



Cardinal View
SENIOR LIVING

Cardinal View Senior Living

3820 Tribeca Drive | Middleton, WI 53562
(608) 820-8325

Resident Birthday

June 5th
Karen Esser

June 20th
Caire Meland

June 21st
Suzanne Zietz

June 22nd
Kaye Wojczynski

June 27th
Betty Garvey

Our Community **NEWSLETTER**

Discover what's new at Cardinal View.



Fox Therapy



My name is Hannah and I am a Speech Language Pathologist with Fox Rehabilitation. I am from Belleville, WI where I grew up on a dairy farm and now currently still live in the Belleville area. I studied Speech Therapy in Arizona and have been practicing for 3 years. I enjoy watching sports, especially the Badgers and Packers. When I was younger, I dedicated most of my time to sports. I played college soccer in Green Bay and continued my career professionally in Sweden. I enjoy traveling and staying active outdoors! Wisconsin summer is my favorite time of the year. If there is a country concert in the area, I am sure to be there! The Fox Rehab team is here to help with any of speech, physical, or occupational needs/concerns. Speech Therapy often consists of improving cognitive skills (memory, orientation, planning, etc.), swallowing and functional communication. It is our goal to optimize function in each of our patients lives and to rehabilitate lives by believing in the strength of people. Please stop by our therapy room and chat with us for more information and any questions you may have.

Announcements!

- ***Podiatry (Foot Care) Has been rescheduled for Monday June 13th at 9:00 AM. All appointments will happen in resident apartments.***
 - ***Happy Hour start time has changed from 3:00 pm to 3:30 pm for the June -July - August!***
- Due to the complaints of bird droppings on decks and increase small animals sightings, Bird Feeders (Seeds) are NOT allowed on 3rd and 4th floor Apartments. Hummingbird feeders are OK! Thank You!*
- Questions? Please come ask Lisa Norton*
Community Life Director

Resident Council

Marilyn Gannon newly elected resident council president moved to Cardinal View in November of 2021. Marilyn first moved to Madison in 1953 transferring from Upper Iowa University, to University of Wisconsin where she met her husband Francis Dean Gannon, an NROTC Officer Instructor at the UW. They were married in 1957. Marilyn and her husband lived up and down the East Coast and Southern States.

After Mr. Gannon retired they settled in Madison to raise their three daughters.

Marilyn work in the Middleton-Cross Plains School District for 25 years and then another 17 years working in research at UW Madison.

Marilyn daily makes a wonderful effort to help her Cardinal View Friends as well as volunteering in Memory Care.

You often see Marilyn walking her two girls (King Cavalier) Olivia and Stephanie.



Weekly and Monthly Activities





What's Happening at the Pub!



Safety!

Did you know our building is shelter in place?

What is shelter in place? Shelter in place means that in the event of a fire we do not conduct a full building evacuation unless ordered by the fire department. This may be different than some of the drills you have seen or participated in at previous facilities. We are shelter in place because there are several fire walls around your apartment that are made not to burn and to keep smoke out.

But Why Fire Drills??

Fire drills are required to be practiced monthly by the state of Wisconsin. Internally we like to practice with unannounced fire alarms and different scenarios that simulate an event that could possibly happen. We are always changing the way we handle fire events in order to prepare residents and staff more efficiently. Safety for everyone is our number one priority

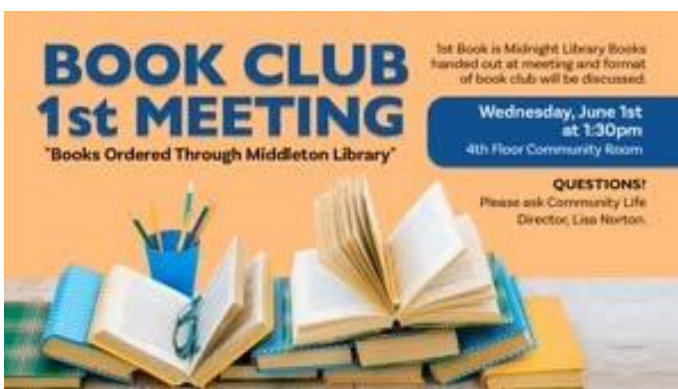
When can we expect fire drills?

Fire drills generally happen the last week of each month during various times and dates.

What to do if the fire alarm sounds?

If the fire alarm sounds and you are in your apartment it is best to close your doors and windows and wait for instruction from staff. If you are in a communal area and not close to fire or smoke, we ask that you stay put and wait for further instructions.

Book Club and Men's Coffee Meet -Up!





Cardinal View
SENIOR LIVING
...because the journey matters

608-820-8325

cardinalviewseniorliving.com

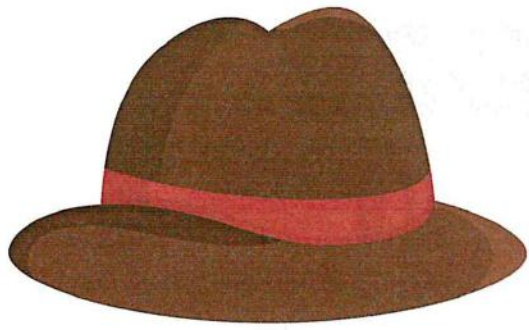
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Sunday	Monday	Tuesday	Wednesday
GN - 1st Floor Good Neighbor Community Room 4th CR - 4th Floor Morey Community Room BW - 1st Floor Badger Wellness Room Bistro - 2nd Floor Pub Bistro			1 10:00 Independence - Meet in G Community 10:30 Group Exercise Cardio and 11:15 Group Exercise Cardio and 1:00 Wet Your V
5 8:00 Middleton's St Luke's Lutheran Streaming Church Service - GN 9:30 Middleton Community Church Streaming Church Service - GN 10:30 Waunakee St John the Baptist Streaming	6 10:00 St Bernard's Catholic Communion/Good Neighbor Community Room 10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility	7 10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 1:30 Bridge Club -4th Floor Morey Community Room 2:00 Cardinal View Music Group - Dining Room	8 10:00 Independence - Meet in G Community 10:30 Group Exercise Cardio and 11:15 Group Exercise Cardio and 1:00 Wet Your V
12 8:00 Middleton's St Luke's Lutheran Streaming Church Service - GN 9:30 Middleton Community Church Streaming Church Service - GN 10:30 Waunakee St John the Baptist Streaming	13 10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 2:00 Arts and Crafts 2:00 I love Euchre - Bistro 4:00 Seated Tai Chi DVD for Arthritis- GN	14 Flag Day Flag Day! 10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 1:30 Bridge Club -4th Floor Morey Community Room 2:00 Cardinal View Music Group	15 10:00 Independence - Meet in G Community 10:30 Group Exercise Cardio and 11:15 Group Exercise Cardio and 1:00 Wet Your V
19 Father's Day Fathers Day 8:00 Middleton's St Luke's Lutheran Streaming Church Service - GN 9:30 Middleton Community Church Streaming Church Service - GN 10:30 Waunakee St John the	20 Summer Begins 10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 2:00 I love Euchre - Bistro 4:00 Seated Tai Chi DVD for Arthritis- GN 6:30 Word Search and	21 10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 1:30 Bridge Club -4th Floor Morey Community Room 2:00 Cardinal View Music Group - Dining Room	22 10:00 Resident C 10:00 Independence - Meet in G Community 10:30 Group Exercise Cardio and 11:15 Group Exercise Cardio and
26 8:00 Middleton's St Luke's Lutheran Streaming Church Service - GN 9:30 Middleton Community Church Streaming Church Service - GN 10:30 Waunakee St John the Baptist Streaming	27 10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 2:00 Arts and Crafts 2:00 I love Euchre - Bistro 4:00 Seated Tai Chi DVD for Arthritis- GN	28 10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 12:30 Middleton Library Lobby Stop 1:30 Bridge Club -4th Floor Morey Community Room	29 10:00 Independence - Meet in G Community 10:30 Group Exercise Cardio and 11:15 Group Exercise Cardio and 1:00 Wet Your V

NE 2022



Wednesday	Thursday	Friday	Saturday
<p>Ant Walking Club ood Neighbor y Room cise- Strength, Flexibility cise - Strength, Flexibility Whistle</p>	<p>2</p> <p>10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 6:30 Scrabble Together at the Pub Bistro</p>	<p>3</p> <p>10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 1:30 Sunshine Group 3:00 Happy Hour! Trivia!!!!</p>	<p>4</p> <p>10:00 Men's Coffee Meetup! 1st MEET-UP 10:30 Seated Chair Tai Chi - GN 1:30 Craft Club (Independent Crafting) 2:30 Saturday Movie Matinee - GN 3:00 I Love Euchre - Bistro</p>
<p>Ant Walking Club ood Neighbor y Room cise- Strength, Flexibility cise - Strength, Flexibility Whistle</p>	<p>9</p> <p>10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 6:30 Scrabble Together at the Pub Bistro</p>	<p>10</p> <p>10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 1:00 Root Beer Floats at the Pub Bistro! 3:00 Happy Hour!</p>	<p>11</p> <p>10:00 Men's Coffee Meetup! 10:00 Men's Coffee Meetup! 1st MEET-UP 10:30 Seated Chair Tai Chi - GN 1:30 Craft Club (Independent Crafting) 2:30 Saturday Movie Matinee - GN</p>
<p>Ant Walking Club ood Neighbor y Room cise- Strength, Flexibility cise - Strength, Flexibility Whistle</p>	<p>16</p> <p>10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 6:30 Scrabble Together at the Pub Bistro</p>	<p>17</p> <p>10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 1:00 Garden Club - GN 3:00 Happy Hour! A "Old Fashion Happy Hour"</p>	<p>18</p> <p>10:00 Men's Coffee Meetup! 10:30 Seated Chair Tai Chi - GN 1:30 Craft Club (Independent Crafting) 2:30 Saturday Movie Matinee - GN 3:00 I Love Euchre - Bistro</p>
<p>ouncil Meeting Ant Walking Club ood Neighbor y Room cise- Strength, Flexibility cise - Strength, Flexibility</p>	<p>23</p> <p>10:30 Group Exercise - Stretching and Flexibility 11:15 Group Exercise - Stretching and Flexibility 3:00 Happy Birthday Social Hour - 4th CR 6:30 Scrabble Together at the Pub Bistro</p>	<p>24</p> <p>10:30 Group Exercise- Strength, Cardio and Flexibility 11:15 Group Exercise - Strength, Cardio and Flexibility 1:30 Sunshine Group 3:00 Happy Hour! (Al Dominie)</p>	<p>25</p> <p>10:00 Men's Coffee Meetup! 10:30 Seated Chair Tai Chi - GN 1:30 Craft Club (Independent Crafting) 2:30 Saturday Movie Matinee - GN 3:00 I Love Euchre - Bistro</p>
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GIFTS FOR DAD



Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch