

The Acorn Oak Meadows Activity Newsletter

Oak Meadows Senior Living
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Special Events this Month



Happy New Year!



Help Un-Decorate the Christmas Trees

Thank you for all for your hard work decorating the trees again this year! Now we need your help taking all of the ornaments off. On **Tuesday, January 10th at 10:00 am** we will work on the Pines Lobby tree. Then, on **Thursday, January 12th at 1:00 pm** we take all of the ornaments off of the Ponds side trees.



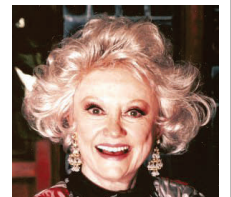
There were so many people helping to decorate the trees this year, now we hope to have just as many to un-decorate them!

Oakdale Fire Department: Emergency Procedures

The Oakdale Fire Department will be at Oak Meadows on **Thursday, January 19th at 2:00 pm** in the Community Room. Kevin, Oakdale Deputy Fire Chief, will go over fire emergency procedures, policies, and will answer questions and provide important information to help you remain safe in your home if an emergency occurs.



On **Friday, January 20th at 2:00 pm in the Community Room**, Constance from Full Bloom will be here to talk about Phyllis Diller. Constance always does a great job with all of her presentations. You don't want to miss this!



Bus Trips & Other Information



Signing up for Guardian Angels Bus Trips

You must call the Receptionist at (651) 578-0676 to sign-up for each trip, but can only do so one week in advance. Due to the large group that we have, we cannot have everyone call and sign up for the whole month. You may NOT pick which bus you are on. Please be aware of this change!

"Diabetes Basics" with Ann Rosenthal

On **Thursday, January 26th at 2:00 pm** in the Community Room, Ann will talk about how to make simple, positive changes in your daily routine to help manage your diabetes. She will also explain the basic physiology, how to care for diabetes with diet, and medication & activity. Ann is a nurse and a Diabetes Nutrition Educator at HealthEast.

Monday the 2nd	JCPenney	1:00 pm
Wednesday the 4th	Target: Oakdale	1:00 pm
Thursday the 5th	Lake Elmo Inn	11:00 am
Tuesday the 10th	Dollar Store	1:00 pm
Wednesday the 11th	Rainbow Foods	1:00 pm
Monday the 16th	Red Lobster	11:00 am
Tuesday the 17th	Kowalski's	1:00 pm
Wednesday the 18th	Wal-Mart	1:00 pm
Thursday the 19th	Herberger's	1:00 pm
Wednesday the 25th	Cub Foods	1:00 pm
Thursday the 26th	Kmart	1:00 pm
Monday the 30th	Ruby Tuesday's	11:00 am

Spiritual Services & Other Activities

****Worship Services** are usually held every Wednesday at **10:30 am** in the Community Room. The 1st Wednesday of each month is a Catholic Mass led by a Priest from Guardian Angels Church.

****Devotions** on Tuesdays at **1:30 pm** in the Fireside Lounge & **Bible Study** on Thursdays at 10:30 am in the Community Room, unless otherwise noted.

****Catholic Liturgy & Communion** is held on the **THIRD** Thursday of each month at 9:30 am in the Community Room.

Blue Christmas Service

For some this may be a difficult time of year. Feelings of sorrow, grief, and loss due to life's challenges are heightened during this season of celebration and joy. This Blue Christmas Service on **Tuesday, January**

3rd at 1:30 pm in the Community Room offers a time of quiet worship to hear the good news that the Christ of Christmas, the Light of the world, still brings hope and healing, comfort and peace.



Special Bingo Events

On **Wednesday, January 4th at 6:15 pm**, the Oakdale Princesses will be back to play bingo again! You will be able to socialize and see them in their beautiful dresses! Then, on **Sunday, January 8th at 2:00 pm**, the NHS students from Tartan High School will host bingo for us! This is a great service both groups do for us. Both events meet in the Community Room. We hope to see everyone there!



Available Services

Things to Know About the Beauty Shop/Barber Shop:

- **Beauty Shop** days with Bonnie & Carole are Tuesdays and Thursdays.
- **Barber Shop** day with Gary is the 4th Monday of each month, unless otherwise noted.

Alterations by Liz will be at Oak Meadows on January 12th this. If interested in January, please leave your name with the Receptionist.

Schwan's Frozen Food will be here every other Thursday in the Fireside Lounge at **10:30 am**. Check your calendar for dates.

Affordable Foot Care with Mary Adrian: If you would like to receive her services, call her at the following numbers to schedule an appointment. Her contact info is: (651) 442-8082 & (651) 436-4228.

Lake Elmo Bank is here the **FIRST** & **THIRD** Tuesdays of each month. Please check your calendar for specific dates & times!

Jim Sopland **from Valley Hearing Concepts** is here the **SECOND** & **FOURTH** Monday of each month. No appointment needed! Please check your calendar for specific dates & times. Jim's phone number is (651)344-6265.

Tenant Council meets the **SECOND** Monday of the month at **2:00 pm** in the Community Room.

Tenant Council Bingo usually meets twice a month on Saturdays at **2:00 pm**. Please check your calendar for dates!

Oak Meadows General Store Coupon

Free Yogurt Cup.

Expires January 31st, 2012.





8131 Fourth Street North
Oakdale, MN 55128

January Entertainment at Oak Meadows

On **Thursday, January 5th at 2:00 pm**, Jim Kellerman will sing & play his many instruments for us. Then, on **Thursday, January 12th at 6:30 pm**, Marcia Torning will play a classical piano concert on our grand piano! Finally, on **Monday, January 23rd at 7:00 pm**, the North Suburban Chorus will perform for us. Please check your calendar for all performance locations.

