

Upcoming Outings

Sign up sheet is located at the Wellness Center in Building A.

- 1st - Cub & Dollar Store (7 & 41) - 10:30 AM
- 8th - Costco- Must Have Membership - 10:30 AM
- 15th - Lunch @ Old Southern BBQ - 10:30 AM
- 22nd - Target Shopping - 10:30 AM
- 29th - Kohl's & Aldi - 10:30 AM



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Grandparents Day Car Show

Thank you Maria Maldonado & Gary Schott for the photos.

Thank you for attending our first Grandparents Day Car Show!



Photos Courtesy of: Avery Kennett, Maria Maldonado & Gary Schott

Best Overall

Resident Choice

Participant Choice



RECALL

Ceithier Adult Portable Bed Rails

Hazard:
The recalled bed rails violate federal regulations for adult portable bed rails, posing a serious entrapment hazard and risk of death by asphyxiation. When the bed rails are attached to a bed, users can become entrapped within the bed rail or between the bed rail and the side of the mattress.

Description:
This recall involves Ceithier branded Adult Portable Bed Rails (ASIN: B09YRHCZY5) sold for use on adult beds. The bed support railing is made of black metal and black foam, and measures about 12-1/2 inches wide with an adjustable height between about 30 to 42 inches. Only adult portable bed rails purchased on or after August 21, 2023 are affected by this recall.

Remedy:
Consumers should immediately stop using the recalled adult portable bed rails. To receive a refund, consumers should send a photo of the disposed bed rail, along with a statement that they bought the product on or after August 21, 2023 or an Amazon purchase receipt, to the recalling firm by email at xchan524@outlook.com. The company will only provide refunds for bed rails purchased on or after August 21, 2023.

Introducing Matthew Marroquin Executive Director In Training



Hey everyone! Thank you so much for the warm welcome to Chaska Heights!

A little about me: I was born and raised in Los Angeles, California, but I moved to Minnesota a little over a year ago—so this will be my second fall here in the Midwest. I’m currently pursuing a master’s degree in Senior Living Hospitality at the University of Southern California (USC) and will (fingers crossed) graduate in May/June 2025. I’m a die-hard USC Trojan fan, so you might catch me sporting some team gear from time to time! Also, I’ve got some Minnesota roots—my uncle grew up in St. Cloud—so naturally, I’m a Vikings fan as well.

I’ve been working in the senior living industry for a couple of years now, but my mom is really the inspiration behind my career—she has over 20 years of experience in the field. I love getting to know residents and hearing their stories. I also have some fascinating tales from past residents, especially about old Hollywood and the entertainment industry. If you’d ever like to swap stories, I’d love to chat!

Fun facts: I speak 3 ½ languages (English, Spanish, French, and Japanese). I have a hairless cat named Pandora, who’s just over a year old and was born in Romania. Also, I’ve been engaged for about 4 months, and my fiancée, Janessa, and I are planning to get married in either October or December 2025 (we’re leaning toward December). Janessa is from Ashland, Wisconsin, and has been living in Minnesota for a few years now. The picture you see is of us during our trip to Japan this past May/June—an incredible experience!

I’m really excited to continue learning about Minnesota and the Midwest culture, and I can’t wait to be part of the wonderful community here at Chaska Heights!

St John's Worship Service
(Live Stream)
Sundays @ 10:00 a.m.
Community Room

Holy Catholic Rosary & Communion
(Holy Catholic Mass 3rd Wednesday)

Wednesdays @ 11:00 a.m.
Community Room



Delbert Schrock Memorial Bench is now located outside Building B. Thank you to the family for the donation.



In Loving Memory

Marilyn Froiland 9-1
Rene Streater 9-5

"If your compassion does not include yourself, it is incomplete." – Jack Kornfield

You may have heard the phrase, "I am my own worst critic." Do you find that to be true about yourself? Do you struggle to find compassion for yourself, even in situations where you would easily take compassion on someone else? To have compassion for ourselves, we must be able to recognize our own humanity and love ourselves, flaws and all. We must trust in our belovedness, even when we don't always feel it. When we share community together, we can help by showing compassion to one another, reminding each person, including ourselves, that we belong here. We belong together. We are strong, we have purpose, and we belong. May you experience compassion today, both inward and outward.

Welcome Home



Jim C
Jim S
Sally L
Sharon F
Carol W



Grip Games GREAT SEASON!

Scrimmage VS Northstars 38.6
Week 1 VS Cheetahs 38.7-41.3
Week 2 VS Dragonflies 40.3-44.8
Week 3 VS Parrots 40.1-37.7
Week 4 VS Woodchucks 39.1-37.1
Week 5 VS Loon 39.9-41.9
Week 6 VS Loafers 40.7-35.4
Week 7 VS Coyotes 40.8-41.5



Starts October 8th!

October

Scrimmage 8th & 9th Whizzer
15th & 16th Arm Crank
22nd & 23rd Leg Crank
29th & 30th Grip Games

November

5th & 6th Whizzer
12th & 13th Arm Crank
19th & 20th Leg Crank

December

3rd & 4th Grip Games
10th Whizzer 12th Arm Crank

HAPPY BIRTHDAY

Bob M	10-2	John C	10-4
Judy S	10-5	Nellie H	10-10
Will S	10-12	Duane B	10-12
Floyd D	10-13	Wayne H	10-14
Cindy L	10-15	Joyce R	10-16
Clint H	10-19	Bob F	10-19
Karen T	10-19	Judy A	10-23
Gwen D	10-24	Sandra B	10-26
Donna J	10-28	Lyle S	10-31



Chaska Heights is partnering with Homeland Health again this year for the 2024-2025 Flu & COVID Moderna Vaccinations.
Friday, OCTOBER 11th from 9:45 AM to 1:45 PM.

Oktoberfest Open House

Thursday October 17th
2:00-4:00 PM

Walk In Tours, Fun Fall Craft, Delicious Fall Treats, Crisp Drinks & Live Music Entertainment by Chuck Thiel from 3:00 -4:00 PM



Saturday, November 16th
10:00 AM - 2:00 PM
Come Shop local Crafters and Vendors to find that perfect Holiday gift!

Chanhassen Dinner Theater

November 20th

Lunch and Matinee Show
10:30 AM -3:30 PM

Must Pay and sign up by
Wednesday October 23rd

\$74.02 PP/Checks Made out to
Chanhassen Dinner Theater
****Limited Tickets****



October 2024 - AL / IL Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Daily Wellness Class [CR] 1 10:30 Shopping Outing~ Cub Foods & Dollar Store [L] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 2 11:00 Rosary & Communion [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ The Gambler [CR]	10:00 Daily Wellness Class [CR] 3 1:00 Stitch & Chat W Diane [L] 1:00 Bridge Club [SP] 1:00 Hand & Foot [P] 2:00 Virtual Program~ The Rat Pack [CR] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 4 1:00 Bridge Club [P] 2:00 Veterans Group Meeting [CD] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika [L] 5 10:30 Jeopardy W/ Annika [CR] 1:00 Cribbage [SP] 2:00 Matinee Movie ~ Dave [CR]
8:30 Vikings VS Jets (In London) on NFLN 6 10:30 Bingo W/ Annika [CR] 1:00 Left, Right, Center Game [CD] 2:30 Manicures W/ Annika [WC] 3:00 Coffee Social & Treats [CD]	10:00 Daily Wellness Class [CR] 7 1:00 Bridge Club [SP] 1:00 Coffee W/ The Chef [CD] 2:00 Grief Connections W/ Chaplain Carol [CD] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 8 10:30 Shopping Outing~ Costco [L] 1:00 Spark Challenge [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 9 11:00 Rosary & Communion [CR] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Dances With Wolves [CR]	10:00 Daily Wellness Class [CR] 10 1:00 Stitch & Chat W Diane [L] 1:00 Bridge Club [SP] 1:00 Hand & Foot [P] 2:30 Artful Appetites W/ Avery 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 11 1:00 Really Big Show [CR] 1:00 Bridge Club [P] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	1:00 Cribbage [SP] 12 2:00 Matinee Movie~ Where The Crawdad Sings [CR]
1:00 Left, Right, Center Game [CD] 13 3:00 Coffee Social & Treats [CD]	Columbus Day 14 10:00 Daily Wellness Class [CR] 10:30 Taylor Maire's Fashion Show and Clothing Sale [CR] 11:00 CH Writers Club [JR] 1:00 Bridge Club [SP] 2:00 Show & Share W/ Chaplain Carol [CD] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 15 10:30 Lunch Outing~ Old Southern BBQ [L] 1:00 Spark Challenge [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 16 11:00 Rosary & Communion [CR] 11:00 Holy Catholic Mass [CR] 1:00 Guy Talk [SP] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Rain Man [CR]	10:00 Daily Wellness Class [CR] 17 10:30 Aegis Meet & Greet [CD] 1:00 Stitch & Chat W Diane [L] 1:00 Bridge Club [SP] 1:00 Hand & Foot [P] 2:00 Fall Fest W/ Entertainment~ Chuck Thiel [CR] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 18 1:00 Really Big Show [CR] 1:00 Bridge Club [P] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika [L] 19 10:30 Wheel Of Fortune W/ Annika [CR] 1:00 Cribbage [SP] 2:00 Matinee Movie~ Dead Poets Society [CR]
10:30 Bingo W/ Annika [CR] 20 12:00 Vikings VS Lions on FOX 1:00 Left, Right, Center Game [CD] 2:30 Manicures W/ Annika [WC] 3:00 Coffee Social & Treats [CD]	10:00 Daily Wellness Class [CR] 21 1:00 Resident Council [CR] 2:00 Communion Worship Service W/ Chaplain Carol [CR] 2:00 Bridge Club [SP] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 22 10:30 Shopping Outing~ Target [L] 1:00 Spark Challenge [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 23 11:00 Rosary & Communion [CR] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Good Will Hunting [CR]	10:00 Daily Wellness Class [CR] 24 10:30 Coffee W/ Officer Martin [CD] 1:00 Stitch & Chat W Diane [L] 1:00 Bridge Club [SP] 1:00 Hand & Foot [P] 2:00 Afternoon Tea Party [CD] 6:00 Quarter Bingo [CR] 7:15 Vikings VS Rams on PRIME	10:00 Daily Wellness Class [CR] 25 1:00 Really Big Show [CR] 1:00 Bridge Club [P] 2:00 Birthday Party Entertainment~ Bill Litzau [CR] 3:00 Birthday Cake & Coffee Social [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika [L] 26 10:30 Travelogue W/ Annika [CR] 1:00 Cribbage [SP] 2:00 Matinee Movie~ The Emperor's New Groove [CR]
10:30 Bingo W/ Annika [CR] 27 1:00 Left, Right, Center Game [CD] 2:30 Manicures W/ Annika [WC] 3:00 Coffee Social & Treats [CD]	10:00 Daily Wellness Class [CR] 28 11:00 CH Writers Club [JR] 1:00 Bridge Club [SP] 2:00 Conversations W/ Chaplain Carol [CD] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 29 10:30 Shopping Outing~ Kohl's & Aldi [L] 1:00 Spark Challenge [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 30 11:00 Rosary & Communion [CR] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Princess Bride [CR]	Halloween 31 10:00 Daily Wellness Class [CR] 1:00 Stitch & Chat W Diane [L] 1:00 Bridge Club [SP] 1:00 Hand & Foot [P] 2:00 Costume Party & Treats [CR] 6:00 Quarter Bingo [CR]	CD Crosstown Dining Room CR Community Room JR Johnathon Room L Lobby P 212 Pub PB 212 Pub SP Stoughton Pub WC Wellness Center	