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|---------------------|--------------------|
| Rusty Binford | Chuck Swanson |
| Jan Cutler | Paul Brink |
| John Seymour | Mary Ellen Paulson |
| Louis Altman | Phil L’Heureux |
| Bill Hise | Joan Dayton |
| Becky McAlpine | Bettianne McGrory |
| Clark Olsen | Jean Sinclair |
| Donna Durr | Mark Dahl |
| Janet Anderson | Ralph Harris |
| Barbara Hise | Pat Brink |
| Julie Marshall | Rosemary Daniels |
| Cathy Nyce | Gary Capen |
| Peter Strand | Ann Jaspersen |
| Mary Heltsley | DeAnne Martinsen |
| Tunie Munson-Benson | Bruce Vannelli |
| Rich Sachse | |



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**

Looking Back at July More photos on Uniguest under the photos icon.

10 Year Anniversary Week



TRILLIUM WOODS NEWS

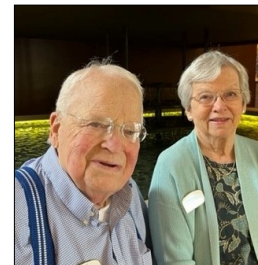
August 2025

Volume 11 Issue 8



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

Getting to Know Our Residents By Clark and Ann Olsen



Here is some background on two transplanted Wisconsinites (diehard Packer and Brewer fans) who have lived at Trillium Woods for almost two years. We both grew up in the La Crosse area but did not meet until after college - Clark at St. Olaf and then University of Wisconsin medical school and Ann at Iowa State. We were married in 1963 and moved to Minneapolis for Clark to start his orthopedic residency at the VA hospital. In the middle of that he was drafted and sent to Fort Jackson, SC where he cared for wounded who were sent directly from Vietnam. After the army, we returned to Minneapolis to finish his residency and then moved to Madison, WI to practice at the Dean Clinic.

We spent five years in Madison and then moved to Ashland, WI where Clark and a longtime friend and fellow resident started their own practice, which flourished for 35+ years. It was a great move for our family, which now included three children. We lived right on Lake Superior between Ashland and the small town of Washburn and had swimming, boating, and fishing right outside our front door. Ann had gardens, both flowers and vegetables, and even a small greenhouse. She was also involved with the community choir for over forty years, being on the board most of those. Around this time Clark was appointed to the state board of medical examiners where he served for twelve years, traveling from Ashland to Madison once a month - a ten-hour round trip.

Very soon we bought a farm about five miles away from our house and began to raise pedigreed Shorthorn cattle. This became a family project with everyone pitching in with chores and bigger projects like building fences and remodeling barns. The children joined 4H and showed cattle and horses at the county fair and sometimes entered maple syrup which we made every spring. Ann had several horses and enjoyed riding beautiful trails through the national forest which opened right outside our back pasture. Our three children attended college in MN (St. Olaf and Gustavus) and then went on to Madison for graduate degrees. They all live close to the Twin Cities now, which is one of the reasons we love it here. The other reason, of course, is all the great people we have met, including the staff, who do so much to entertain us and make our life run smoothly.

ITEMS OF INTEREST

Trillium Woods State Fair Sign Up

Flower Arrangement (for Contest)
Wednesday, August 27

2:00 PM - 3:00 PM in the Creative Arts Studio



This year our state fair will have a flower arrangement contest. The flowers and vases will be provided (you can bring a vase of your own if you want) to all that are interested in trying their hand

at creating an arrangement - which will be viewed Thursday, August 28 at 10:00 AM in the Sunroom by a judging panel. They will then be available for everyone to view at 4:00 PM.

Judging will be based on color scheme, complementary colors, flower shapes being used in a harmonious way, and balance of the arrangement. Be creative and have fun!

You may take your arrangements home after the fair. **Sign up with Mindy Klemm at 763-744-9481 by Thursday, August 21.**

State Fair Fine Arts

This year we will be offering a Fine Arts display for residents and associates to show their art. The art we are looking for this year will



be in the form of **painting, drawing and photography**. All items need to be framed (unless canvas art) to be displayed and will be in the Sunroom (and Creative Arts Studio if needed.) **Please have all of your items brought down to the front desk no later than Monday, August 25.** Your name needs to be attached to the back with tape for identification. If you have a title for your artwork, list that along with your name. Please pick your artwork up at the end of the fair (maximum of three items per person.)

Brooks Falls: Katmai National Park
Brown Bear Cam
Sunday, August 3 at 7:00 PM
Monday, August 4 at 3:00 PM



Brooks Falls, in Alaska's Katmai National Park, is the best place in the world to watch brown bears feasting on salmon, up to 40 salmon per day, as they swim upstream to spawn. Katmai National Park has the largest population of brown bears, at 2,200.

EXPLORE is the largest live nature cam network on the planet. They bring nature to you, raw, unscripted, and unedited. Enjoy the natural world as it unfolds in real time in front of their cameras.
1 hour 30 minutes

Minnesota State Fair Stories
Twin Cities PBS Documentary
Thursday, August 21 at 7:00 PM
Sunday, August 24 at 3:00 PM

Dive into this slice-of-life documentary from the Great Minnesota Get-Together! From 4-H to the Midway, meet the characters who make the Minnesota State Fair great. Discover hidden gems like the llama costume contest and the skate scene. Find out why Machinery Hill and auto racing changed. Unearth diverse Fair history. Renowned storyteller Kevin Kling narrates this documentary covering every acre of the fairgrounds. Get your curds, cows, and crop art here. 53 minutes

Research Conversation
with Dr. Ron Petersen
Alzheimer's Association MN/ND
Monday, August 25 at 7:00 PM
Sunday, August 31 at 3:00 PM

This talk is with speaker Dr. Ron Petersen, neurologist and director of Mayo Clinic Alzheimer's Disease Research Center and the Mayo Clinic Study of Aging. Both involve the study and characterization of aging individuals over time, with emphasis on neuroimaging and biomarkers. His focus is on cognition and normal aging, mild cognitive impairment and dementia. Dr. Petersen talks about the most recent updates and clinical studies, testing, and new treatments available. 24 minutes

EXCURSIONS

South Minneapolis Art Fair
Bachman's on Lyndale
(this is the new home for
the Uptown Art Fair)
Saturday, August 2
Depart: 10:00 AM Return: 1:30 PM
Purchase on your own



The Uptown Art Fair has found a new home - and a new name - bringing together over 300 juried artists. Artists mediums are painting, sculpting, ceramics, photography, jewelry, wood, printmaking, 2-D mixed media, 3-D mixed media, fiber, drawing, and glass. There will be:

- * Incredible art
- * Art demonstrations
- * Live music
- * Food trucks and drinks

Singin' in the Rain
Artistry Theatre and Visual Arts
Thursday, August 7
Depart: 12:00 PM Return: 4:30 PM
Cost: \$47.00

Sign up deadline has passed for this event

The splash-hit musical comedy about silent film stars navigating the bumpy (and hilarious) transition to "talkies." Featuring unforgettable songs, show-stopping dance numbers, this feel-good classic is a love letter to movie magic.

Minneapolis Commodores
Maple Grove Town Green
Monday, August 11
Depart: 6:15 PM Return: 8:45 PM
Free - bring a collapsible chair to sit on
or stadium seat
Sign up deadline: Thursday, August 7

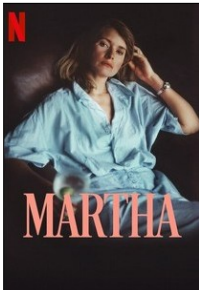
Singing a cappella harmony in 4-part barbershop style is their hobby but they do much more than that. Their singing styles can range from solemn spirituals to vocal swing jazz. They never just stand on their risers and sing...they perform! The show productions are always theatrical with movement and choreography. A big, full quality sound combined with colorful costumes and entertaining stage play make any Commodore production a truly memorable experience.

Movies



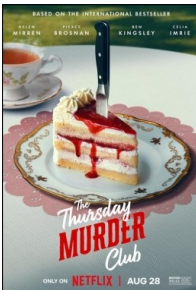
The Amateur
Friday, August 15
1:00 PM in the Auditorium

2025 Spy/Action/Thriller
Charlie Heller (Rami Malek) is a brilliant, but deeply introverted decoder for the CIA, whose life is turned upside down when his wife is killed in a London terrorist attack. When his supervisors refuse to take action, he takes matters into his own hands, embarking on a dangerous trek to track down those responsible.
2 hours 2 minutes



Martha Stewart
Friday, August 22
1:00 PM in the Auditorium

2024 Documentary/Biography
This film on Martha Stewart pulls back the curtain on one of America's greatest self-made icons. From her start as a teenage model to her stint as a Wall Street stockbroker to her gardening/catering lifestyle, Martha built a name for herself. She talks about the empire she built with her magazine and TV series and the scandal that nearly broke her.
1 hour 53 minutes



The Thursday Murder Club
Friday, August 29
1:00 PM in the Auditorium

2025 Comedy/Crime/Mystery
Based on the Thursday Murder Club Series written by Richard Osman. In a peaceful retirement village, four unlikely friends meet up once a week to investigate unsolved murders for fun. Little did they know, their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. 1 hour 58 minutes

Upcoming: Save the Date

- Sept 23 10:30 (TW) Alzheimer's Walk at Trillium Woods, Hot Dog Lunch Auction Baskets
Sept 26 3:00 (TW) Safari Party
*Sept 27 9:30 Walk to End Alzheimer's - Downtown Minneapolis
* Oct 22 12:00 Sidekick Theatre: Fireflies
Oct 31 3:00 Halloween Party
* Nov 5 10:45 Chanhassen Theatre: White Christmas
* Nov 30 5:30 Orpheum: Phantom of the Opera

(TW) indicates the event is at Trillium Woods
* Sign up is not available for excursions at this time!

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
9:00 AM - 3:00 PM

Massage

By appointment only

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 Uniguest. 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

ENCORE! Sale

Sunday, August 3 - 12:00 PM - 4:00 PM
Drop off donations and set up

Monday, August 4 - 12:00 PM - 4:00 PM
Drop off donations and set up

Tuesday, August 5 - 10:00 AM - 5:00 PM
Sale Open to Associates Only

Wednesday, August 6 - 9:00 AM - 3:00 PM
Sale Open to Associates and Residents

Every year we have an Encore Sale of gently used items donated by Trillium Woods residents. **Donated items are NOT tax deductible.**

For information and arrangements call:
Sarah Bell: 612-500-6758
Della Daughton: 612-212-1992



Alzheimer's Chef Dinner
Friday, August 8
Pub dining walk-in welcome
4:30 PM - 7:30 PM
Main Dining Room
Reservations required
5:00 PM - 7:30 PM



This Chef Dinner will be dedicated to Alzheimer's awareness, and a portion of the proceeds will be donated by Trillium Woods. Wear your favorite **purple** accessories to add to the festive dining experience. Look forward to trying menu items from Chef Rob's specially curated menu, with **purple** food ingredients like **lavender** eggplant, **purple** basil, **purple** cauliflower and more. There will be a collection box at the host stand if you would like to show your generosity for the Alzheimer's Association.



Met Opera: Aida
Thursday, August 14
1:00 PM in the Auditorium

For the first time in nearly 40 years, the Met unveiled a grand new production of Aida. The spectacular staging imagined the story of Verdi's Egyptian drama unfolding through the eyes of a team of archaeologists, who discover an ancient tomb and watch as the hieroglyph-covered walls burst to life. Soprano Angel Blue gives a powerful performance in this title role.
Performed January 2025. **2 hours 52 minutes**



Music Under the Stars:
The Floras
Monday, August 18
7:00 PM - 8:00 PM
on the Grand Terrace
Auditorium if inclement weather

The Floras are back, performing your favorite 50's songs. Reminisce the days of the jukebox and the vinyl records while listening to these songs of the past.



August Birthday Party
Wednesday, August 20
3:00 PM - 4:00 PM
in the Auditorium

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

Minneapolis Music Teachers
Performing Group
Tuesday, August 26
10:30 AM - 11:30 AM in the Auditorium

The MMTF Performing Group has been meeting since the 1970s. This is a group of piano teachers from around the Twin Cities. The current leader of the group is Dr. Rebecca Shockley, Professor Emeritus at the University of Minnesota and retired from the School of Music. They meet monthly to perform programs of classical piano music in their homes and sometimes in Senior Communities. Sondra Howe, one of our Trillium Woods residents, will be playing as part of the group. They typically have about eight people playing in each concert.

State Fair Party
Thursday, August 28
4:00 PM - 6:00 PM on the Grand Terrace
Auditorium if inclement weather

Trillium Woods will host our own Minnesota Get-Together on the Grand Terrace - with many fair-favorite foods. **With so many food options, the dining room will be closed.** This State Fair party won't have any rides and the crowds won't be unbearable - but you can still enjoy shoulder-to-shoulder company with your friends. Be sure to visit the farm animals and check out the flower arrangements and the Fine Arts display in the Sunroom.

EXCURSIONS

For all excursions please call Mindy Klemm to sign up at 763-744-9481. 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 Uniguest.

TCO Vikings Training Camp and Museum
Joint Practice with Patriots
Wednesday, August 13
Depart: 12:00 PM Return: 5:00 PM
Cost: \$22.00

*****Sign up deadline: Friday, August 1*****

Visit the Vikings Museum and learn the fascinating stories and insider details of the franchise's first six decades. **Training Camp begins at 2:30 PM** - Watch the teams take the field and enjoy fun football and giveaways! Food and beverages will be available at the concession stands using credit and debit cards - no cash.

Millenium Gardens: Plymouth Rockers
Tuesday, August 19
Depart: 5:45 PM Return: 8:15 PM
Sign up deadline: Friday, August 15
Bring your own collapsible chair

Enjoy the concert outdoors at the beautiful Millenium Gardens. The Plymouth Rockers are singers, all age 55+, from the Mpls/St. Paul area who sing a variety of music from Golden Oldies, Broadway, Patriotic, Folk and Gospel. Set up your chair and wander around, enjoying the garden until the concert starts.

Wildlife Science Center
Wolf and Wildlife Program
Wednesday, August 20
Depart: 9:00 AM Return: 1:00 PM
Cost: \$13.00
Sign up deadline: Thursday, August 14
Must have 10 for this event



The Wildlife Science Center is home to gray wolves, red wolves, Mexican wolves, bears, raptors, mountain lions and other wild animals. It is also an active science center, working to improve the survival of critically endangered wolves. Visitors are encouraged to observe natural systems and to think critically. The first hour will be outdoors with the animals, the 2nd hour will be indoors with an informational experience with raptors.



Minnesota State Fair
Thursday, August 21
Depart: 8:00 AM
Return: 2:00 PM
Cost: \$17.00

Sign up deadline: Monday, August 18

The Great Minnesota Get Together is back! Head over to the fairgrounds for some tasty treats and a wide variety of entertainment and displays. This year there are 63 new specialty drinks and 40 new food items.

Amazon Fulfillment Center Tour
Monday, August 25
Depart: 1:45 PM Return: 4:00 PM
Free
Sign up deadline: Thursday, August 7

Visit the warehouse, see the robots transporting towers of goods, miles of conveyor belts carrying inventory and see how products in your online shopping cart get from Amazon to you. The tour includes at least one flight of stairs and you will walk about 1 mile. Flat, closed-toed shoes required and all long hair must be pulled back. No loose fitting clothing allowed (long jewelry, or scarves.) Must bring drivers license or government issued ID. Do not bring purses.



Christmas with Lorie Line
Providence Academy
Saturday, December 20
Depart: 2:30 PM Return: 4:30 PM
Cost: \$60.00
Sign up deadline:
*****Thursday, July 31*****

Lorie Line returns to the stage as a solo pianist and celebrates the Christmas season with faith-filled stories and holiday music. As always, expect beautiful costumes, elegant piano arrangements, funny stories, and personal words that reflect the true meaning of Christmas as she brings her concert grand piano to the center stage.

EDUCATION IN THE AUDITORIUM

England and Oman
Speakers: Steve and Barb Pieh
Thursday, August 7
10:00 AM - 11:00 AM in the Auditorium



Join Barb and Steve for a presentation of the first part of their four-part series of the tour to 15 UNESCO World Heritage sites. Beginning with information about England's Stonehenge and the Grand Mosque in Oman. Be prepared to learn how Frankincense is cultivated, and what a henge is by definition. (Clue, there are Stone circles and Henges - and you will visit both during this presentation.)



Minnesota from the Road:
Lake Superior's Arrowhead
and Iron Range
Speaker: Doug Ohman
Friday, August 22
10:00 AM - 11:00 AM
in the Auditorium

A historian, photographer, and storyteller all rolled into one. Doug has published 14 books about Minnesota. Explore sights along the Northshore of Lake Superior and the historic Iron Range. Doug will take you on a virtual adventure up the North Shore and make the history of the Iron Range come alive with the stories behind his photographs.



Great Decisions:
AI and American
National Security
Speaker: Christi Siver
Friday, August 8
10:00 AM - 11:00 AM
in the Auditorium

The Artificial Intelligence (AI) revolution is the leading edge of a larger high-tech revolution which promises to transform the world. Experts argue that international cooperation is needed to expand the opportunities these new technologies hold while protecting societies from their dangers. What are the key policy debates in this area, and what are the opportunities and limits on global AI rules of the road?

Christi Siver is a Professor of Political Science at the College of Saint Benedict and Saint John's University. She teaches courses on international relations and international security.



Italian Arts and Crafts
Speaker: Melonie Shipman
Thursday, August 14
10:30 AM - 11:30 AM
in the Auditorium

Sorrento is known for intarsia. Volterra excels in alabaster works. Florence is filled with leathercraft, marbleized paper, stone mosaics, ceramics and copper etching. Fresco paintings, untouched by time, fill the centuries and the places throughout Italy. The expertise is handed down through family generations. Come behind the scenes to be awed by some of the endless supply of craftsmanship that has lasted for centuries.

THE COUNCIL CORNER

Three Reminders:

1. To continue serving on a committee you are already on, you still need to complete and return your committee interest form. If you need the form, please call me.
2. The Encore sale in the auditorium starts August 5 for associates and August 6 for residents. To donate items, please call Sarah Bell or Della Daughton.
3. For dinner, if you have not made a reservation and then find that the Pub is full, check with the host stand. They should be able to seat you in the Dining Room.

Mike Sluss
Resident Council President

ITEMS OF INTEREST

Aging and Staging
Monday, August 11

10:45 AM in the Resident Lounge

Joyce Sluss will discuss "Supporting Each Other" in this month's meeting.

Garden Produce
Comes to You
Beginning Monday, August 4



The Trillium Woods Garden Club is growing fresh shareable produce, and our residents are the lucky recipients of their hard work. A basket will be placed on the counter in the Café of the produce that has been harvested the first Monday of each month, beginning in August. They will continue through the growing season - September and hopefully October.

Produce will be free, washed, and in bags. Please take only one each. First come, first served. They are chemical free, hand picked and grown with TLC.

We are excited to announce a new collaboration with **Curana Health** to expand and enhance the healthcare services available to our independent living residents. This initiative is part of our ongoing commitment to support wellness, accessibility, and proactive care within our community.

To introduce Curana Health and foster resident engagement, we are planning two "Meet the Provider" events in August:



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



Blood Pressure Checks



Tuesdays and Fridays
2:00 PM - 3:00 PM
in the Sunroom

No Blood Pressure Check on Friday, August 22

Vision Loss Resource

Thursday, August 14
9:00 AM in the Creative Arts Studio



Meet and Greet/
Ask the Dietician
with Morgan Belgarde
Tuesday, August 5 at 10:00 AM
Tuesday, August 12 at 10:00 AM
in the Café

Morgan Belgarde, RD
Registered Dietitian, Trillium Woods

Morgan Belgarde joined Trillium Woods in June 2025 as the community's Registered Dietitian. Originally from North Dakota, Morgan has always cherished time with family, especially summers spent at the lake. Her passion for nutrition and wellness led her to relocate to Minneapolis to further her career, with a focus on using food as a powerful tool for healing and health.

Morgan brings a diverse background to her role, with experience spanning foodservice, community nutrition, the service industry, and a variety of clinical settings. This well-rounded perspective allows her to connect with individuals from all walks of life and tailor her approach to meet their unique needs.

At Trillium Woods, Morgan is dedicated to promoting the lifelong benefits of nutrition through education and personalized coaching. Her mission is to empower residents to make informed, healthful choices that support their overall well-being and enhance their quality of life.

Happy Hour Meet and Greet
Monday, August 18
3:00 PM - 4:00 PM in the Auditorium
Light refreshments and beverages provided

Coffee and Donuts Chat
Tuesday, August 19
10:00 AM - 11:00 AM in the Auditorium
Casual morning gathering with
coffee and pastries

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 12:00 PM – 2:00 PM
Lunds & Byerlys and Cub in Maple Grove

Thursdays from 10:00 AM – 12:00 PM
Target and HyVee in Plymouth
Including Plymouth Library

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

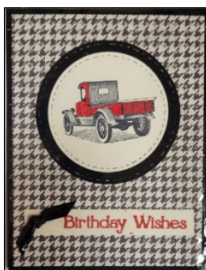
Tech Café with Jen Erickson
Tuesday, August 5 and 19
9:00 AM - 10:00 AM in the Café



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.

Reminder to bring your passwords, including your Apple ID, if you have an Apple product.

Card Making
with Barb and Audrey
Wednesday, August 20
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

Thursday, August 28
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-served basis only.

Bingo

Every Tuesday from 1:30 PM – 2:30 PM
In the Creative Arts Studio
NO Bingo on Tuesday, August 5



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

Ridgedale Mall Excursion

Thursday, August 7

Departing: 12:30 PM Returning: 2:30 PM

On the first Thursday of this 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.**

Call Mindy Klemm at 763-744-9481 to sign up.
Must have minimum of 6 for dining.

August Dining Excursions
Pay for Your Own Meal

Men's Breakfast: Original Pancake House
8:30 AM - 10:30 AM
Saturday, August 9 and 23

Ladies Luncheon - 11:30 AM - 1:30 PM

The Cheesecake Factory \$\$
Saturday, August 9

Benihana \$\$\$
Saturday, August 23

Sunday, August 17
Dining: JAX Café \$\$\$
Depart: 5:00 PM Return: 7:30 PM

Reservations must be made 48 hours in advance.

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



Sunday Sing-Along
will resume on
Sunday, September 14

Sam's Segment

Mindfulness for Beginners:
A Step-by-Step Guide to Getting Started



According to Thich Nhat Hanh, "Mindfulness" is keeping one's consciousness alive to the present reality. Research shows that mindfulness can boost our overall well-being with a variety of benefits. If you have never tried it or are curious about trying it, here are a few easy techniques to get you started.

1. Find a quiet spot where you may sit or lie comfortably.
2. Focus on your breath.
3. Engage your senses.
4. End with gratitude.

Finish by thinking of something you are thankful for, big or small. Sit with this gratitude for a moment. By practicing these steps each day, they can help you feel calmer and more connected to yourself. Mindfulness is a journey, not a destination.

More information found in the August WellNews!

Check out Meditation Classes on Mondays,
Wednesdays, and Fridays from 12:15 PM - 12:30 PM!

Active Adventure: Garden Tour
Eloise Butler Wildflower Garden
Tuesday, August 5

Depart: 10:30 AM Return: 12:30 AM

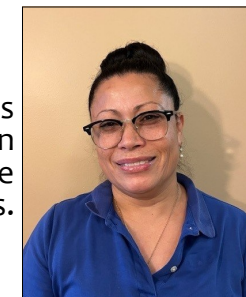
Join a garden naturalist on a tour of the garden to learn about the garden's history and seasonal wildflowers. The trails are narrow and covered with fine, shredded woodchips. Some trails are steep/rugged.

Associate of the Month



June 2025
Lilia Molina
Lead Housekeeper

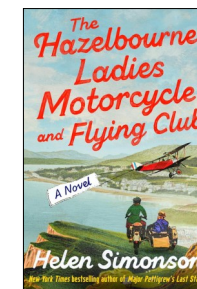
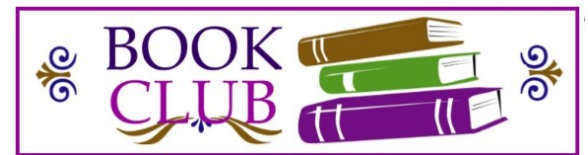
Lilia has worked for Trillium Woods for 10 years. She currently lives in Minneapolis, is married, with three sons, Rodrigo, Omar, and Carlos. She also has two yorkies and one Chihuahua.



Lightning round questions:

Favorite season?
Lake or beach?
Ketchup or mustard?
Favorite beverage?
Sweet or salty?
Favorite movie?
Favorite pizza toppings?
Football or baseball?
Favorite professional team to follow?
What was your first job?
Morning person or night owl?
French Fries or potato chips?
iPhone or Samsung?
Target or Walmart?

Spring
Lake Minnetonka
Ketchup
Iced Tea
Sweet
Fox and Hound
Hawaiian
Football
Green Bay
Drycleaner
Morning person
French Fries
iPhone
Target



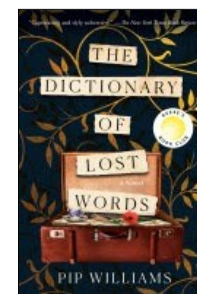
August Book Club Selection
The Hazelbourne Ladies
Motorcycle and Flying Club

Author: Helen Simonson

Tuesday, August 19

3:00 PM in the Creative Arts Studio

A timeless comedy of manners about a generation of young women facing the seismic changes brought on by war and dreaming. It is the summer of 1919. The men return from war and the women are forced to confront the reality that the freedoms they gained during the war are likely to be revoked. Constance Haverhill is without prospects. She is alone and forced to give up her wartime job. At the seaside Meredith Hotel she meets Poppy Wirrel who wears trousers, operates a taxi and delivery service and manages a ladies' motorcycle club.



September Book Club Selection
The Dictionary of Lost Words

Author: Pip Williams




Tuesday, September 16

3:00 PM in the Creative Arts Studio

In the 1880's lexicographers who worked to develop the first Oxford English Dictionary had to determine which words to include and which to exclude. In this historical fiction novel, many words common to women were excluded. The daughter of one of the lexicographers devotes her life to rescuing words from oblivion. If you were developing a complete dictionary and had the discretion to omit certain words, what would you exclude?

August
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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15 Better Balance - AR 9:15 Cardio Circuit - AR 10:00 Bold Moves - AR 11:15 Slow Strength - AR 12:15 Meditation - AR	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR 10:00 Bocce Ball Club - ORA	8:15 Jiving with Jessie - AR 9:15 Strong and Fit - AR 9:15 Aqua Fit - P 10:00 Bold Moves - AR 10:00 Cornhole Club - GT 11:15 Stretch and Renew - AR 12:15 Meditation - AR	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Pickleball Club - ORA	8:15 Cardio Circuit - AR 9:00 Gentle Adaptive Walking Club - GT 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:15 Meditation - AR	
Key Code Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS	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	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	* All events are subject to change * All events and activities are not included on this calendar		1 10:00 JAM Session with Joe NO Storyteller 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR	2 10:00 Depart: South Minneapolis Art Fair
3 Church Services 1:30 Mah Jongg - CR 7:00 Brooks Falls Katmai National Park Bear Cam - Ch 990	4 9:30 Men’s Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold’em - RL 3:00 Brooks Falls Katmai National Park Bear Cam - Ch 990	5 ENCORE! Sale - Associates Only 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Meet and Greet - Ask a Dietician - C 10:30 Depart: NIFS Active Adventure 1:00 Bridge - CR 1:30 NO Bingo - CA 2:00 Blood Pressure Check - SR	6 9:00 ENCORE! Sale - Residents and Associates - A 9:30 Trillium Bells - CA 10:30 German Conversation - RL 12:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL	7 10:00 England and Oman: Steve and Barb Pieh - A 10:00 Movement Disorders Support Group 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 12:00 Depart: Singin’ In the Rain 12:30 Depart: Ridgedale Mall Excursion 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL	8 10:00 Great Decisions: AI and American National Security - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 4:30 Alzheimer’s Chef Dinner - Pub 5:00 Alzheimer’s Chef Dinner - Main Dining	9 8:30 Depart: Men’s Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - The Cheesecake Factory
10 Church Services 1:30 Mah Jongg - CR 2:00 NO Sunday Sing-Along	11 9:30 Men’s Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 12:30 Resident Council Meeting - AC 2:30 Texas Hold’em - RL 6:15 Depart: Maple Grove Town Green: Minneapolis Commodores 7:00 Green Team - RL	12 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Meet and Greet - Ask a Dietician - C 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:30 Bible Study - CA	13 9:30 Trillium Bells - CA 10:30 German Conversation - RL 12:00 Depart: Shopping Maple Grove - ML 12:00 Depart: TCO Vikings Training Camp and Museum 1:00 Mah Jongg - CR 7:00 Poker - RL	14 9:00 Vision Loss Resource - CA 10:00 Depart: Shopping Plymouth - ML 10:30 Italian Arts and Crafts - Melonie Shipman - A 11:00 Stitch Wits - CA 1:00 Met Opera: Aida - A 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 New Writer’s Group - SR	15 1:00 Movie: The Amateur - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR	16
17 Church Services 1:30 Mah Jongg - CR 5:00 Depart: Sunday Dining: JAX Café	18 9:30 Men’s Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold’em - RL 3:00 Happy Hour Meet and Greet Curana Health - A 7:00 Music Under the Stars: The Floras - GT	19 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Coffee and Donut Chat: Curana Health - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:00 Book Club - CA 5:45 Depart: Plymouth Rockers	20 9:00 Depart: Wildlife Science Center 9:30 Trillium Bells - CA 10:30 German Conversation - RL 12:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 3:00 Birthday Party - A 7:00 Poker - RL	21 8:00 Depart: Minnesota State Fair 10:00 Movement Disorders Support Group 10:00 Depart: Shopping Plymouth 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 Minnesota State Fair Stories - Ch 990	22 10:00 Minnesota from the Road: Doug Ohman - A 1:00 Mah Jongg with Dorothy - R 1:00 Movie: Martha Stewart - A 2:00 NO Blood Pressure Check - SR	23 8:30 Depart: Men’s Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Benihana
24 Church Services 1:30 Mah Jongg - CR 3:00 Minnesota State Fair Stories - Ch 990	25 9:30 Men’s Group - RL 12:00 Scrabble and Cribbage - RL 1:45 Depart: Amazon Fullfillment Center Tour 2:30 Texas Hold’em - RL 7:00 Research Conversation wth Dr. Ron Petersen - ALZ - Ch 990	26 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Minneapolis Music Teachers Performing Group - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:30 Bible Study - CA 7:00 Great Decisions Evening Group - RL	27 9:30 Trillium Bells - CA 10:30 German Conversation - RL 12:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 2:00 Flower Arrangements - CA 7:00 Poker - RL	28 10:00 Free Hearing Aid Cleaning Residential Health Services Office 10:00 Depart: Shopping Plymouth 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 4:00 State Fair Party - GT	29 10:00 Great Courses: Germany and Austria - A 1:00 Mah Jongg with Dorothy - R 1:00 Movie: The Thursday Murder Club - A 2:00 Blood Pressure Check - SR	30
31 Church Services 1:30 Mah Jongg - CR 3:00 Research Conversation - ALZ - Ch 990						