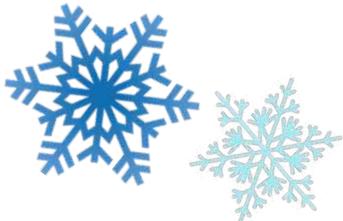
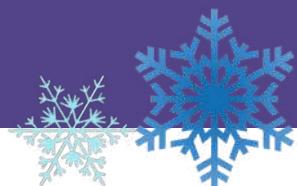




NorBella News! January 2026



**Discover a Warm and Caring Home at NorBella
– Memory Care Openings Available**

If you have a loved one in search of a beautiful and supportive home, I invite you to consider Norbella. We are proud to offer a compassionate, enriching environment where every resident is treated like family. At NorBella, we provide both Assisted Living and Memory Care services, each thoughtfully tailored to meet the unique needs of every individual. Our mission is to ensure comfort, security, and a high quality of life through personalized care that supports independence and dignity.

With a dedicated and experienced team, we create a vibrant community where meaningful relationships flourish, and engaging activities fill each day with purpose and joy. Most importantly, we want every resident—and their family—to feel truly at home. Currently we have an opening in our Memory Care community. I would be honored to personally show you around and answer any questions you may have. Feel free to contact me directly at 763-235-8151 or email me at vince.price@lifesparksl.com for more information or to schedule your visit.

Warm regards,
Vince Price
Community Sales and Marketing Director
Norbella Senior Living



**3rd - Mary Jane C.
10th - Lang L.
20th - Kathy S.**

Welcome to NorBella!

Hayden - Chef
Lloyd - Chef
Zamzam - HHA

Follow us on Facebook!



- Robert R.

SPARK PERFORMANCES

BOOMERANGS! Get ready for your next challenge, TRYathlon!

Join us every Tuesday & Thursday at 1PM starting January 13th!

Tuesdays - Walking, Thursday - Arm & Leg Crank

Reminder: Our Coaches & Captain Meeting is Monday January 12th at 1PM!

- **Resident Council Meeting:**

-Tuesday, January 20th - 10AM

- **Bingo Store:**

-Tuesday, January 27th - 11AM

- **Church Service & Bible Study**

w/ Pastor Larry:

-Sunday, January 4th - 10AM

-Sunday, January 18th - 10AM

- **Pet Therapy Visit w/ Cocoa:**

-Weekly on Thursdays at 11AM

- **Lifespark Annual Memorial:**

-Wednesday, January 21st - 2PM

- **Balance & Grip Strength Clinic**

w/ Aegis Therapies:

-Wednesday, January 7th - 1PM

***REMINDER:**

St. Michael's will be joining us

every Tuesday at 9AM for

communion.

Thank you!



UPCOMING OUTINGS:

Thursday, January 15th - 10:30AM

Freddy's Lunch Outing

Tuesday, January 20th - 2PM

Raptor Center Tour @ 3PM

Thursday, January 29th - 2PM

Mystic Lake / Little Six Casino

UPCOMING EVENTS:

Friday, January 9th - 3PM

January Birthday Celebration & Music w/ Joanne Bolles!

Friday, January 16th - 2PM

Hawaiian Luau & Music w/ Ukulady, Gigi!

Friday, January 30th - 2PM

Music w/ Dale!

Note from Lifespark Chaplain:



John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy new year!

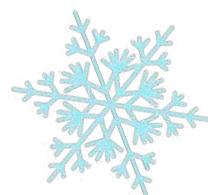


What do you call a penguin in the Sahara Desert?
Lost!

What do you call a slow skier?
A Slopepoke!

Where do snowmen keep their money?
In snowbanks!

'A Patchwork of Tall Tales'
This January, our story begins under moonlight & snow,
where winter gives rise to tall tales!



Join us in the following activities to get into the 'JOY' of the season!

Wednesday, January 7th & 21st - 11AM Winter Storytelling

Wednesday, January 14th - 2:30PM Winter Watercolor Craft



Winter Wordsearch



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

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS