



January at Glance

1st Lutheran
Church Service

01-03

Closing
Christmas

01-05

Cletus Goblirsch
Music
Entertainment

01-10

Elvis Happy
Hour

01-12

Tea Tasting

01-17

Justin Lessman
Music
Entertainment

01-19

Puzzle
Competition

01-24

Smile Social

01-26

Lunch Outing
Tony's Depot

01-31

Tenant Council

01-31

New year, new goal:

2024

A YEAR OF TRYING
NEW THINGS

Hello Tenants, Families and
Friends!

Happy New Year! Can you believe
we are greeting 2024 when it
seems like 2023 was just starting?
We are wishing all of you peace,
health, and happiness.

Do you make resolutions this time
of year? Perhaps I can encourage
you to consider it as we move into
2024. Science and research has
proven that staying socially active
is key to healthy aging. Connecting
with others in events and
activities boosts the immune
system, decreases anxiety, and
enhances quality of life. Staying
social can also decrease the risk of
heart disease and cognitive
decline.

We're challenging you to attend at
least 2-3 activities each week this
month. Attend a favorite program
or try a new group. In either case,
you'll reap the benefits of healthy
socialization! Let our team help
you find your next favorite event.
Here's to new adventures!

Monica Amaya
Director of Tenant Services

Laughing Matters

Since the new year is knock,
knock, knocking on our door, we
present some of our favorite
knock-knock jokes.

Knock knock.

Who's there?

Peas.

Peas who?

Peas and thank you are the
magic words.

Knock knock.

Who's there?

Beets.

Beets who?

Beets me.

Knock knock.

Who's there?

Cash.

Cash who?

No thank you, I prefer walnuts.

Knock knock.

Knock knock.

Who's there?

Tank.

Tank who?

You're welcome.



Journaling Prompt

What are you looking
forward to in 2024? How
do you hope the year
surprises you?

What is one new activity you
could join this month?

JANUARY 2024

TENANT OF THE MONTH

Donna Weeks



I grew up on a farm west of Ruthton, MN after high school graduation. I attended Lutheran Bible Institute graduating then became a parish secretary at a church in Morris, MN. I became engaged to a wonderful man named Lew Weeks. We married September 2nd 1961. During our 62 years of marriage we have lived in Litchfield, Kenneth, Wabasso, Arco, and Cottonwood Minnesota. When our three children graduated from high school and on to college we moved to White, South Dakota. Which was our next home for 29 years. I had a tailoring shop in our home called "Donna's Tailoring". I applied for a license and took various part-time jobs(CNA at White care center, cleaning houses, & school cafeteria) until "Donna's Tailoring" took off. I took a few classes in tailoring, custom sewing, alterations and repairs, and even upholstering. My focus become repair and alterations on the lawn sign and I loved it. I even serviced mix cleaners in Brookings for 23 years.

After our retirement we took many bus trips to almost all the states sometimes twice or more. Our three children have grown, became parents which makes us grandparents of 8 and great-grandparents of eleven. We cherish all of them and feel thankful and blessed every day.

We moved to Boulder Estates from White, SD in 2014 and have loved it ever since. It's a friendly and caring place to live. There are various activities and bible studies to take part in as one desires. My favorite memories are the smiles. There are caring friends as you step our the door of your apartment. Jim's Bible Study's are at the top of the list because it stimulates more bible study.

I would absolutely recommend Boulder Estates as a place to live!

From day one a person feels welcomed, finds friends of similar backgrounds, coffee times, programs, and fitness routines. Boulder Estates is the last place to live before Heaven!

Donna was chosen as Tenant of the Month because she lives life to the fullest! She takes part in many activities, staying actively fit, and she is a caring neighbor and friend to many of our tenants. Donna will turn 84 years young on January 7th! A few of her favorite things are drinking water and coffee, quilting, listening to gospel and barbershop music. She enjoys the colors of the sunset she views at Boulder. Words of wisdom from Donna "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving present your requests to God. Philippians 4:6.





**Please Welcome our New Tenant!
Aloma Coudron Apt.#245**

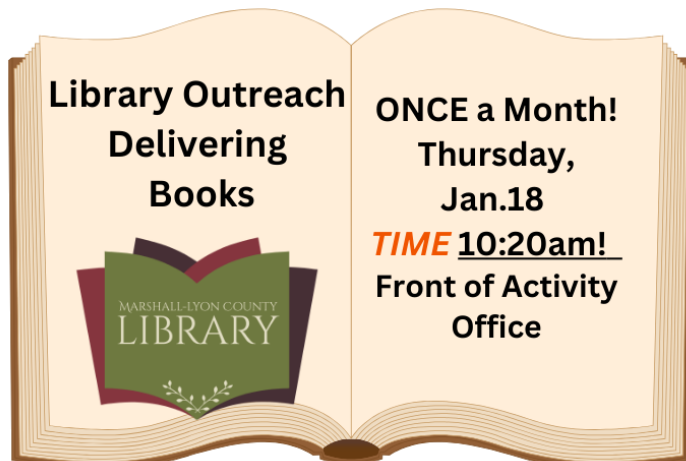
Avera Lab Draws!

Will be here Every Tuesday in the
1st Floor Activity room.

*Must Schedule in Advance by the
Friday Prior. \$20.00 will be billed to
your Boulder Statement at the end
of the Month for this Service.

**If you have any questions or
concerns talk with one of our
Nurses*

537-2412 to schedule!



**LaVonne Stoks 1-01
Vi Geistfeld 1-03
Andrea Uphoff 1-07
Donna Weeks 1-07
Doris Young 1-09
Don Klein 1-11
David Klein 1-13
Harlen Barck 1-14
Iona Arndt 1-21
Betty Swanson 1-25
Rick Minnehan 1-27**

**Make sure you stop by their
rooms or Lobby to see all of the
Birthday Board photos! Staff
Birthdays on 1st floor Information
Bulletin Board.*



**Capricorn (Dec 22 – Jan 19)
Capricorns are responsible,
disciplined and have good
management skills.**

**Aquarius (Jan 20 – Feb 18)
Aquarians are shy & quiet deep
thinkers who love helping others.**

**Birthstone-Garnet
The beautiful red garnet is both
the birthstone for the month of
January and the gemstone to
celebrate a second anniversary.
The name garnet comes from the
Latin word granatum (meaning
“pomegranate”).**



***Special Orders
needed on
TUESDAYS to
Monica!**

**ENTER TO WIN A GIVE AWAY!
MONTHLY DRAWING AT TENANT
COUNCIL.-WHEN YOU SHOP AT THE
LIL STORE!**

January Events!

Closing Christmas-Friday, January 5th at 2:30pm- Help us in the Summit as we split up in groups to help take down our Christmas Trees and decorations. Thank you so much in advance!

Happy Birthday Elvis! **January 8th** Elvis is in the building, Scavenger hunt throughout the day. Find an Elvis photo and return to Tenant Service office for a prize!

Wednesday, January 10th at 2:30pm in the Summit- Enjoy Live Music Entertainment by Cletus Goblirsch from New Ulm with some Concertina Music.

Friday, January 12th at 2:30pm in the Summit-Elvis Happy Hour enjoy an afternoon of Elvis' greatest hits, his favorite snacks and enjoy a cocktail that is "All Shook up". We will also serve non-alcoholic drinks.

January is National Tea Month Join us on **Wednesday, January 17th at 2:30pm in the Summit** as we do a Tea Tasting. Enjoy varieties of Tea flavors and fun snacks. **Looking any Tea cups sets, or Tea Pots to borrow. What is your favorite cup of tea?*

Thursday, January 18th at 2:30pm in the Summit- Join us for an afternoon of BINGO Bonanza! Remember to bring a Quarter to play for the last game BLACKOUT!

Friday, January 19th at 2:30pm in the Summit- Enjoy a fun afternoon of Live Music Entertainment by Justin Lessman. You won't want to miss this!

It's Puzzle Month! Jigsaw puzzles improve analytic skills and attention to detail, they sharpen problem-solving skills, and puzzling is a great social activity. Puzzles help to improve your focus and concentration skills, decrease stress levels—and improve your mood. **Join us on Wednesday, January 24th at 2:30pm in the Summit** for a Smile Surprise Puzzle Competition. We will draw names for teams to put together a 500 piece puzzle.

Activity Professionals Week! Jan. 22-26th Thank you to our staff Monica Amaya, Sue Jants, and Amy Tanghe for all you do for our tenants and staff at Boulder Estates. This year's national theme is "Every Smile Makes a Difference!"

Help us appreciate and celebrate our Tenant Service Department on **Friday, January 26th at 2:30pm in the Summit for our Smile Social**. Please fill out cards located at Georgette's desk all month to tell our Tenant Service Department how they make you smile or share a favorite memory.

Lunch Outing-Wednesday, January 31 at 11:30am-1:00pm to Tony's Depot. Please sign up to Go or Meet us there by 1-26. Any questions about the lunch menu please talk to tenant services.

Tenant Council-Wednesday, January 31 at 2:30pm in the Summit. Please bring any concerns to your Tenant Council President Yvonne Caron or you can also write down any comments or concerns and leave it in Jim Knudson's Drop Box to be read at Tenant Council.



Tenant Lead Card Games



1st Floor Activity Room

Open Cards 6:00pm Every Evening!

In the Quarry *Located on 2nd floor

Tuesdays: Farkle 6:00pm 10 cents per game

Thursdays: Pepper 6:00pm 25 cents per game

Fridays: Dominos 6:00pm 25 cents per game

Sundays: Ponytail 1:00pm 50 cents per game

Special Meals at The Summit!

Omelet Breakfast

Tuesday, January 5th

7:00am-8:30am

**Tasty Omelets with all your
favorite fixings!**

**Remember you could have your name
entered in our monthly drawing to
win a free omelet breakfast!**

Summit Premiere

Thursday, January 4th 11:30-12:30

**Entrees: Beef Wellington w/Au
Gratin Potato & Grilled Asparagus
Parmesan OR Brown Sugar Bacon
Garlic Chicken Breast w/Roasted
Potatoes & Roasted Broccoli and
Dessert: Strawberry Mousse**

**Food Committee Meeting will be
held Tuesday, January 30th at
2:30pm in the Books & Brew Room**

Getting to Know Your Neighbors

Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters during your next visit.

Here are a few conversation starters that you can try using over the next month.
Cheers to new friendships!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day when you were younger?
- How are you feeling today?
- What do you like to do for fun?
- When is the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is a favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- Do you have any new year resolutions?



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