nine deadly tornadoes strike southern Minnesota, particularly the towns of Waseca, Owatonna, and Albert Lea.
- Fairy tale author Hans Christian Andersen was born in Odense, Denmark on April 2nd, 1805. He created 168 fairy tales for children including the classics The Princess and the Pea, The Snow Queen and The Nightingale



## From the Executive Director

Hello Residents and Families of Fremont Village!

I would like to extend a heartfelt thank you to all of our residents, staff, and family members who took the time to participate in voting for our Employee Excellence Awards. Your input is incredibly meaningful and helps us recognize the team members who go above and beyond each day to make our community such a special place.

Our Leadership Team will be reviewing all nominations during the first week of April and will select three team members to receive this recognition. We look forward to celebrating these individuals and the outstanding contributions they make.

Be sure to check out the recognition wall by the front entrance in early April to see this round's Employee Excellence Award winners!

Thank you again for helping us celebrate excellence at Fremont Village.

Kendra Chambliss



## Employee Spotlight



### Tell us about your family!

*My 4 dogs and I have lived here in Zimmerman for over 7 years now. Their names are Lilly, Jaxxon, Daisey, and my rescue, Ollee.*

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

*I enjoy making things, I don't really have a secret talent.*

### What is your favorite season?

*I love Summer and Fall the most!*

### What is on your bucket list?

*To visit Salem someday.*

### What are some of your hobbies?

*I love the outdoors, crafts, and spending time with family and my pups!*

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

*Cook – I enjoy cooking just not so much the dishes.*

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

*Somewhere warm and next to a beach.*

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

*Building relationships with our residents and hearing about their story. Knowing I'm able to help make a difference in their life makes me happy! Also, my coworkers..*

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

*I wanted to be a medical examiner or a party planner.*



**Brooke Ammend**  
Certified Nursing Assistant



## A Message from our Chaplain



### A Message About Gratitude From the Chaplain

As we journey together through the seasons of life here at our assisted living community, I am continually reminded of the quiet strength and beauty that gratitude brings into our lives. Gratitude is more than just a polite “thank you” or a fleeting feeling—it’s a daily practice that has the power to transform how we see ourselves, each other, and the world around us.

Embracing gratitude doesn’t mean our days will be free from challenges or sadness. Rather, it gives us a way to carry hope and peace in our hearts, even during difficult times. When we focus on what we have instead of what we lack, we open our hearts to joy and foster deeper connections with those around us.

I encourage you to take a moment each day—perhaps during a quiet walk or a peaceful moment in your room—to reflect on something you are thankful for. It may be as small as a favorite book or as meaningful as a visit from a dear friend. In sharing our gratitude, whether aloud or in silence, we uplift not only ourselves but our entire community.

With gratitude and blessings,  
Chaplain Jean



## Resident Spotlight



### Where were you born/where did you grow up?

*Bemidji.*

### What did you do for a living?

*I was a waitress.*

### What are some of your hobbies?

*Reading, crossword puzzles, sudoku, and collecting seashells.*

### What is your favorite childhood memory?

*Fishing with my dad.*

### What is your favorite food?

*Pasta, ribs, and shrimp.*

### Tell us about your family!

*I have 2 sons and 1 daughter. My son, Jersey, lives in Bemidji, as does my daughter, Gina. My son, Steve lives in Zimmerman.*



**Bonnie Kosko**

Apartment 204 - Moved in 2/10/26

## Nursing News

**April is Stress Awareness Month.**

**Stress can have an unhealthy impact on many parts of your body.**

### Tips for Coping with Your Stress

The CDC provides some basic ideas to help you cope with stress...

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, and give yourself a break if you feel stressed.

### Learn to Overcome Issues You Can Not Change

If you are not able to change the stressor, try these:

- Recognize when you don't have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.

**God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.**

- Fremont Nursing Team



## April Outings

- Walmart in Elk River - Monday, April 20th at 1pm
- New Hong Kong Buffett - Wednesday, April 22nd at 11:15am

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



## Maintenance

April is here and unpredictable weather as well. We have to be prepared for rain, snow and ice at any time. Continue to watch out for ice from downspouts and melting during the day. We'll see the weather change quickly and that brings us to possible severe weather. On Wednesday, April 8th, we'll hand out information and have discussions and try to answer any questions you may have regarding Emergency Preparedness and severe weather awareness. As a reminder, information is always available at the front desk if you'd like to know more.

- Dan, Maintenance Director

## Community Events

### Monday, April 6th - National Caramel Popcorn Day

Stop by the Bistro at 2pm for a tasty treat.



### Friday, April 10th - "Elvis" Happy Hour

Join us at 2:30pm in the Main Dining Room for a fun-filled Elvis performance.

### Wednesday, April 15th - Bake-Off Competition

Enjoy different desserts made by staff and vote on your favorites! 1:30pm - 3pm in the Bistro.



## Immersive Dementia Experience

We are holding an Immersive Dementia Experience on April 30th. Please contact Martha at [Martha.Ahlschlager@lifesparks1.com](mailto:Martha.Ahlschlager@lifesparks1.com) to sign-up for a session. Residents, family members, or anyone in the community is welcome!

## Important Dates

- Dementia Support Group** - Wednesday, April 1st at 5pm in the Community Room
- Chef Chat with Sue** - Wednesday, April 15th at 2pm in the Pub
- Family Council Happy Hour** - Thursday, May 21st at 5:30pm in the Bistro

## Lifelong Learning



Join us at 2pm in the Private Dining Room, on the first Thursday of each month for a virtual presentation.


**Next Presentation:**  
April 2nd at 2pm

## Presentations:

Join Trevor J. Brown for a presentation on Malt Shop Oldies. Friday, April 3rd at 1pm. Featuring interesting facts, trivia, prizes, and music.

**Fraud Prevention Presentation: Thursday, April 16th at 10:30am.**

# April 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Schedule is subject to change.</p>	<ul style="list-style-type: none"> <li><span style="color: red;">EM</span> Emotional</li> <li><span style="color: blue;">SP</span> Spark Performance</li> <li><span style="color: orange;">IN</span> Intellectual</li> <li><span style="color: green;">PH</span> Physical</li> <li><span style="color: purple;">VO</span> Vocational</li> <li><span style="color: brown;">SO</span> Social</li> <li><span style="color: pink;">SP</span> Spiritual</li> <li><span style="color: grey;">OT</span> Other</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">FR</span> Fitness Room 2nd Floor</li> <li><span style="color: blue;">LC</span> Legacy Court 1st Floor</li> <li><span style="color: orange;">MDR</span> Main Dining Room - 2nd Floor</li> <li><span style="color: green;">MPR</span> Multi-Purpose Room 1st Floor</li> <li><span style="color: purple;">PDR</span> Private Dining Room 2nd Floor</li> <li><span style="color: brown;">Pub</span> Pub 2nd Floor</li> </ul>	<p><b>Happy Birthday Bonnie 1</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: orange;">IN</span> Knitting and Crocheting Group with Lucy - 2nd Floor [Pub]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Robotics Practice - 2nd Floor [Pub]</p> <p>2:30 <span style="color: yellow;">IN</span> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>10:00 <span style="color: blue;">SO</span> It's Cookie Day Thursday! 1st Floor 2</b></p> <p>10:30 <span style="color: red;">PH</span> Let's Chair Dance- 2nd Floor [Pub]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>2:00 <span style="color: green;">VO</span> Life Long Learning - Homemade Instruments In Pop Culture - 2nd Floor [PDR]</p> <p>2:30 <span style="color: orange;">IN</span> Bingo - 2nd Floor [Pub]</p>	<p><b>Happy Birthday Dave 3</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: green;">VO</span> Malt Shop Oldies with Trever - 2nd Floor [MDR]</p> <p>2:20 <span style="color: blue;">SO</span> Happy Hour Music with Mellow Knights - 2nd Floor [MDR]</p>	<p>10:00 <span style="color: red;">PH</span> Let's Dance! - 1st Floor [LC] <b>4</b></p> <p>11:00 <span style="color: red;">PH</span> Table Ball - 1st Floor [LC]</p> <p>1:00 <span style="color: orange;">IN</span> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <span style="color: blue;">SO</span> Resident Walking Group - 2nd Floor [Pub]</p>
<p><b>Easter Sunday 5</b></p> <p>9:30 <span style="color: green;">SP</span> Christ our Light Catholic Service - 2nd Floor [PDR]</p> <p>1:00 <span style="color: blue;">SO</span> Mexican Train - 2nd Floor PB [Pub]</p>	<p><b>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR 6</b></p> <p>1:00 <span style="color: orange;">IN</span> Cribbage Group - 2nd Floor [Pub]</p> <p>1:00 <span style="color: orange;">IN</span> Jeopardy/Family Feud - 2nd Floor [Pub]</p> <p>2:30 <span style="color: green;">VO</span> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p><b>10:00 <span style="color: blue;">SO</span> Nail Painting - Sign up - 2nd Floor [Pub] 7</b></p> <p>10:00 <span style="color: red;">PH</span> Sit and Be Fit with Brenda - 2nd Floor [FR]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>2:00 <span style="color: green;">SP</span> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <span style="color: orange;">IN</span> Farkle or No Name Card Game - 2nd Floor [Pub]</p>	<p><b>Happy Birthday Carol 8</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: green;">VO</span> Emergency Preparedness Meeting - 2nd Floor [Pub]</p> <p>2:30 <span style="color: orange;">IN</span> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>10:00 <span style="color: blue;">SO</span> It's Cookie Day Thursday! 1st Floor 9</b></p> <p>10:30 <span style="color: red;">PH</span> Drumming - 2nd Floor [Pub]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>2:30 <span style="color: orange;">IN</span> Bingo - 2nd Floor [Pub]</p> <p>3:35 <span style="color: green;">VO</span> Resident Council Meeting</p>	<p><b>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR 10</b></p> <p>1:00 <span style="color: red;">PH</span> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <span style="color: blue;">SO</span> Happy Hour Music with Neil Diamond - 2nd Floor [MDR]</p>	<p>10:00 <span style="color: red;">PH</span> Let's Dance! - 1st Floor [LC] <b>11</b></p> <p>11:00 <span style="color: red;">PH</span> Table Ball - 1st Floor [LC]</p> <p>1:00 <span style="color: orange;">IN</span> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <span style="color: blue;">SO</span> Resident Walking Group - 2nd Floor [Pub]</p>
<p>9:30 <span style="color: green;">SP</span> Christ our Light Catholic Service - 2nd Floor [PDR] <b>12</b></p> <p>1:00 <span style="color: blue;">SO</span> Mexican Train - 2nd Floor PB [Pub]</p>	<p><b>Happy Birthday Sherrill 13</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: orange;">IN</span> Cribbage Group - 2nd Floor [Pub]</p> <p>1:00 <span style="color: orange;">IN</span> Horse Racing - 2nd Floor [PDR]</p> <p>2:30 <span style="color: green;">VO</span> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p>10:00 <span style="color: red;">PH</span> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>14</b></p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>2:00 <span style="color: green;">SP</span> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <span style="color: orange;">IN</span> Farkle or No Name Card Game - 2nd Floor [Pub]</p>	<p><b>Tax Day 15</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: green;">SP</span> Catholic Connect Bible Study - 1st Floor [MPR]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>1:30 <span style="color: blue;">SO</span> It's Bake-Off Competition Day! - 1st Floor [MPR]</p> <p>2:00 <span style="color: green;">VO</span> Chef Chat with Sue - 2nd Floor [Pub]</p> <p>2:30 <span style="color: orange;">IN</span> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>10:00 <span style="color: blue;">SO</span> It's Cookie Day Thursday! 1st Floor 16</b></p> <p>10:30 <span style="color: green;">VO</span> Fraud Presentation - 1 Floor [MPR]</p> <p>1:00 <span style="color: red;">PH</span> Let's Chair Dance- 2nd Floor [Pub]</p> <p>2:30 <span style="color: orange;">IN</span> Bingo - 2nd Floor [Pub]</p>	<p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR <b>17</b></p> <p>1:00 <span style="color: red;">PH</span> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <span style="color: blue;">SO</span> Happy Hour Music with Ken - 2nd Floor [MDR]</p>	<p>10:00 <span style="color: blue;">SO</span> Games in the Pub with High School Students <b>18</b></p> <p>10:00 <span style="color: red;">PH</span> Let's Dance! - 1st Floor [LC]</p> <p>11:00 <span style="color: red;">PH</span> Table Ball - 1st Floor [LC]</p> <p>1:00 <span style="color: orange;">IN</span> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <span style="color: blue;">SO</span> Resident Walking Group - 2nd Floor [Pub]</p>
<p>9:30 <span style="color: green;">SP</span> Christ our Light Catholic Service - 2nd Floor [PDR] <b>19</b></p> <p>1:00 <span style="color: blue;">SO</span> Mexican Train - 2nd Floor PB [Pub]</p>	<p><b>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR 20</b></p> <p>1:00 <span style="color: orange;">IN</span> Jeopardy/Family Feud - 2nd Floor [Pub]</p> <p>1:00 <span style="color: orange;">IN</span> Cribbage Group - 2nd Floor [Pub]</p> <p>2:00 <span style="color: blue;">SO</span> Monthly Birthdays [Pub]</p> <p>2:30 <span style="color: green;">VO</span> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p>10:00 <span style="color: blue;">SO</span> Nail Painting - Sign up - 2nd Floor [Pub] <b>21</b></p> <p>10:00 <span style="color: red;">PH</span> Sit and Be Fit with Brenda - 2nd Floor [FR]</p> <p>12:45 <span style="color: purple;">SP</span> Robot Soccer Challenge - 2nd Floor [Pub]</p> <p>2:00 <span style="color: green;">SP</span> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <span style="color: orange;">IN</span> Farkle or No Name Card Game - 2nd Floor [Pub]</p>	<p><b>Administrative Professionals Day 22</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: green;">SP</span> Catholic Church Service - 1st Floor [MPR]</p> <p>1:00 <span style="color: green;">VO</span> Art and Craft Day! - 2nd Floor [PDR]</p> <p>1:00 <span style="color: green;">SP</span> Catholic Communion - 1st Floor [MPR]</p> <p>2:30 <span style="color: orange;">IN</span> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>10:00 <span style="color: blue;">SO</span> It's Cookie Day Thursday! 1st Floor 23</b></p> <p>10:30 <span style="color: red;">PH</span> Drumming - 2nd Floor [Pub]</p> <p>11:00 <span style="color: blue;">SO</span> Meet and Greet Stacy New OT for Aegis - 2nd Floor [FR]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>2:30 <span style="color: orange;">IN</span> Bingo - 2nd Floor [Pub]</p>	<p><b>Special Thank You To All Our Amazing Volunteers 24</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: red;">PH</span> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <span style="color: blue;">SO</span> Happy Hour Music with Diane - 2nd Floor [MDR]</p>	<p>10:00 <span style="color: red;">PH</span> Let's Dance! - 1st Floor [LC] <b>25</b></p> <p>11:00 <span style="color: red;">PH</span> Table Ball - 1st Floor [LC]</p> <p>1:00 <span style="color: orange;">IN</span> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <span style="color: blue;">SO</span> Resident Walking Group - 2nd Floor [Pub]</p>
<p>9:30 <span style="color: green;">SP</span> Christ our Light Catholic Service - 2nd Floor [PDR] <b>26</b></p> <p>1:00 <span style="color: blue;">SO</span> Mexican Train - 2nd Floor PB [Pub]</p>	<p><b>Happy Birthday Sheri 27</b></p> <p>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <span style="color: orange;">IN</span> Cribbage Group - 2nd Floor [Pub]</p> <p>1:00 <span style="color: orange;">IN</span> Horse Racing - 2nd Floor [PDR]</p> <p>2:30 <span style="color: green;">VO</span> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p>10:00 <span style="color: red;">PH</span> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>28</b></p> <p>12:45 <span style="color: purple;">SP</span> Robot Soccer Challenge - 2nd Floor [Pub]</p> <p>2:00 <span style="color: green;">SP</span> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <span style="color: orange;">IN</span> Farkle or No Name Card Game - 2nd Floor [Pub]</p>	<p><b>10:45 <span style="color: red;">PH</span> Gentle Fitness - 1st Floor MPR 29</b></p> <p>1:00 <span style="color: orange;">IN</span> Knitting and Crocheting Group with Lucy - 2nd Floor [Pub]</p> <p>1:00 <span style="color: green;">VO</span> Art and Craft Day! - 2nd Floor [PDR]</p> <p>2:30 <span style="color: orange;">IN</span> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>10:00 <span style="color: blue;">SO</span> It's Cookie Day Thursday! 1st Floor 30</b></p> <p>1:00 <span style="color: red;">PH</span> Let's Chair Dance- 2nd Floor [Pub]</p> <p>1:00 <span style="color: purple;">SP</span> Spark Challenge Soccer Practice - 2nd Floor [Pub]</p> <p>2:30 <span style="color: orange;">IN</span> Bingo - 2nd Floor [Pub]</p>		