

September 2021

THE BOULDER REMINDER

HISTORY OF PATRIOT DAY

It was a terrifying day when four planes were hijacked on September 11, 2001. The hijackers flew three planes into iconic buildings: the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth plane crashed in a field in Pennsylvania after the plane passengers fought the hijackers. Nobody is certain where it was supposed to crash, but some people believe it was headed for the White House, the U.S. Capitol, the Camp David presidential retreat in Maryland, or one of several nuclear power plants along the eastern seaboard.



The impact of this attack was devastating. Around 3,000 lives were lost between plane passengers, those in the buildings that were struck, and front-line workers trying to save people. It was the biggest act of terrorism ever in the United States. Since then, airplane security has become stricter in many countries as they attempt to avoid a future terrorist attack like nine-eleven.

The majority of lives that were lost, were people that worked in the Twin Towers, especially the floors above the collision point as people were trapped and stranded at the top of the burning skyscraper. 411 men and women working in emergency services lost their lives trying to fight fires and rescue people from the buildings. It was a heartbreaking attack, which is why Patriot Day was proclaimed by President George W. Bush and is recognized every year on September 11.

On Patriot Day, U.S. flags are lowered halfway, and there is a country-wide moment of silence at 8:46 am (Eastern Time), (7:46am Central Time) which is when the first plane crashed into one of the Twin Towers. Although the attacks were in the U.S., Patriot Day is recognized worldwide as the news devastated and impacted people all over.

THE MONTH AT A GLANCE

- Baby Shower for Nurses Amy & Denaca-Summit at 2:30pm.  9/01
- Happy Labor Day Lil Store Open 9:00-10:30am 9/06
- Superintendent Jeremy Williams Summit at 2:30pm. 9/08
- Happy Hour & Music Entertainment Summit at 2:00pm.  9/10
- Sing Along with Judie-Summit at 2:30pm. 9/15
- Motivational Speaker Bill Nelson -Summit at 2:30pm. 9/22
- Tenant Council Summit at 2:30pm.  9/29

Did You Know?

The sun is a star, one of more than 100 billion stars in our galaxy! Getting the right amount of sun exposure helps the skin make vitamin D, which is useful for all sorts of health processes within the body. Healthy amounts of sunshine can also reduce stress, anxiety and reduce the risk of certain types of cancer.

We all have that person in our lives who is a “ray of sunshine” and they brighten up our world and make us happy. Sunshine like smiles can influence our day in a positive way. Be the sunshine in someone’s day.

Be the reason someone smiles today!



A Little Sunshine from Sue





Special Meals at the Summit!

Summit Premiere

Thursday, September 2nd at 11:30-12:30pm

Discover new flavors; our chef spotlight for September is Mario Botali!

A special meal will be served:

Entrees: Roast Beef Po 'Boy Sandwich with Broccoli salad OR

Herbed Citrus Chicken Salad with a Breadstick

Orange Beets or Baked Asparagus with Bacon

Dessert: Cinnamon Rolls

Special Labor Day Meal

Monday, September 6th 11:30-12:30

Hotdog OR Cheeseburger

Macaroni Salad, Pickled Beets OR

Baked Beans

Dessert: Pina Colada Salad



Omelet Breakfast

Tuesday, September 7th at 7:00-8:30am

Build your own Omelet Breakfast, Enjoy tasty Omelets with your favorite fixings.



Night at the Summit

Thursday, September 9th 5:00-6:00pm

Pizza Night!

Feel Free to Pick up a Menu from Georgette at the front desk!

Just a reminder refreshments & snacks should be eaten in the Summit unless taken back home. Thank you!

Our Food Committee Meeting will be held in the Summit on Wednesday, Sept. 29th at 9:30am.

September 2021

Tenant of the Month!



Congratulations! Jeanette Kotval

I am going to be 87 years old this month. I have three children. I graduated from nursing school in 1955. I worked as a registered nurse in Redwood and Echo MN. My husband was farmer and worked as the Postmaster in Vesta, MN. I am very fond of clowns and have a collection of them in my apartment. I also enjoy listening to old time music on my echo dot throughout the day. I enjoy it when my children and grandchildren come to visit.

My husband Floyd and I moved into Boulder Estates in July of 2011, from our home in Vesta, MN. My husband passed away a few short months later. I am legally blind but I can still get around.

My favorite activities I enjoy here are Tenant Council, all the music entertainment, (especially sing along with Judie) and I attend the weekly bible studies. I also enjoy walking throughout all the halls daily.

Boulder Estates is a very social and wonderful place. The friendly neighbors and staff here are always willing to help. Tenant services will help me read my mail, activity calendar, and newsletter. Thank you, it's wonderful. It's always good to know we can have medical care available, because you never know when you will need something.

It's a great place to be!



Boulder Lil' Store

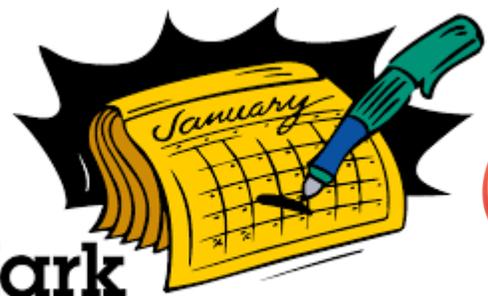
NOTICE: Inventory

Help Keep our Lil store OPEN!
If you don't use it we will lose it!

Mondays 9:00am-10:30am

Wednesdays 3:30pm-4:30pm

Fridays 9:00am-10:30am



Mark Your Calendar!



We are tickled pink and happy to say TWO precious baby girls are on their way! Please join us for a Baby Shower in honor of Nurse Denaca & Nurse Amy! Wednesday September 1st at 2:30pm in the Summit.



Birthdays of the Month

Happy Hour

Happy Hour & Music Entertainment from Pete & Ross! Friday, September 10th at 2:00 in the Summit! We will have a special snack, beer, wine, and our signature Drink of the Month!

- **9/08 Karen Hoyle**
- **9/09 Evon Marquardt**
- **9/11 Frances Boerboom**
- **9/12 Jeanette Kotval**
- **9/20 Marvin Dwire**
- **9/20 Bonnie Dwire**
- **9/21 Pat Byrne**
- **9/24 Richard Bot**
- **9/24 Mavis Boushek**
- **9/29 Dora Ziemke**

School Days school days dear old golden rule days... Marshall Public School Superintendent Jeremy Williams speaking in the Summit at 2:30pm on Wednesday, September 8th.



Golden Girls Wednesday, September 21st will start at 9:30am in the Quarry for Apple Baking! If you have any favorite apple recipes please give them to Monica Thank you!



Bill Nelson, Motivational Speaker from Granite Falls MN will be here to give an inspirational Presentation on "Living each day with a purpose!" Wednesday, September 22nd at 2:30 in the Summit. You wont want to miss this!

Art Expressions *Canvas Painting with Sue September 27th at 1:00pm in the Quarry.



Tenant Council Wednesday, September 29th at 2:30pm in the Summit. Voting on Council President & Vice President!



How many whole Apples can you find in this issue of the Boulder Reminder? Bring the magic number to Monica to be entered to win a prize at Tenant Council this month!





Please join me in welcoming our new Tenants!

Joanne Valentine Apt. #309

George Laleman Apt.#343

Shirley Anderson Apt. #247

Dick & Jane Doom Apt. #122

- Tenant Services is looking for 1-2 Volunteers from each Floor to join our Welcoming Committee!
- Please talk with Monica for more information



September 10th we will be starting Football Fridays!

Wear your team colors and don't forget answer some Viking's Trivia questions posted in the Lobby for a chance to win some awesome prizes!



DID YOU?

Tenant Lead Card Games Here at Boulder!

1st Floor Activity Room

Open Cards 6:00pm Every Evening!

Quarry

Tuesdays: Farkle 6:00pm 10 cents per game

Thursdays: Pepper 6:30pm 25 cents per game

Fridays: Dominos 6:00pm 25 cents per game

Sundays: 11:30onytail 1:00pm 50 cents per game

Good Neighbor Program

Friday, September 3rd

Once a month Boulder Estates tenants will visit Boulder Creek friends from 1-2pm. Please sign up in advance. Your simple kindness can make all the difference in the world to someone who is feeling lonely.



Community Happenings

Marshall Farmers Market Saturdays

7:30am-Noon

Performances are scheduled 9:00am-11:00am

Remembering 9/11 at Memorial Park Saturday 10:00-10:30am

Craft & Vendor Show at Red Baron Arena 9/18 Saturday 9:00am-3:00pm

Welcoming Week Family Carnival at YMCA 9/18 11:30am-4:00pm

JOIN US FOR WELCOMING WEEK!

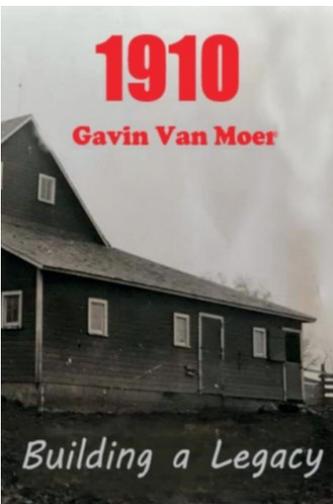


Memorial Park
Marshall, MN 56258
Saturday, September 11th 2021
10:00-10:30am
Please join us in Commemorating the 20-year Anniversary of 9/11.



Marshall Farmers Market - Saturdays: 7:30 am - Noon
Performances are scheduled for 9:00 am - 11:00 am
 Bring your lawn chairs to the parking lot between Schwan's & the YMCA!

- July 10 - Charlie Roth - Country and Americana
- July 17 - Ross & Pete - Jazz Standards
- July 24 - Kindred Spirits - Jazz and Blues
- July 31 - Sue & Samson - Pop Standards
- August 7 - Dick Kimmel & Kelly Coyle - Bluegrass and Old Time
- August 14 - Redwood River Boys - Country and Classic Rock
- August 21 - Neon Gypsy - Pop Hits at the Healthy & Green Expo
- August 28 - Red Hat Gypsy - Swing, Gypsy Jazz, and Ragtime
- Sept. 4 - Oak Lake String Band - Bluegrass and Country
- Sept. 11 - Samson's String Quartet - Classical Standards



Gavin Van Moer will discuss his new book

"1910 Building a Legacy"

At: Lyon County Museum

301 W Lyon St in Marshall

Tuesday, Sept. 7th at 6:30 PM.

This activity is made possible in part by the voters of Minnesota through a grant from the SW Minnesota Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

Also Sponsored By:
 Generous Community Match from **HyVee** EMPLOYEE OWNED

For Venue & Coordination:

For Agency Support:





Goodbye Summer Hello Fall



 Find us on
Facebook

Make sure you check out the Boulder Estates Facebook page for pictures and videos of all of our events. Invite your family and friends to check

