



Polar Ridge
SENIOR LIVING

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.



October

Black and gold and red and
brown,
Olive, pink, and blue,
What a riot of a gown—
What a medley hue!
What a way to go about—
Crimson cloak and vest!
October is a dancer
Dancing down the West.

October 2025 Edition

Birthdays:

Janet P. (10/3)	Sally W. (10/14)
Dorothy B. (10/4)	Mike B. (10/20)
Ron H. (10/4)	Russ J. (10/24)
Jane R. (10/4)	Judy P. (10/24)
Mary Ann G. (10/5)	Sharon I. (10/27)
Maree B. (10/10)	Dawn H. (10/30)



Outings:

Thursday October 2nd: Sunrise River Farm (Leave at 1:00pm)

Friday October 10th: Pine Tree Apple Orchard (Leave at 11:00am)

Tuesday October 21st: Treasure Island Casino (Leave at 11:00am)

Thursday October 30th: Crooked Pint Restaurant (Leave at

Entertainment: 11:30am)

Wednesday October 1st: Scott Mesrobian (3pm to 4pm)

Wednesday October 8th: Kurt & Ash (3pm to 4pm)

Tuesday October 14th: Michael Nelson (3pm to 4pm)

Wednesday October 22nd: Vinnie Rose (3pm to 4pm)

Thursday October 30th: Lisa Murphy (3pm to 4pm)

Announcements:

Saturday October 25th:

Friends & Family Bingo

Halloween Edition!

2:00pm

2nd Floor Dining Room



Movies of the Month:

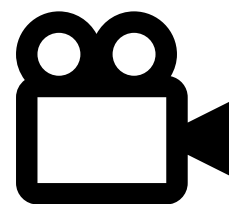
The Mission (10/3)

October Sky (10/17)

Beetlejuice (10/31)

6pm in the Chapel.

All are welcome to attend!



Postage Stamps:

1. You can go in person to the post office on 7th Ave.
2. You can request a form from the front desk.
 - A) Fill out the form, enclose it in an envelope along with a check or money order, and place it in the outgoing mailbox. You can also hand it to the mail carrier directly.
 - B) If you need a change of address card, they are available at the front desk.
3. Stamps cost .78 cents each or \$15.60 for a book of 20.

Packages:

1. If you have a package to mail (i.e. FedEx, UPS, Amazon, etc.) leave it at the front desk and the appropriate carrier will pick it up.
2. Packages are delivered to the main front desk for AL and MC residents. Packages for IL residents are delivered to the IL Lobby.
 - A) Staff will make an attempt to deliver the package(s) to the appropriate resident, if need be.

Employee Spotlight

This month, we're proud to recognize **Maria Moller**, our outstanding Memory Care Activities Coordinator here at Polar Ridge! We love and appreciate Maria for the incredible joy and warmth that she brings to work every single day. Her vibrant spirit lights up the room, and her deep connection to her African culture adds richness and authenticity to everything she does. Maria's care and thoughtfulness extend to both residents and staff alike, creating a sense of community, compassion, and genuine connection that makes our workplace truly special.

FUN FACTS about Maria:

Favorite Comfort Food: Shepards Pie

Favorite Song: Spirit in the Sky by Norman G.



Activities:

1. Daily activities are posted inside the elevators and outside of the fitness room on the 2nd floor. **Monthly outing sign-up sheets are posted in Castle Café. Monthly activity calendars are located at the front desk and are delivered to residents at the beginning of each month.**
2. Is there a place that describes in detail what is involved in the events on the monthly calendar? **In the newsletter, you can find brief descriptions of the activities for the month.**
3. How do I put in a request for an event that I would like to see happen? **Talk to an activities staff member directly or fill out a suggestion form.**
4. Is tipping required for the NewTrax bus that comes every Tuesday? **No, it is a free service.**

Miscellaneous:

1. The Beauty Shop is located on the 1st floor. A service price list is located at the front desk and in the Beauty Shop. Hours of operation? **Tuesday afternoons and all-day Thursday.** Making appointments? **Call 651-302-5644 to make an appointment.**
2. The Lost and Found is located behind the front desk. Where do items get turned in if found? **To the front desk.** Who do I notify if something is lost? **Polar Ridge staff member.**
3. Grievances/Comments/Suggestions forms can be found on each floor outside of the elevators. Fill it out and return it to any staff member or deliver it to the front desk.
4. Is the Memory Care Unit off limits to other Polar Ridge residents? **Absolutely not, residents are encouraged to visit friends and/or family members of Legacy Court, please notify a Polar Ridge staff member if you wish to do so.**
5. How can I contact an aide or nurse after 5:00pm? **Call 651-770-4028.**
6. When using the vending machines and paying by card, remember to push the complete button once you have finished your order.

Dining Room:

1. Meal calendars can be found in the dining room and at the front desk.
2. Meals can be delivered to your room for an extra charge of \$6.
3. Food that is brought in from the outside cannot be consumed in the main dining room. It must be eaten in the Silver Lake dining area, Streetcar Room, Castle Café, Village North, outside patio or in the resident's apartment. This is due to health regulations.
4. How do I contact the kitchen? **Please call the front desk and the receptionist will transfer you to the kitchen.**
5. Can I order meals ahead of time? **Yes.**