



14610 Garrett Ave
Apple Valley
MN 55124



The name "Cassia" was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

952-236-2600
a ministry of Cassia
CassiaLife.org

January 2026

Connecting with You: A Message from Emily

As we welcome January 2026, we look forward to a fresh start filled with new opportunities, quiet winter moments, and meaningful connections here at Apple Valley Villa. The start of a new year is a wonderful time to reset, take care of ourselves, and look out for one another.

During these colder months, safety and wellness remain a top priority. Please take your time when walking outdoors, especially near entrances where floors may be wet or sidewalks icy. Use handrails when available, wear supportive footwear, and let staff know if you see any areas that may need attention.

We also kindly ask that if you are not feeling well, whether it's a cough, fever, congestion, or simply "not quite yourself", please remain in your apartment and notify staff. Staying in helps

protect fellow residents, visitors, and team members, and allows us to support you appropriately.

Apple Valley Villa is licensed as an Assisted Living community, which means our entire building must follow Minnesota Department of Health Assisted Living regulations, even if some residents choose to live here independently. Every apartment has an emergency pull cord in the bathroom, and our staff are trained to respond to these alerts for all residents. If there appears to be a medical emergency or safety concern, management or staff on duty may enter the apartment to ensure the resident's safety.

Your annual CRP (Certificate of Rent Paid) for 2025 will be either in mailboxes or mailed to the responsible party by January 31st, 2026. If you do

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Message from Emily continued

If you do not receive it by then or family members need a copy you can contact me, and I will be able to pull it for you after January 31st, 2026.

Open Door Pantry will visit on Friday, January 16, which is the third Friday of the month. Notices with individual time slots will be delivered and placed on your door by the evening of the 15th.

Please note that the Business Office will be closed the following dates in January: Thursday January 1st – New Year's Day and Monday, January 19th – Martin Luther King Jr. Day.

Join us for our monthly Resident Update meeting on Monday, January 5th at 2:00pm in the 5th floor dining room. This meeting brings us together to go over department updates and events for the month of January. We will hold Business Office Hours on Wednesday, January 21st from 2-3:30pm. This will be a time dedicated for residents to stop by and see Emily, Housing Director; Sherry, HUD Director/Business Office Manager; Melody, Marketing Director; or Annalissa, Resident Service Director/Social Services with any questions, concerns or stop in to say hi. We are all also available by phone and appointment outside of the office hours. Please check in with receptionist to let them know who you are here to see and wait in the lobby for them to come out and get you.

Our Focus Meeting will be on Monday, January 26th at 2:00pm in the 5th floor dining room. Our topic this month will be Mental Wellness.

We look forward to a year filled with good health, meaningful connections, and moments of joy, both big and small. Stay warm, stay well, and here's to a wonderful start to the new year!

Emily Kjelstad
Housing Director
952-236-2628



Director Directory

Staff Title	Phone # Office Location
Emily Kjelstad Director of Housing	952-236-2628 Office: 102
Sherry Eastgate Director of HUD Housing	952-236-2610 Office: 102
Melody LaClaire Campus Marketing Director	952-236-2625 Office: 103
Annalissa Blau Resident Services Director	952-236-2626 Office: 102
Cyndi Sabin, RN Director of Health Services	952-236-2623 Office: Off of Lobby
Leslie Wycoff Director of Housekeeping	952-236-2630 Office: Lower Level
Bre Schlick Director of Activities	952-236-2620 Office: Lower Level
Lisa Brazman Director of Food & Nutrition Service	952-236-2580 Office: LL of Health & Rehab Center
Tim Schmidt Campus Maintenance Director	952-236-2589 Office: LL of Health & Rehab Center
Julie Ryan Director of Spiritual Care Chaplain	952-236-2627 Office: Lower Level

If you need to contact a nurse, please call 952-236-2621. If it's an emergency, please call the Front Desk (0).

Villa Resident Connections: Meet your Neighbors

Resident Spotlight: Ruth's Story of Resilience, Service, and Adventure

Ruth was born and raised in Des Moines, Iowa, where she spent the first 25 years of her life. Nursing quickly became her calling. After earning her nursing degree from Creighton University in Omaha, she returned to Des Moines to work for several years before moving on to St. Paul. There, she worked at Methodist Hospital on the GYN floor for three years, followed by another three years on a Med-Surg floor at St. John's.

Her passion for nursing didn't stop at bedside care. In 1955, Ruth spent three years teaching future nurses at the Anchor Ramsey School of Nursing. After getting married and starting a family, she continued working part-time at St. Luke's Hospital while raising three children. Later, she began a long and meaningful chapter as an industrial nurse with the U.S. Post Office in Eagan, where she handled injury compensation for 20 years before retiring.

Ruth met her husband, Paul, through a church dancing club. She knew right away that he was special, even though he didn't call her afterward. Years later, fate stepped in when Ruth locked herself out of her home and needed a window repaired. She called Paul, made him supper as a thank-you, and the rest was history. They were married six months later and shared 52 years together before Paul passed away this past May after a long illness.

Family has always been central to Ruth's life. She and Paul raised three children: Martha, Sheila, and Mathew. Today she is the proud grandmother of five. Pets were always part of the family too, including dogs and cats. One especially memorable cat even traveled cross-country with them after being brought home from kindergarten by Mathew.

What Ruth is most proud of is simple and powerful: how her children turned out. "They're respectful," she says, and that matters most to her.

Traveling became a treasured family tradition. Ruth and Paul explored the country extensively, living in a trailer for nearly 15 years and visiting almost every state, missing only the New England states. They traveled twice to Alaska and also explored the Northwest Territories and the Yukon, drawn to wide-open spaces and fewer crowds. One particularly memorable trip included a truck that would stall when turning left but not right after the engine gave out near Cedar Rapids, Iowa.

Ruth is also a gifted quilter and knitter. Quilting is her true passion, and she has made more than 150 quilts over the years. Many were donated through a friend to homeless veterans once they secured housing, a project that kept her busy for nearly two years. This January, she's even starting a knitting class on Sundays.

When it comes to favorites, Ruth loves food, especially from the Italian Pie Shop in Eagan. She's not much of a movie-goer; the last film she saw in a theater was *Saving Private Ryan*. Music, however, holds a special place in her heart, particularly Handel's *Messiah*, which she once enjoyed live at the Ordway with her daughter Sheila.

Fall is Ruth's favorite season, signaling cooler weather and, in years past, the perfect time to head out on the road again, usually by the end of September.

Looking back, the best advice Ruth ever received was simple but enduring: "Keep going. Be resilient. If you make a mistake, correct it." If she could revisit any time in her life, she'd choose her 20s or 30s, bringing along all the wisdom she has now.

Since moving to the Villa in May 2025, Ruth has enjoyed quieter pleasures. She reads every night for two to three hours and enjoys book club for its thoughtful discussions and intimate size. She's also grateful for the friendships she's made, especially with fellow resident Jean B.

Just for fun, if Ruth could have dinner with any historical figure, she'd choose Jimmy Carter for his integrity, strong principles, and lifelong commitment to service through efforts like Habitat for Humanity.

This January, Ruth is heading to Texas for a long weekend with her son, her first airplane trip in 25 years. It's just another chapter in a life marked by courage, curiosity, and an unwavering spirit of resilience.

Interview and article written by: Bre Schlick, Activities Director

Announcements

2nd Floor Library & Book Display

The Villa library books on 2nd floor do not need to be checked out. They are in alphabetical order by author. We have regular print and large print books. When you return a book back to the library, please place it on the small bookcase by the elevator.

This month, we're highlighting a collection of autobiographies and memoirs.

(Please see Jim in room 239 before dropping off any book donations in the library.)

Villa Salon

Located on the 2nd floor next to the laundry room. Call Sandy at 952-215-4163 to make an appointment. The Salon is open Mondays and Thursdays.

The Foot Nurse

If you are interested in receiving nail/foot care, please call **Katie Sikel, RN, CFCS** at **(651) 829-3944**. Appointments in the Nail Salon on 4th floor in #413. The Foot Nurse will be here Monday January 5th & Tuesday January 6th.

Aquatic Exercise:

Weekly sign up sheets are on the board outside of the Lower Level Activity Room. You must sign up WEEKLY to attend this activity! Before you attend this group, please see Bre for consent forms, including one from your provider/doctor.

Cell Phone Usage During Group Activities:

Please silence or turn off your phone during group activities to avoid disruptions. If you need to take a call, kindly step out into the hallway before answering.

Outings

Sign-up sheets for the outings are on the Lower Level Bulletin Board. You do not need to pay to go on these outings. Please see Annalissa, Resident Services Director.

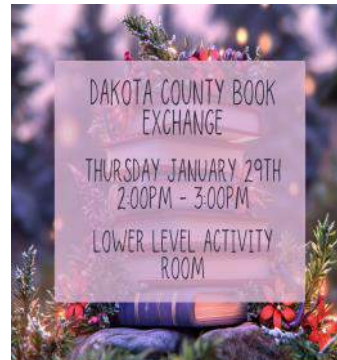
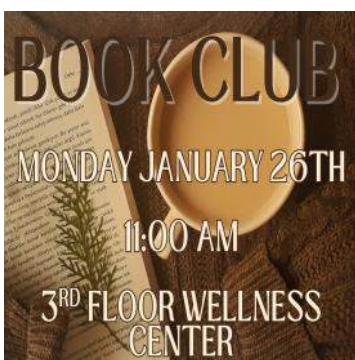
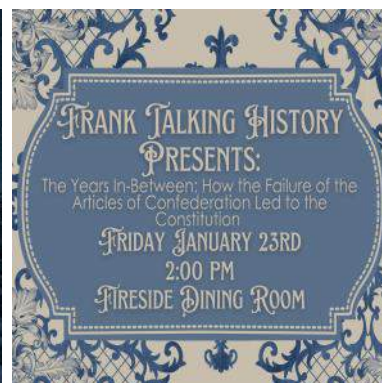
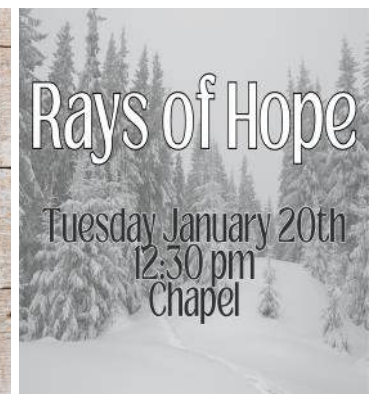
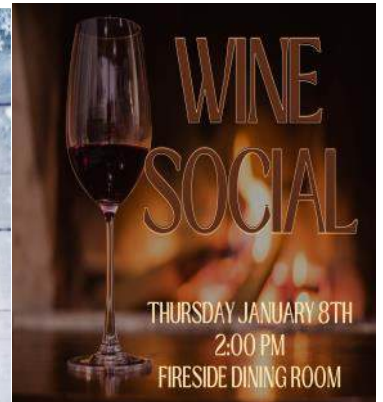
When scheduling your own rides, please instruct all pick ups to meet you in the back of the building!

Villa Sponsored Outings Additional Info:

- As a reminder, please arrive 15 minutes early for the bus pick-up when departing from the Villa **AND** the outing destination. If you miss the bus, you will be responsible for arranging your own transportation back to the Villa. You can use ride share services such as Uber, Lyft, or MVTA to return.
- Sign Up sheets are taken down 5-7 days prior to the outing date. After the sheets are taken down, the outing sign ups are closed.
- If the sign up sheet is full for an outing you want to attend, please see Bre.

Date	Location
January 5	Walmart
January 6	Dollar Tree
January 9	HyVee
January 12	Walmart
January 13	Aldi & Burlington
January 15	Lunch Outing:
January 22	Walmart
January 23	Cub Foods
January 26	Target
January 27	Savers
January 29	Little Six Casino
January 30	Michaels & Fresh Thyme

Highlighted Events



Please check Channel 3 for any updates or changes to the activity calendar.

Monthly Birthdays

Let's take a moment to celebrate the amazing individuals who are adding another candle to their cake this month! Whether you're marking the day with cake, laughter, or a little quiet reflection, we hope your birthday is filled with joy and love.

We're so lucky to have you as part of our community. Wishing you a year ahead full of happiness, good health, and exciting adventures!

If you see one of our birthday stars around, be sure to give them a big smile and a warm "Happy Birthday!"

1/1	Alice Wellman	252
1/2	Wendy Fish	353
1/4	Chinnamma Koshy	446
1/6	Janice Rice	253
1/7	Marge Calvert	205
1/7	Dorene Werz	108
1/9	Sandra Krasaway	448
1/10	Sally Larrivee	214
1/10	Linda Bogut	150
1/12	Edna Berge	151
1/13	Kathy Thibodeau	324
1/14	Harriett Traxler	418
1/14	Mary Ellen Flicek	336
1/18	Dorothy Banta	314
1/31	Marlys Hopkins	347
1/31	Libby Carlson	329



Spiritual Care News

At Apple Valley Villa, we are committed to supporting the spiritual needs of our residents through a variety of services and gatherings each week.

Weekly Worship Services

An ecumenical worship service is held every Wednesday at 1:30 p.m. in the Chapel on the 4th floor. On the third Wednesday of each month, the service includes Holy Communion.

Sunday Worship

A monthly ecumenical service with Holy Communion is offered on the first Sunday of each month at 1:30 p.m. For the 2nd through 4th Sundays, residents may participate in worship by tuning in to Channel 3 at 1:30 p.m.

Care & Memory Care

Spiritual care is provided weekly for residents in the Care Center and Memory Care suites through Chaplain Chats every Wednesday.

Bible Study

All residents are welcome to join Bible Study every Thursday at 10:00 a.m. in the Chapel.

Catholic Services

Catholic services are offered each Thursday at 3:30 p.m. Catholic Mass is celebrated on the 4th Tuesday of every month at 10:30 a.m.

Chaplains' Availability

Our chaplains are here to provide spiritual support through visits in your home or in their office, located in the Lower Level hallway near the Care Center. They can be reached by phone at extension **x2627**.

- Chaplain Julie – on campus Tuesdays
- Chaplain Nirmala – on campus Monday through Thursday
- Chaplain Jason – on campus Monday, Thursday, and Friday
- Intern Lori – on campus Tuesdays and Wednesdays.

Moments of Meaning: A Chaplain's Message

Encouragement for the New Year

"Do not be discouraged, for the LORD your God will be with you wherever you go." (Joshua 1:9)

On the first day of a new year, we often greet one another with a cheerful "Happy New Year!" But as we step into the unknown, we need more than a hopeful phrase. We need the same encouragement God gave Joshua some 3,400 years ago.

Joshua was about to lead God's people into the promised land. The task was enormous, and the dangers ahead were real. He had every reason to feel anxious about the future, to wonder if he was up to the challenge. That's when God spoke: *"Do not be afraid; do not be discouraged. The LORD your God will be with you wherever you go."*

A new year brings its own questions for us. Will our health hold? Will we see the end of this year? Will our children and grandchildren be safe? Will the economy improve? Into all our uncertainties, the Creator of the universe speaks the same words: *"Don't be afraid; don't be discouraged."*

What happens in the coming year is not left to chance. God is in charge, and He promises to stay close. Many years later, Jesus echoed that same assurance: *"I am with you always"* (Matthew 28:20).

So let us carry these promises with us into the new year. Not with fear, but with faith. Not with discouragement, but with courage. The God who walked with Joshua walks with us still.

May you have a blessed and hope-filled New Year!

**Nirmala
Chaplain**



January: A Fresh Start with Good Intentions

As we welcome January, we're reminded that the start of a new year is more than just turning a page on the calendar—it's a chance to begin again with hope, positivity, and purpose. For our community, this season is about setting gentle intentions that guide us toward joy, connection, and meaningful moments.

Why Intentions Matter

Resolutions can sometimes feel strict or hard to keep, but intentions are different. They're simple reminders of what matters most—whether it's kindness, gratitude, or taking time to enjoy the present. Intentions help us focus on living well each day, without pressure or perfection.

Ideas for Good Intentions in 2026

Here are some uplifting ways to start the year with purpose:

- Practice Gratitude: Begin each morning by naming one thing you're thankful for.
- Stay Connected: Share a smile, a story, or a cup of coffee with a neighbor.
- Move with Joy: Stretch, walk, or dance to a favorite tune—find movement that makes you happy.
- Learn Something New: Try a hobby, join an activity, or read about a topic that sparks curiosity.
- Celebrate Small Wins: Every step forward—big or small—is worth recognizing.
- Share Stories: Tell a favorite memory or life lesson with someone in the community.
- Write It Down: Keep a simple journal of daily thoughts, blessings, or funny moments.
- Give Compliments: Brighten someone's day with kind words.
- Enjoy Nature: Step outside for fresh air, notice the winter scenery, or care for indoor plants.
- Mindful Moments: Pause for a few deep breaths or quiet reflection each day.
- Acts of Kindness: Do something thoughtful—like helping a neighbor or writing a cheerful note.
- Celebrate Traditions: Share cultural or family traditions that bring joy and connection.
- Creative Expression: Paint, craft, sing, or explore any activity that sparks imagination.
- Healthy Choices: Drink more water, enjoy balanced meals, and get restful sleep.
- Laughter Therapy: Watch a funny movie, tell jokes, or simply enjoy a good laugh with friends.
- Stay Positive: Begin each day with an encouraging thought or affirmation.

A Community of Support

Here at the Villa, we're excited to support one another in living with intention. From group activities to quiet reflection, January is the perfect time to embrace new beginnings together.

Let's make this year one filled with kindness, laughter, and meaningful moments. Here's to starting 2026 with good intentions—and carrying them with us all year long!

MONTH: _____

Monthly Focus

Top Priorities

Mindfulness Exercise

Monthly Intentions

I am Grateful for

Housekeeping Tasks

Small Wins

Notes

Welcome New Residents

We're so happy to have you here! As you get settled, know that you're now part of a welcoming and supportive community. Check out all the features we have to offer and come join us at upcoming events—it's a fun way to meet your neighbors. And if you ever have questions or need a hand with anything, just give us a shout—we're happy to help!

307 - Carol Hookum
447 - Alice Lanoue



Social Services News

As we step into a brand-new year, I want to take a moment to wish each of you health, comfort, and moments of joy in the months ahead. January is a time for fresh starts, but it's also a time to be gentle with ourselves—especially during the colder days. Please remember that you are not alone here; this community is built on care, connection, and support. Whether you need help accessing resources, want to talk through a concern, or are simply looking for someone to listen, my door is always open. I look forward to continuing to support you and to sharing another year together in our building. You can stop into 102 or reach me at x2626. Happy New Year!!



Annalisa Blau, Resident Services Director

Did You Know?

Staying Safe: Protecting Yourself from Scams

Sadly, scams targeting older adults are on the rise. In 2024 alone, individuals aged 60 and older lost nearly **\$5 billion** to fraud¹. Scammers often prey on trust and kindness, but with knowledge and caution, you can stay one step ahead.

Common Scams to Watch Out For

- **Phone Scams:** Callers pretending to be family members, government agencies, or charities.
- **Email/Online Scams:** Fake links, “urgent” messages, or offers that seem too good to be true.
- **Lottery & Prize Scams:** Messages claiming you’ve won money but need to pay fees first.
- **Healthcare Fraud:** Requests for Medicare or insurance information from unknown sources.
- **Home Repair Scams:** Contractors offering quick fixes without references or contracts.

2, 3

Tips to Avoid Scams

- **Pause Before Acting:** If someone pressures you to act quickly, it’s likely a scam.
- **Verify First:** Call back using official phone numbers, not the one provided by the caller.
- **Protect Personal Info:** Never share Social Security, Medicare, or banking details with strangers.
- **Hang Up or Delete:** If a call, email, or text feels suspicious, end it immediately.
- **Trust Your Instincts:** If something feels off, it probably is.

Ask for Help: Talk to staff, family, or trusted friends before making decisions.

4, 2, 3

What to Do If You Think You’re a Victim

- **Tell Someone Immediately:** Report it to staff, family, or a trusted friend.
- **Contact Your Bank:** If money or account information was shared, alert your bank right away.
- **Report the Scam:** Call the **Federal Trade Commission (FTC)** at 1-877-382-4357 or visit [ftc.gov](https://www.ftc.gov).
- **Stay Calm:** Scammers rely on fear. Acting quickly and calmly helps limit damage.



A Community of Support

Remember, you are not alone. Scammers thrive on secrecy, so speaking up is the best defense. Our community is here to help—whether it’s reviewing suspicious mail, checking a phone call, or simply offering reassurance.

Together, we can make 2026 a year of safety, awareness, and peace of mind.

Sources: 1 The Senior Source 2 The National Council on Aging 3 Hebrew SeniorLife 4 PCMag

The name "Cassia" was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

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The Back Page



The ladies in the photo were among the residents who joined the Villa Choir for a round of Christmas carols in the lobby. What started as a simple sing along turned into a really fun moment, with lots of smiles, a few playful harmonies, and plenty of holiday spirit drifting through the space. A big thank you to Janey N for spearheading the sing-a-long and getting everyone in the mood to join in. It was one of those easy, cheerful gatherings that made the season feel a little brighter.



When Harry Met Sally
(PG-13) Rom-Com 1h 31m
Saturday January 3rd at 2:00 pm

Samantha: An American Girl Holiday
(NR) TV Movie 1hr 26m
Saturday January 10th 2:00 pm

The Guernsey Literary and Potato Peel Pie Society
(TV-14) Drama/Romance 2h 4m
Thursday January 15th 6:15 pm

The Boy in the Striped Pajamas
(PG-13) War/Thriller 1h 34m
Saturday January 17th 2:00 pm

Source: Google & IMDb

Marketing News

Reminder, If you refer someone who moves into a market-rate apartment at The Villa, you'll earn a \$300 referral bonus once they move in! **Make sure their name is mentioned or written on the tour card.**

Melody LaClaire
Campus Marketing Director
Ext. 2625

(This referral bonus does not include new residents that move into HUD apartments)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY

ACTIVITIES ARE SUBJECT TO CHANGE

2026

1

7:00 - Morning Coffee - FL
 12:00 - Hand & Foot - GR
 1:00 - Stronger Senior
 Stretch - WC
 1:30 - Bridge - GR
 2:30 - Afternoon Coffee - D

HAPPY

New Year

2

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 10:30 - Scrabble - GR
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

3

7:00 - Morning Coffee - FL
 10:30 - Seated Yoga - WC
 1:00 - Farkle - GR
 1:00 - Trivia - WC
2:00 - Afternoon Matinee - "When Harry Met Sally" - WC
 2:30 - Afternoon Coffee - D

4

7:00 - Morning Coffee - FL
1:30 - Chapel Service - Chapel
2:30 - Knitting Class - LL
 2:30 - Afternoon Coffee - D

5

7:00 - Morning Coffee - FL
9:45 - Walmart Outing
 10:30 - Gentle Exercise - WC
11:15 - Documentary: "Night On Earth" - WC
2:00 - Community Update Meeting - DR
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

6

7:00 - Morning Coffee - FL
9:45 - Dollar Tree Outing
 10:30 - Seated Yoga - WC
 10:30 - Scrabble - GR
 1:30 - Bridge - GR
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D

7

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 1:00 - Farkle - GR
1:30 - Chapel Service - C
2:30 - Elvis Music Bingo - LL
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

8

7:00 - Morning Coffee - FL
10:00 - Bible Study - C
10:30 - New Resident Reception - DR
11:00 - Time of Prayer - C
 12:00 - Hand & Foot - GR
 1:00 - Stronger Senior Stretch - WC
 1:30 - Bridge - GR
 1:30 - Free Nail Polishing - LL
2:00 - Wine Social/Elvis Social - DR
 2:30 - Afternoon Coffee - D
 3:30 - Catholic Service - C

9

7:00 - Morning Coffee - FL
9:45 - HyVee Outing
 10:30 - Gentle Exercise - WC
 10:30 - Scrabble - GR
2:15 - Bingo - LL
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

10

7:00 - Morning Coffee - FL
 10:30 - Seated Yoga - WC
 1:00 - Farkle - GR
 1:00 - Trivia - WC
2:00 - Afternoon Matinee - "Samantha: An American Girl Holiday" - WC
 2:30 - Afternoon Coffee - D
3:00 - Men's Club - LL

11

7:00 - Morning Coffee - FL
1:30 - Chapel Service - Chapel
2:30 - Knitting Class - LL
 2:30 - Afternoon Coffee - D

12

7:00 - Morning Coffee - FL
9:45 - Walmart Outing
 10:30 - Gentle Exercise - WC
11:15 - Documentary: "Night on Earth" - WC
2:00 - January Birthday Party with Kathy & Van Nixon - DR
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

13

7:00 - Morning Coffee - FL
9:45 - Aldi/Burlington Outing
 10:30 - Seated Yoga - WC
 10:30 - Scrabble - GR
 1:30 - Bridge - GR
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D

14

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 1:00 - Farkle - GR
1:30 - Chapel Service - C
2:30 - January Craft - LL
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

15

7:00 - Morning Coffee - FL
10:45 - Lunch Outing: Valley Diner - Apple Valley
 10:00 - Bible Study - C
 12:00 - Hand & Foot - GR
 1:00 - Stronger Senior Stretch - WC
 1:30 - Bridge - GR
 2:30 - Afternoon Coffee - D
 3:30 - Catholic Service - C
6:15 - Evening Movie: "The Guernsey Literary and Potato Peel Pie Society" - WC

16

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 10:30 - Scrabble - GR
10:40 - Open Door Pantry - LL
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

17

7:00 - Morning Coffee - FL
 10:30 - Seated Yoga - WC
 1:00 - Farkle - GR
 1:00 - Trivia - WC
2:00 - Afternoon Matinee - "The Boy in the Striped Pajamas" - WC
 2:30 - Afternoon Coffee - D

SUNDAY

18

7:00 - Morning Coffee - FL
1:30 - Chapel Service - Chapel
 2:30 - Afternoon Coffee - D

MONDAY

19

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC



TUESDAY

20

7:00 - Morning Coffee - FL
10:00 - Culinary Chat - DR
 10:30 - Seated Yoga - WC
 10:30 - Scrabble - GR
12:30 - Rays of Hope - C
 1:30 - Bridge - GR
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D

WEDNESDAY

21

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 1:00 - Farkle - GR
1:30 - Chapel Service - C
2:00 - 3:30 Open Business Office Hours - 102
2:15 - Resident Advisory Committee: Calendar Planning for February - LL
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

THURSDAY

22

7:00 - Morning Coffee - FL
9:45 - Walmart Outing
10:00 - Bible Study - C
 12:00 - Hand & Foot - GR
 1:00 - Stronger Senior Stretch - WC
 1:30 - Bridge - GR
 1:30 - Free Nail Polishing - LL
2:00 - Winter Punch Social - DR
 2:30 - Afternoon Coffee - D
 3:30 - Catholic Service - C
6:30 - Bar Trivia - DR

FRIDAY

23

WINTER WONDERLAND KING & QUEEN VOTING BEGINS

7:00 - Morning Coffee - FL
9:45 - Cub Foods Outing
 10:30 - Gentle Exercise - WC
 10:30 - Scrabble - GR
2:00 - Frank Talking History Presentation - DR
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

SATURDAY

24

7:00 - Morning Coffee - FL
 10:30 - Seated Yoga - WC
 1:00 - Farkle - GR
 1:00 - Trivia - WC
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D

25

WINTER WONDERLAND THEME DAYS

7:00 - Morning Coffee - FL
1:30 - Chapel Service - Chapel
 2:30 - Afternoon Coffee - D

26 **SPARKLE DAY**

7:00 - Morning Coffee - FL
9:45 - Target Outing
 10:30 - Gentle Exercise - WC
11:00 - Book Club - WC
2:00 - Focus Meeting - Mental Wellness Month - DR
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

27

COZY CABIN DAY

7:00 - Morning Coffee - FL
9:45 - Savers Outing
 10:30 - Scrabble - GR
 10:30 - Seated Yoga - WC
10:30 - Catholic Mass - C
 1:30 - Bridge - GR
2:00 - Free Bingo - LL
 2:30 - Afternoon Coffee - D

28

EVERGREEN FOREST DAY

7:00 - Morning Coffee - FL
 10:30 - Gentle Exercise - WC
 1:00 - Farkle - GR
1:30 - Chapel Service - C
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC
WINTER WONDERLAND KING & QUEEN VOTING ENDS

29

WINTER SPORTS DAY

7:00 - Morning Coffee - FL
9:45 - Little Six Casino Outing
 10:00 - Bible Study - C
 12:00 - Hand & Foot - GR
 1:00 - Stronger Senior Stretch - WC
 1:30 - Bridge - GR
 1:30 - Free Nail Polishing - LL
2:00 - Dakota County Book Exchange - LL
 2:30 - Afternoon Coffee - D
 3:30 - Catholic Service - C

30

WINTER WONDERLAND ROYALTY DAY

7:00 - Morning Coffee - FL
9:45 - Michaels & Fresh Thyme Outing
 10:30 - Gentle Exercise - WC
 10:30 - Scrabble - GR
2:00 - Winter Wonderland Social - DR
 2:30 - Afternoon Coffee - D
 6:30 - 500 Cards - WC

31

7:00 - Morning Coffee - FL
 10:30 - Seated Yoga - WC
 1:00 - Farkle - GR
 1:00 - Trivia - WC
2:00 - Bingo - LL
 2:30 - Afternoon Coffee - D

Apple Valley Villa

a ministry of  cassia

Activities are subject to change.

Villa Salon:


Mondays and Thursdays
 open at 9:00 am
 #213



Bre Schlick
Activities Director

Questions about Activities?
 Email: Bre.Schlick@CassiaLife.org
 Phone: 952-236-2620
 Office: Lower Level



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swu				1	2	3
Special of the Week: Crispy Korean Chicken sandwich with purple cabbage and cilantro slaw						
 <div>Menu is Subject to Change</div> <div>2026</div>				1 - Bone in Chicken 2 - Meatloaf Both served Mashed Potatoes with Gravy, Squash, Broccoli Cheese soup, and piece of lemon crunch pie NEW YEAR'S DAY	1 - Baked Haddock with Roasted Red Potatoes 2 - Beef Stroganoff Both served with Beets, a Honey & Mint Fruit Salad, and piece of Cherry Crisp	1 - Chicken fiesta Wrap with Chips and salsa 2 - Chicken Stir Fry with rice Both served with Pea, Cheese, and Ham Salad and a Lemon Bar
4	5	6	7	8	9	10
Special of the Week: Egg salad Croissant with lettuce and tomato served with chips and a pickle						
1 - Roast Turkey with Gravy, Dressing, and Green Beans 2- Chicken Pesto Pasta Both served with a Mixed Greens Salad and Chef's Choice Dessert	1 - Hard Shell Beef Tacos (Lettuce, Tomatoes, Sour Cream) with Refried Beans, Salsa, and Spanish Rice 2 - Lemon Pepper Cod with a Lemon Wedge, Baked Potato, and Asparagus Both served with Cottage Cheese and Peaches, and a piece of Frosted Cake	1 - Tuna Noodle Casserole with Garlic Bread 2 - Boneless Pork Spareribs with Sauerkraut and Boiled Potatoes Both served with Biscayne Vegetables, a Garden Salad, and Chocolate Pudding with Oreo Crumbs	1 - Cheese Manicotti in Tomato Sauce 2 - Chicken Fried Beef Steak with Mashed Potatoes and Country Gravy Both served with Green Beans, a Broccoli Bacon Salad, and a slice of Apple Pie	1 - BBQ Pulled Pork on a Bun 2 - Nathan's Beef Frank on a Bun with Macaroni and Cheese Both served with Baked Beans, Potato Salad, and an Ambrosia Dessert	1 - Salmon with Cream Sauce and Red Potatoes 2 - Beef Lasagna with Garlic Bread Both served with Prince Edward vegetable blend Minestrone soup, and a piece of Strawberry Shortcake	1 - Baked Ham 2 - Fried Chicken Both served with au Gratin Potatoes, Biscayne Vegetables, fruited Jell-O and Butter Scotch Pudding with Topping
11	12	13	14	15	16	17
Special of the Week: Chicken Club Wrap with Chips and a Pickle						
1 - Roast Pork with Mashed Potatoes, Gravy, and Malibu Vegetables 2 - Tortellini and Italian Sausage Both served with Marinated Vegetables and Chef's Choice Dessert	1 - Steak 2 - Grilled Chicken Breast Both served with Buttered Corn, a baked potato, Cucumber and Onion Salad, and Pecan Pie BIRTHDAY DINNER	1 - Pork Loin 2 - Salisbury Steak Both served with Mashed Potatoes, gravy and Asparagus, a Garden Salad, and a piece of Cheesecake with Topping	1 - Spaghetti with Meat Sauce and Garlic Bread 2 - Boneless Chicken Breast with a Baked Potato Both served with Chef's Choice Vegetables, Raw Vegetables with Dip, and assorted Cookies	1 - Carnitas (Shredded Pork Tacos) with Shredded Lettuce, Corn Salsa, Avocado, and White Cheddar Sauce 2 - Swedish Meatballs over egg noodle Pasta Both served with Vegetables, a Spinach Salad, and a piece of Marble Cake	1 - Chicken Wild Rice Casserole with Broccoli 2 - Beef Chili with Cornbread, shredded cheese and sour cream Both served Caesar Salad and a Pumpkin Bar	1 – Breaded Cod Sandwich on Bun with Lettuce and Tartar sauce 2 - Chicken Alfredo both with Green Beans Both served Chicken Noodle Soup and Ice Cream Novelty
18	19	20	21	22	23	24
Special of the Week: BBQ Bacon Cheddar Burger						
1 - Roast Beef with Gravy with a Baked Potato and Cauliflower 2 - Roast Chicken with Gravy Both served with Coleslaw and a Chef's Choice Dessert	1 - Goulash with Cornbread and Honey Butter 2 - Chipped Beef over Toast Both served with Chef's Choice Vegetables, a Honey & Mint Fruit Salad, and Strawberry Crepes with Cream Cheese Filling MARTIN LUTHER KING JR DAY	1 - Sloppy Joe on a Bun with Potato Wedges and Coleslaw 2 - Vegetable Lasagna with a Breadstick Both served with Italian Vegetables, a Waldorf Salad, and Sherbet	1 - BBQ Ribs 2 - Seasoned Chicken Breast Both served with a Baked Potato, Corn, Dinner Salad, and a Frosted Brownie	1 - Paradise Chicken Salad with Muffin 2 - Enchiladas with rice and fixings Both served with a bowl of Tomato soup and a slice of Blueberry pie	1 - Shrimp Pasta Salad with Fruit and a Muffin 2 - Sweet and Sour Meatballs Both served Rice, Mixed Vegetables, Fresh Melon and a piece of Carrot Cake	1 - Cranberry Brie Stuffed Chicken 2 - Parmesan Tilapia with a Rice Blend and Root Vegetable Both served with a Carrot Raisin Salad and Apple Turnover
25	26	27	28	29	30	31
Special of the Week: Chicken Parmesan Sandwich						
1 - Scallop potatoes and Ham 2 - French Dip Au Jus with green beans Both served with a Macaroni Salad and Chef's Choice Dessert	1 - Open Face Hot Roast Beef Sandwich with Mashed Potatoes and Gravy 2 - Chicken a la King with a Baking Powdered Biscuit Both served with Broccoli, a Pickled Beet Salad, and a slice of Banana Cream Pie	1 – Polish Sausage Sauerkraut 2 - Chicken Breast with Hollandaise Sauce Both served with Buttered Parsley Potatoes, Creamed Peas, Chicken wild rice soup, and a piece of Pineapple Upside Down Cake	1 - Waffles with Strawberry Topping, Sausage Links 2 - Chicken Cordon Bleu, with scalloped potato and French Cut Green Beans Both served with a Cucumber and Onion Salad and a piece of Poke Cake	1 - Tuna Casserole 2 - Chicken Tenders with BBQ sauce and potato wedges Both served with Corn, a bowl of Potato soup, and Novelty ice cream	1 - Roast chicken 2 - Pot Roast Both served with Mashed Potatoes with gravy, California Blend Vegetable Dinner salad and Lemon pie	1 - Beer Battered Cod with a Lemon Wedge and Potato Wedges 2 - BBQ Riblet Sandwich with Pickles Both served with Italian Veggies, Yogurt and Berries, and an Assorted Bar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Philly Cheesesteaks with Chips	2 Pizza Friday	3 Chicken Alfredo with Garlic Bread
4 Breaded Fish with Tater Tots	5 Hot Ham and Cheese Sandwich	6 Taco Tuesday	7 Tuna Melts	8 Chicken Caesar Salad with a Breadstick	9 Pizza Friday	10 Chef's Choice
11 Biscuits and Gravy	12 Beef Chili and Cornbread	13 Taco Tuesday	14 Cheeseburger Sliders with Fries	15 Grilled Cheese and Tomato Soup	16 Pizza Friday	17 Southwest Salad with Fresh Fruit
18 Chef's choice	19 Beef Lasagna with Breadstick	20 Taco Tuesday	21 Chicken Strips with Macaroni Salad	22 BBQ Chicken Sandwich with Potato Salad	23 Pizza Friday	24 Chef's Choice
25 Breakfast Burritos	26 White Chicken Chili	27 Taco Tuesday	28 Chef's Choice	29 Beef Stew and a Biscuit	30 Pizza Friday	31 Hot Roast Beef and Cheddar with Coleslaw

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CALENDAR SUBJECT TO CHANGE. PLEASE CHECK WEEKLY CALENDAR FOR UPDATES OR CHANGES. UPDATES CAN ALSO BE FOUND ON CH. 3.				1 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE CARD GAMES <i>HAPPY New Year</i>	2 MORNING COFFEE & DAILY CHRONICLE BALL TOSS AFTERNOON COFFEE COLORING	3 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE
4 MORNING COFFEE & DAILY CHRONICLE 1:30 CHAPEL - CHAPEL AFTERNOON COFFEE	5 MORNING COFFEE & DAILY CHRONICLE BALLOON TOSS AFTERNOON COFFEE HAND MASSAGES	6 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE TABLE GAMES	7 MORNING COFFEE & DAILY CHRONICLE CHAPLAIN'S CHAT 1:30 - CHAPEL - C AFTERNOON COFFEE TRIVIA	8 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE CARD GAMES 2:00 - ELVIS/WINE SOCIAL - DR 3:30 - CATHOLIC SERVICE - C	9 MORNING COFFEE & DAILY CHRONICLE BALL TOSS AFTERNOON COFFEE COLORING	10 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE
11 MORNING COFFEE & DAILY CHRONICLE 1:30 CHAPEL - CHAPEL AFTERNOON COFFEE	12 MORNING COFFEE & DAILY CHRONICLE BALLOON TOSS 2:00 - BIRTHDAY PART - DR AFTERNOON COFFEE HAND MASSAGES	13 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE TABLE GAMES	14 MORNING COFFEE & DAILY CHRONICLE CHAPLAIN'S CHAT 1:30 - CHAPEL - C AFTERNOON COFFEE TRIVIA	15 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE CARD GAMES	16 MORNING COFFEE & DAILY CHRONICLE BALL TOSS AFTERNOON COFFEE COLORING	17 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE
18 MORNING COFFEE & DAILY CHRONICLE 1:30 CHAPEL - CHAPEL AFTERNOON COFFEE	19  MORNING COFFEE & DAILY CHRONICLE BALLOON TOSS AFTERNOON COFFEE HAND MASSAGES	20 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE TABLE GAMES	21 MORNING COFFEE & DAILY CHRONICLE CHAPLAIN'S CHAT 1:30 - CHAPEL - C AFTERNOON COFFEE TRIVIA	22 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE 2:00 - WINTER PUNCH SOCIAL - DR CARD GAMES	23 MORNING COFFEE & DAILY CHRONICLE BALL TOSS 2:00 - FRANK TALKING HISTORY PRESENTATION - DR AFTERNOON COFFEE COLORING	24 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE
25 MORNING COFFEE & DAILY CHRONICLE 1:30 CHAPEL - CHAPEL AFTERNOON COFFEE	26 MORNING COFFEE & DAILY CHRONICLE BALLOON TOSS AFTERNOON COFFEE HAND MASSAGES	27 MORNING COFFEE & DAILY CHRONICLE 10:30 - CATHOLIC MASS - C CHAIR EXERCISE AFTERNOON COFFEE TABLE GAMES	28 MORNING COFFEE & DAILY CHRONICLE CHAPLAIN'S CHAT 1:30 - CHAPEL - C AFTERNOON COFFEE TRIVIA	29 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE CARD GAMES	30 MORNING COFFEE & DAILY CHRONICLE BALL TOSS 2:00 - WITNER WONDERLAND SOCIAL - DR AFTERNOON COFFEE COLORING	31 MORNING COFFEE & DAILY CHRONICLE CHAIR EXERCISE AFTERNOON COFFEE