

October Highlights!

Feed My Starving Children!
 #TeamWestRidge packed 6 boxes total AND were shipped to HOT Fútbol (3D Delmas) in Haiti on Monday, October 18th.



Oktoberfest, 2021!



Halloween Party



Wine Tasting at Rustic Roots Winery!



WESTRIDGE OF MINNETONKA

NOVEMBER 2021

11201 Fairfield Rd, Minnetonka, MN, 55305
www.AvinitySeniorLiving.org | 952.512.0547

SERVICES OFFERED AT WESTRIDGE

HAIR SALON
 By appointment
 Contact Michelle
 763.537.9157

FOOT CARE BY OPTAGE
 First Thursday of each month
 Sign-up required

SCHWAN'S DELIVERY
 Every other
 Tuesday 1pm

SHOPPING TRIPS
 Tuesdays and Thursdays

FITNESS ROOM
 Open

LIBRARY
 Open

I am so happy to be writing this as the new Housing Director of WestRidge. WestRidge has had some great leaders in the past and I know I have some big shoes to fill! Thank you all for your warm welcome and encouragement as I continue serving WestRidge.

As we turn the corner into the Thanksgiving season, I would love to hear more talk about what we are thankful for. It has been a rough year! With disappointments, loneliness, change and loss of control, we can sometimes dwell in our sorrows and let that sadness, bitterness, and anger take over. We tend to forget to look for the positive things.

The lifecycle of a butterfly is quite an inspiration during times of change. A Monarch starts as a grubby little worm. Then it wraps itself up in a blanket, turns into a gooey-mush and in time, it emerges as a beautiful butterfly. We tend to dwell in the blanket-wrapping and gooey-mush phases, don't we? Let's look forward to the potential of beauty! Make a list of what you are thankful for. Share your list with a friend, or staff member. Let's share in each-other's Joy & Thankfulness!

Isaiah 12:4-6
 "Give praise to the LORD, proclaim his name; make known among the nations what he has done, and proclaim that his name is exalted.
⁵ Sing to the LORD, for he has done glorious things; let this be known to all the world.
⁶ Shout aloud and sing for joy, people of Zion, for great is the Holy One of Israel among you."

Birthdays!

- Betty H. – 6 John O. – 19
- Pat O. – 9 Kathy B. – 22
- Lorraine M. – 10 Nancy S. – 24

- Doris A. – 18



Have a *wonderful* day! We hope that the coming year is filled with *love* and *happiness*.

Birthday Concert: November 29th
 (Monday) at 2pm with
 Malt Shop Melodies!

Marketing Corner!

Welcome to our new residents who have moved in recently.

We are glad to have you here!

- Gaylen & Linda B. Helen A.
- June W. Jan N.
- Sharon M.



“Be present in all things, and thankful for all things” -Maya Angelou

Save the Date!

November 6th (Saturday)-
 Holiday Boutique; Mt Olivet at 9:30am. Bring cash AND bag. ****Be in the Lobby at 9:15am.****

November 9th – Presentation from Optage featuring dining & home care services.

November 10th - Veteran’s Concert Featuring: Don Irwin at 10am.

November 12th - Breakfast at Milda’s Café at 8:30am. ***Cash Only***
Be in the Lobby at 8:15am*

November 15th - Ladies Tea Party
November 18th Give to the Max Day!

November 23rd - Thanksgiving Concert
 Featuring: Mpls Aquatennial Senior Alumni

November 29th - Birthday Concert with Malt Shop Melodies.

Resident Testimonial!



My name is Mavis and I have lived here for 2 years now. When my husband Gary passed away 4 years ago, my two sons suggested I sell my house and move to WestRidge where Grandma was. When I sold my home, I knew I wanted to stay in this area. My church, Oak Knoll Lutheran Church is across the street, and I have been in the choir since 1962. There are many opportunities to be social here. Our Life Enrichment Coordinator helps plan for trips on the bus as well as grocery shopping. We are close to five major highways. I enjoy chapel service, library, and social times. I feel blessed to be here in this wonderful place I call home.

Think on These Things -A Life of Thanksgiving-

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. -
 Philippians 4:8

It seems that all around us we are inundated with news that keeps us away from comfort and peace. We can easily be captured by concerns and fear of all the negative things that are happening throughout our city and world. But if we take the time each day, preferably at the start of the day, to set our hearts and minds on things of beauty, grace, thankfulness; and search out ways to share joy and love with others, we will experience peace and comfort.

As I have mentioned in the chapel services often, when I was about to be released from the hospital following a heart attack my doctor came to me and said, “I have just one word of advice for you that will protect your heart.” He said, “Each morning when you wake up, think about three things to be thankful for. It will be good for your heart.”

Thankful people are filled with the joy of living. Thankful people seem to have a brighter countenance about them. Thankful people always seem to search out the good in others and bring it out. Thankful people know how to live in the moment and enjoy life.

I am inspired by many residents who live a life of thankfulness and joy practically every day of the year. They are not consumed by the sensational news reports of our world that seem to take us down a worrisome path. Instead, they often look to God with gratefulness because they understand that indeed God is good, and they trust in the ways God provides.



This November, as we enter the celebration of Thanksgiving, let your focus of thankfulness continue throughout the year. Begin each day with a prayer of thanksgiving and it will keep your mind on honorable, commendable, praiseworthy things that will indeed guard your heart and brighten your days.

Campus Pastor Lane Skoglund-Anderson