

Kenyon Senior Living Newsletter

May 2019



I think it might *finally* be safe to say Spring has arrived! We have tulips blooming outside of our business office and the grass is looking green. During the month of April we were able to enjoy other signs of Spring's arrival here on campus. Our campus residents were busy filling 3,000 Easter eggs with candy for the KABA Easter Egg Hunt that was held the Saturday before Easter at the K-W middle school field. We have also had a number

of special visitors. As is tradition the Nerstrand Men's Choir came and performed for us on Good Friday. They always do such a great job. It is something we always look forward to every year. We had some fluffy friends visit us, baby chicks and baby bunnies! We love having all of these visitors, and always encourage more to come. Now we are gearing up for our next big campus sponsored events, our 5K and Golf Classic.



Kenyon Senior Living's 5th Annual 5k Sprint for Seniors is right around the corner! May 11th, 2019 at 9am. All ages are encouraged to participate by running or walking. You can register in person, by mail or at www.RaceEntry.com – search for 'Sprint for Seniors.' Hopefully the weather will be on our side this year to make the event another great one.

KSL Golf Classic: Friday, July 26th, 2019! Registration at 11am; Golf starts at 12:15pm with a Social Hour and Awards Program to follow. Registration: Single golfer \$50; 4-person team \$200 (this includes 18 holes, cart, lunch and appetizers)! Holden Lutheran Church's golf group has taken 1st place the last two years. What Church group this year will step in to challenge them? All individuals, Churches and organizations are encouraged to participate in this fundraising event for Kenyon Sunset Home Foundation by forming 4 person teams, yes I said teams, you can have more than 1 team! Single golfers are also encouraged to register. Call me if you have any questions! Mailings will be going out very soon with further details.



We are grateful for all the gifts and memorials given to Kenyon Senior Living. These gifts and memorials enable us to continue providing spiritual services as well as other activities for our residents.

Thank you.

In Memorial:

Judy Mund ~ Andrew & Guri Lee Otterness

Did you know that donations can be designated/restricted to different funds? Here are some of the Foundation funds you can designate your donations to: Activities, Employee Appreciation, Capital Improvements, Chaplaincy, and Gunderson Gardens. Any donations not designated/restricted go into the general Unrestricted Foundation fund.



HAPPY BIRTHDAY!

Gunderson Suites

Shirley Pithey will be turning 86 on May 23rd!

Work Anniversaries

Pastor Nancy Edwardson ~ 21 Years

Shari Haugaard ~ 5 Years

Kailee Berquam ~ 4 Years

Jordana Foote ~ 2 Years

Denise Fate, Traci Gorder & Danielle Kranz ~ 1 Year

Kenyon Senior Living & Kenyon Library Present

SELCO Vetted Performer



Arna Rennan

Tuesday, May 14 @ 2:30 Kenyon Sunset Home

Families feared losing their loves ones to the unknown. Others mocked the grandiose claims and promises of the new land, warning them of their folly. Arna has translated these stories that are set to song in order to share them with you. She includes music from a variety of genres including the simple four lined poems, broadsides, waltz tunes, vaudeville songs from "Snoose Blvd" sung in "Swenglish" along with other well-known favorites.



THIS PROGRAM IS MADE POSSIBLE BY A LIBRARY LEGACY GRANT. ALL PROGRAMS ARE FREE.

Program is free and open to the public.

Performance will last 45-60 minutes.

May 6-12, 2019



**A heartfelt
th♥ks
for all you do**

National Nurses week

Thank you to all of our wonderful nurses. We are very grateful for all that you do. You care for all of our residents as if they were your own family.

The National Skilled Nursing Care Week 2019 theme, "Live Soulfully", will celebrate skilled nursing centers, and their residents and staff, by showcasing how they achieve happy minds and healthy souls.

Established as an annual, week-long observance by the American Health Care Association (AHCA) in 1967, it provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors & those in need.



**LIVE
SOULFULLY**
National Skilled
Nursing Care Week
May 12-18, 2019

Kenyon Senior Living

Golf Tournament

FRIDAY

July 26th

Everyone is eligible for
door prizes!

Kenyon Country Club

Four Person Best Ball

Registration/Lunch: 11:00 am Shotgun Start: 12:15pm

Appetizers & Social Hour: 5:00 pm



4 Person Team Golf and Cart: \$200

Single Golfer and Cart: \$50

RSVP Deadline is July 19th!

Limited Space....Sign up Soon!



Proceeds Benefiting
Kenyon Senior Living's
Capital Improvement Fund



Please make checks payable to:
Kenyon Sunset Home Foundation
and mail to 127 Gunderson Blvd. Kenyon, MN 55946
Questions? Call Chelsea at 789-7101

May 11, 2019

**Sprint For Seniors 5K Fun
Run/Walk**

9:00 am Start

\$25 Registration Fee

Registration Form & More
Information Available To
Download At:

KenyonSeniorLiving.com

Or Stop By Campus or
Check Out Our Facebook
Page & Event For
More Information!

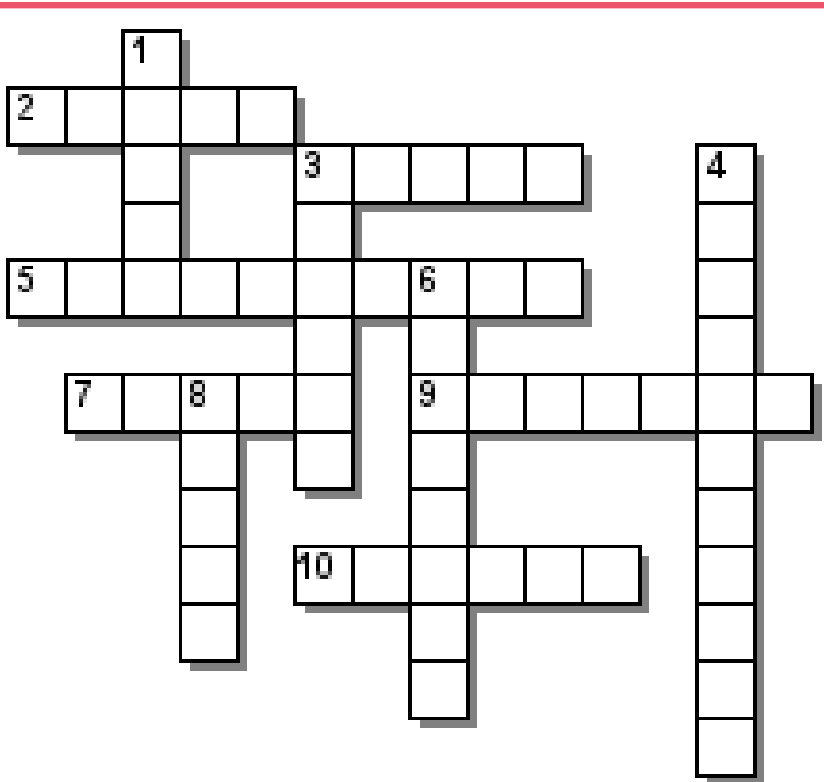


The words might be backwards, forwards, up, down or diagonally. When completed, read the remaining letters that aren't circled from left to right, top to bottom, to read an interesting fact about May.

May Word Search Puzzle

I T H T W O R G I S U N C C H
 E R S Y A D E N O Y T R I H T
 Y A D Y A M T S A I N H N O N
 A W T H I E U M N O N T C H O
 D O F N Y R G M R A Y G O O M
 A T I Y U L N I O T S N D A H
 I E L A G N I T H G I N E M T
 R S T D E B M L T N A U M W F
 O T P S I T O S W I P R A O I
 T B A R B L O Y A N N R Y A F
 C M E E I D L M H E M A O F T
 I E R H M N B A I D A R O M A
 V N G T O D G D S R E W O L F
 M E M O R I A L D A Y E S S O
 F S E M E R A L D G P R I N G

BLOOMING
 CINCO DE MAYO
 EMERALD
 FIFTH MONTH
 FLOWERS
 GARDENING
 GEMINI
 GROWTH
 HAWTHORN
 LILY
 MAIA
 MAY DAY
 MEMORIAL DAY
 MOTHER'S DAY
 NIGHTINGALE
 SPRING
 TAURUS
 THIRTY-ONE DAYS
 VICTORIA DAY
 WARM



ACROSS

- 2- Flower, Dutch flower from a bulb
- 3- Sow these in the ground and they grow
- 5- A day for moms; Holiday
- 7- Sign of spring; Bird
- 9- April showers bring May ____.
- 10- A small pool of water

DOWN

- 1- Farmers ____ crops.
- 3- Season after winter
- 4- Bug that turns into a butterfly
- 6- Flower; Yellow or white
- 8- Spring ____; Vacation

Gundersen-AL May 2019 Activites

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5 9:30 Chapel 3:00 Coffee/Treats	6 10:15 Exercise Group 1:30 Games @ RW 3:00 Coffee/Treats 6:30 Movie/Treats-RW	7 10:15 Exercise Group 1:30 Games @ RW 3:00 Coffee/Treats	8 10:15 Exercise Group 1:30 Games @ RW 2:45 BINGO @ KSH 3:00 Coffee/Treats <i>Irene F. Birthday!</i>	9 9:00 VFW Men's Coffee in RW 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG	10 10:15 Exercise Group 3:00 Coffee/Treats Mother's Day Wine & Cheese @ KSH 3:15 Chaplain Chats 5:30 Pizza Party-Tracy	11 9:00 Sprint for Seniors @ KSH 3:00 Coffee/Treats
12 MOTHER'S DAY! 9:30 Chapel 3:00 Coffee/Treats	13 10:15 Exercise Group 1:30 Games @ RW 2:30 Manicures with Sandy! 3:00 Coffee/Treats	14 10:15 Exercise Group 2:30 Crafts with Linda 3:00 Coffee/Treats	15 10:15 Exercise Group 1:30 Games @ RW 2:45 BINGO @ KSH 3:00 Coffee/Treats	16 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG	17 10:15 Exercise Group 1:30 Games @ RW 3:00 Music by Marty 3:15 Chaplain Chats	18 3:00 Coffee/Treats
19 9:30 Chapel 3:00 Coffee/Treats	20 10:15 Exercise Group 1:30 Games @ RW 3:00 Coffee/Treats	21 10:15 Exercise Group 1:30 Residents Mtg 2:00 Games @ RW 3:00 Coffee/Treats Shirley's Birthday!!	22 10:15 Exercise Group 1:30 Games @ RW 2:45 BINGO @ KSH 3:00 Coffee/Treats	23 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG	24 10:15 Exercise Group 1:30 Games @ RW 3:00 Coffee/Treats 3:15 Chaplain Chats	25 3:00 Coffee/Treats
26 10:30 Chapel 3:00 Coffee/Treats	27 MEMORIAL DAY 10:15 Exercise Group 1:30 Games @ RW 3:00 Coffee/Treats 6:30 Movie/Treats-RW	28 10:15 Exercise Group 1:30 Games @ RW 3:00 Coffee/Treats	29 10:15 Exercise Group 1:30 Games @ RW 2:45 BINGO @ KSH 3:00 Coffee/Treats	30 10:15 Exercise Group 10:45 Music -Lenice 1:30 BINGO @ GG 5:00 Birthday Supper	31 10:15 Exercise Group 1:30 Games @ RW 2:30 Paul & Friends KSH 3:15 Chaplain Chats	4 2:00 Music by Sharon. "Songs from the 60's" 3:00 Coffee/Treats

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Kenyon Sunset Home May 2019 Activites

<p>5 Nurses Week 9:30 Chapel 3:00 Coffee & Treats</p>	<p>6 National Nurses Day 10:00 Manicures & Chat 11:00 Lounge Living 2:30 Flower Bingo</p>	<p>7 10:30 Fitness 11:00 Music with Lenice 2:30 Sing Along With Lenice 4:00 Lounge Living</p>	<p>8 10:10 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana</p>	<p>2 10:30 Fitness 2:30 Horse Races</p>	<p>3 2:30 Cheer Signs for 5K Runners 3:00 Coffee & Treats</p>	<p>4 145th Kentucky Derby 3:00 Coffee & Treats</p>
<p>12 Mother's Day National Nursing Home Week 9:30 Chapel 3:00 Coffee & Treats</p>	<p>13 SPORTS DAY 10:00 Manicures & Chat 11:00 Lounge Living 2:30 Art Class 3:30 Adopt A Grandparent Fun</p>	<p>14 RED DAY 10:30 Fitness 11:00 Music with Lenice 2:30 Arna Rennan— Nordic Songs & Stories— Public Event With Library</p>	<p>15 HAT DAY 10:10 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana</p>	<p>16 BLUE DAY 10:30 Fitness 11:00 Music with Lenice 2:30 White Board Games</p>	<p>17 FARMER DAY 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 3:00 Music by Marty</p> <p style="text-align: center;">National Pizza Party</p>	<p>18 Preakness 144 3:00 Coffee & Treats</p>
<p>19 9:30 Chapel 3:00 Coffee & Treats</p>	<p>20 10:00 Manicures & Chat 11:00 Lounge Living 2:30 White Board Games</p>	<p>21 10:30 Fitness 11:00 Music with Lenice 2:30 Bean Bags 4:00 Lounge Living</p>	<p>22 9:30 Intergenerational Craft 10:30 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana</p>	<p>23 10:00 Food Committee 10:30 Fitness 11:00 Music with Lenice 2:30 Memorial Bricks</p>	<p>24 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 2:30 Arts & Crafts</p>	<p>25 10:00 Card Bingo 11:00 Lounge Living 3:00 Coffee & Treats</p>
<p>26 10:30 Chapel 3:00 Coffee & Treats</p>	<p>27 Memorial Day 3:00 Coffee & Treats</p>	<p>28 National Hamburger Day 10:30 Fitness 11:00 Music with Lenice 2:30 Cotton Ball Painting 4:00 Lounge Living</p>	<p>29 10:10 Bible Study 11:00 1:1 Visits 2:45 BINGO 3:30 Kenyon News with Rhana</p>	<p>30 10:00 Resident Council 10:30 Fitness 11:00 Music with Lenice 2:30 What Am I?</p>	<p>31 10:00 Fitness 10:30 God Talk 11:00 Lounge Living 2:30 Paul & Friends</p>	