



NorBella  
SENIOR LIVING

*Age Magnificently*



## Our Community Newsletter

*Discover what's going on in our community.*



***It's that time of year again:***

***You may have received a letter or email from NorBella Centerville, asking for your feedback. We ask that you help them fill it out, or encourage them to fill it out. They are due by December 4th. There is a bin you can put them in at the front lobby.***

***We have hired a new LPN, Deb Schoener that will be part time with us.***

***Lastly, we will be sending out information next week about the rate increases for 2026.***

***Our next family council meeting will not be until January 8th at 5:30.***

***Happy Holidays from us at NorBella Centerville!!!***

***Deborah Ashamu  
Executive Director***

***Well, here we are at the end of the year.***

***We have a lot of fun things planned for the month of December. We will be taking the A.L. residents to a drive through Christmas lights display in Eagan, called the Magic of Lights. The memory care residents will also have a Christmas lights bus tour in our area.***

***We have Santa coming by on Christmas eve at 1:00 to take pictures with the residents, and receive their gift. We will be having a family Christmas meal on Sunday December 21st at 12:00. Residents may have 2 guests free of charge, additional guests will be 12.00 per person.***

***We will be collecting toys for Toys 4 Tots this year. If you would like to donate a new toy please drop it off in the donation box near the conference room at the front of the building.***

***I hope you all have a wonderful Christmas, and a happy new year!!!***

***Mindy La Clair  
Community Life Director***

## Entertainment

**Accent Christmas**

**Carols 12/5 at 2:30**

**Steve Rosa 12/12 at  
1:30**

**Holly the Alpaca**

**12/16 at 2:00**

**Jenni Thyng 12/19 at  
1:30**

**Santa Pictures 12/24  
at 1:00**

**Rockin' with Tony in  
memory care 12/9 at  
2:30**

## Presentations

**Service related  
diseases 12/9 @ 2:00**

**Navigating grief  
around the holidays  
12/10 @ 3:30**

## Outings

**ALDI 12/11 at 2:15**

**Magic of Lights**

**12/17 at 5:45**

**Local holiday lights  
tour for memory care  
12/22 at 5:45**

## Midweek Matinee's

**12/3 Home Alone @  
2:30**

**12/10 The Santa  
Clause @ 1:30**

**12/17 A Christmas  
Story @ 2:30**

**12/24 National  
Lampoons Christmas  
Vacation @ 2:30**

**12/31 Mocktails & a  
Movie @ 2:00**



Happy  
Birthday

**Residents**

***Alex 12/2***

***Elaine 12/11***

***Tom A. 12/22***

***Donna 12/26***

**Staff**

***Aiden 12/4***

***Puk 12/18***

***Gelane 12/29***

***Sara P. 12/30***



# NAVIGATING GRIEF AROUND THE HOLIDAYS



Tips to help you thru the Holidays

NorBella Centerville  
2025 Michaud Way  
Centerville, MN 55038

RSVP: 651-758-2148  
[mindy.frost@LifeSparkSL.com](mailto:mindy.frost@LifeSparkSL.com)

**DECEMBER 10TH**  
**3:30P - 4:30P**



**Facilitator: Jackie Bohrer**  
**LICSW–Bereavement**  
**Coordinator at Lifespark**  
**Hospice**

Our facilitator is a clinically trained grief counselor and has worked with hundreds of young and old that are grieving the losses of loved ones.

She has learned a lot about grieving through the holidays especially about what choices never work, work sometimes, and work all the time.

**This will be an interactive presentation that will offer participants tips to better survive the holidays, improve their mood during these winter days and maybe even cultivate more joy.**

We hope you can join us.

Handouts and treats will be available.



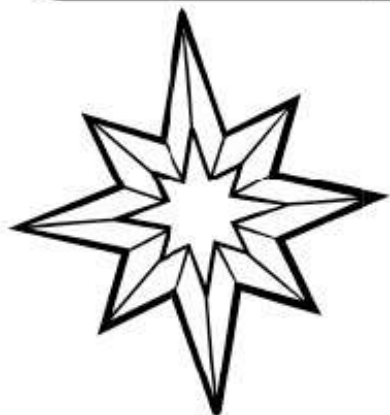
Name: \_\_\_\_\_

# Christmas Word Search

Can you find the words in the word search below?  
They can be horizontal or vertical, and forward  
or backward.



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



Christmas  
Bethlehem  
birth  
Jesus  
manger

rejoice  
wise men  
Mary  
Joseph  
angel

Savior  
faith  
nativity  
star  
miracle