



Cardinal View  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## *January Newsletter*

*Discover what's new at Cardinal View*

HELLO  
*January*



# Community Life Updates

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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 1<sup>st</sup> Floor Good Neighbor Room.**
- **If a program requires signing-up, sign-up sheets can be found on the black shelf outside the 1<sup>st</sup> 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 11<sup>th</sup> at 4:00pm  
(2<sup>nd</sup> Floor Cardinal Room)

### **Heartstrings**

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

### **Happy Hour w/ Richard, Piano Man!**

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

### **Music w/ Kevin Murphy**

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

### **Happy Hour w/ Red Door Duo!**

Friday, January 30<sup>th</sup> at 3:30pm  
(2<sup>nd</sup> Floor Bistro)

## Christmas Lights Bus Ride

Monday, January 5<sup>th</sup> 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 15<sup>th</sup> 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, HORNBILLS 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: 1<sup>ST</sup> 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



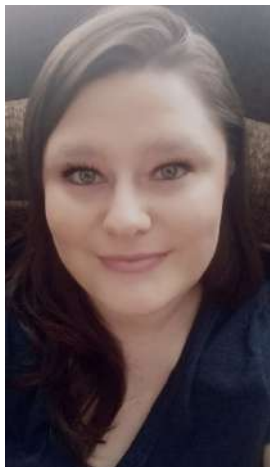
Teresa Andrews  
Community Life Assistant



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 be 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 1<sup>st</sup>, 1964. They moved to Charlotte, NC for Roger's work and shortly after had their daughter Melissa, born August 14<sup>th</sup>, 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 16<sup>th</sup>, 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 like 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 is appreciative of all the nice people they've met so far. We look forward to make 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 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

Answer Key

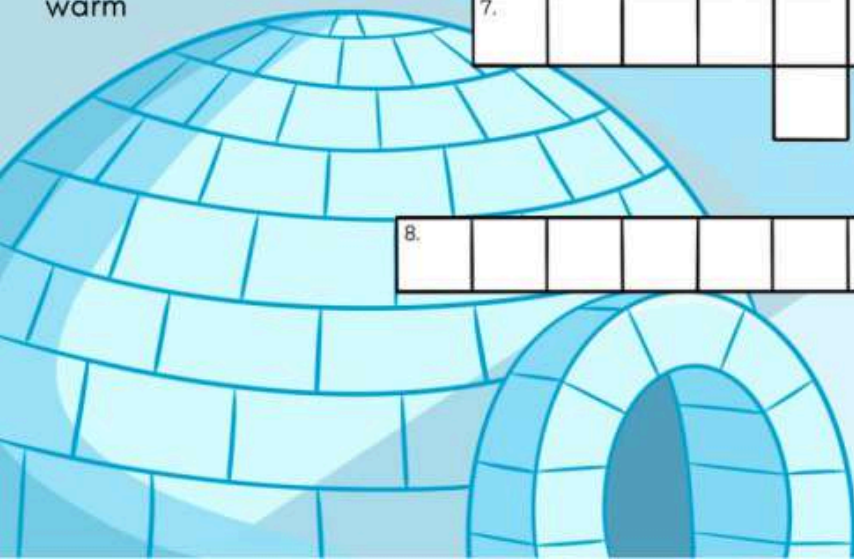
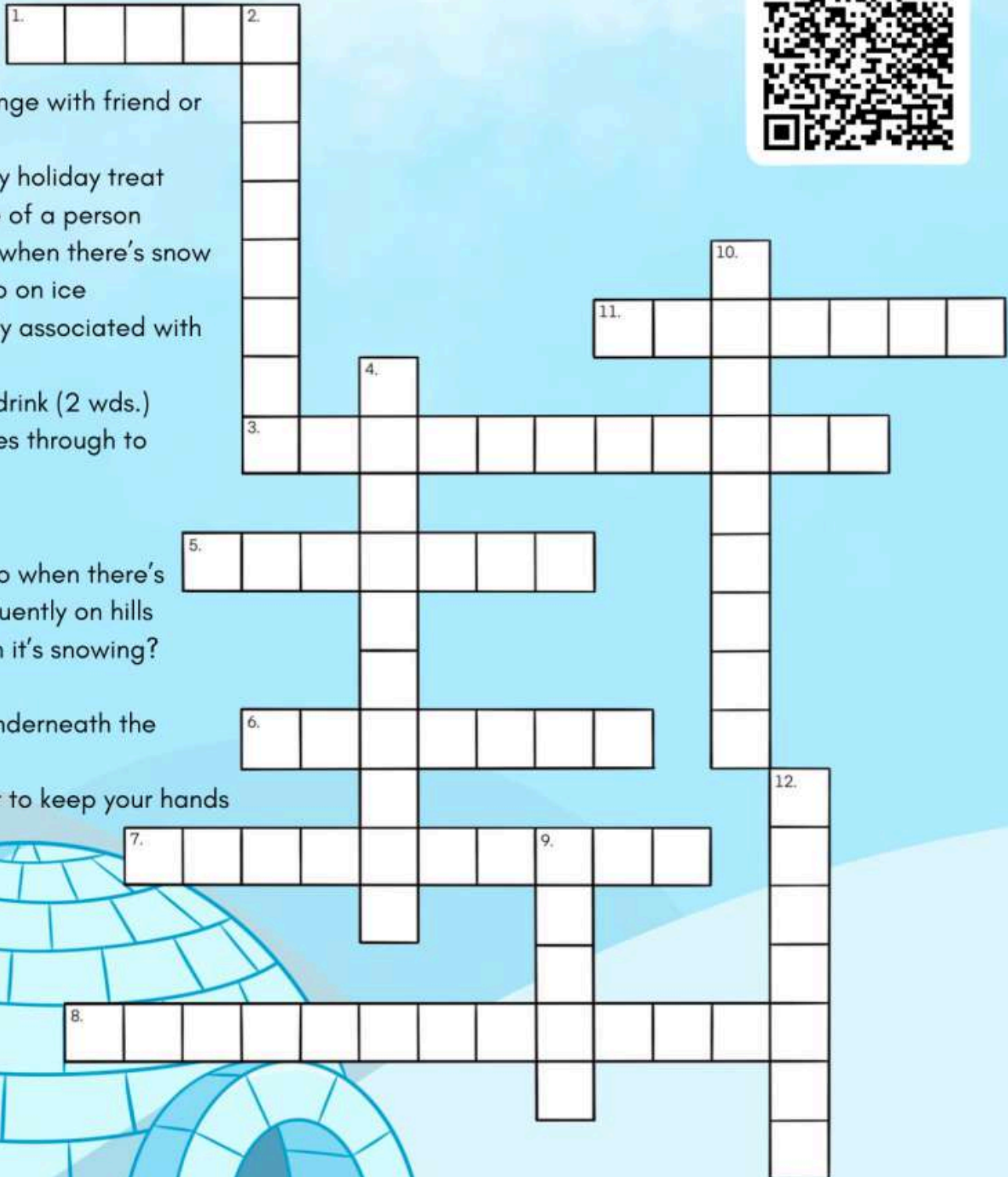


### Across

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



## 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

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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