

April 2021 Newsletter



Oak Meadows Turns 23 on April 1!

To celebrate, we will have Root Beer Floats in the Lobbies on **Thursday, April 1 at 2:00 pm!**

April IN PERSON Concerts

Beginning this month, we are finally able to have musicians back to perform for us in the Community Room!

- **Monday, April 5 at 2:00 pm**– Tom Janochoski (Sing-Along)
- **Thursday, April 15 at 2:00 pm**– Randy Rolloff (Keyboard & Sings)
- **Thursday, April 29 at 2:00 pm**– Bobby & Christine (Guitar & Sing)

We hope you join us for LIVE music!



Let's have an old fashioned New Tenant Gathering! We will get together with friends over a cup of coffee, and even add donuts too! Stop in to meet old friends and make new friends on **Thursday, April 8 at 9:30 am** in the Multipurpose Room.

This month, Tenant Council is back! Tenant Council meets the **2nd Monday of the month (4/12) at 2:00 pm** in the Community Room. Please see the upcoming agenda that will be passed out for more information. All tenants are welcome!



Let the Good Times Roll!

Mondays at 12:30 pm-500 Cards in the Library

Mondays at 6:00 pm-Dominoes in the Library

Wednesdays at 3:00 pm– Cribbage in the Library

Thursdays at 6:00 pm-Bridge in the 3rd Floor Lobby

Fridays at 6:30 pm– Zilch (Greedy) in the Community Room.



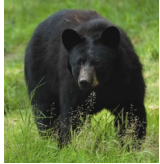
Other Information

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



Upcoming Wilderness Inquiry Virtual Presentations:

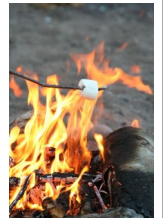
- **Thursday, April 8 at 10:00 am**, A Year in the Life of a Bear
Sometimes there is more to life than eating honey and stealing picnic baskets! Join University of Minnesota researcher Spencer Rettler as he discusses a year in the life of a bear including hibernation, raising cubs, finding food, and preparing for winter. You will learn how Yogi uses his sense of smell to navigate through the forest, what type of wild berries he likes to eat, and where he builds a den for hibernation.



- **Thursday, April 22 at 10:00 am**, Outdoor Cooking

Whether camping, or enjoying a COVID-19 safe outdoor dinner with friends or family, you don't have to sacrifice the joy and comfort of a hearty home-cooked meal! For this session, join James Beard, award winning cookbook author, and Beth Dooley, as she guides you through how to shake off that cabin fever, get outside, and cook a delicious meal out in the fresh air! Whether you have a camp stove or a campfire, Beth will share recipes and techniques to make your outdoor meal worth donning your snow-pants for!

****Both will be on Channel 51****



Continuing this month, we will offer 3 classes in person and 1 class on Channel 51 a week. **Mondays at 10:00 am**, Exercise with Jordan, **Wednesdays at 10:00 am (please note the time change!)**, Exercise with Megan and Drumming with Megan will alternate and **Fridays at 10:00 am**, Exercise with Anna. All classes are higher intensity and use exercise balls and weights. Finally, **Saturdays at 10:00 am** will be on Channel 51 and will alternate between Jordan and Megan's exercise. Saturday will be the only day that exercise will be on Channel 51. All classes meet in the Multipurpose Room.



More Information!



Spiritual Life at Oak Meadows

Chaplain John will have **Bible Study** on **Mondays at 10:00 am (except 4/5)**. **Devotions** will be now be on **Wednesdays at 10:30 am (except 4/7)**. **Prayer Group** on **Fridays at 10:30 am (except 4/2)**. Worship services will now be on **Sundays at 10:00 am**. **Guardian Angels Mass** will be the **first Wednesday of the month (4/7) at 10:30 am** on Channel 51. The **Rosary Group** will meet in person on **Tuesdays at 6:30 pm**, in the Community Room but will also continue to be on Channel 51.

****All events will be in the Community Room****



Holy Week Church Services:

Maundy Thursday, April 1

Good Friday, April 2

Easter Sunday, April 4

All services will be in the Community Room at 10:00 am.



Music opportunities on Channel 51 in April:

- Live Sing-alongs with Susie Q on **Wednesdays at 1:00 pm**.
 - This, That and the Other Thing Concert on **Friday, April 16 at 1:00 pm**.
- Sing for Life Choir Practice with Lou Ann Henderson from MacPhail on **Saturdays at 1:00 pm**.
 - East Ridge High School Choir on **Sundays at 1:00 pm**.
 - MacPhail Center for Music Music for Life with Deb McTaggart on **Thursdays, April 15 & 29 at 10:00 am**.



current events

Are you interested in talking about current events with others? On **Tuesdays at 10:30 am**, we will get together in the Community Room and talk about things that are going on in the world. We will also do "This Day in History" to discuss past historical events.

We hope to see you there!



8131 Fourth Street North
Oakdale, MN 55128



Beginning on Saturday, April 3, our Movie Theater will be open again to watch movies! Each weekend, movies will be shown on **Saturdays at 2:00 pm** and **Sundays at 6:00 pm**. If you have any ideas as to a movie you would like to see, let Megan know!

Bingo will be on **Monday, April 26 at 2:00 pm** in the Community Room! We will be using bingo daubers and disposable bingo cards to play. You must sign up with the Receptionist beginning on April 19!



Calling All Men! Join us on **Friday, April 23 at 1:30 pm** as we have Gather with the Guys in the 3rd Floor Lobby and on **Friday, April 30 at 1:00pm** in the Dining Room for Pies with the Guys (yes, free pie!); During this time for **only the guys** we will enjoy different topics of conversation and even enjoy some snacks/treats. The guys would like to start a Men's Bridge group, please let Megan know if you are interested!

