



June Resident Birthdays

Sandy J. 2nd Lee Z. 2nd Katie W. 6th
 Shannon D. 7th Audrey E. 9th Dave W. 11th
 Jan B. 13th Inge K. 14th Toni H. 17th
 Mary Jo D. 23rd Jo C. 27th Lowell M. 27th

June Staff Birthdays

Molly H. 3rd Joe V. 3rd Bisrat G. 21st
 Mary Jo M. 29th

June Entertainers:

Friday, June 3rd – Happy Hour with **Steve Rosa**

Friday, June 10th – Happy Hour with **Steve Poynter**

Friday, June 17th – Happy Hour with **Phil Kitze**

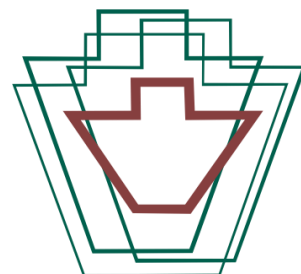
Friday, June 24th – Happy Hour with **Charles Kemper**

Monthly Guest

Toenails: Do you need your toenails clipped? If so, Mary Adrian, our designated "Toenail Fairy", will be coming to do just that in May. She does charge \$35, but hey, it's worth it! Please sign up at the front desk.

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Keystone Chronicle

Keystone Place at LaValle Fields

14602 Finale Ave N, Hugo MN 55038

651-888-6557

**Special
 Activities**



June 1st – **Chef Talk** – Join Jeff and his team to talk about Dining Services, in the Pub.

June 7th – **Passport to Wisconsin**– Hop on the plane with us to fly to Wisconsin, where you will learn about their tourist attractions. Don't forget your passport!

June 9th– **Alan Anderson** – Alan has a PhD in Military History. He will be talking about Winston Churchill on this day.

June 10th- **Outing to Red Wing** for lunch. Sign up at the front desk.

June 14th – **Wine Tasting with Becky** in the pub.

June 16th- **Let's Go Fishing outing**. Sign up at the front desk. Participation limited to only 5 residents.

June 21st- **Carving with Ken** in the Northstar room.

June 24th – **Outing to Grand Casino Hinckley**. Sign up at the front desk.

June 27th – **Resident Council**- All residents are welcome to attend. In Northstar.

June 28th – **Cooking with Bill** – Join Bill for some food from Wisconsin and entertainment.





We all had a blast at our own Kentucky Derby on May 4th! Huge kudos to Jennifer in Life Enrichment who planned and ran the whole thing, with a little bit of help from the rest of her team. Kathy's horse, named Jim after her late husband, took first place! Claudia won for betting on who would finish first and

Notes and Reminders

Housekeeping: When they are on vacation or really busy, your rooms may not be done at the same time they usually are. Please be patient, they will get to you as soon as possible ☺

Friends Make the Best Neighbors: Rachel is wondering if you have friends that might be ready for that next step in their lives? Maybe you yourself really want them to come live here with you! Go see Rachel if you have someone in mind and you could get \$1000 off one month's rent if your friend moves in!

Benefits of Exercise

The LE Team does their best at providing a safe and effective exercise program. Start time is at 10:15am in Southshore room 3rd floor on Monday, Tuesday, Thursday and Friday's and 9:30 am on Saturday Mornings. We start with warming up, then we move on to Strength training and stretching and ending with a Cool Down! Benefits of exercise include:

- Exercise controls weight. Exercise can help prevent excess weight gain or help maintain weight loss.
- Exercise combats health conditions and diseases.
- Exercise improves mood.
- Exercise boosts energy.
- Exercise promotes better sleep.
- Exercise puts the spark back into your life.
- Exercise can be fun ... and social!

Come and check it out and enjoy the benefits of exercise!!

Key Associate of the Month

June's Key Associate of the Month is Gennyber M., Resident Assistant on the afternoon shift. Gennyber M. was nominated by Maureen J. "She is friendly and pleasant at all times." Maureen said, "She is extremely competent in her work and is a great caretaker."

Congratulations Gennyber! If you would like to nominate a deserving associate, please contact Life Enrichment for a nomination form.



No one sits alone at Keystone. This was at a Root Beer Float activity on May 22nd. They ended up with nine people at a table for six. The residents wanted

Wondering what the letters mean after an activity in the calendar. They designate what room the activity is in.

N = Northstar on the 1st floor
P = Pub on the 1st Floor
E = Ed Sullivan movie theater on the 2nd floor
S = Southshore on the 3rd floor