



## Lets Celebrate!

### Staff Birthdays

Josephine W.	5/6
Elyse A.	5/11
Misty P.	5/20
Laura G.	5/22
Patti A.	5/24
Brooke D.	5/29
Caleb Z.	5/31

### Staff Anniversaries

Olivia G.	5/6	1 year
Tammy L.	5/8	1 year
Olivia B.	5/8	1 year
Alexis R.	5/8	1 year
Emma C.	5/11	3 years
Gracie F.	5/15	2 years
Caley S.	5/22	3 years

### Resident Birthdays

Marlis L.	5/7
Diane K.	5/7
Richard D.	5/14
Neil W.	5/26

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

- On May 12th, 1994, a 400-pound silverback gorilla named Casey escapes his exhibit at the Como Zoo in St. Paul. He causes forty-five minutes of havoc before a zookeeper shoots him with a tranquilizer gun and returns him to his habitat.
- The city of Marshall begins operating the first commercial wind farm in Minnesota on May 19th, 1992.
- On May 20th, 1927, Little Falls native Charles A. Lindbergh begins his famous trans-Atlantic flight to Paris, which takes thirty-three and one-half hours.
- In May, 1882, Mark Twain visits St. Paul while compiling research for his book Life on the Mississippi, which he publishes the following year.
- On May 24th, 2006, Governor Tim Pawlenty declares the Honeycrisp apple to be Minnesota's state fruit. Prized for its crisp bite and sweet taste, the apple was developed during the 1960s at the University of Minnesota.
- May 1, 1960 – The U.S. U-2 spy plane overflight of Soviet airspace caused a major Cold War crisis, leading to the cancellation of a summit between President Eisenhower and Premier Khrushchev. The pilot, Francis Gary Powers, was captured, tried, and imprisoned in the USSR before being exchanged for a Soviet spy.

## From the Executive Director

Hello Residents and Families of Fremont Village!

Did you know primary care can come right to your doorstep? Lifespark Medical Group (LSMG) provides personalized and convenient in-home care designed specifically for seniors.

The LSMG team works closely with our community's clinical staff to create a seamless, supportive experience. LSMG clinicians and Advanced Practice Providers (APPs) are specially trained in senior care and take the time to understand your health goals and personal priorities.

What makes LSMG a great resource:

- Care at home: No travel needed—appointments happen in the comfort of your home.
- Team-based approach: APPs partner with physicians to manage your care.
- More time with your provider & support: Enjoy longer visits plus 24/7 RN triage support between appointments.
- Urgent care at home: Avoid ER visits with in-home urgent care.
- Coordinated care: LSMG works alongside our team to simplify services and reduce stress.

LSMG makes healthcare simpler, more personal, and more accessible so you can focus on living well. To learn more or get started, please connect with our nursing team!

- Kendra Chambliss



## Employee Spotlight



### Tell us about your family!

*I have 4 sisters and 1 brother.*

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

*I can flip a hat on my head from the ground.*

### What is your favorite season?

*Summer.*

### What is on your bucket list?

*To go to Japan.*

### What are some of your hobbies?

*Painting, working out, and video games.*

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

*I'd rather order in because it's easier.*

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

*Key Largo, Florida.*

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

*The residents.*

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

*Landscaper.*



**Ellie Henry**  
Dietary Aide

Get **COMPLETE**  
*senior health at home*

## A Message from our Chaplain



### Finding Joy in Community

As the weather warms, we'll be gathering more often — for music, outdoor activities, and simple companionship. These shared moments remind us that community is one of life's greatest gifts. No matter our age or stage, we are meant to walk alongside one another.

If you find yourself needing a listening ear, a prayer, or simply a moment of peace, please know my door is always open. May is a beautiful reminder that we are never alone — we grow best when we grow together.

Wishing each of you a blessed and hopeful May.

Chaplain Jean



## Resident Spotlight



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

*Charles City, Iowa.*

### What did you do for a living?

*I worked for Fairview Clinic as a receptionist.*

### What are some of your hobbies?

*Needlepoint crocheting and knitting.*

### What is your favorite childhood memory?

*My parents worked a lot so I stayed with my grandparents; they were like second parents.*

### What is your favorite food?

*Salad.*

### Tell us about your family!

*I have 2 daughters; both are married. Sheila has 2 boys and Jenny has 3 boys. I have 1 great grandson and 2 great granddaughters coming soon!*



**Nancy Joy**

Apartment 202 - Moved in 3/9/26

## Nursing News



### Nurse's week May 6th-12th

This year's theme is "The Power of Nurses" and, according to the ANA this theme celebrates the immense impact, resilience, and leadership nurses have in shaping healthcare, advocating for patients, and driving innovation. The focus highlights the essential role nurses play in communities and their personal power to influence care.

**Casey, Tammy, and Madi are the nurses who ensure the health and well-being of our folks that receive services in Assisted Living and Legacy Court.**

Fremont Village has Incredible nurses who embody the spirit of compassion and care.

**I want to wish Joanne McComish much happiness in her well-deserved retirement; she will be missed at Fremont.**

I am so grateful to be a part of such a wonderful team. -Patti

### May Outings

- Super Star Buffet - Monday, May 11th at 10:45am
- Walmart - Monday, May 18th at 1:15pm

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



### Maintenance

May is upon us and so is warmer weather and unpredictable storm possibilities. Please try to stay aware of potential severe weather days and nights whether it's from watching TV, listening to your radio, or your phone. We held an Emergency Preparedness meeting last month for residents to assure we have procedures in place for any event. This info is always available, just stop by the front desk and request informational packet or to speak directly with someone. Staff will be by this month to remove air conditioner covers or if you have family that is willing to remove them and store in your laundry room before we get to it, they can as well if convenient.

**We will be providing a spot to recycle batteries. More to come on that soon!**

- Dan, Maintenance Director

## Community Events

### Tuesday, May 5th - Cinco De Mayo

Join us at 2:30pm in the Dining Room for a Cinco De Mayo Celebration with Margaritas and Chips and Salsa.



### Wednesday, May 13th - National Apple Pie Day

Join us in the Bistro at 1:30pm for delicious apple pie.

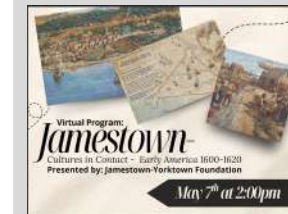
### Wednesday, May 27th - National Grape Popsicle Day

Stop by the Bistro at 1:30pm to help us celebrate with tasty popsicles of all flavors.



### Lifespark Medical Group Presentation

We are holding an information session on Lifespark Medical Group (LSMG) on May 28th at 1:00pm. Come learn what LMG has to offer and ask your questions. We will have information packets and refreshments available!



### Lifelong Learning

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

**Next Presentation:**  
May 7th at 2pm

### Important Dates

- Dementia Support Group** - Wednesday, May 6th at 5pm in the Community Room
- Resident Council Meeting** - Thursday, May 14th at 3:35pm in the Pub.
- Chef Chat with Sue** - Wednesday, May 20th at 2pm in the Pub
- Family Council Happy Hour** - Thursday, May 21st at 5:30pm in the Bistro


### Mother's Day Brunch



Join us for a celebration of Mothers! Sign up at the front desk - maximum of 4 guests.

**Saturday, May 9th 11:30am - 1pm**

# May 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>31</b></p> <p>1:00 <b>SO</b> Mexican Train - 2nd Floor PB [Pub]</p> <p>6:30 <b>IN</b> Card Games, Puzzles, Cribbage in the Pub - 2nd Floor [Pub]</p>	 <p>Schedule is subject to change.</p> <p>May continued</p>	<p>B Bistro 1st Floor</p> <p>FR Fitness Room 2nd Floor</p> <p>L Lobby - 1st Floor</p> <p>MDR Main Dining Room - 2nd Floor</p> <p>MPR Multi-Purpose Room 1st Floor</p> <p>PDR Private Dining Room 2nd Floor</p> <p>Pub Pub 2nd Floor</p> <p>WAB Walking Around the Building</p>			<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>1</b></p> <p>1:00 <b>PH</b> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <b>SO</b> Happy Hour Accordion Music with Mike - 2nd Floor [MDR]</p>	<p>10:30 <b>PH</b> Resident Walking Group - 1st Floor [L] <b>2</b></p> <p>1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <b>SO</b> Resident Walking Group - 2nd Floor [Pub]</p>
<p>9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>3</b></p> <p>1:00 <b>SO</b> Mexican Train - 2nd Floor PB [Pub]</p> <p>6:30 <b>IN</b> Card Games, Puzzles, Cribbage in the Pub - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>4</b></p> <p>1:00 <b>IN</b> Cribbage Group - 2nd Floor [Pub]</p> <p>1:00 <b>SP</b> Spark Challenge Practice - 2nd Floor [Pub]</p> <p>1:00 <b>IN</b> Horse Racing - 2nd Floor [PDR]</p> <p>2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p><b>WAB</b> Resident Quality of Life Surveyors will be in the Building [WAB] <b>5</b></p> <p>10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR]</p> <p>10:00 <b>SO</b> Nail Painting - Sign up - 2nd Floor [Pub]</p> <p>12:45 <b>SP</b> Robot Soccer Challenge - 2nd Floor [Pub]</p> <p>2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <b>SO</b> Cinco de Mayo Social - 2nd Floor [MDR]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>6</b></p> <p>1:00 <b>IN</b> Jeopardy - 2nd Floor [Pub]</p> <p>2:30 <b>IN</b> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>Happy Birthday Diane</b> <b>7</b></p> <p>10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor</p> <p>10:30 <b>PH</b> Let's Chair Dance- 2nd Floor [Pub]</p> <p>2:00 <b>VO</b> Jamestown Early America 1600-1620 [PDR]</p> <p>2:30 <b>IN</b> Bingo - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>8</b></p> <p>1:00 <b>PH</b> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <b>SO</b> Happy Hour Music with Joanne - 2nd Floor [MDR]</p>	<p>10:30 <b>PH</b> Resident Walking Group - 1st Floor [L] <b>9</b></p> <p>1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <b>SO</b> Resident Walking Group - 2nd Floor [Pub]</p>
<p><b>Mother's Day</b> <b>10</b></p> <p>9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR]</p> <p>1:00 <b>SO</b> Mexican Train - 2nd Floor PB [Pub]</p> <p>6:30 <b>IN</b> Card Games, Puzzles, Cribbage in the Pub - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>11</b></p> <p>11:00 <b>SO</b> Super Star Buffet Lunch Outing - Sign up Only [L]</p> <p>1:00 <b>IN</b> Horse Racing - 2nd Floor [PDR]</p> <p>1:00 <b>IN</b> Cribbage Group - 2nd Floor [Pub]</p> <p>2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p>10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>12</b></p> <p>12:45 <b>SP</b> Robot Soccer Challenge - 2nd Floor [Pub]</p> <p>12:50 <b>SO</b> Sing Along Hour with Father Kevin and the Crew from Christ Out Light [MPR]</p> <p>2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>13</b></p> <p>1:00 <b>IN</b> Jeopardy - 2nd Floor [Pub]</p> <p>1:30 <b>SO</b> National Apple Pie Day - 1st Floor [B]</p> <p>2:30 <b>IN</b> Coney Island Bags - 1st Floor [MPR]</p>	<p><b>Happy Birthday Richard D.</b> <b>14</b></p> <p>10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor</p> <p>10:30 <b>PH</b> Drumming - 2nd Floor [Pub]</p> <p>2:30 <b>IN</b> Bingo - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>15</b></p> <p>1:00 <b>PH</b> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <b>SO</b> Happy Hour with Phil - 2nd Floor [MDR]</p>	<p>10:30 <b>PH</b> Resident Walking Group - 1st Floor [L] <b>16</b></p> <p>1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <b>SO</b> Resident Walking Group - 2nd Floor [Pub]</p>
<p>9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>17</b></p> <p>1:00 <b>SO</b> Mexican Train - 2nd Floor PB [Pub]</p> <p>6:30 <b>IN</b> Card Games, Puzzles, Cribbage in the Pub - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>18</b></p> <p>1:00 <b>IN</b> Jeopardy/Family Feud - 2nd Floor [Pub]</p> <p>1:00 <b>IN</b> Cribbage Group - 2nd Floor [Pub]</p> <p>1:30 <b>IN</b> Walmart Outing - Sign up [L]</p> <p>2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p>10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>19</b></p> <p>10:00 <b>SO</b> Nail Painting - Sign up - 2nd Floor [Pub]</p> <p>12:45 <b>SP</b> Robot Soccer Challenge - 2nd Floor [Pub]</p> <p>2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - WILL BE HELD IN THE PUB TODAY [Pub] <b>20</b></p> <p>1:00 <b>SP</b> Catholic Connect - 1st Floor [MPR]</p> <p>1:00 <b>IN</b> Craft - 2nd Floor [Pub]</p> <p>2:00 <b>VO</b> Chef Chat with Sue - 2nd Floor [Pub]</p> <p>2:30 <b>IN</b> Coney Island Bags - 1st Floor [MPR]</p>	<p>10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor <b>21</b></p> <p>10:30 <b>PH</b> Let's Chair Dance- 2nd Floor [Pub]</p> <p>2:30 <b>IN</b> Bingo - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>22</b></p> <p>1:00 <b>PH</b> Balloon Ball - 1st Floor [MPR]</p> <p>2:00 <b>SO</b> Happy Hour Social - 2nd Floor [Pub]</p>	<p>10:30 <b>PH</b> Resident Walking Group - 1st Floor [L] <b>23</b></p> <p>1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <b>SO</b> Resident Walking Group - 2nd Floor [Pub]</p>
<p>9:30 <b>SP</b> Christ our Light Catholic Service - 2nd Floor [PDR] <b>24</b></p> <p>1:00 <b>SO</b> Mexican Train - 2nd Floor PB [Pub]</p> <p>6:30 <b>IN</b> Card Games, Puzzles, Cribbage in the Pub - 2nd Floor [Pub]</p>	<p><b>Memorial Day</b> <b>25</b></p> <p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR</p> <p>1:00 <b>IN</b> Horse Racing - 2nd Floor [PDR]</p> <p>1:00 <b>IN</b> Cribbage Group - 2nd Floor [Pub]</p> <p>2:30 <b>VO</b> Bunco, Left Center Right - 2nd Floor [Pub]</p>	<p>10:00 <b>PH</b> Sit and Be Fit with Brenda - 2nd Floor [FR] <b>26</b></p> <p>12:45 <b>SP</b> Robot Soccer Challenge - 2nd Floor [Pub]</p> <p>2:00 <b>SP</b> Church with Chaplain Jean - 1st Floor [MPR]</p> <p>2:30 <b>IN</b> Farkle or No Name Card Game - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>27</b></p> <p>1:00 <b>SP</b> Catholic Church - 1st Floor [MPR]</p> <p>1:00 <b>IN</b> Craft - 2nd Floor [Pub]</p> <p>1:30 <b>SO</b> National Popsicle Day - 1st Floor [B]</p> <p>2:30 <b>IN</b> Coney Island Bags - 1st Floor [MPR]</p>	<p>10:00 <b>SO</b> It's Cookie Day Thursday! 1st Floor <b>28</b></p> <p>10:30 <b>PH</b> Drumming - 2nd Floor [Pub]</p> <p>1:00 <b>VO</b> Lifespark Medical Group Information - 1st Floor [MPR]</p> <p>2:30 <b>IN</b> Bingo - 2nd Floor [Pub]</p> <p>6:30 <b>IN</b> Card Games with Friends - 2nd Floor [Pub]</p>	<p>10:45 <b>PH</b> Gentle Fitness - 1st Floor MPR <b>29</b></p> <p>1:00 <b>PH</b> Balloon Ball - 1st Floor [MPR]</p> <p>2:20 <b>SO</b> Happy Hour Music with Tony - 2nd Floor [MDR]</p>	<p>10:30 <b>PH</b> Resident Walking Group - 1st Floor [L] <b>30</b></p> <p>1:00 <b>IN</b> 500 Club or Cribbage - 2nd Floor [Pub]</p> <p>2:30 <b>SO</b> Resident Walking Group - 2nd Floor [Pub]</p>