



**Referrals:** If you know anyone who is looking for a wonderful new place to live, whether they are wanting to downsize or looking to have more companionship, tell them about us! If they move in here because of your referral, you get **\$1000 off one month's rent!**



### Ugly Holiday Sweater Contest

**December 20<sup>th</sup>**

**Please join in with other residents and staff for an ugly Christmas Sweater contest. Come to Happy Hour from 4-5pm and we will vote on whose sweater is the winner!**

# Keystone Chronicle

December 2019 Edition  
Fields 14602 Finale Ave N, Hugo MN 55038

Keystone Place at LaValle  
651-888-6557

### Special Dates:

**December 2<sup>nd</sup>** – Decorate Pub and Lobby Trees

**December 3<sup>rd</sup>** – Decorate Pub with Village Houses

**December 4<sup>th</sup>** – Invite a friend to Brunch; Chef's Corner

**December 6<sup>th</sup>** – Outing to White Bear Floral Boutique; Happy Hour with Mary Franz

**December 8<sup>th</sup>** – Joyful Hearts Singers

**December 10<sup>th</sup>** – Resident Council

**December 11<sup>th</sup>** – Worship with the Depot Church; Saint John's Men's Choir Sing Carols

**December 12<sup>th</sup>** – Sunny Cove Dance Party

**December 13<sup>th</sup>** – Holiday Party

**December 18<sup>th</sup>** – Worship with Faith Lutheran Church

**December 19<sup>th</sup>** – Military History Talk with Alan Anderson

**December 20<sup>th</sup>** – Hinckley Casino, Happy Hour with Joe Aherns; Ugly Sweater Contest

**December 25<sup>th</sup>** – MERRY CHRISTMAS

**December 27<sup>th</sup>** – Bell Museum; Happy Hour with Mary Hall

## KPLF Holiday Party

**When:** Friday, December 13<sup>th</sup> from 3pm to 5pm

**Locations:** Northstar Activity Room, Pub, and Sunny Cove

Appetizers and beverages will be available in each location. Entertainment will be playing from 4pm-5pm in each area as well (Bandanahh, Dale Martell, and Steve Rosa). Appetizers will serve as dinner, however the Trailway Dining Room on the north side of the building will be open for residents who prefer a plated dinner. Swedish meatballs and mashed potatoes with gravy will be the menu item served.

**Formal Santa pictures will be offered at 3:15pm in the lobby next to the Christmas Tree.** Santa will then be traveling throughout the building after that. Please come dressed in holiday attire and enjoy the festivities.







## Monday Cooking with Bill

### Lemon Merengue Pie



## December Associate Birthdays

Lisa Foster – December 1<sup>st</sup>

Kasey Reichow – December 10<sup>th</sup>

Allison Muller – December 14<sup>th</sup>

Lily Kuzko – December 16<sup>th</sup>

Brenna Olson – December 28<sup>th</sup>

Gennyber Marier – December 29<sup>th</sup>

Brittney Summers – December 31<sup>st</sup>



### Snowball

I made myself a snowball,  
As perfect as could be,  
I thought I'd keep it as a pet,  
And let it sleep with me.  
I made it some pajamas,  
And a pillow for its head,  
Then last night it ran away,  
But first—it wet the bed!

—SHEL SILVERSTEIN

### Community updates:

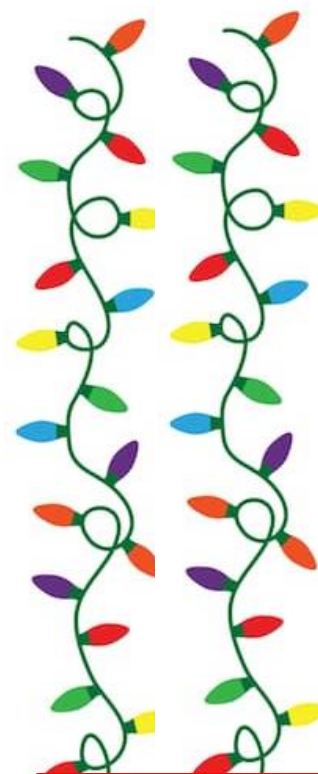
**Church Shuttle:** We are going to alternate every other weekend with First Presbyterian Church and New Life Church. Please see the activity calendar to find the corresponding dates.

**Flu Season:** Flue season is upon us, unfortunately. We want to make sure everyone takes the necessary precautions heading in to winter. **If you have any of the following symptoms, please report them to the Nurse or any of the Management Staff:**

- Cough
- Sore Throat
- Nasal Congestion or Runny Nose
- Fever
- Body Aches
- Decreased Appetite
- Increased Weakness



Protect yourself against colds and viruses by washing your hands frequently, get plenty of rest, increase your fluid intake and avoid close contact with anyone who is ill or experiencing any of the above symptoms.



On November 19<sup>th</sup> we packed 15 boxes to send around the world for children to get gifts for the holidays. Thank you to everyone who donated supplies, time, and money for Operation Christmas Child. Your giving spirit will make a difference in those children's lives.



## Tie Blankets



The White Bear Lake Transitional School joined us and together we tied 8 blankets to donate to Gillette Children's Hospital.



### Volunteers needed:

We started a Dance Hour in Sunny Cove last month, and had a lot of residents that needed dance partners. You don't need to be a professional dancer. Just move with the residents who are standing or sitting in a wheelchair. We are planning our next Dance Hour on Thursday December 12<sup>th</sup> at 2:15 in Sunny Cove. Please contact Jennifer Spring if you want to help. Thanks!