

Want to get more **exercise** in? Join us on Wednesdays for Walking Club at 2:30 pm! We will be meeting in the pub before taking a walk outside (weather permitting). We also offer several exercise classes throughout the week in the 3<sup>rd</sup> floor Southshore Room.

**Monday 10:15** – Group chair exercise with weights

**Tuesday 10:00** – Yoga and mindfulness

**Thursday 10:15** – Group chair exercise with weights

**Friday 10:15** – Group chair exercise with weights

**Saturday 9:30** – Group chair exercise with weights

Group exercise not your thing? Give our fitness room a try! Located just off the Oneka elevator on the first floor. For more information on how to use machines or for a one-on-one machine lesson, please contact a member of the Life Enrichment team!

### Word Scramble Key

Leaves  
Apples  
Breeze  
Chilly  
Orange  
Pumpkin  
Spice

### Keystone Place, A Great Place to Call Home

Do you know someone who is looking for their next home? If you send them in Monica's direction and they sign on to become a resident here with us, you will receive a \$1000 rent credit as a thank you. Have them contact Monica Nelson at 651-888-6557 or SLC-LF@keystonesenior.com.

### Welcome our new neighbor!



**207 Pam Locke**

### Happy Birthday to...

#### Residents

Betty P – 9/5  
Kim M – 9/9  
Elaine F – 9/12  
Edith P – 9/22  
Kathy G – 9/22  
Don H – 9/25  
Arlette W – 9/28

#### Staff

Jessie L – 9/3  
Kara MJ – 9/10  
Andrea P – 9/15  
Katelyn L – 9/15  
Danielle G – 9/16  
Esther T – 9/17  
Beret B – 9/18  
Sandy D – 9/25  
Elizabeth T – 9/28

September 2025

# Keystone Chronicle

Keystone Place at LaValle Fields | 14602 Finale Ave N, Hugo MN 55038 | 651-888-6557

### Activity Highlights

September 1<sup>st</sup>- Labor Day  
September 2<sup>nd</sup>- Bean bag toss  
September 4<sup>th</sup>- cooking demonstration  
September 5<sup>th</sup>- Lunch at Trout Air Tavern  
September 8<sup>th</sup>- Bus to Target  
September 9<sup>th</sup>- Wine tasting with Terese  
September 10<sup>th</sup>- Minneapolis Farmers Market  
September 11<sup>th</sup>- Pasta sauce cook off  
September 12<sup>th</sup>- Pleasant Valley Orchard outing and lunch at Loggers Bar and Grill  
September 15<sup>th</sup>- Bus to Cub Foods  
September 16<sup>th</sup>- All-Resident Meeting  
September 18<sup>th</sup>- Apple taste testing  
September 18<sup>th</sup>- RED DRESS-UP DAY!  
September 19<sup>th</sup>- Trip to Minnesota's Largest Candy Store and lunch at the Jordan Tap Room  
September 22<sup>nd</sup>- First day of Fall!!  
September 22<sup>nd</sup>- FALL DRESS UP DAY!  
September 22<sup>nd</sup>- Bus to Walmart  
September 23<sup>rd</sup>- Lunch at Orchid  
September 23<sup>rd</sup>- Beer tasting and soft pretzels  
September 25<sup>th</sup>- Alan Anderson history presentation  
September 26<sup>th</sup>- Como campfire and roasted hotdog lunch  
September 29<sup>th</sup>- Bus to Festival  
September 29<sup>th</sup>- Yellow Ribbon dinner  
September 30<sup>th</sup>- Bowling  
September 30<sup>th</sup>- Caregiver Support Group

Movies have been moved to 1:30 pm on weekends!

A letter from John S: Thanks to the residents and staff who contributed to our collection of aluminum cans. Our recent sale of cans raised \$676.00 for the Hugo Homeless Shelter. We will continue to collect cans to fill our bin again. To aid in that collection, resident Keith F. has added a second collection receptacle in the lower-level parking garage. Thank you, Keith!

Thank you to everyone who participated in the Walk to End Alzheimer's bake sale! Between the bake sale and the in-person donation bucket we raised over \$557!!

### Falling Leaves

Little leaves fall softly down  
Red and yellow, orange and brown  
Whirling, twirling round and round  
Falling softly to the ground

Little leaves fall softly down  
To make a carpet on the ground.  
Then, swish, the wind comes whistling by  
And sends them dancing to the sky.

**First day of Fall, September 22<sup>nd</sup>!**



FALL  
WORD SEARCH

WZAUTUMNDWYUSSWNSR  
UWOAGWGLOUMPEURERJ  
AOYFNZJRRCEWKOVATC  
YQTIJSCDZRYWCAAAQAC  
ELPDQEBMILQAEAFQFI  
RXXBRNSFCCOLORFULJ  
GZEAOINEGUAWAJDAFC  
YCCVKOKSMOMPTBLPLX  
ASHRBPVPTYPUQKPVQL  
JHJRVZOIHLMRMAUKKS  
QPBGVPNVAFSUDMNQFW  
QUDLKKEARNACHILLYE  
ZMFRALGLVGHXMCZATA  
CPAEUNKNECQKJOTAWT  
LKQUFYKISTGENREEIE  
WIZAPPLETWTFYNKYDR  
BNOQIHSUTXDNTABZIJ  
GLVCIDERGHAYRIDEUS

ACORN  
APPLE  
AUTUMN  
BLANKET

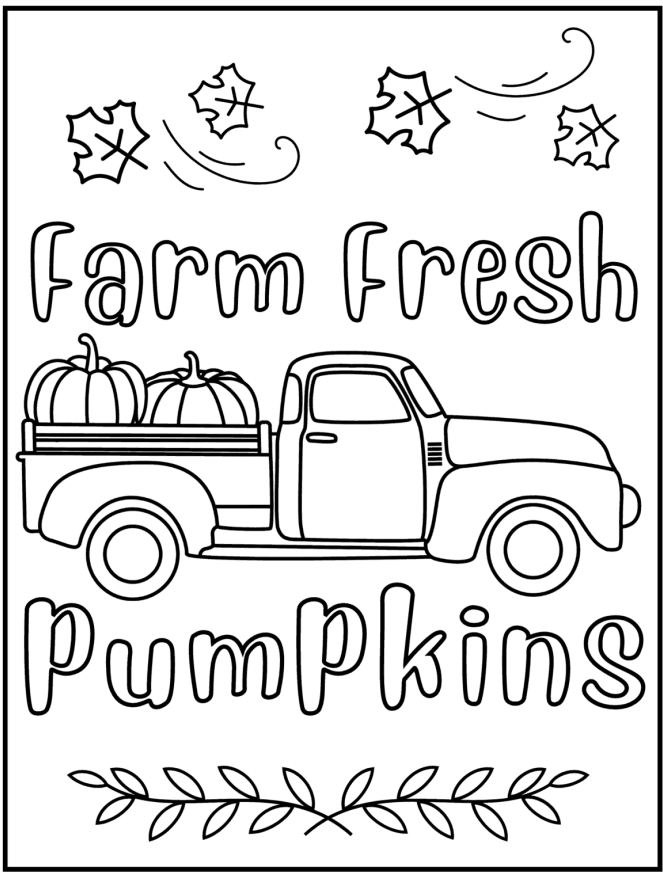
BONFIRE  
CHILLY  
CIDER  
COLORFUL

CORN  
FALL  
FESTIVAL  
GOURD

HARVEST  
HAYRIDE  
LEAVES  
MUMS

PUMPKIN  
RAKE  
SCARECROW  
SWEATER

[www.cutecoloringpagesforkids.com](http://www.cutecoloringpagesforkids.com)

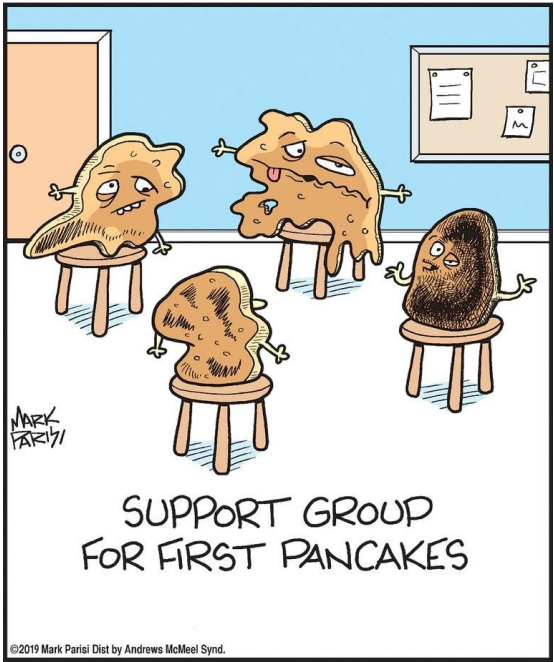


Nurses Office- Mindfulness

Mindfulness practices can significantly enhance mental and physical health by reducing stress, anxiety, and depression while improving overall well-being.

**What is Mindfulness?** Mindfulness is the practice of being fully present and aware of your thoughts, feelings, and surroundings without judgment. It involves focusing on the current moment, which can help reduce the tendency to dwell on the past or worry about the future. There are many benefits to mindfulness practices such as:

- Reduces Stress and Anxiety:** Mindfulness has been shown to lower levels of stress and anxiety. By focusing on the present, individuals can manage their thoughts and emotions more effectively, leading to a calmer state of mind.
- Improves Mental Health:** Mindfulness practices can help alleviate symptoms of depression and anxiety. Research indicates that mindfulness-based therapies can enhance emotional regulation and reduce the risk of relapse in individuals with depression.
- Enhances Physical Health:** Mindfulness may also contribute to better physical health outcomes. Studies suggest it can lower blood pressure, improve sleep quality, and help individuals cope with chronic pain.
- Promotes Healthy Habits:** Engaging in mindfulness can encourage healthier lifestyle choices, such as improved eating habits and increased physical activity, by fostering a greater awareness of one's body and its needs.



Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.

I read a book about helium once.

I couldn't put it down.