



# Pathways on the Park

170 Ruth Street North • Saint Paul, MN 55119 • (651) 731-6418

## Office Hours

Monday–Friday ..... 8 a.m.–5 p.m.  
Saturday ..... 8 a.m.–4 p.m.  
Sunday ..... By Appointment

## At Your Service

Phone ..... (651) 731-6418  
After-Hours Emergencies ..... (888) 599-5251  
E-mail ..... [pathways@thegoodmangroup.com](mailto:pathways@thegoodmangroup.com)  
Website Address ..... [www.gr8life.biz](http://www.gr8life.biz)

## The Pathways Team

Community Manager ..... Troy Baguhn  
Leasing ..... Melissa Westman  
Maintenance ..... Tony Isaac



### Tidbits From Tony

#### How Much Do Leaking Faucets Cost?

Many people know that even a small leak from a faucet or toilet can add up to a lot of water over time. According to the U.S. Department of Interior, if one faucet leaks just 10 drips per minute, it amounts to 14,400 drips per day and more than 347 gallons of water per day. If you experience any of your faucets dripping, please contact the office and I will be more than happy to come repair it.

May 2012

## Celebrate Your Senior Prom in Style



*Pathways on the Park Cordially Invites You to a Night of Music, Photos and Hors D'oeuvres*

**Saturday, May 19th  
6:00pm - 10:00pm  
"DRESS TO IMPRESS"**

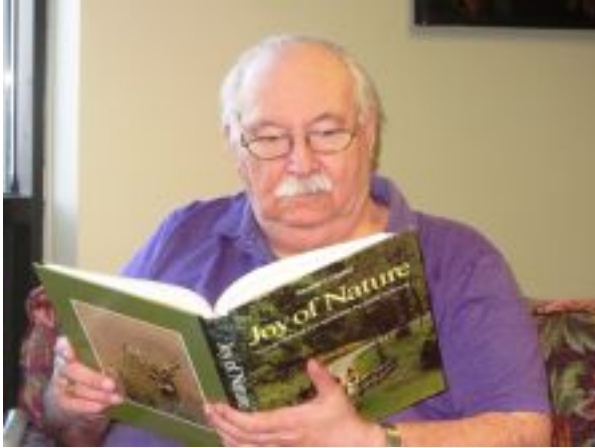
*No Prom Date Needed  
Come Single, With a Date, Bring a Friend,  
Neighbor, Son, Daughter or Grandchild*

*Bring Your Original Prom Picture  
or  
Memorabilia to Share*

*Guaranteed to be An Evening You Will Remember*

# May 2012

## Grand Opening Festivities



Gene Enjoying a Good Book

NEW LIBRARY and MEDIA CENTER

Ribbon Cutting Ceremony

Thursday, May 10th, 2:30 p.m.

Our library and media center will feature a wide variety of books and videos. Should you have any books you would like to share, please see Melissa or Troy in the rental office. The media center will feature a computer, printer, and a relaxing area for your enjoyment. Refreshments will be served. At the Ribbon Cutting Ceremony, we will be introducing Pathways on the Park Book & High Tea Club. You are invited to sign up and participate in this monthly special event. All that is required is you have a thirst for reading, conversing and tea. Bring your favorite tea cup and we will provide the crumpets! Our first book will be "Eat, Pray, Love" by Elizabeth Gilbert.

## Take Action and Start Walking!

Pathways on The Park is pleased to announce our participation in the 55+ Walking Club every Wednesday at 9:00. Please see calendar for details. Join us for fun, fitness and friendship. Transportation and lunch provided. Walking is good for anyone, especially people with arthritis. It's an endurance exercise, which means it strengthens your heart, helps your lungs work more efficiently and gives you more stamina so you don't tire as easily. Walking strengthens your muscles and helps maintain joint flexibility. For people with arthritis, muscle and joint benefits are important because joints become more stiff and muscles weaken with inactivity. In addition to all the physical benefits, walking also brings with it a host of psychological perks. Regular exercise helps you sleep better, controls your weight and lifts your spirits. It can play an important part in combating the depression, fatigue and stress that accompany your arthritis.



Marlyn and Sandi Strolling