

CROIXDALE

Back by popular demand . . .

Josephine's Apparel

Monday, March 22

1:00-4:00 PM

Croixdale Community Room

Josephine's Apparel is a company that makes shopping for women very convenient. It brings the opportunity of shopping for quality name brand women's clothing out into the community. Brands such as Koret®, Alfred Dunner® and more are brought to us at Croixdale in a large variety of sizes and styles for people to purchase on the spot. Come in & enjoy some time browsing and shopping! Residents and families have appreciated the convenience of not having to travel to the store for clothing items. Ask your family and friends to join you and they are welcome to shop as well!

Croixdale is in no way affiliated with Josephine's Apparel. We only schedule a few opportunities during the year for you shopping convenience.



***A Spring Time
Get Together
At Croixdale
To Meet The
Easter Bunny***

Saturday, March 27, 9:00—10:00am

Join the Easter Bunny in the Town Center and enjoy some refreshments.

***Bring your camera to
capture the moment!***

Claremont Trio Master Class

Thursday, March 25, 2010 Croixdale again will host a master class for music students from the Stillwater area schools. Beginning at 6:30 PM, Master classes for students will be led by the members of the Claremont Trio, twin sisters Emily Bruskin (violin) and Julia Bruskin (cello) with Donna Kwong (piano).

Widely regarded as the premier piano trio of its generation, the Claremont Trio is sought after for its thrillingly virtuosic and richly communicative performances. Each member of the Trio will work with student string ensembles. The students and the Claremont Trio will come together in our Terrace dining room for a recital at 7:45 PM.

The evening is open to the public. Stop in and enjoy this wonderful event. The Trio will also perform at Trinity Lutheran Church on Friday, March 26, 7:30 PM as part of the St. Croix Concert Series.



For more information about the Claremont Trio please visit www.claremonttrio.com.

CROIXDALE

How's your Balance? Why you need to improve yours.

By: CasSandra Young, Regional Wings Wellness Instructor

Improving your balance may not be number one on your priority list, but maybe it should be. Balance goes along with flexibility, core strength, and mobility. These are all things our bodies need to function efficiently. If you exercise regularly, you already work on your balance without even knowing it. But, just because you exercise doesn't mean there isn't room for improvement.

Easy Ways to Improve Your Balance:

1. Incorporate balancing exercises into your strength training routine by doing unilateral exercises (one arm at a time) or by changing your stance. Use a split stance which requires more balance than a wide stance.
2. Incorporate simple balancing moves all day long. While you're standing in line, try to balance on one leg for as long as you can. To make it harder, close your eyes!
3. Walk with a book on your head. It'll improve your balance and your posture.
4. Incorporate yoga into your regular routine. Yoga accomplishes lots of things in one shot: you increase your stability, flexibility and muscular endurance.
5. Talk with a personal trainer so they can demonstrate exercises that pertain to balance. You should practice these exercises in a safe environment with a trained professional or in one of our group fitness classes.



We offer a variety of fitness classes at Croixdale that focus on your balance:

Yoga Stretch: 30 minutes (All Levels)

This class will incorporate yoga, Pilates and traditional stretching moves in an effort to increase flexibility, balance, and strength of core muscles (the abdominal area). Most of the class will be done sitting in a chair, while also incorporating some optional standing movements.



This class is offered Mondays and Wednesdays @ 11:15am

Level 2: 30 minutes

This class is focused on strengthening and conditioning the muscles. Hand weights, exercise bands, and balls will be used to target specific muscles. Some exercise will be in the chair and others will be standing (using the chair for balance if so desired).

This class is offered Tuesdays and Thursdays @ 11:15am.



If you have any questions, please ask one of our Certified Fitness Professional before or after class.

CROIXDALE

Springtime A Time To Freshen Up

People generally tend to pay special attention to certain details to prepare for the season to come. Springtime brings the opportunity and energy to clean and freshen things up around the “house”. At Croixdale, we will schedule soon our annual window cleaning and sweeping the driveway and parking lot ,along with a list of other duties. Our list also includes the cleaning drapery and valances in our many common areas of the building.

As the days become longer and the sunshine stronger, we prepare the “house” so that everyone may enjoy the nice weather that is soon to come. We hope that everyone in the Croixdale “house” will do the same. Examples might be cleaning bedspreads/comforters/bed-skirts, draperies/valances, dusting curio cabinets and knick-knacks. Please be sensitive to the fact that most bedspreads and comforters are too large for the washing machines and dryers here at Croixdale. There are local dry-cleaning companies that are provide pick-up and delivery services for your convenience.

Bayport Community Watch Program

**Tuesday, March 16
at 6:00 PM**

Croixdale Terrace Dining Room

*Join us for an opportunity to build
community, to share information and to
learn.*

Guest speaker: Lisa Stenseth
Case Manager, Minnesota Department
of Corrections-Stillwater Prison

A brief presentation on the minimum security unit upgrade will be shared. We will also have a special guest who is a minimum security offender. This offender will discuss his transition back into the community with the help of the Department of Corrections.

In closing, Chief Eastman will discuss recent reports and crimes that have occurred in Bayport.

**Everyone from the Bayport community is
invited to join us for this program .**

Join Us For Holy Week Services At Croixdale

Ecumenical Holy Thursday
Communion Service
Thursday, April 1 at 1:45 PM

Good Friday Service
Friday, April 2 at 1:30 PM

Easter Sunday Service
Sunday, April 4 at 1:45 PM

*Everyone is invited
to join us in
the Croixdale Chapel.*



Services led by Carole Zempel,
Croixdale Chaplain

CROIXDALE

Lenten Buffet Friday, March 26

Arrive between **5:00-6:00 PM**

Buffet in the Terrace Dining Room

\$12.00 per adult \$7.00 under 12 yr.



You and your guests are invited to dine with us and enjoy visiting during this grand buffet.

Buffet menu items include:

Red Hook Ale Breaded Shrimp, Stuffed Brook Trout, Pub House Battered Cod, Cornish Game Hens, Turkey Tenderloins, Rib Eye Pepper Steak, Potatoes O'Brien, Skillet Vegetables, Mixed Spring Greens, Sweet and Sour Cole Slaw, Crab Salad Dip, Caesar Potato Salad, Dried Cherry Tuna Salad, Assorted Whole Grain Rolls, Fruit and Cheese Platter.

Something for your sweet tooth:

Banana Foster Cheese Cake, Chocolate Cherry Cheese Cake, Perfect Parfait Mousse.

Beverages for your enjoyment:

A glass of Red or White Wine, Cold Beer or Non Alcoholic Beer, Coffee and Tea.

Seating may be limited. Reservations are requested and can be made at the Receptionist Desk in the Town Center or by calling 651-275-4800. Reservations will be open until the morning of March 26. Cancellations accepted until March 23.

Monthly Theme Dinners are not a part of any resident meal package. Prices noted above apply to all who attend.

Coming Events . . .

- **All-House Resident High Tea**
Tuesday, March 30, 3:00 PM
This is a great time to meet and greet new residents who have moved into Croixdale and enjoy visiting with your friends and neighbors.
- **Monthly Birthday Celebration**
Tuesday, March 16, 2:15 PM
Entertainment by: The Keynotes
Join us to celebrate all the March birthdays!
- **Bayport Community Watch Meeting**
Tuesday, March 16, 6:00 PM
Everyone from the Bayport community is invited to join us for the opportunity to build community, to share information and to learn.
- **Shepherd of the Valley BINGO**
Thursday, March 18, 6:45 PM
- **Josephine's Apparel**
Monday, March 22, 1:00-4:00 PM
Convenient shopping for women. Ask your family and friends to join you!
- **String Master Class**
Thursday, March 25, 6:30 PM
- **String Recital with Claremont Trio**
Thursday, March 25, 7:45 PM
- **Easter Bunny Visit**
Saturday, March 27, 9:00-10:00 AM
Family and friends are invited to join you here at Croixdale for a visit with the Easter Bunny. Bring your camera for a great photo opportunity. Refreshments will be served.



Call today for information or to schedule a personal tour, 651-275-4800

PRESBYTERIAN HOMES & SERVICES NEWS

WINGS Wellness: "The best exercise is the one you'll do."

This month's issue of Prevention Magazine reports that "older women who walked at a moderate pace for 20 minutes, 3 times a week for 3 months improved their aerobic fitness by 12%" They also lowered their resting heart rate, improving overall heart function. Australian scientists found that adults who exercise three times a week lowered their blood glucose levels, and felt more energetic. The Mayo Clinic has shown that exercise may be the #1 way to prevent the cognitive decline that signals the early stages of dementia or Alzheimer's disease.

It is no coincidence that one of the key measures we review monthly at Presbyterian Homes is the number of residents who exercise at least three times per week. Our goal is fit residents. Fit residents are more satisfied with their overall health and well-being. Fit residents are better able to contribute to the

broader community, and enrich the lives of their fellow residents. We encourage our residents to use the fitness equipment provided in our WINGS Wellness Centers. We also encourage them to report the many ways that they continue to exercise on their own by taking walks, bike riding, golfing, playing tennis or other favorite physical activity.

If you are not currently exercising, we encourage you to start small. Steven Blair, Professor of Exercise Science at the University of South Carolina says "The best exercise is one you'll do." Isaiah 40: 31 inspires our program: "*but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*" (NIV)

Join us as we work together to earn our wings.

~ Angie Swetland



Postmaster - Return service requested

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing and health care.

