

## February 2019 Special Events

New Year means new goals for yourself! It's the perfect time to join an exercise class at Oak Meadows! We offer classes 4 days a week.

**Mondays at 10:00 am**, Let's Drum! is an exercise that uses drumsticks and is a higher intensity workout. **Wednesdays at 9:30 am**, Exercise with Megan uses exercise balls and weights. **Fridays at 10:00 am**, Exercise with Anna uses exercise balls and weights that provides a higher intensity workout. Finally, **Saturdays at 10:00 am**, Video Exercise is a completely seated higher intensity workout. We hope to see you at our exercise classes in the Multipurpose Room this year!



On **Thursday, February 14 at 2:00 pm** in the Community Room, we will have our Valentine's Day party! This year we will play a game, enjoy snacks and a Valentine's Day drink. We would also love for you to bring your wedding picture to share with everyone!



Did you know that our Beauty Shop offers many services such as cuts, shampoos, coloring and perms? This month they are offering \$5.00 off your first service if you are a first time customer. Don't miss out on this great deal!

### Entertainment this month:

- **Tuesday, February 5**, Woodbury Dance Center (3-5 year olds)
  - **Tuesday, February 5**, Alive & Kickin
  - **Monday, February 25**, Mary Franz (Guitar & Sing)
  - **Thursday, February 28**, Bobby & Christine (Guitar & Sing)
- Please check the calendar for times and locations.



# Bus Trips & Other Information



## Signing up for Guardian Angels Bus Trips

Each week our wonderful volunteer drivers bring tenants to Guardian Angels for **Saturday** evening Mass at 5:00 pm. The bus leaves Oak Meadows at **4:30 pm** each week, and picks tenants up at both the Pines and Ponds entrances. Please call the Receptionist to sign-up if you are interested in going to Mass.

This month we are going to continue our monthly sing alongs! Many of you love to sing, so what better way then to sing some of your favorite classic songs? There are many types of songs to chose from, but this month we will sing our favorite love songs! We hope you will join us on **Thursday, February 14 at 10:00 am** for this fun morning of music in the Multipurpose Room!



## Full Bloom: Amelia Earhart

Constance will be back this month on **Thursday, February 21 at 10:00 am** in the Community Room. She will talk about Amelia Earhart who was fascinated by stories she heard of daring pilots and quickly became history's most famed female pilot!

## "Bounce Back to Balance"

Dr. Karen Malone will be here on **Thursday, February 7 at 10:00 am** the Multipurpose Room, to talk about fall prevention and do fall screenings after her presentation. Karen has 30 years of experience as a physical therapist and owns Prize Physical Therapy, which is a mobile physical therapy practice. Don't miss out on this informative topic!



Wednesday the 6th	Target: Woodbury	1:00 pm
Wednesday the 13th	HyVee	1:00 pm
Tuesday the 19th	The Dollar Tree	1:00 pm
Wednesday the 20th	Wal-Mart	1:00 pm
Wednesday the 27th	Cub	1:00 pm
Thursday the 28th	Red Lobster	11:00 am

## Spiritual Services & Other Activities

**\*\*Worship Services** are usually held every **Wednesday** at **10:30 am** in the Community Room. The **1st Wednesday** of each month is a Catholic Mass led by Fr. Rodger from Guardian Angels Church. The remaining Wednesday worship services are open to everyone, whether Protestant, Catholic or non-denominational. This is a time to gather with others of faith to renew our spirits and worship the One God who makes no distinctions and who loves us all unconditionally.

**\*\*Bible Study** on Mondays at **10:30 am** in the **Community Room**. **\*\*Devotions** on Tuesdays at **1:30 pm** in the **Community Room (except 2/12, Fireside)\*\*** **Rosary Group** on Tuesdays at **6:30 pm** in the **Community Room**. **\*\*Prayer Group** on Fridays at **10:30 am** in the **Chaplain's Office**.



### Bell & Choir Practice



On **Fridays, February 8 and 15**, the Golden Bells and the Oak Meadows Choir will practice in the Community Room. Golden Bells will practice at **1:30 pm** and the Oak Meadows Choir will practice at **2:15 pm**.

**A Note from Chaplain Carol....** Everybody loves music. And, I know a lot of you like to sing because I've heard you at the sing-alongs, and you sound GREAT! So, I am encouraging you to join another sing-along - our choir! You do not have to have any experience, nor do you need to sing a part. We sing all different types of music for everyone to enjoy!

### February Bingo Events:

- **Wednesday, February 6**, Oakdale Princesses
- **Sunday, February 10**, Tartan NHS Students
- **Saturday, February 16**, Tenant Council Bingo
  - **Monday, February 18**, HyVee

**Please check the calendar for times and location.**





8131 Fourth Street North  
Oakdale, MN 55128

Do you like to play 500 cards?  
If so, please join us on  
**Mondays at 12:15 pm** in the  
Library!



Introducing Jazz the American Eskimo! Jazz will be here once a month to visit in the Lobbies. This month he will be here on **Wednesday, February 6 at 6:00 pm**. You won't want to miss this adorable pup!



## Oak Meadows Non-Profit Organization for 2018!

Yes folks it is true! Oak Meadows was voted by the Woodbury Area Chamber as the Non-Profit of the Year. We are so excited to receive this award and this honor. It is truly thanks to all of you that we can say we are the special community we are. Thank you to our tenants and families for having confidence in us and for being part of our family. What an exciting time for Oak Meadows!  
-Deb Veit