

April Birthdays



- | | |
|-----------------|-------------------|
| Bob Paulson | Jim Krautkremer |
| Marcia Copeland | Erv Bruesehoff |
| Ken Durr | Jim Peterson |
| Bill Gjetson | Stan Rahm |
| Ann Olsen | Dorothy Pryor |
| Jean Spong | Felix Tristani |
| Bill Kozlak | Alan Zabel |
| Jean Hayes | Rolf Bjelland |
| Laura Crosby | Char Egenberger |
| Mary Gabbert | Chuck Gonderinger |
| Irene Kaplan | Ron Christie |
| Carol Soland | Lois Juster |
| Harold Sievers | Anne Kimball |
| Pam Weston | Dave Dornfeld |
| Nancy Aldrich | |



Birthday Party/St. Patrick's Day

Looking Back at March More photos on Touchtown under the photos icon.



Spring Break Party



TRILLIUM WOODS NEWS

April 2024

Volume 10 Issue 4



Go to Touchtown on your smart phone or computer for the most up-to-date announcements and information. If you need assistance getting connected to Touchtown please contact Laurie Kruper at 763-744-9411.



Getting to Know Our Residents By Marvin Bauer

I grew up on a small farm in northwest Indiana. By high school, I knew I wanted a career in agriculture. In Indiana, that meant Purdue University where a class in agronomy and an opportunity to work as an undergraduate research assistant with an agronomy professor and his graduate students led to an M.S. degree and then a Ph.D. at the University of Illinois. While at Illinois I met my wife, Jean, a high school home economics teacher in my hometown. With M.S. and Ph.D. degrees in family resource management and economics, she later became an Extension specialist at Purdue.

As I was finishing my degree at Illinois, the Laboratory for Applications of Remote Sensing (LARS) at Purdue, a pioneer in developing computer classification of digital imagery for mapping and analysis of land and natural resources, offered me a position for crop inventory research. The potential to apply crop ecology to an emerging field and be part of major projects with NASA and USDA to estimate crop production was too good to turn down. In 1980 I was invited to become editor-in-chief of the Remote Sensing of Environment journal. I thought I might do it for three or four years, but as it grew and became the leading journal, colleagues encouraged me not to stop and I continued for 34 years. In 1983, we were selected for two faculty positions in our areas at the University of Minnesota. I expanded my research to include forest inventory, mapping impervious surface areas, and monitoring water quality of lakes. Jean was recognized for her leadership of a 17-state project on Rural Families and Work, and faculty governance, culminating as chair of the faculty consultative committee. In short, the U of M and Minnesota have been great. We had 43 wonderful years together, enjoying our families, church, gardening, and travel, as well as our research and teaching.

I am now retired but continue to help with research on monitoring lake water quality. With current sensors and models, the internet, and supercomputers, we can monitor Minnesota's 10,000 lakes for analysis of geographic and temporal changes and management by resource agencies. What we could only dream of 50 years ago, when I started, is indeed coming to fruition.

Last but not least, is Trillium Woods. It is great in every way. One of my New Year's resolutions is to really retire and spend more time taking advantage of its activities and programs with friends and neighbors here.

ANNOUNCEMENTS

Looking for Players: Sheepshead

Sheepshead is a card game, popular in the Midwest. Have you ever played? Looking for a new card game to play?

If you are interested, call Tonia Swennes at 763-744-9407 - we can find a time that works and a place for you to play!

Trillium Woods Community Clean-Up Monday, April 22

11:00 AM - 12:00 PM Meet in the Main Lobby



April 22 is Earth Day! No matter how you choose to honor nature, make it positive. We will meet in the Main Lobby to grab

a garbage bag, some gloves, a set of garbage tongs and a friend or two. Wander around the Trillium Woods community and even the surrounding Lake Camelot area and pick up garbage. Bring your bag/tongs back to the Main Lobby for a group photo and some treats!

Trillium Woods Garden Plots Available



Garden plots are available, and you can choose between a typical in-ground garden plot or a raised garden bed, as shown here. All the needed garden tools and water are provided. Located on the north side of 59th Avenue.



Sign up deadline is Monday, April 15. Sign up forms are available at the front desk.

MISSION STATEMENT

We are a Life Plan Community dedicated to helping seniors enjoy an active lifestyle in a casual, upscale environment. We provide extraordinary hospitality, a variety of innovative wellness services, quality healthcare and personalized residences designed to exceed expectations of each senior we serve.

Where can you get the 8 Dimensions of Wellness?



Events, activities and excursions that incorporate these 8 dimensions of wellness will be offered at **both Trillium Woods and The Birches Health Center**

EXCURSIONS

Movies

Audubon's Rowe Sanctuary's Sandhill Crane Cam Monday, April 1 and Tuesday, April 2 7:45 PM - 8:45 PM

Tune in for one of nature's most spectacular viewing events of the season. The sandhill cranes migrate from southern states and stop along the Platte River in Nebraska to rest and refuel. This camera covers a five-mile stretch in one of the most densely populated roosts in the world, with 100,000 - 200,000 cranes at the height of migration. They return from feeding around sunset (8:01 PM) to spend the night on the river's shallow sandbars. Let's hope they don't leave for the northern states early this year due to warm weather.

Westminster Town Hall Forum: Tech and the Truth Music: Sara Morris 6:30 PM - 7:00 PM Speaker: Kara Swisher 7:00 PM - 8:15 PM

Monday, April 8 and Tuesday, April 23

Legendary tech journalist, Kara Swisher, covering the explosion of the digital sector in the early 1990's, developed a long track record of digging up and reporting the truth of this new world order. Her newest work, Burn Book: A Tech Love Story is part memoir, part history and, most of all, a necessary recounting of tech's power players and influence. She'll be in conversation with Forum director Tane Danger and then does a Q&A afterwards from the audience. Kara Swisher is the host of the podcast *On with Kara Swisher* and the cohost of the *Pivot* podcast with Scott Galloway, both distributed by New York magazine.

Global Minnesota: 2024 US Foreign Policy Update Speaker: Tom Hanson Thursday, April 18 2:00 PM - 3:30 PM Sunday, April 21 6:30 PM - 8:00 PM

Tom Hanson, Diplomat in Residence and career Foreign Service Officer who graced our community last year, gives the insightful, and popular, annual U.S. Foreign Policy for 2024. Tom explored and discussed the latest foreign policy developments, trends, and challenges facing the U.S. in the year ahead including the repercussions from the ongoing war in Ukraine, concerns facing China's economy, renewed conflict in the Middle East, and ongoing global struggles for peace and security.

Galleria Floral Experience: Into the Deep Tuesday, April 2 Depart: 10:00 AM Return: 1:00 PM

This year's Galleria Floral Experience, with flowers by Bachman's, will feature blooms inspired by the ocean's wondrous flora and fauna. Your senses will be submerged in vibrant colors, sea installations, as well as surreal plants and flowers, waving with the tide. Check out the flowers, do some shopping or have lunch.

Marshall Terrace Park: Heron Rookery Wednesday, April 3 Depart: 9:30 AM Return: 11:30 AM

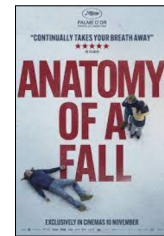
The Great Blue Heron Rookery near Marshall Terrace Park, is located on two islands near shore, along the Mississippi River. It is an easy walk down a paved path (a short distance) to the viewing sight. They are active in their nests at this time. There are also Cormorants and Great Egrets nesting in the same area. Don't forget to bring binoculars or a camera if you have them.

Minnesota Mandolin Orchestra Edinburgh Park Sunday, April 7 Depart: 5:00 PM Return: 7:30 PM Free

The Minnesota Mandolin Orchestra is a community orchestra formed in 1991 to preserve and foster the enjoyment of mandolin music. They have about 30 musicians, playing mandolin, mandola, mandocello, guitar, and bass. Their repertoire includes old and new compositions for mandolin ensembles, transcriptions of classical music, and arrangements of popular tunes.

Orchestra Hall: Coffee Concerts Søndergård, Keefe and Brahms Thursday, April 11 Depart: 9:30 AM Return: 2:00 PM Beethoven and Tchaikovsky Thursday, April 18 Depart: 9:30 AM Return: 2:00 PM

Please purchase your tickets by contacting Minnesota Orchestra Hall Ticket Services: 612-371-5656 or online at <https://minnesotaorchestra.org/tickets/subscribe/classical-series>
Dates for the 2023-2024 season are on Touchtown.



Anatomy of a Fall Friday, April 5 1:00 PM in the Auditorium

2023 Suspense/Drama

Sandra, her husband Samuel, and their son Daniel live a secluded life in a remote town in the French Alps. When Samuel is found dead, the police question if he was murdered or committed suicide and Sandra becomes the main suspect. What follows is an investigation into the circumstances of Samuel's death and an unsettling journey into the depths of Sandra and Samuel's conflicted relationship.
2 hours 31 minutes



Pandas: Wild at Heart Tuesday, April 9 3:00 PM in the Auditorium Saturday, April 13 1:00 PM on Channel 990

Pandas is showing at the MN Science Museum Omnifest, but why go there when you can watch it here.

2018 Documentary IMAX Original

An immersive experience set against sweeping views of the mountains of Sichuan, *Pandas* illuminates cross-cultural cooperation as a vital tool for saving endangered animal species. This documentary follows young giant panda, Qian Qian, as she takes the first steps outside of her protected habitat and discovers her true animal nature, all the while facing the challenges of the unknown. At Chengdu Research Base in China, researchers are dedicated to protecting and breeding adult giant pandas in order to introduce cubs to the wild.
42 minutes



Killers of the Flower Moon Friday, April 26 1:00 PM in the Auditorium

2023 Crime/Western/Drama

Based on the book of the same name, and a true story, *Killers of the Flower Moon* is an epic western crime saga set in 1920's Oklahoma. At the turn of the 20th century, oil brought a fortune to the Osage Nation, who became some of the richest people in the world overnight. The wealth of these Native Americans immediately attracted white interlopers, who manipulated, extorted, and stole as much Osage money as they could before resorting to murder. 3 hours 27 minutes
There will be a 10 minute intermission.

Upcoming: Save the Date
Sign Up is not available for excursions yet!

May 3	3:00	(TW) Minnetonka Senior Choir
May 10	10:00	(TW) Ladies Spring Program and Brunch
May 16	7:00	(TW) Augsburg Centennial Singers
May 23	10:00	(TW) Celebration of Life
May 31	3:00	(TW) Trillium Woods Chorale Concert
June 2	2:15	Hopkins Westwind Concert Band
June 9	7:00	(TW) Nuance/a duo - Music Under the Stars
June 11	7:00	(TW) Plymouth Concert Band
June 14	10:00	(TW) Men's Program and Breakfast
June 28	7:00	(TW) Synod Senior Band
July 9	1:00	(TW) 9th Anniversary Ice Cream Social

(TW) indicates the event is at Trillium Woods

Trillium Woods Salon and Spa

Hair
Tuesday - Thursday
9:00 AM - 3:00 PM
Friday 9:00 AM - 12:00 PM

Nail Care
Tuesday - Wednesday
10:00 AM - 3:00 PM

Massage
By appointment only

Spring Special
Come visit the Salon and enjoy \$5.00 off any nail service in the month of April. Perfect time for Spring pedicures!

Call 763-744-9412 to make an appointment




Trillium Woods Transportation

To request transportation, please fill out a request form. Forms can be found at the front desk, in the resident mailroom and on Touchtown. For transportation Tuesday - Saturday, forms must be completed 24 hours in advance. For trips Sunday and Monday, forms must be completed by 12:00 PM Friday. You may also call the transportation desk at 763-744-9432 or call 763-402-2920 for requests and/or questions.



ARTS AND ENTERTAINMENT

Twins Home Opener Watch Party
Minnesota Twins host the Cleveland Guardians
Thursday, April 4
3:00 PM in the Auditorium



Get your Cracker Jacks and malt cups here!

Twins fans, (Guardians fans will be allowed in too) put on your team's gear and grab a great seat in the Auditorium for the season opener.

Watch the game and have snacks and beverages. Enjoy an afternoon spent with friends watching America's favorite pastime.

Storyteller: Charles Austin
Coloring for Adults:
from Mickey Mouse to a B-17
Friday, April 5
11:00 AM in the Auditorium

Charles will talk about how "I found how coloring calms the mind, lifts the spirit, and detracts attention from the troubles of the world."

Samples will be on hand for viewing after the program.



Linden Hills Chamber Orchestra with
Voices of Experience Choir
Wednesday, April 10
7:00 PM - 8:00 PM

Linden Hills Chamber Orchestra is a community orchestra dedicated to making great music. They have teamed up with VOX, a choir for adults over the age of 55, to bring you a selection of orchestral and choral repertoire from classical to jazz.

- Fanfare for the Common Man, Aaron Copland
- Symphony No. 35 in D major K.385 "Haffner", Wolfgang Amadeus Mozart
- Il trovatore: Anvil Chorus, Giuseppe Verdi
- Overture to Orphée aux enfers (Orpheus in the Underworld), Jacques Offenbach
- Porgy and Bess Medley, George Gershwin

Masters Watch Party and Mini Golf
Friday, April 12
3:00 PM - 4:00 PM in the Auditorium
See page 5 for more details on this event!

April Birthday Party
Wednesday, April 17
3:00 PM - 4:00 PM
in the Auditorium

Come to the Auditorium and help celebrate those with birthdays in the month of April! Enjoy a piece of cake while visiting with friends. Everyone is invited and it's sure to be a fun-filled afternoon.



University of Minnesota: Trumpets
Monday, April 22
7:00 PM - 8:00 PM in the Auditorium

The UMN Trumpet ensemble will perform pieces ranging from Bach to Hutsell (MN Rouser). There will be quartets, trios, sextets and some pieces with all 12 performers. Students ranging in age from 18 to 25 and degrees ranging from Bachelor of Music, Music Education, Bachelor of the Arts and Music Therapy, a very diverse group with lots of different music styles.

Providence Academy Middle School Band
Wednesday, April 24
10:00 AM in the Auditorium

Join them for a spring concert, with a half hour of music and time at the end to visit with the children.

Ding Dong Dollies
Tuesday, April 30
3:00 PM in the Auditorium



The Ding Dong Dollies are a handbell choir who dress in international costumes, and play music from around the world. They represent 13 different nations and cultures, and share interesting tidbits about the places they represent, as well as ringing global music. Come and join in the fun!

EXCURSIONS

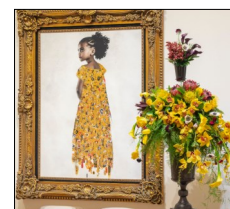
For all excursions please call Mindy Klemm at 763-744-9481 to sign up. Seating is limited on the bus. All excursions must have a minimum of 8 residents (unless noted). Be in the lobby 15 minutes prior to all departures. You can also register yourself under the Activities tab of Touchtown.

Feed My Starving Children - MobilePack
Cross Winds United Methodist Church
Friday, April 19
Depart: 1:30 PM Return: 4:15 PM
Sign Up Deadline: Friday, April 12

You will hand-pack rice, soy, dried vegetables and a nutritionally complete blend of vitamins and minerals into bags which are then sealed, boxed, placed on pallets and shipped to their incredible partners. Your time slot will be from 2:00 - 4:00 PM. No jewelry except wedding bands, but gloves needed if you have stones on them. If you have questions, contact Joyce Sluss, resident of Trillium Woods.

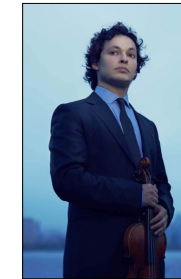
Sidekick Theatre: The Fabulous Lipitones
Thursday, April 25
Depart: 11:45 AM Return: 3:45 PM
Cost: \$27.00 Show Only
Sign Up Deadline: Tuesday, April 16
Must have 10 for this event

An uproarious new comedy! What happens when an a cappella quartet loses a key member to a heart-stopping high "B flat?" The three surviving members suddenly find themselves scrambling to find a tenor before the national competition. When the golden tones of "Bob" are heard through the phone, the Lipitones are all ears...but when they meet him in person, he's not quite what they expected.



Minneapolis Institute of Art:
Art in Bloom
Friday, April 26
Depart: 9:30 AM
Return: 12:30 PM
Sign Up Deadline:
Tuesday, April 23 - Free Event

Celebrating their 40th anniversary, Art in Bloom exhibits imaginative floral interpretations of selected works of art, created by more than 100 individual and commercial florists. Experience the floral beauty and fragrance throughout the museum with a **one-hour guided tour at 10:15 AM, meeting at the front desk of the MIA.** There will be time to see the Hend Al-Mansour exhibition, if you would like to see it.



MN Sinfonia:
Yevgeny Kutik, Violin
Basilica of St. Mary
Saturday, April 27
Depart: 1:00 PM Return: 4:00 PM
Free Event

This performance showcases the talent of Yevgeny Kutik. His music has captivated audiences worldwide with an old-world sound that communicates a modern intellect. The program will include Slavonic Dance No. 8, Dvořák; Violin Concerto No. 1 in G minor, Yevgeny Kutik, violin, Bruch; and Symphony No. 35, "Linz," Mozart.

Wayzata Symphony Orchestra:
Dark and Light
Wayzata Central Middle School
Sunday, May 5
Depart: 2:15 PM Return: 5:15 PM
Free Event

Carl Nielsen: Helios Overture; Chen Yi: Tonie Poem; Sibelius: Symphony No. 2
Nielsen wrote, "Silence and darkness, the sun rises with a joyous song of praise, it wanders its golden way and sinks into the sea."

Chanhassen: Beautiful - Carole King
Wednesday, May 8
Depart: 10:45 AM Return: 4:15 PM
Cost: \$72.00 includes gratuity, taxes and fees
Drinks and Desserts on your own
Sign up Deadline: Monday, April 8

Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers, then recorded her Grammy-winning masterpiece, Tapestry. This musical is filled with the songs you remember and a story you'll never forget.

MN Twins vs New York Yankees
Thursday, May 16 - Cost \$47.00
Depart: 11:00 AM Return: 4:00 PM
Sign Up Deadline: Friday, April 19

MN Twins vs Philadelphia Phillies
Wednesday, July 24 - Cost \$47.00
Depart: 11:00 AM Return: 4:00 PM
Sign Up Deadline: Thursday, June 27

3

Seats are located in Section 106 - Rows 23 and 24.

EDUCATION IN THE AUDITORIUM

Great Decisions: Science Across Borders
Speaker: Christi Sivers
Thursday, April 4
10:00 AM - 11:00 AM in the Auditorium



Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?

Christi Siver is a Professor of Political Science at the College of Saint Benedict and Saint John's University. She did her undergraduate work at Lewis And Clark College in Portland, OR, her Masters in International Relations and International Economics at Johns Hopkins School of Advanced International Studies, and her Ph.D. in political science at the University of Washington. She teaches courses on international relations and international security.

Saluting the Civil War - Minnesota's Role
Speaker: Doug Ohman
Wednesday, April 10
11:00 AM - 12:00 PM in the Auditorium



What role did Minnesota play in the Civil War? Learn how important Minnesota was to the Union cause. Hear stories of Minnesotans that served in this incredibly tragic but most interesting chapter in American history.

Protect Yourself from Fraud and Identity Theft
AARP Speaker: Donna Dickinson
Wednesday, April 17
10:30 AM - 11:30 AM in the Auditorium

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. You will be armed with the latest data on fraud trends and provide tips and resources to protect yourself and your family.



Curiosity University: Travel in America
From Wagon Trains to the Interstate Highways
Speaker: Allen Pietrobon
Streamed Programming
Tuesday, April 9
10:30 AM - 11:30 AM in the Auditorium

Head out on a road trip through America, where you will explore the nature and impact of American travel stories. Beginning with the wagon trains of the 1840s, to the transcontinental railroad of the 1880s, through the iconic road trips on the newly built interstates of the 1960s. Why tales of travel and migration are so central to American history, exploring how the movement of people helped to shape the modern United States.

Wondrium: A History of Eastern Europe
Speaker: Dr. Vejas Gabriel Liulevicius
University of Tennessee
Streamed Programming
Tuesday, April 16
10:30 AM - 11:30 AM in the Auditorium

The Other Europe: Deep Roots of Diversity
 Begin your course with a geographic overview of Eastern Europe, a region that begins at the Baltic Sea in the north and spans 20 countries to the Black Sea in the south. Here, you are introduced to the key themes of this course: Eastern Europe's remarkable diversity, its shifting borders, and its separateness from - and connections with - the West.

Formative Migrations: Mongols to Germans
 Examine the many waves of people who settled Eastern Europe during the ancient and medieval worlds. Ethnic groups including Germanic tribes, Slavic peoples, the Vikings, the Mongols, and many more created a diversity of language and culture. Meanwhile, the mix of Christians, Jews, and Muslims led to the region's first political strife - and laid the groundwork for the modern era.

Curiosity Stream: Part 2 of 3
Rebuilding Notre Dame - A House of Cards
Streamed Programming
Tuesday, April 30
10:30 AM in the Auditorium

Built in the 12th century, Notre-Dame is a pinnacle of Gothic architecture. Fire challenged its stability, destroying the roof and wooden frame, yet it stands. Using 3-D animation and reenactments, scientists and architects unveil the cathedral's genesis and explore the structure behind the stone. **52 minutes**

THE COUNCIL CORNER

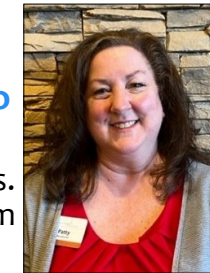
The March Resident Council meeting was taken up primarily with discussion about the Policies and Procedures document being prepared, which will govern how the Council operates. One of the initial items is how the committees of the Council are defined, how one becomes a committee member and how the committees are to be governed. As the proposed document will significantly change how we organize committees, it was decided that **the next Council Meeting will be held in the Auditorium, on April 8 at 11:00 AM**, so that residents can hear the presentation and voice opinions about the changes. Residents will receive copies of the proposed changes prior to the meeting and be able to bring questions and comments to the Council before the procedures are voted upon. Please come.

Dick Willits, President
 Keep Smiling!

Associate of the Month
February 2024
Patty Becker
Health Center Receptionist



Recognized for her attention to detail and anticipating needs.



With Trillium Woods for 2.5 years. Lives in Maple Grove, but from Green Bay, WI. Married to Jon, 26 years
 Son - Sam, 24, artist extraordinaire, lives in NM
 Daughter - Emily, 22, law student at St. Thomas
 Dog - Stewie, pomimo

Lightening round questions:

Favorite Season? Spring
 Lake or beach? Lake
 Ketchup or mustard? Mustard
 Favorite Beverage? Diet Cherry Pepsi or rum/diet coke with olives

Football or baseball? Football
 Favorite professional team? Green Bay Packers
 Sweet or salty? Salty
 Favorite movie? You've Got Mail
 Favorite pizza topping? Pepperoni
 What was the last show you binged watched?
 Virgin River

What was your first job? Waitress at Marc's Big Boy
 Morning person or night owl? Morning
 French fries or potato chips? Potato chips
 iPhone or Samsung? iPhone
 Target or Walmart? Target

Programming brought to you
 by Cari Brastad, R.N.



Blood Pressure Checks
Tuesdays and Fridays
1:00 PM in the Sunroom

Vision Loss Resource
Thursday, April 11
9:00 AM in the Creative Arts Studio

Try Something New



Looking for Horse Trainers
Pre-Kentucky Derby Party
Thursday, May 2
3:00 PM in the Auditorium

We will have a Pre-Derby Party this year and have 12 Associate jockeys with stick horses that will need trainers. We need 12 resident horse trainers to help out with the race during the party. This is easy and fun.

Watch for more event information in the May newsletter. Please mark your calendar and plan to join us for the run for the roses!

Hat Making Party
Wednesday, May 1
1:00 PM in the Creative Arts Studio



Ladies, if you do not have a fancy hat for the event, you can make one! We need early sign up so that we have enough hats.

If you would like to be a horse trainer, or make a hat, please call Mindy Klemm at 763-744-9481 by Friday, April 19.

Volunteer Corner

Adopt a Storm Drain

Trillium Woods has adopted the storm drains located around the community. There are 19 storm drains adopted from the city of Plymouth and a few additional drains on our service road. Helping to keep storm drains clear of leaves, yard waste and trash helps prevent storm water pollution for Plymouth's watersheds.

We are looking for volunteers that would like to help keep the storm drains clear, beginning the first week of April through the end of October. You can choose one, or as many times as will work for you and team up with other residents. A schedule will be made after volunteers have signed up.

Contact Tonia Swennes to sign up at 763-744-9407.

MONTHLY HAPPENINGS

Church Services

Scheduled transportation for:
 St. Philip the Deacon Lutheran Church
 (Plymouth) **9:30 AM service only**
 Holy Name Catholic Community
 (Wayzata) **10:30 AM service only**



**For transportation arrangements call 763-744-9432.
 Deadline is 12:00 PM the Friday prior.**

Grocery Shopping



Wednesdays from 1:00 PM – 3:00 PM
 Lunds & Byerlys and Cub in Maple Grove
Thursdays from 10:00 AM – 12:00 PM
 Target and HyVee in Plymouth

Call 24 hours in advance to make transportation arrangements at 763-744-9432.

Tech Café with Jen Erickson

April 2 and 16
9:00 AM - 10:00 AM in the Café



Do you need assistance with your mobile device/s - cell phone, iPad, tablet, smart watch or laptop? Jen offers help with many issues. Examples are: questions on how to set an alarm, add an event to a calendar, connection issues, or how to add an app (just to name a few). **Remember to bring your passwords, including your Apple ID, if you have an Apple product.**



Card Making with Barb and Audrey
Wednesday, April 10 and 17
1:00 PM - 3:00 PM in the Creative Arts Studio

Come down and visit while Barb and Audrey show you how to make beautiful handmade cards. Card stations are set up for easy card making.

Free Hearing Aid Clean and Checks with Affinity Hearing

Friday, April 26
10:00 AM - 11:00 AM

In the Residential Health Services Office

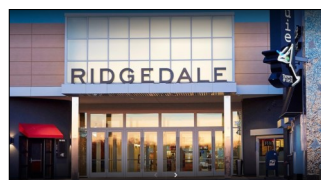
Affinity Hearing will be onsite for assistance with hearing aids: Basic cleaning, changing filters, domes, basic troubleshooting if needs repair. First-come, first-serve basis only.

Bingo

Every Tuesday from 1:30 PM – 2:30 PM
In the Creative Arts Studio



Stop down for an hour of fun and bring your friends. There are treats for winners!



Ridgedale Excursion

First Thursday of the Month
Departing: 12:30 PM
Returning: 2:30 PM

On the first Thursday of the month, take the bus to Ridgedale Mall. You can shop, grab a bite to eat, walk or check out the artwork displays in the Center Court.

Call 24 hours in advance to make transportation arrangements at 763-744-9432.

April Dining Excursions

Pay for Your Own Meal

Men's Breakfast: Original Pancake House
8:30 AM - 10:30 AM
Saturday, April 6 and 20

Ladies Luncheons
11:30 AM - 1:30 PM

Saturday, April 6: Good Day Café \$\$

Saturday, April 20: Paulie's Restaurant \$\$

Sunday, April 14

Dining: Pajarito Edina \$\$

Depart: 5:00 PM Return: 7:30 PM

**For reservations call Mindy Klemm at 763-744-9481.
 Reservations must be made 48 hours in advance.**

\$ = Inexpensive, usually \$10 and under
 \$\$ = Moderately expensive, usually between \$10-\$25
 \$\$\$ = Expensive, usually between \$25-\$45



Sunday Sing-Along

April 14

2:00 PM in the Auditorium

touchtown thursdays with Mindy

April 4 and 18

1:00 PM - 2:00 PM in the Sunroom

If you have questions about using Touchtown on your electronic devices, bring that device to the Sunroom and Mindy will give you a tutorial.

Sam's Segment



Brain Boosters

Tuesdays at 2:00 PM in the Aerobics Room

Brain Boosters in April will focus on words and facts, doing exercises and games. Games like Jeopardy, Trivia, word searches, cross words and more! No sign up needed.

Open Gym

Thursdays at 2:00 PM in the Fitness Center

In April, we will focus on the stretching mats and the variety of ways they can be utilized. You can stretch, work on core or complete exercises that are normally done on the ground, without the difficulties of needing to get up from the floor.

Pump it for Parkinson's Day

Thursday, April 11

NuStep-A-Thon 7:00 AM - 4:00 PM
in the Aerobics Room

On World Parkinson's Day, join Trillium Woods and the National Institute for Fitness and Sport (NIFS) in Pump it for Parkinson's! This event joins senior living providers across the country to help raise awareness on what Parkinson's Disease is and how exercise can help ease the symptoms people experience every day!

We will be hosting a NuStep-A-Thon to challenge our residents and staff to achieve 60,000 steps! There is a nationwide goal to accumulate one million total steps representing the one million people living in the US with Parkinson's. **Residents can sign up for 15-minute spots between 7:00 AM - 4:00 PM, to get as many steps as you can, to contribute to our goal.**

We will host an information booth where you can learn more about what your neighbors, family and friends who live with Parkinson's experience every day and why exercise is so important for them. Sign up at the Fitness Center. Time Slots are limited.

NO CLASSES ON THURSDAY, APRIL 11, in recognition of World Parkinson's Day.

Masters Watch Party and Mini Golf

April 12 at 3:00 PM in the Auditorium

Calling all golfers! It's Masters Week in Augusta and we're celebrating here at Trillium Woods. Come down to the Auditorium to enjoy refreshments, snacks, and conversation while we watch the Masters Tournament together. There will be a mini golf challenge and a prize for the best putter! Golf balls and putters will be provided.

Wii Bowling Tournament

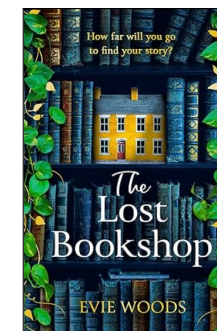
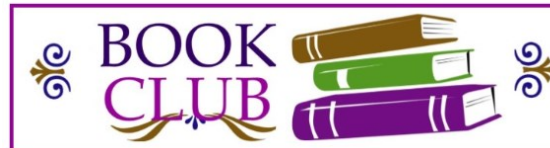
April 23 - Depart: 10:00 AM at the Main Lobby

Wii bowling tournament at Saint Therese. Sign up to ride with and cheer on the team.

Posture Screening

Wednesday, April 3 at 9:45 AM in the Aerobics Room

Attend a posture screening, done by our physical therapy department, to learn more about your own posture.



April Book Club Selection

The Lost Bookshop

Author: Evie Woods

Tuesday, April 16

3:00 PM in the

Creative Arts Studio

For too long, Opaline, Martha and Henry have been the side characters in their own lives. But when a vanishing bookshop casts its spell, these three unsuspecting strangers will discover that their own stories are every bit as extraordinary as the ones found in the pages of their beloved books. And by unlocking the secrets of the shelves, they find themselves transported to a world of wonder... where nothing is as it seems.

In 1921, Opaline flees England to avoid a marriage arranged by her treacherous brother, taking with her the love of books she got from her father and finding a job in a Paris bookshop called "Shakespeare and Company."

In modern times, a young Irish wife escapes an abusive husband and finds work in Dublin as a housekeeper. She has never felt a connection to books, but they keep appearing in her basement apartment, probably placed by her eccentric employer. Ph.D. student Henry seeks a lost manuscript. The search brings him to Dublin.

May Book Club Selection

The Women

Author: Kristen Hannah



Tuesday, May 21

3:00 PM in the Creative Arts Studio

April
Calendar

Please highlight the events you would like to take part in and post where you will easily be reminded every day of what is going on in the community.

Highlight the events you would like to take part in and post this calendar where you will easily be reminded every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15 Better Balance - A 9:15 Cardio Circuit - A 10:00 Bold Moves - AR 11:15 Slow Strength - AR	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR 1:00 Bocce Ball Tournament - A 2:00 Brain Boosters - AR April 23 10:00 Depart for Wii Bowling Tournament at Saint Therese - ML	8:15 Jiving with Jessie - AR 9:15 Strong and Fit - A 10:00 Bold Moves - AR 11:15 Stretch and Renew - AR April 3 9:15 Strong and Fit will be held in the AR April 3 9:45 Posture Screening - AR April 24 9:15 Strong and Fit will be held in the AR	8:15 ABCs - AR 9:15 Aquacise - PL 2:00 Open Gym - Fitness Center April 11 - There will be no classes held, only Parkinson's NuStep-a-Thon in the AR Sign Up from 7:00 AM - 4:00 PM	8:15 Cardio Circuit - AR 9:15 Better Balance - AR 11:15 Stretch and Renew - AR April 12 - 3:00 Masters Watch Party and Mini Golf - A	
Key Code Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS	1 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL 7:45 Audubon's Rowe Sanctuary's Sandhill Crane Cam - Ch 990	2 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Depart: Galleria - Floral Experience: Into the Deep 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA 7:45 Audubon's Rowe Sanctuary's Sandhill Crane Cam - Ch 990	3 9:30 Trillium Bells - CA 9:30 Depart: Heron Rookery 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL	4 10:00 Great Decisions: Science Across Borders - A 10:00 Depart: Shopping Plymouth - ML 10:00 Parkinson's Group - RL 11:00 Stitch Wits - CA 12:30 Depart: Ridgedale Excursion 1:00 Touchtown Thursdays - SR 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 Twins Home Opener - A 3:30 Play Readers Group - CA	5 10:00 JAM Session with Joe: All resident meeting - A 11:00 Storyteller: Charles Austin - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:00 Movie: Anatomy of a Fall - A	6 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Good Day Cafe
7 Church Services (Schedule a ride in advance) 1:30 Mah Jongg - CR 5:00 Depart: MN Mandolin Orchestra	8 9:30 Men's Group - RL 10:45 Aging and Staging - RL 11:00 Resident Council Meeting - A 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL 6:30 Westminster Town Hall Forum: Kara Swisher - Ch 990	9 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Curiosity Stream: Travel in America - A 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA 3:00 Movie: Pandas - Wild at Heart - A	10 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 11:00 Saluting the Civil War - Doug Ohman - A 1:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 7:00 Linden Hills Chamber Orchestra - A 7:00 Poker - RL	11 9:00 Vision Loss Resource - CA 9:30 Depart: Orchestra Hall 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 New Writer's Group - SR 7:00 Bible Study - CA	12 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR	13 1:00 Movie: Pandas Wild at Heart - Ch 990
14 Church Services 1:30 Mah Jongg - CR 2:00 Sunday Sing-Along - A 5:00 Sunday Dining: Pajarito Edina	15 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL	16 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Wondrium: A History of Eastern Europe - A 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA 3:00 Book Club - CA	17 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 10:30 AARP - Protect Yourself from Fraud and Identity Theft - A 1:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 3:00 Birthday Party - A 7:00 Poker - RL	18 9:30 Depart: Orchestra Hall 10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Touchtown Thursdays - SR 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 2:00 Global Minnesota: 2024 US Foreign Policy Update - Ch 990	19 10:00 Round Table: The Birches - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:30 Depart: Feed My Starving Children	20 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Paulie's Restaurant
21 Church Services 1:30 Mah Jongg - CR 6:30 Global Minnesota 2024 US Foreign Policy Update - Ch 990	22 9:30 Men's Group - RL 10:45 Aging and Staging - RL 11:00 Community Clean Up - ML 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL 7:00 University of MN: Trumpets - A	23 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 6:30 Westminster Town Hall Forum: Kara Swisher - Ch 990 7:00 Great Decisions Evening Group - RL	24 9:30 Trillium Bells - CA 10:00 Providence Academy Middle School Band - A 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL	25 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 11:45 Depart: Sidekick Theatre: The Fabulous Lipitones 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 Bible Study - CA	26 9:30 Depart: Minneapolis Institute of Art - Art in Bloom 10:00 Free Hearing Aid Clean - Residential Health Services Office 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:00 Movie: Killers of the Flower Moon - A	27 1:00 Depart: MN Sinfonia
28 Church Services 1:30 Mah Jongg - CR	29 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL	30 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Curiosity Stream: Part 2 Rebuilding Notre Dame - A 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 3:00 Ding Dong Dollies - A		Room Abbreviations Auditorium - A Aerobics Room - AR Admin. Conference - AC The Birches - B Café - C Channel 990 - Ch 990 Creative Arts Studio - CA Card Room - CR Cardio/Strength Room - CSR Courtyard - CY Grand Terrace - GT HealthyLife™ Center - HLC Library - L	Room Abbreviations Main Lobby - ML Outdoor Recreational Area - ORA Minnehaha Fireside Lounge - MFL Minnehaha Pub - MP Minnehaha Terrace - MT Pool - P Private Dining Room - PD Resident Lounge # 2170 - RL Service Area - SA Sunroom - SR Spiritual Room - SPR	* All events are subject to change * All events & activities are not included on this calendar