



Cedar Creek
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

December 2025

Celebrations

Resident Birthdays

Sharon L 12/5

Gayle H 12/8

Virginia C 12/9

Art S 12/14

Ann J 12/16

Bruce P 12/30

Ken O 12/31

Staff Birthdays

Michelle M 12/4

Joshua W 12/13

Carlos C 12/14

Wendy Z 12/17

Morgan S 12/19

Chris D 12/22

Sara M 12/26

Staff Anniversaries

Michele D 3 years

Here are some other great things you
can celebrate in December!

Dec 1- Christmas Book Day

Dec 3- Let's Hug Day

Dec 5- International Ninja Day

Dec 9- Christmas Card Day

Dec 11- Have a Bagel Day

Dec 14- 1st Day of Hannuka

Dec 16- Stupid Toy Day

Dec 18- Bake Cookies Day

Dec 24- Christmas Eve

Dec 25- Christmas Day

Dec 26- First Day of Kwanzaa

Dec 27- Leftovers Day

Dec 30- Bacon Day

Dec 31- New Year's Eve



Executive Director, Stasha

As we transition into the winter season, I want to take a moment to emphasize that safety remains our number one priority at Cedar Creek. With colder weather on the way, our team is committed to ensuring our community stays warm, safe, and well-prepared.

This month brings Thanksgiving, then it's time for Christmas! It is a time to gather with family and friends and reflect on the many blessings we share. We are truly grateful for our residents, families, and dedicated team members who make Cedar Creek such a special place. Every day adds more beauty and wonderment as we get the community ready for the holidays!

We're excited for all the upcoming festivities planned in the weeks ahead. From seasonal celebrations to winter activities, we look forward to creating meaningful moments with our residents throughout the holiday season.

I'm also pleased to welcome Emily, our new Assistant Executive Director. She has officially joined the team and will transition into her full time role beginning December 1, 2025. We are thrilled to have her with us.

Wishing everyone warmth, gratitude, and a wonderful start to the holiday season.

Stasha

Community Life with Wendy



December is here, bringing holiday cheer, cozy gatherings, and plenty of opportunities to celebrate together. We've planned a month full of activities designed to spark joy, laughter, and connection.

Featured Activities

Santa Run: Get ready to cheer on our spirited Santa Run! Whether you join in the by walking, wheeling, or safely running- gear up in festive clothing and costumes and join us for the fun!

Snowball Fight (Indoor & Safe!): We'll bring the winter fun inside with soft, playful snowballs. Expect laughter, friendly competition, and lots of smiles.

Cookie Baking: Nothing says December like the smell of fresh cookies. Join us in the kitchen to bake, decorate, and of course, taste delicious holiday treats.

Caroling & Music Nights: Sing along to beloved classics or enjoy performances from our chaplain, and area choirs and clubs.

Classic Movie Nights: Cozy evenings with favorites like A Christmas Carol, A Christmas Story and Miracle on 34th Street.

Let's make December a month to remember—filled with joy, community, and holiday magic. I look forward to all the fun and seeing you there! :)

Starting December 1st thru the 24th

HUNT FOR OUR ELF ON THE SHELF

EVERY DAY OUR SCOUT ELF, TINSEL, WILL BE WATCHING OVER THE COMMUNITY AND REPORTING BACK TO SANTA- HAVE WE BEEN NAUGHTY OR NICE?? WHEN HE RETURNS EACH NIGHT, HE WILL REST IN A NEW LOCATION.

BE THE FIRST TO FIND TINSEL (AND REPORT TO THE WELLNESS CENTER WHERE YOU FOUND HIM) AND COLLECT THE PRIZE FOR THE DAY!

GET AN EXTRA PRIZE IF YOU TAKE A PICTURE/VIDEO OF HIM WHEN YOU DISCOVER HIM!

ONLY RULE: TOUCHING THE ELF WILL MAKE HIM LOSE HIS MAGIC. SO KEEP HIM WHERE YOU FOUND HIM!



Memory Care Fun in November



Events to Look Forward to in MC

Oshibori Before Meals
Manicures
Thursday Snack Activities
Karaoke Fun
Snowman Crafts
Catholic Communion
Singing with Pastor Jean
Pastor Jason's Weekly Visit
Snowman Dice
Snowball Fight
Time Slips
Beautiful Questions
Birthday Celebration
White Elephant Fun
Christmas Canvas Painting
MORE!



Christmas **MINI MARKET**

December 4 10am-1pm

Cedar Creek Senior Living
19131 Taylor Street NE
East Bethel MN 55011

**COME SHOP FOR YOUR
HOLIDAY GIFT GIVING OR
TREAT YOURSELF!**

3D PRINTED GIFTS
BAKED GOODS
CANDLES
JEWELRY
PET BEDS
BATH SALTS AND SUGAR SCRUBS
CROCHETED GOODS
BLIND DATE BOOKS
BLANKETS
QUILTS
DISH TOWELS
UPCYCLED CHRISTMAS CRAFTS
PENS
KEYCHAINS
STAINED GLASS
SO MUCH MORE!



CHRISTMAS DOOR DECORATING CONTEST

DEC 1- DEC 17TH
JUDGING WILL TAKE

PLACE DEC 18TH

Decorate your space in the most
creative and festive way possible to
show us your festive spirit!
Sign up in the Wellness Center

IT'S A

CHRISTMAS TREE

DECORATING CONTEST

DECEMBER
1-11

RESIDENTS
AND STAFF

COLLECT YOUR STYROFOAM CONE FROM
THE WELLNESS CENTER DECEMBER 1-11.
DECORATE AND TURN IN ON THE 12TH BY
NOON FOR JUDGING.

AFTER WINNERS ARE DECLARED, ALL
TREES WILL DECORATE COMMON AREAS OF
THE COMMUNITY THROUGH THE HOLIDAY
SEASON!

WEDNESDAY DEC 10TH AT
2PM STARTING IN THE PUB

CHRISTMAS SANTA (WALK) RUN!

DECK YOURSELF OUT IN YOUR BEST HOLIDAY
WEAR AND JOIN SANTA FOR A (WALK) RUN
AROUND THE SECOND FLOOR. EARN A MEDAL
AND CHRISTMAS GIFT, AND HAVE FUN!

SIGN UP IN THE
WELLNESS CENTER
By Dec 5

YOU ARE INVITED TO

UGLY SWEATER HAPPY HOUR

DECEMBER 19 AT
2:00PM IN THE PUB

WEAR YOUR UGLY SWEATER FOR A
CONTEST, ENJOY A GIFT GAME, AND
HOLIDAY TREATS AND YOUR USUAL DRINKS!

TRIM THE TREE

come trim the pub tree!

eat holiday treats
enjoy a beverage

December 5th
happy hour
in the pub



HOLIDAY SHIRT MAKING

December 17th 11:00am in the Pub

**BRING A SHIRT TO THE PUB AND
WE WILL HAVE THE IRON-ONS TO
CHOOSE FOR YOU TO DECORATE!**

CAN'T GET OUT TO GET A SHIRT?

**BRING 10\$ TO WENDY BY DEC 12TH
AND SHE WILL HAVE A WHITE
T-SHIRT FOR YOU AT THE EVENT!**

A festive illustration featuring Santa Claus on the left, a Christmas tree-shaped cookie on the right, and various other holiday cookies at the bottom. The background is light green with snowflakes and holly leaves.

Join in on 5 days of fun!

CHRISTMAS COOKIE WORKSHOPS

Let's bake together and fill the kitchen
with holiday magic. 5 days and 5
different Holiday Cookies!

DECEMBER 15-19TH IN
THE BISTRO

15TH, 16TH, 17TH AND 19TH AT 1:00
18TH AT 1:30

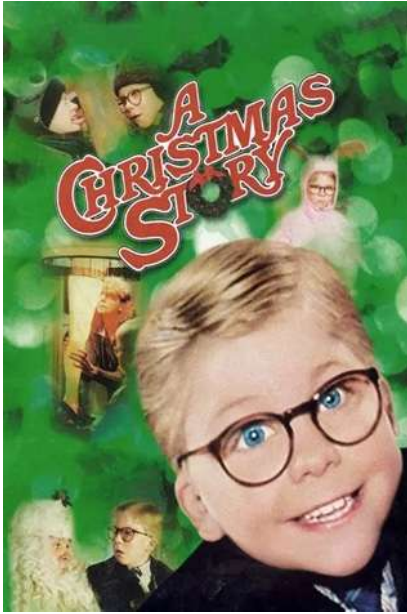
COLOR ME LOVED QUILT PROJECT

DECEMBER 26TH 1:00PM
IN THE PUB



HELP US COLOR QUILT SQUARES THAT
WILL BE SENT BACK TO COLOR ME LOVED
AND TURNED INTO QUILTS THAT ARE
DONATED TO THOSE IN NEED OF A LITTLE
EXTRA LOVE.

Movies this Month



A Christmas Story
Dec 10th 6pm
Community Room



A Christmas Carol
Dec 14th 4pm
Community Room



Miracle on 34th Street
Dec 22 6pm
Community Room

From the Desk of The Chaplain



As we enter the Christmas season, our hearts turn toward the familiar sights and sounds that remind us of hope, love, and togetherness. For many, this time of year brings cherished memories of family gatherings, festive meals, and traditions that have shaped our lives. Yet, it can also be a season of mixed emotions—especially when circumstances have changed, and loved ones may be far away.

Christmas is more than decorations and gifts; it is a celebration of light shining in the darkness. It reminds us that even in challenging times, there is a promise of peace and joy. Whether through a warm smile, a shared story, or a quiet moment of reflection, we can experience the true meaning of the season right here in our community.

This year, let us focus on what we can give: kindness, encouragement, and presence. A simple greeting or a heartfelt prayer can brighten someone's day. Together, we can create an atmosphere of hope and belonging for everyone.

May this Christmas bring you comfort, joy, and the assurance that you are deeply valued and loved. From all of us, we wish you a blessed holiday season filled with peace and grace.



From Nursing

From the Nursing Team: Holiday Wishes

As we enter the Christmas and holiday season, our nursing team is grateful for the joy and togetherness this time of year brings to our community.

Prioritizing Comfort and Well-Being

Colder months can bring added health considerations, and our team is committed to keeping every resident safe and comfortable. We continue to focus on with our residents:

Preventing seasonal illnesses through enhanced hand hygiene

Maintaining warmth and hydration, as cooler temperatures can increase risk of dehydration

Supporting emotional wellness, especially for residents who may feel the absence of loved ones during the holidays.

Our nurses are always here not only for clinical needs, but also to listen and encourage each of you.

We cherish the simple joys of the season: decorating together, sharing stories, enjoying festive activities, and watching families gather. These moments remind us that our community is truly a home.

To our residents and families—thank you for your trust and for brightening our days.

Wishing you a Merry Christmas, Happy Holidays, and a healthy, peaceful New Year.





PANCAKES

With Santa

Bring your family for a delightful morning filled with joy. Join us for pancakes and pictures with Santa Claus, share your holiday wishes, enjoy food, and revel in the magic of the season.



Meet and greet with Santa and his elf!



Craft project for kids



Delicious Pancakes By Chef Carlos

Saturday, December 13th 2025 | 10:30-1
19131 Taylor St NE, East Bethel

What does it mean?

Do you see some events you would like to attend, but aren't sure what they will involve? Here is a rundown on what's in store!

Dec 1- Make a wooden calendar to count down the last month of the 2025 year

Dec 2- Join the outing to see the second part of "Wicked" in the East Bethel Theatre.

Dec 3- Let's make a snowman out of a ruler!

Dec 4- Vendors will be here from 10-1 in the community room, bistro, and perhaps the pub (We have a lot of vendor interest!) with their wares for the holidays! Purchase gifts, or invite your family to join you for some fun shopping. Others from the cities that surround us have also been invited to shop!

Dec 4- Life Long Learning: The Arctic Wolf. Come learn about Wolves from a live zoom presentation in Alaska!

Dec 5- Come join happy hour and help trim the Pub Tree! There will be lots of ornaments made and to make so we can get our "family" Christmas tree all decorated!

Dec 8- Wood Reindeer Craft: Wendy's hubby is at it again with another great craft!

Dec 9- Niny Salem Performance! We loved her last time she came with her amazing jazz vocal stylings and performance. This one surely will not disappoint!

Dec 10- SANTA RUN/WALK/WHEEL!!! Join us to walk/run/wheel your way around the second floor. Wear your most festive gear and join santa and his pals to take a few laps to make a 1/2 or full mile before getting treated to a gift from his bag! Don't wish to walk/run? Join us to cheer on the participants!

Dec 12 - Join Wendy in the bistro at 1:00 to make reindeer pops! It'll surely be a yummy crafty treat!

Dec 13- We are inviting the community and your families to join us for pancakes with Santa! Come eat all the pancakes you can get and visit with Santa, tell him your wish list, and get a family/individual photo with him and his elf!

Dec 15-19- COOKIE WORKSHOP! Come to the bistro each day at 1 or 1:30 (see the calendar) to make a different holiday cookie each day!

Dec 15- Holiday Light Display Outing- Coon Rapids holds an annual House lighting contest. We are going to go out with a bus and a thermos of hot chocolate and treats and find the entries! Join us for the bus tour!

Dec 16th. Showball fight contest. Join Activities, Frosty and his pals while we have an indoor showball fight to see who has the best aim!

Dec 17th Bring Your Own Shirt to the pub for your choice of holiday decorations to add to your shirt! Can't get out to get a shirt? Let Wendy know by Dec 12 along with 10.00 and she will get it for you!

Dec 18- Men's Coffee and Cars will be a special one as we help a charity in a car themed way! All men are invited to join us for treats and this car themed project!

Dec 19- Christmas Party Happy Hour! Starting at 2pm, join us in the pub for holiday treats, an ugly sweater contest, special holiday guests, a gift game, and more! You won't want to miss this!

Dec 22- Join Chaplain Jean in the Community Room for carols and a Christmas celebration.

Dec 23- Come, before resident council, to the bistro. Get a holiday mug and fill it with ingredients from our fun cocoa bar!

Dec 23- Memory Care will be hard at work creating some treats to invite you to their Holiday Social Hour! Join them at 3pm in their wing for food and fun!

Dec 24- It's Christmas Eve! Let's have fun with some Reindeer games! Join us for lots of silly fun and prizes.

Dec 26- Join Activities in the pub for a community service project as we decorate quilt squares that will be donated to a program making quilts for others in need.

Dec 29- Bobby and Christine are here to help us celebrate December Birthdays! Cake and Icecream included! :)

Dec 30- Let's make vision boards with Becky and talk about what we want to do in the new year!

Dec 31 - At 1:00 let's talk about Bucket Lists! Share with Activities things you have always wanted to do as part of your bucket list... Maybe Activities will find a way to make it happen!

Dec 31- Many of us will already be tucked in bed before the ball drop, so let's celebrate it a little early. Come to the pub at 2:30 for an early New Year's Eve countdown and party!!

December Employee of the Month

Michelle Miller



"I have a positive outlook on life and passion for helping others. I seek out opportunities to learn, connect with people, and find happiness everyday.

I look forward to connecting with nature through camping with friends, engaging in art and most of all spending time with my cats Alice and Olive.

I try to maintain physical and mental health, being a cherished friend, a valuable team member, and a positive force in the world.

My core values are kindness, hard work, and quality of life."

The Leadership Team



Stasha Andrews
Executive Director



Sara Carder
Director of Health Services



Morgan Seamon
Assistant Director of Health Services

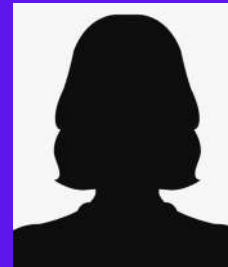


Photo coming soon:
Welcome AED, Emily!



Michele Dvorak
Director of Marketing



Wendy Zimmerman
Community Life Director



Griffin Huberty
Director of Environmental Services



Carlos Ciudad
Culinary Director



Michelle Miller
Administrative Assistant



Jean O'Bresky
Chaplain