

SHORELINER NEWSLETTER

NOVEMBER 2023



SCANDIA SHORES
OF SHOREVIEW

Scandia Shores of Shoreview, 418 Highway 96 West
Shoreview, MN 55126 651-415-9793



Election Day.....Tuesday, November 7, 2023
Happy Veterans Day.....Friday, November 10, 2023
Thanksgiving Day.....Thursday, November 23, 2023

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The Four Seasons

The change of seasons provides for us a metaphor for better living. Each season has its joys and sorrows. Yet each season offers us hope for today and the future. As the seasons change so do the circumstances in our lives. We can face these changes with confidence because we know that God is faithful to bring us through life's challenges. I am reminded of this in the favorite hymn "Great Is Thy Faithfulness." Consider these words:

Summer and winter and springtime and harvest,
Sun, moon and stars in their courses above
Join with all nature in manifold witness
To Thy great faithfulness, mercy and love.
Great is Thy faithfulness!
Great is Thy faithfulness!
Morning by morning new mercies I see.
All I have needed Thy hand hath provided;
Great is Thy faithfulness, Lord, unto me!

The season of Winter looms before us. Yet the cold of Winter offers for us a time to be silent and reflective. It's a cozy thing to snuggle up to a fire with a cup of hot chocolate and reminisce. Winter then gives way to the beauty and hope of Springtime. The flowers begin to open, the trees bud and life wakes up from its dormancy. The cares of the season of cold melt away. Seamlessly, the warmth of Summer entices us to the playful joys and relaxations of carefree living, and we enjoy each other's company. For those who have tended the crops and gardens throughout the rains and droughts of Summer their efforts are finally rewarded at harvest time. A time of gratitude and generosity when we share the goodness God has provided for us with one another.

There is so much goodness each season offers us. But we don't have to wait to enjoy each of these benefits until the season changes. Remember Wintertime each day and reserve some silent time to reflect on God's faithfulness. Each day surround yourself with the beautiful sentiments Springtime gives us and know that hope is alive and well in all circumstances. As Summer offers carefree living, give wind to your fears and each day live a life of joyfulness that trusting in God provides. Finally, with grateful and thankful hearts look for all the goodness that God surrounds us with. God's mercies are new every morning. Celebrate this Fall with a grateful heart by sharing God's love to all.

"Love is a fruit in season at all times, and within reach of every hand." - Mother Teresa

...I will listen to what God the Lord says; he promises peace to his people, his faithful servants—Love and faithfulness meet together; righteousness and peace kiss each other. Faithfulness springs forth from the earth, and righteousness looks down from heaven.

In November, we celebrate birthdays with:

- 2 Paula Wright
- 7 Edna Miller
- 29 Virginia Pratt

No October Anniversaries

Please join us in the Scandia Room
the last Tuesday
In November to celebrate!



November is:

World Vegan month

First celebrated on Nov. 1, 2021, to spread awareness about veganism and its importance in a heavily dependent world on meat and dairy...

National Adoption month

Seeks to increase national awareness of adoption issues, bring awareness to the need for adoptive families and emphasize the value of youth engagement.

*You have no idea what
people are dealing with in
their personal life.
So, just be nice.
It's that simple.*

IN MEMORIAM

To the families and friends—may you be comforted by the knowledge that your loved one is at peace.

- Cindy Eastman

*Have input for future newsletters? Write it down and put it in cubby #315.
Thank you!*

November Wellness Words

November is National Diabetes Month. According to the American Diabetes Association (ADA), regular exercise can help put you back in control of your life. If exercise is not a regular part of your daily life, it can feel dreadful when thinking about doing it. Celebrate the little victories. For example, showing up to the gym for yourself and your loved ones, trying a new exercise with a friend, or simply walk to check your mail. Ways to start exercise safely:

1. Walk briskly for 20 minutes, 3 times a week
2. Do housework
3. Water aerobics/swimming at a light to moderate pace
4. Use the NuStep or a bicycle for 20 minutes, 3 times a week
5. Simple balance sequences twice a week, see a fitness instructor for ideas

It is important to start slowly and safely for lasting effects. One of the best ways to achieve this is by being patient with yourself and understanding your physical abilities. If you want personalized exercise recommendations, consider personal training. You have nationally accredited fitness professionals available. Talk to our PHS exercise staff. They are here in the mornings three times a week in the Scandia Room.

FALL KALEIDOSCOPE

Friday, November 3, 7:00 pm we will take the bus to North Heights Church in Arden Hills for the annual Fall Kaleidoscope Variety Night concert.

Enjoy a mix of different types of music with the following performers:

Twin Cities Trumpet Ensemble
High Flyin' Turkeys Acoustic Group
Jerry and Ginger Dallin, the Songmasters
Chad Shultis, Soloist
Worship Team & Band

Bus loads at 6:15 pm. Sign up in Program Book.

SPAGHETTI FEED!

You've probably heard through the grapevine that there is going to be a spaghetti dinner but haven't seen any information on it. Well, here it is!

On Sunday, November 12th at 5:00 pm there will be a spaghetti dinner for **Residents** of Scandia Shores. The meal includes Caesar salad, bread sticks and desserts.

Beverages will be provided. Sign up in the Program Book. Desserts are welcomed.

Cost is \$10 payable to Karen Schmidt (115) or Carol Zimmerman (131).

A NIGHT WITH DON IRWIN

Renowned Steinway pianist Don Irwin will be bringing us beautiful melodies influenced by his travels around the world. Classically trained at six years old, as a teen-ager, he performed for legendary Willie Nelson. He went on to study at Julliard.

Don credits his mother for his success as she worked hard to pay for piano lessons with the best teachers in the country and bought him his first Steinway at 15 years old.

Don has played all over the world. For example, in the 1990's he signed a contract with South Africa Transistor Records to produce an album for the European and African markets. The success of that album led to guest performances at the Cannes Music Festivals, appearances on MTV Europe and MTV Africa, and two music videos for the South African government. His music is also influential in the field of dementia, which is close to his heart.

We are most fortunate to host Don on Thursday, November 30, so please come and enjoy this most talented artist!

Calendar Briefs - November

Monday's, Wednesday's and Friday's, 9 am - 9:45 am.....Fitness Class in SR

Tuesday's, 7 pm.....Chapel in SR

Thursday's, 2 pm.....Dime Bingo in SR

Saturday's 4 pm.....Social Gathering (bring your own refreshment) in SR

Sunday's 2 pm.....Dime Bingo in SR

Dime Bingo on Sunday, November 12 is moved to Saturday, November 11 in preparation for the spaghetti dinner

Friday, November 3, load bus 6:15 pm.....Fall Kaleidoscope Variety Night Concert

Tuesday, November 7.....Deadline to sign up for Calvaary Luncheon

Thursday, November 9, load bus 11 am.....Calvary Senior Luncheon/Program

Friday, November 10, 2 pm.....Current Events, Room 125 (didn't make it on Calendar)

Sunday, November 12, 5 pm.....Spaghetti Dinner, SR....\$10

Thursday, November 23.....OFFICE CLOSED....Thanksgiving Day

Tuesday, November 28, 2 pm.....Birthday/Anniversary Bash in SR

Thursday, November 30, 7 pm.....ENTERTAINMENT with Don Irwin, pianist in SR

See Large Activity Calendar for more activities & details during November.

Laughing Matters



What do you call an angry carrot?

A steamed vegetable!

What is Humpty-Dumpty's favorite month?

November... cuz he had a great fall!

I'm not a fan of Spring cleaning. Let's be honest though, I'm not a summer, fall, or winter cleaner either!

What kind of candy do astronauts like?

Mars bars

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I chose aerobics for seniors. I bent, twisted, and jumped up and down, and perspired for an hour! But by the time I got my leotards on, the class was over".

How do you keep a bagel from getting away?

Put lox on it

Why did the golfer bring an extra pair of pants?

In case he got a hole in one.

What did the football coach say to the vending machine?

Give me my quarterback!

Why don't they play poker in the jungle?

Too many cheetahs!