

# New Horizons Newsletter

Service of Anderson Funeral Home  
& Anderson's On Broadway Aftercare Program

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## JUNE & JULY 2018 NEWSLETTER

### A NOTE FROM JERI

Is it worth all of the grief and sadness you are feeling now to have had the relationship you lost? Look deep into your heart. The answer will always be an emphatic 'YES!'

In case of cancellations due to inclement weather for any of our events, listen to KXRA or call the person that is taking the reservations. Any questions that you may have regarding any event, please call me!

### JUNE 2018 HAPPENINGS

**JUNE NOON MEALS:** The meals for June will take place at the following restaurants:

June 3 <sup>rd</sup>	Chet's Lakeside	June 17 <sup>th</sup>	Arrowwood
June 10 <sup>th</sup>	Great Hunan	June 24 <sup>th</sup>	Leaf Valley Mercantile

All meals are scheduled to meet at 12:15 PM. To make your reservation to join others for your Sunday meal, please call Lillian at 320-846-0650 by 7:00 PM on Saturday evening. If no answer, please leave a message.

**CARDS/GAMES/FELLOWSHIP:** We meet on Tuesdays for cards at Anderson's On Broadway starting at 1:00 PM. Parking is on the east side of the building. Call Jeri if you have any questions at 320-491-5409. Call a widowed friend and invite them to come with you. Coffee and tea will be provided. It's a fun afternoon to spend together for fellowship and support. Feel free to bring a snack to share.

**THURSDAY NIGHT CONCERTS:** Come join us for the Thursday evening concerts at the courthouse. The concerts start at 7:00 PM. Bring your lawn chair and come join the New Horizons group on the east side of the center sidewalk. Anderson Funeral Home is one of the sponsors. If you have any questions call Jeri at 320-491-5409. Coming alone? That is okay, we all will be coming alone.

**SUMMER POTLUCK:** Come join in the fun of a potluck picnic at Curt Felt Park on Saturday, June 2<sup>nd</sup> at 3:00 PM. Bring a dish to share but not required. Meat, buns and utensils will be provided. Call Elsie at 320-766-6607 for your reservation by Thursday evening, May 31<sup>st</sup>. In case of rain, come to Anderson's On Broadway for a picnic supper and socializing.

**REMEMBRANCE PICNIC/BALLOON RELEASE:** Anderson Funeral Home will be hosting the 5<sup>th</sup> annual remembrance picnic on Wednesday, June 13<sup>th</sup> at 5:00 PM at City Park Pavilion (down by the lake). Anderson's Funeral Home will be providing all the food and beverages. Please call Sandy at 320-808-4748 for your reservation by Sunday evening, June 10<sup>th</sup>. It is beautiful when all the balloons are released.

**JUNE BRUNCH:** Join us on Tuesday, June 19<sup>th</sup> at 9:30 AM at Traveler's Inn and you will receive \$2.00 off your meal. Good time to visit and share a meal together. Any questions call Shirley at 320-762-8202.

**PIZZA NIGHT:** Come join us on Tuesday, June 19<sup>th</sup> at 5:30 PM for pizza at the Methodist Church located at 2210 6<sup>th</sup> Avenue East. We will be having pizza made in the wood fired pizza oven and your cost will be \$8.00. Please call in your reservation by 7:00 PM Sunday evening, June 17<sup>th</sup> to Joyce at 320-834-3779. Afterwards we will go to AOB for coffee, dessert and socializing.

**SATURDAY MORNING COFFEE:** This month we will be going to Tutti Fruitti's for breakfast and celebrating the June birthdays on Saturday, June 23<sup>rd</sup>. We will meet at Anderson's On Broadway at 9:30 AM to carpool. Hopefully, the strawberries will be ready. Call Barb at 320-760-3634 for your reservation by Thursday evening, June 21<sup>st</sup> and also tell Barb how many berries you want picked, if they are ready.

**B-GEMS:** Come join us on Friday, June 8<sup>th</sup> for lunch at 11:00 AM at the Leaf Valley Mercantile in Leaf Valley. Also, come for breakfast on Wednesday, June 20<sup>th</sup> at 9:30 AM at the State Street Café in Garfield. If you have any questions call Jackie at 320-834-4483. Jackie always has something fun planned!



## JULY 2018 NEW HORIZON'S NEWSLETTER

### A NOTE FROM JERI

Your body is simply the vehicle for experience – and as we all know how important it is to maintain our cars or other mechanical vehicles, the analogy can be extended to caring for your biological vehicle. Simply put: keeping your body in top physical form will assist you in growing through the grieving process. So, you must take control of your physical well-being by doing what you can every day:

Eat regular meals, full of nutritious foods; and limit junk food.

Get enough sleep, even if that means taking naps during the day – but be aware of too much sleep.

Watch out for "creeping addictions". They will only delay grieving and make it a more difficult process.

Exercise regularly. Even just a walk around the block, on a regular basis, can help to restore your mental and physical well-being.

### JULY 2018 HAPPENINGS

**JULY NOON MEALS:** The meals for July will take place at the following restaurants:

July 1 <sup>st</sup>	Potluck at Curt Felt Park – in case of rain, potluck will be at Anderson's On Broadway	July 22 <sup>nd</sup>	Lakeside - Glenwood
July 8 <sup>th</sup>	Corral - Nelson	July 29 <sup>th</sup>	Pioneer Grill – Grand Arbor
July 15 <sup>th</sup>	Forada Supper Club		

All meals are scheduled to meet at 12:15 PM. To make your reservation to join others for your Sunday meal, please call Elsie at 320-766-6607 by 7:00 PM on Saturday evening. If no answer, please leave a message.

**CARDS/GAMES/FELLOWSHIP:** We meet on Tuesdays for cards at Anderson's On Broadway starting at 1:00 PM. Parking is on the east side of the building. Call Jeri if you have any questions at 320-491-5409. Call a widowed friend and invite them to come with you. Coffee and tea will be provided. It's a fun afternoon to spend together for fellowship and support. Not sure if you will know the games? Come and learn, it is fun!

**THURSDAY NIGHT CONCERTS:** Come join us for the Thursday evening concerts at the courthouse. The concerts start at 7:00 PM. Come early, bring your lawn chair and join the New Horizons group on the east side of the center sidewalk. Great music and Anderson Funeral Home is one of the sponsors. If you have any questions call Jeri at 320-491-5409. Coming alone? That is okay, we all will be coming alone.

**THEATRE L'HOMME DIEU:** Just a reminder for those that purchased tickets for Theatre L'Homme Dieu plays: Tuesday, July 10<sup>th</sup> at 7:30 PM for "Driving Miss Daisy" and the "Looney Lutherans" on Wednesday, July 25<sup>th</sup> for the matinee at 2:00 PM. Tickets may be picked up at AOB after July 1<sup>st</sup>.

**PICNIC IN GARFIELD:** We will be having a combined picnic for New Horizons and B-GEMS at the Park A While Gardens on Park Street in Garfield on Monday, July 16<sup>th</sup> at 4:30 PM. Call Jackie at 320-834-4483 for your reservation by Sunday evening, July 15<sup>th</sup>. Meat, buns and utensils will be provided by New Horizons. Bring a dish to share but not required. Horseshoes and yard games will be available for those who want to play. In case of rain, come to Anderson's On Broadway for meal and socializing.

**JULY BRUNCH:** Tuesday, July 17<sup>th</sup> at 9:30 AM at Traveler's Inn. Good time to visit and share a meal together. Any questions call Shirley at 320-762-8202. Bring a friend with you.

**SATURDAY MORNING COFFEE:** Come join us at Anderson's On Broadway for morning coffee and treats at 9:30 AM on Saturday, July 21<sup>st</sup>. We will be celebrating the birthdays for the month of July. Call a widowed friend or someone from your grief seminar to come with you.

**FORADA SUPPER CLUB:** By request, we are going back to the Forada Supper Club for the chicken/rib buffet for \$10.00 on Tuesday, July 24<sup>th</sup> at 5:30 PM. Call in your reservation to Diane at 320-763-4720 by Friday evening, July 20<sup>th</sup> and you will receive \$2.00 off your meal.

**B-GEMS:** Come join us on Friday, July 13<sup>th</sup> at 11:00 AM for lunch at the Leaf Valley Mercantile. Also, come on Wednesday, July 25<sup>th</sup> at 11:00 AM for lunch at the State Street Café in Garfield. If you have any questions call Jackie at 320-834-4483. B-Gems stands for Brandon, Garfield, Evansville and Millerville.

**AUGUST-SEPTEMBER NEWSLETTER:** The date set for folding, stuffing, stamping, labeling and sealing the New Horizons Newsletters will be on **TUESDAY, JULY 24<sup>th</sup> at 9:00 AM** at "Anderson's On Broadway" located at 801 Broadway. We appreciate everyone who helps. So please come join us.