

January 2021 Newsletter



Happy New Year-Here's to 2021!!



A very special thank you to all of the families, friends, Girl Scouts, Schools, Lake Elmo Bank (Oakdale) Staff, and many others for the cards, treats and love this year, especially this last month. November and December were challenging for all of us, but we couldn't have done it without all of you. We can't say thank you enough!



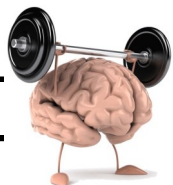
New Additions to the calendar in January:

Wii Bowling will now be on **Mondays** and **Thursdays at 2:00 pm** and **Afternoon Bus Rides** on **Mondays at 2:30 pm**. You will need to sign up for both events each week!

Cribbage will be on **Wednesdays at 3:00 pm** in the Pines Lobby.

Mind Aerobics will be on **Thursday, January 14 at 10:00 am**.

Please check your calendar for locations.



January Bible Study



Last month Bible Study was postponed for a few weeks. Chaplain John will continue with this weekly schedule. Please sign up if you are interested in joining! Below is what we will be studying each **Monday at 10:00 am** in the Multipurpose Room.

- 1/4, Genesis 10-11 Nations Descended from Noah/Tower of Babel
- 1/11, Genesis 12 Call of Abraham
- 1/8, Genesis 16 Hager and Birth of Ishmael
- 1/25, Genesis 18:1-15;21 Promise to Abraham and Sarah/Isaac

Other Information

Upcoming PBS Specials this month:

- 1/4– The First Silent Night
- 1/7– Faces of America
- 1/11– The Queen’s Garden
- 1/14– The Best of the Worlds Greatest
- 1/18– Martin Luther King Jr.: I Have a Dream
- 1/21– Streamliners: America’s Lost Trains
- 1/25– Life on the Reef
- 1/28– Anne of Green Gables



All programs will be at 6:00 pm on Channel 51 (in-house channel).

January Theme Days!

January 7– White Out 2020!- Be sure to wear your white (and blue!) to get in the spirit. 2020 wasn’t our favorite, so we will welcome 2021 with open arms and hearts!

January 21– Holiday Mash Up!- Since we didn’t get to celebrate all of our favorite holidays last year, get out your Valentine’s Day, St. Patrick’s Day, 4th of July, Halloween and Christmas clothes, because we will celebrate them all on this day!

****Lunches begin being delivered at 11:00 am on theme days!****



Don’t forget to watch channel 2 on your televisions to continue to stay up to date on what’s happening at Oak Meadows!

Masks & Eye Protection at Oak Meadows: All tenants must wear masks **anytime** they leave their apartments. We continue to discourage visitors, but do allow essential visits. Please call Deb Veit for approval of an essential visit. Anyone who comes to visit **MUST** have a mask & eye protection on and get their temperature checked at the Reception Desk. We do not have enough masks/eye protection to provide for outside guests, so they must have their own or they will be asked to leave. Thank you for your cooperation during this time!



More Information!



Spiritual Life at Oak Meadows

Chaplain John will have **Bible Study** on **Mondays at 10:00 am** in the Multipurpose Room. **Devotions** will be on **Tuesdays at 1:30 pm** in the Community Room. **Prayer Group** on **Fridays at 10:30 am (except 1/1)** in the Multipurpose Room. Worship services on **Wednesdays at 10:30 am and 1:30 pm** in the Community Room. You must sign up because space is limited due to physical distancing guidelines. You must wear your mask during all of the events. **Devotions (Tuesdays at 1:30 pm)** and **Worship (Wednesdays at 10:30 am & 1:30 pm)** will be shown on Channel 51 for those not able to join in person. **Guardian Angels Mass** will continue on Channel 51 the first Wednesday of the month for January. The **Rosary Group** will continue to be on Channel 51 on **Tuesdays at 6:30 pm**.



Upcoming music opportunities on Channel 51 in January!

- **Weekly Live Sing-alongs with Susie Q**. Please check the calendar for specific dates.
- **Sing for Life Choir Practice** with Lou Ann Henderson from MacPhail on now be on **Saturdays at 1:00 pm**.
- We will continue with weekly performances on Fridays from **East Ridge High School Choir** at **1:00 pm**.
- **Dan Newton** will perform an accordion concert on **Friday, January 22 at 1:15 pm** and **Thursday, December 31 at 1:00 pm**.
 - **Tom Janochoski** will play piano music (sound only!) on **Friday, January 8 at 1:15 pm**.
 - **MacPhail Center for Music Music for Life** with Deb McTaggart on **Fridays, January 15 & 29 at 1:15 pm**.



If you are interested in a one-on-one visit, please give Jane, our Financial Administrator a call. She is eager to spend some time and share stories with those who are interested!



8131 Fourth Street North
Oakdale, MN 55128

Weekly Bingo on **Tuesdays at 2:30 pm** in the Community Room!
We will be using bingo daubers and disposable bingo cards to play. Please see Megan with any questions. You must sign up with the Receptionist for each week!



Upcoming Wilderness Inquiry Virtual Presentations:

- **Thursday, January 7 at 1:30 pm** , Dogsledding

Based out of Wintergreen Dogsled Lodge in Ely, MN. You will learn the ins-and outs of the canine-powered mode of travel humans have used over 1000 years.

- **Thursday, January 21 at 1:30 pm**, Snowshoeing

You will be guided through a short trail hike and share the traditional origins of this outdoor hobby. They will show various types of snowshoes and how they are made for different types of terrain and explore the significance of this tradition among native peoples.