



Cardinal View
SENIOR LIVING
A Lifespark Community

Age Magnificently



January Newsletter

Discover what's new at Cardinal View

HELLO
January



Community Life Updates

Thank you for a wonderful 2025 year. I look forward to a great 2026 year with you all. With many new programs and outings that are currently in the works, I am excited to share with you all that there will be new entertainers and programs at Cardinal View this year! Stay tune.



Xia Xiong
Community Life
Director
608-909-3103

Reminders:

- **Please look at your weekly calendars for activities, most importantly, please refer to the TV Displays as that reflects the most up to date activities (time & date).**
- **Extra newsletters, menus, calendars, flyers can be found on the black shelf outside the 1st Floor Good Neighbor Room.**
- **If a program requires signing-up, sign-up sheets can be found on the black shelf outside the 1st Floor Good Neighbor Room.**

Activities, Entertainers, Movies, Documentaries etc. recommendations are always welcome. Please let Xia Xiong, CLD know. Thank you!



COMMUNITY LIFE

Entertainment

Music w/ Maggie Schenk & Friends!

Sunday, January 11th at 4:00pm
(2nd Floor Cardinal Room)

Heartstrings

Wednesday, January 14th at 3:30pm
(2nd Floor Cardinal Room)

Happy Hour w/ Richard, Piano Man!

Friday, January 23rd at 3:30pm
(2nd Floor Bistro)

Music w/ Kevin Murphy

Wednesday, January 28th at 3:30pm
(2nd Floor Cardinal Room)

Happy Hour w/ Red Door Duo!

Friday, January 30th at 3:30pm
(2nd Floor Bistro)

Christmas Lights Bus Ride

Monday, January 5th at 6:00pm
PENDING WEATHER

(SIGN-UP REQUIRED)

Limited to 12 residents

Meet in Lobby by 5:50pm,
Bus leaves at 6:00pm

Card Making w/ Barb!

Thursday, January 15th at 3:00pm

Come and make some holiday cards
from scratch with Barb!

(SIGN-UP REQUIRED)

**Sign-up sheet in
Arts & Crafts Room**

PLEASE BE ON TIME!

Presentation: The Canoes of De Jope—New Perspectives on Old Canoes

In 2021 and 2022 ancient dugout canoes were raised from the waters of Lake Mendota. These canoes testify to the long Indigenous presence in Tejope (the Four Lakes of Dane County) and form a celebrated bridge between past and present. New research on the canoe site is changing our perspectives of the lake that lies right outside our front doors. Come hear the latest news about Lake Mendota's famous old canoes.



COMMUNITY LIFE

Weekly Reoccurring Activities

Mondays:

9:00 Coffee & Reminisce (Bistro)
10:15 Stretch & Flexibility (Cardinal Rm)
1:15 Euchre (Bistro)
3:30 Womens Social Group (Morey Rm)

Tuesdays:

9:00 Coffee & Reminisce (Bistro)
10:15 Advanced Strength & Conditioning (BW)
11:00 Beginners Strength & Conditioning (BW)
1:30 Bridge Club (Bistro)
3:00 Rummikub Club in the Bistro Pub (Bistro)
7:00 Scrabble Group (Bistro)

Wednesdays:

9:00 Coffee & Reminisce (Bistro)
10:15 Stretching & Flexibility (Cardinal Rm)
1:30 Euchre (Bistro)
2:00 Grocery Shopping Trip - Metro Market
(Please Sign-up, Sign-up sheet outside Good Neighbor Rm)
3:00 Cribbage (Bistro)

Thursdays:

9:00 Coffee & Reminisce (Bistro)
10:15 Advanced Strength & Conditioning (BW)
11:00 Beginners Strength & Conditioning (BW)
2:30 Bingo (Cardinal Rm)
6:30 Documentary Series (Good Neighbor Rm)

Fridays:

9:00 Coffee & Reminisce (Bistro)
10:15 Stretching & Flexibility (Cardinal Rm)
1:30 Cardinal View Music Club (Bistro)
3:30 Happy Hour!

Saturdays:

9:00 Coffee & Reminisce (Bistro)
10:15 PH Stretching (Video) (Cardinal Rm)
1:30 Euchre (Bistro)
3:00 Rummikub (Bistro)

Sundays:

9:00 Coffee & Reminisce (Bistro)
9:30 Catholic Mass - Live Streaming (Good Neighbor Rm)
11:00 SP St Luke's Lutheran Service - Live Streaming
(Good Neighbor Rm)
2:30 Sunday Bingo! (Cardinal Rm)

Volunteers
needed

Volunteer Opportunities

Back-up Documentary/Friday Movie Player
(Help turn on/off movie for residents)

Back-up Bingo Caller
(Help call Bingo on Thursdays/Sundays when
Bingo Caller is unavailable)

Entertainer Greeter/Meeter
(Meet/Greet entertainers when Community Life
Director is not here to help with setting-up)

1:1 Volunteer for Legacy Court residents
(spending time with residents in Legacy Court -
reading, walking, listening to music, playing
games, arts/crafts)

Looking for Dog/Pet visitors
(Must be up to date with vaccines, well-behaved
and friendly) If you have friends/family interested
in doing volunteer dog visits, please contact
Xia, CLD at 608-909-3103.

If interested in any of these volunteer positions,
please let Xia, CLD know. Thank you!

Group Opportunities:

- **Heart/Spades Group**
- **Scrabble Group (need more players)**
- **Kings Corner**
- **Chinese Mahjong**

If there are other groups you'd like to see,
please let Xia, CLD know.

COMMUNITY LIFE

January 2025

SPARK CHALLENGE: TRYATLON 2026

We are actively recruiting for **RESIDENTS** to join our Cardinal View Crazy Cardinal 2026 Team!

What is Tryathlon?

Cardinal View is part of Lifespark and within this wonderful company, we take part in keeping active (physically & mentally) with different competitions every quarter. We compete against other senior communities within Lifespark and get to win REAL MONEY for our community. The money that we win covers the wonderful socials, Happy Hours, Entertainers, outings etc... that we have here at Cardinal View. If you have any questions and or would like to join our Crazy Cardinal team, feel free to ask Xia Xiong, CLD or Julie Holden, ED.

Below is the schedule for the 2026 Tryathlon Season:



2026

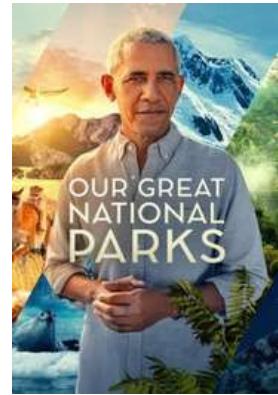
Tuesdays and Thursdays

Coaches and Captains meeting – 1/12/26

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/13	1/15	1/16
Week 1	1/20	1/22	1/23
Week 2	1/27	1/29	1/30
Week 3	2/3	2/5	2/6
Week 4	2/10	2/12	2/13
Week 5	2/17	2/19	2/20
Week 6	2/24	2/26	2/27
Week 7	3/3	3/5	3/6
Final 4	3/10	3/12	NO RBS
World Championship	3/17	3/19	NO RBS

If you are interested in joining, please let Xia, CLD know!

Thursday Documentary Series: Our Great National Parks with Barack Obama



EPISODE 1: A WORLD OF WONDER (THURS, JANUARY 1ST)

FROM AFRICA'S BEACHES TO JAPAN'S ISLANDS TO AUSTRALIA'S GREAT BARRIER REEF – THE NATURAL WORLD'S UNTAMED BEAUTY COMES INTO GORGEOUS FOCUS.

EPISODE 2: CHILEAN PATAGONIA (THURS, JANUARY 8TH)

ENCOMPASSING 24 UNIQUE NATIONAL PARKS, THE MAGNIFICENT CHILEAN PATAGONIA IS RAPIDLY BECOMING ONE OF THE MOST PROTECTED PLACES ON THE PLANET.

EPISODE 3: TSAVO, KENYA (THURS, JANUARY 15TH)

IN KENYA'S TSAVO NATIONAL PARK, THOUSANDS OF ELEPHANTS ROAM THE BREATHTAKING, VAST LANDSCAPE, ALONG WITH HIPPOS, RHINOS, HORNBILLIS AND MORE.

EPISODE 4: MONTEREY BAY NATIONAL MARINE SANCTUARY, USA (THURS, JANUARY 22ND)

CALIFORNIA'S VIBRANT COASTLINE GETS ITS CLOSE-UP, WITH AN EMPHASIS ON THE DELICATE BALANCE STRUCK BETWEEN WILDLIFE AND HUMANITY.

TIME: 6:30PM

**LOCATION: 1ST FLOOR
GOOD NEIGHBOR
COMMUNITY ROOM**

EPISODE 5: GUNUNG LEUSER, INDONESIA (THURS, JANUARY 29TH)

NEXT STOP: GUNUNG LEUSER NATIONAL PARK IN INDONESIA – HOME TO SOME OF THE MOST ENDANGERED SPECIES ON EARTH, INCLUDING THE RARE SUMATRAN TIGER.

COMMUNITY LIFE

National Activity Professional Week

January 26-30, 2026

As an Activity Professional, our Community Life Team is part of a vitally important profession that helps people live a life that is full & fun with meaningful activities. The holistic and person-centered approach to caring for our elders they provide is a sight to behold.

Our Community Life Team is the heart and spirit of our community. We encourage you to take a minute and acknowledge the great work they do and give them the credit they deserve.

Thank
You!



Xia Xiong
Community Life Director



Teresa Andrews
Community Life Assistant



Brenda Bollig
Community Life Assistant



Kristie Swift
Community Life Assistant



Ashley Franklin
Community Life Assistant



Caitlin Fera
Community Life Assistant



PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.



RESIDENT SPOTLIGHT: ROGER & LINDA RHEELING

Linda was born in Chicago and raised in Barrington, Fox River Grove, and Skokie, Illinois. Linda attended Niles East High School in 1962. After graduating high school, Linda started working at Baxter Laboratory as a File Clerk. Roger was also born in Illinois, in a small town. He attended Illinois State University and played football there for a year before transferring to Western Illinois State where he also had the opportunity to play football and was part of a Fraternity. After graduating college, the Army, after basic training he was sent to Hollingsworth, MD, where he was in the intelligence department interviewing soldiers for overseas duty. In a Baltimore In Roger's career life, he has worked for many different Insurance Companies such as CNA insurance in downtown Chicago as a Claims Adjuster then eventually went to Rural Insurance and was the Vice President there and finally ended his career at Country Companies Insurance in Normal, IL.

Linda met Roger through a mutual friend who happened to Roger's college roommate at the time and was also Linda's Girls Softball Coach. One day Linda was playing 2nd base and asked her coach who the fat slob was behind home plate and was told it was his roommate to which she said "forget him, bring the other one on." A few months later they met up again at a neighborhood bar in Skokie. Their mutual friend was supposed to give Linda a ride home after the bars that night but something unexpected happened which led to Roger offering Linda a ride home and that is where everything started. They dated for a short period of time then got engaged after only to be married a few months after their engagement due to Roger having to relocate for work.

Roger and Linda married on August 1st, 1964. They moved to Charlotte, NC for Roger's work and shortly after had their daughter Melissa, born August 14th, 1965. After a couple of years and many relocations later (7 different addresses in 2 years), the Rheelings ended up in Redding, PA where they had their son, Jeff, born September 16th, 1966. In 1967, Roger and Linda moved their family to Madison, WI after Roger changed work insurance companies, Linda worked in retail, owning her own dress shop at Westgate when it was a mall. After closing the store she managed a couple of stores at Westgate before working for Yosts at Hilldale as an Assistant Manager. They lived in Madison for 25 years on the West side in the Meadowood neighborhood.

After 25 years in Madison, The Rheelings moved to Normal, IL where they spent 33 years making friends, being with family and enjoying their lives. Linda was very involved in their HOA, having been on the board for 21 years. She was President several terms mainly because no one would run ending her career as Vice President which she really liked because as she says Vice doesn't have to do anything. Roger worked for Country Companies as V.P. of life and health claims for 5 years before working at BroMenn Hospital contracted for 300 doctors until he retired at 68 years old. They have enjoyed traveling to Europe and taken several river cruises in Europe and winter in Az. and Naples, Fl. for many years with lots of friends from the Illinois valley.

In November 2025, the Rheelings made their move to Cardinal View Senior Living to be close to their children. Though they are fairly new to our community, you can catch Roger and Linda participating in Bingo, Happy Hour, Entertainment and socializing with residents here. They are happy to meet new people and are appreciative of all the nice people they've met so far. We look forward to making new friends and seeing our old friends and enjoying our family. -Linda & Roger Rheeling



Chaplains Corner

HAPPY New Year

A new year can be a time of joy and celebration, as we look back on all that has been and look forward to what lies ahead. At the same time, we may find ourselves carrying heaviness as we reflect on feelings of loss, loneliness, or worry about the future. This is part of being human – experiencing complicated and sometimes contradictory feelings. A wise person somewhere once said that when we share our joys we multiply them, and when we share our sorrows, we divide them. Living in community together affords us many opportunities to share our stories and memories, as well as to make new memories and build new stories together. In this new year, whatever has been and whatever will be, may you find companions among you who will receive your story. May you also be blessed as you receive the stories of others. May we find acceptance, affirmation, and belonging in community.



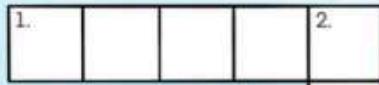
WORD SEARCH

C F W E G I C I C L E L A W X N R A
L R S C E T A R B E L E C S C A R F
C O B S M C Y Y D R C C Q R E M M R
C S R R G W I I E J K L A Y H W H O
T T A A C I R G O O F R W D L O C Z
V Y R A U N A J N W A E K X T N A E
B O B T E T S P M R N N E C B S Y N
O T R S L E D D I N G N O F I N K E
O E M A I R T E Y P R C X J O O F Y
T G L O V E S G G G W O F D R E W M P
S W X H G I P B N A R E H E N F L E
G R E K L A F X S N O W B A L L S C
D J T E D R K A O S F F U M R A E S
Y D R C E Q R S U M I C E L C K R R
I E J E L A S N O I T U L O S E R G
H E Z C I R R O Q L I E J K L A N H
E E I U D S T W A A C A S G O I F R
I T Y R E P P I L S W T A P I Q J N
W A E K X V E N C S G E L K B T E R
C H I L L Y E G B O Y K S N O O T R

BOOTS
CELEBRATE
CHILLY
COLD
EARMUFFS
FREEZE
FROSTY
FROZEN
GLOVES
HAT
HOT COCOA
ICE
ICICLE
JANUARY
NEW YEAR
RESOLUTIONS
SCARF
SKIING
SLEDDING
SLIPPERY
SNOWBALL
SNOWFLAKE
SNOWING
SNOWMAN
WINTER

Winter Wonderland Crossword

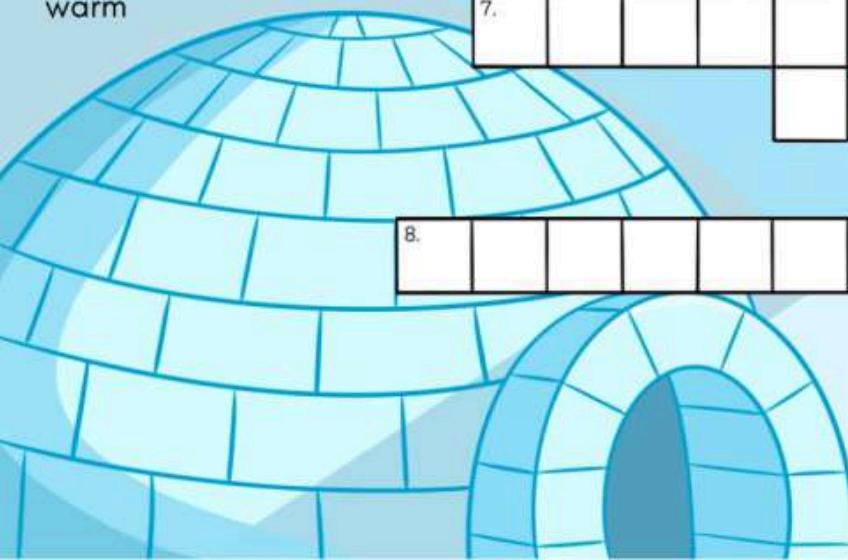
Across



1. What you exchange with friend or family
3. Sweet and spicy holiday treat often in the shape of a person
5. What you build when there's snow
6. An activity to do on ice
7. Flavor commonly associated with the holidays
8. A warm winter drink (2 wds.)
11. What Santa goes through to deliver presents

Down

- 2. An activity to do when there's tons of snow, frequently on hills
- 4. What falls when it's snowing?
- 9. Snow house
- 10. Warm space underneath the chimney
- 12. What you wear to keep your hands warm



Answer Key



Resident Birthdays

Lawrence H. 01/11
Caroline W. 01/12
Donna N. 01/13
Beaty A. 01/14
Al D. 01/15



Resident Anniversaries

Fred L. - 4 years 01/17
Corine H. - 3 years 01/10
Elaine K. - 3 Years 01/19
Starks - 3 years 01/19
Delores M. - 2 years 01/11
Webers - 2 Years 01/19
Beth G. - 1 year 01/31

EMPLOYEE BIRTHDAYS

Reese W. 01/09
Raul, U. 01/13
Daryl J. 01/15
Precious D. 01/16
Riley J. 01/23
Juan R. 01/23
LaToiya M. 01/27



EMPLOYEE ANNIVERSARIES

Sue C. - 3 years 01/03
Misael O. - 3 years 01/04

LET'S
CELEBRATE

Community Team

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



Julie Holden
Executive
Director
608-909-3104



Kacy Riley, RN
Health Services
Director
608-820-8325



Jim Larson
Maintenance
Director
608-909-3106



Zoe Hyland
Administrative
Assistant
608-820-8325



Daryl Jones
Culinary Director
608-909-3105



Xia Xiong
Community Life
Director
608-909-3103



David May
Sales & Marketing
Director
608-909-3100



Sarah Servais, RN
Assistant Health
Services Director
608-820-7360

