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|---------------------|-------------------|
| Diane Brand | Lin Jodan |
| Marvin Cross | Nancy Kleeman |
| Rolf Haugen | Linda Sand |
| Don Ryks | Rick Whiting |
| Shirley Greves | Marvin Bauer |
| Heidi Poey | Marlene Ellis |
| Mary Speerschneider | Jane Johnston |
| Jack Raby | Beth Burns |
| Gwen Ladner | Dennis Kudelka |
| Lois Finanger | Rusty Huff |
| Sharon Lentz | Bonnie Weathermon |
| Joan Lucht | Carrol Hyde |
| Rick Weathermon | Karen Reed |
| Dee Luikart | Dave Waterbury |
| Eiko Hidani | |



Music Under the Stars: CODA

Looking Back at June



Men's Day Program

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?

Emotional

Environmental

Health Services

Intellectual

Physical

Social

Spiritual

Vocational

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

TRILLIUM WOODS NEWS

July 2023

Volume 9 Issue 7

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 Judy Briggs

Judy was born in Evanston, Illinois, she was the youngest of two sisters with loving parents. They lived in a big house with her grandmother, a block from Lake Michigan. Judy fondly remembers the lively house with lots of relatives and her beloved dog, Patsy - an Irish Setter. When Judy was four, her father got a job in St. Paul, MN and the family moved north. Judy's mother thought St. Paul was not as chic as Chicago - they made many trips back to visit!

Judy and her sister, Kitty, enjoyed their new home and loved organizing neighborhood plays, but of course they always had the starring roles. Their creativity led them to run a dance school for all the neighborhood kids too! They both attended Summit School in St Paul. Then they attended the University of Minnesota, where Judy met Brad Van Nest, the love of her life.

They married in 1955. After living on the Air Force base in Kansas during Brad's service as First Lieutenant, they moved to Lake Minnetonka and raised their family. They had three children - Fritz, Barbara and Karen. The children loved sailing and boating on the lake - and Brad was a Judge at the Minnetonka Yacht Club. Judy was an excellent homemaker, and she was the Office Manager for the company Brad founded - Builders Development and Finance. They were avid golfers - a passion that continues to this day for Judy.

Sadly, Brad unexpectedly passed away in 1988. After a time, Judy was ready to enjoy life again - and began dating Billy Briggs, whom she had known since childhood. They married in 1991 and moved to Deephaven, MN. They built a beautiful new house with an all-flower yard! Bill was a life-long train buff, and their new home had a 1,500 square foot model train room.

Judy became a widow for the second time in 2009. She continued to live in their Deephaven home for many years - enjoying the single life! In the fall of 2021 Judy moved to Trillium Woods, joining numerous good pals that were already living there. She loves her remodeled condo and the wealth of new friends she has made at Trillium Woods. Life is good!

ITEMS OF INTEREST

Pinochle - Looking for Players
Tuesday Mornings 9:00 AM - 10:30 AM
in the Resident Lounge

Looking for residents interested in playing pinochle, to join the fun, in this morning card group. Stop in and check it out.

Looking for a Volunteer(s) to choose movies for Trillium Woods viewing

Community Life Services is looking for a few movie buffs to volunteer to work together in the selection process of movies to be played in the Auditorium and on Channel 990 each month. If you are interested, please contact Tonia Swennes at 763-744-9407.

Thank You to all who donated glasses for the Lions Club International Used Eyeglass Recycling Program. We collected a total of 293 glasses/sunglasses with your help and the local community.

Global Minnesota: Responding to the Humanitarian Crisis in Somalia
Wednesday, July 5
7:00 PM on Channel 990



With ongoing drought conditions and a changing climate, Somalians are facing acute hunger insecurity and many are leaving Somalia for neighboring Kenya, in hopes of improved conditions.

Watch this conversation with Global Minnesota and Alight about the humanitarian crisis, the global response, and an update on Alight's work in both Somalia and Kenya.

Keynote speaker, Zeinab Aidid, is a Somali Canadian humanitarian worker based in Nairobi, Kenya. She has worked with Alight for the past five years in Somalia, Ethiopia and Kenya. She's passionate about storytelling and challenging the often negative perceptions of people in need. **1 hour**

Brooks Falls: Katmai National Park
Sunday, July 9
7:00 PM - 9:30 PM on Channel 990



Brooks Falls, in Alaska's Katmai National Park, is the best place in the world to watch brown bears feasting on salmon as they swim upstream to spawn.

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.

Olli At the U - At the Center The Evolution of Cancer Therapy
Speaker: Dr. Christopher Pennell
Associate Professor of Laboratory Medicine and Pathology
at the University of Minnesota
Monday, July 17
7:00 PM - 8:30 PM on Channel 990



the University of Minnesota.

Dr. Pennell's research explores novel strategies for immunotherapy, looking at a personalized medicine approach for treating cancer. He serves as the Masonic Cancer Center's Associate Director of Education and he co-directs the student outreach program for the Institute for Engineering in Medicine at

EXCURSIONS

Lake Harriet Bandshell: MN Orchestra
Symphony for the Cities
Monday, July 3
Depart: 6:30 PM Return: 9:15 PM
Free

Led by Chia-Hsuan Lin, the Minnesota Orchestra offers a free outdoor performance featuring classical favorites, film music, Sousa marches and more - as an annual thank you to the community. Bring folding lawn chairs if you'd like, as seating may be limited.



Minnesota Landscape Arboretum
Friday, July 7
Depart: 9:30 AM Return: 1:00 PM
Free



Summer is in full swing and the rose gardens are in full bloom. There are three rose gardens, including the Nelson Shrub Rose Garden, the Ankeny-Lang Rose Walk, and the Wilson Rose Garden. Grab a map when you enter the

Visitor Center before you head out. The rest of the gardens are also in full bloom, so make time for them all. Drive the scenic three-mile drive on your way out.

Silverwood Park: Walk with a Naturalist
Sunday, July 9
Depart: 1:00 PM Return: 3:30 PM
Free



Plan to be outside the front of the Visitor Center by 1:50 PM to join a naturalist for a walk along Silverwood's trails. Observe seasonal changes happening in the gardens, forests, prairies, lake and more. Bring binoculars if

you have them for this 45 minute walk. Trails are paved and mostly flat with some small hills and about two thirds of a mile long. Inside the Visitor Center you will find a small café and the art gallery, with current exhibitions by Liz Miller - Variegated Canopy and Suyao Tian - Peace of Mind.



Movies



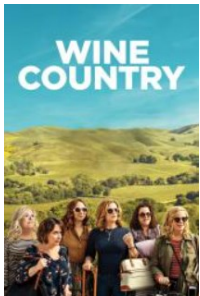
The Zookeepers Wife
Sunday, July 2
7:00 PM on Channel 990

2017 War/Drama
After the Nazis invade Poland, Warsaw Zoo caretakers Antonina and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto. **2 hours 7 minutes**



A Man Called Otto
Monday, July 10
7:00 PM on Channel 990

2022 Drama/Comedy
Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around. **2 hours 6 minutes**



Wine Country
Friday, July 21
2:00 PM in the Auditorium

2019 Comedy
When longtime friends come together for a wine-soaked birthday trip to Napa Valley, their perfectly planned weekend becomes messier by the minute. **1 hour 43 minutes**



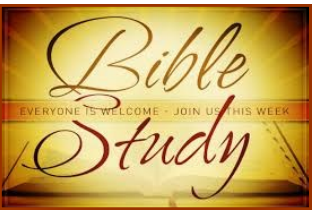
Devotion
Sunday, July 30
7:00 PM on Channel 990

2022 War/Action
Jesse Brown, the first black aviator in Navy history, and his fellow fighter pilot and friend, Tom Hudner, are two elite US Navy fighter pilots who helped turn the tide in the most brutal battle in the Korean War. Their heroic sacrifices and enduring friendship would ultimately make them the Navy's most celebrated wingmen. **2 hours 19 minutes**

Anniversary Week Themed Days

- Monday, July 10
Wear bright summer colors
- Tuesday, July 11
Wear sports team apparel
- Wednesday, July 12
Wear purple for Alzheimer's Awareness
- Thursday, July 13
Wear neon colors
- Friday, July 14
Wear Trillium Woods apparel

Change in Dates for Bible Study
For Month of July only



- Thursday, July 13
- and
- Wednesday, July 26



Trillium Woods Transportation

To request transportation, please fill out a request form. Forms can 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**.



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

Call 763-744-9412 to make an appointment.

ARTS AND ENTERTAINMENT

Zenshin Daiko

Saturday, July 1

2:00 PM on the Grand Terrace
Cancelled if inclement weather



Start your 4th of July holiday weekend with Zenshin Daiko Taiko. All the way from Maui, Hawaii, the group has performed in over 1,000 cultural and community events all over Maui and on the neighbor islands since forming in 1999. This group is age 6 – 16 and will perform and share their unique drum skills with us.



Met Opera: Fedora

Friday, July 7

2:00 PM
in the Auditorium

One of opera's ultimate diva showcases, Umberto Giordano's Fedora has all the hallmarks of a great verismo tragedy. In it, a Russian princess vows to avenge the murder of her betrothed, only to fall in love with the man who killed him. This tale is packed with oversized emotions, fraught encounters, and unexpected plot twists. Performance date January 2023. **1 hour 53 minutes**



Trillium Woods 8th Anniversary Celebration

Naturally Delicious
Ice Cream Truck
Monday, July 10

1:00 PM - 3:00 PM on the Grand Terrace

Residents and associates should head out to the Grand Terrace to visit with friends/co-workers after lunch and enjoy an ice cream cone, made with homemade premium ice cream, for our eighth anniversary party. Wear bright colors!



July Alzheimer's Event Speaker: Ron Schara

Fish Taco Lunch

Wednesday, July 12

10:30 AM in the Auditorium

Minnesota Bound's own, Ron Schara, will share his stories as part of our summer Alzheimer's Fundraiser. This is a not-to-be-missed presentation. There will be a fish taco lunch to raise funds for Alzheimer's along with other fundraising activities. Cash or check made out to Alzheimer's Association only. Watch your in-house mailbox for more information. Wear purple!



Music Under the Stars

Benny Weinbeck Duo

Tuesday, July 18

7:00 PM - 8:00 PM

on the Grand Terrace
Auditorium if rain

Benny Weinbeck is a successful performer, producer, composer, arranger and bandleader. His playing styles include jazz, Latin, and world music.

July Birthday Party

Wednesday, July 19

3:00 PM in the Auditorium

Come to the Auditorium and help celebrate those with birthdays in the month of July! Enjoy a piece of cake while visiting with friends. Everyone is invited and it's sure to be a fun-filled afternoon. **1 hour**



Storyteller: John Brand

IN THE AUDITORIUM!

FOR ONE PERFORMANCE ONLY!

on Friday, July 21 at 11:00 AM

The World-Renowned Author
and Philosopher

Mark Twain of Hannibal, MO
and Hartford, CT

Will Present his Views on the
Most Important Topics of the Day:
Politics, Sex and Religion !!!

Admission FREE

CHILDREN NOT ADMITTED

Platte Valley Boys with Tony Andreason

Bluegrass Concert

Thursday, July 27

7:00 PM in the Auditorium



The Platte Valley Boys band has been playing together since 1974.

In 2007, the Platte Valley Boys became the first bluegrass band to be inducted into the Minnesota Rock and Country Hall of Fame.

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.

Old Log Theatre: Million Dollar Quartet

Thursday, July 13

Depart: 10:30 AM Return: 3:45 PM

Lunch and Show

Sign up has ended for this event



The musical captures the memorable day when four Rock n' Roll greats made music history. On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records' storefront studio in Memphis, TN. The man who made it happen was the "Father of Rock 'n' Roll," Sam Phillips, who discovered them all. This was the only occasion the four legends-to-be played together, and it has come to be known as one of the greatest rock jam sessions of all time.

Star Tribune Printing Plant Tour

Friday, July 14

Depart: 9:15 AM Return: 11:30 AM

Free

Sign Up Deadline: Thursday, July 6



At the Heritage Printing Facility, learn about the fascinating production story, including robots and giant rolls of paper. There is some walking and some conference room chat time. This tour will be one hour long. The building is fully accessible.

Must wear closed toe shoes.

Lake Harriet Bandshell: MN Sinfonia

Summer Classical I

Friday, July 14

Depart: 6:30 PM Return: 9:00 PM

Free

Overture to the Barber of Seville
Ancient Airs and Dances, Suite I
Symphony No. 104, "London"

Bring folding lawn chairs if you'd like, as seating may be limited.

New Hope Performance Center

Off-Broadway Musical Theatre

The Sound of Music

Thursday, July 20

Depart: 7:00 PM Return: 10:15 PM

Cost: \$5.00

Sign Up Deadline: Tuesday, July 18



Off-Broadway Musical Theatre celebrates 50 years, with theatre under the stars. This production is a community-based arts group offering a full-scale musical, on stage, **outdoors**.

This classic, heartwarming story is based on the real life story of the von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II.

Seating is **outside** on backless, cement bleachers, so you may want to bring a collapsible chair, or portable stadium seat with you on the bus. Begins at 8:00 PM.



Cleveland Guardians

vs MN Twins

Wednesday, August 30

Depart: 11:00 AM

Return: 4:00 PM

Cost: \$43.00

Sign Up Deadline: Thursday, August 3



Don't be this guy

Please show up 15 minutes before the scheduled departure time so there is enough time to get everyone loaded onto the bus/van and ready to leave as scheduled.

EDUCATION IN THE AUDITORIUM

Wondrium: World War II The Pacific Theater Streamed Programming

Thursday, July 6
10:30 AM - 11:30 AM in the Auditorium

A Three-Front Pacific War, January–May 1944

By 1944, the momentum in the Pacific Theater had shifted decisively in favor of the Americans. Learn the lessons of Tarawa and continue your study of the stepping-stone strategy as the US military advanced from the Gilberts to the Marshalls and beyond.

The US Leaps to the Marianas, June 1944

One of the reasons Japan attacked the United States was because it needed a secure supply of oil to fight China, but by 1944, Japan's supply lines were failing. The US, too, was stretched in June 1944, with simultaneous campaigns planned for both Normandy and the Marianas. Examine the set up for a decisive confrontation in the Pacific.

Great Decisions: Global Famine

Speaker: Emily Miller

Tuesday, July 18
10:00 AM - 11:00 AM
in the Auditorium



Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before this impending shortage?

Emily Miller is an experienced international development and humanitarian practitioner. Areas of practice and research include economic recovery, global famine and nutrition interventions, conflict and reconciliation, emergency response, monitoring, evaluation and learning, and human rights with a focus on supply chain and ethical labor practices.



Big Birds
Speaker: Melonie Shipman
Tuesday, July 25
10:30 AM in the Auditorium

Weighing up to 30 pounds, wingspans up to nine feet and height up to five feet, these BIG birds do not need binoculars to be seen. Along with their impressive sizes these BIG birds have unique characteristics: gular pouches, trumpeting voices and exuberant courtship dances. Discover the mysteries hidden in those feathers and why each of them calls Minnesota home at some time of the year. **1 hour**

From Fear to Action on Climate Change Speakers: Pat Samples and Barb Rose Thursday, July 27

10:00 AM - 11:30 AM in the Auditorium
Cost: \$3.00 materials fee
Sign up Deadline: Wednesday, July 19
Must have 10 for event

A program offered to Olli members in Fall of 2022, is now being offered at Trillium Woods. This is a three-part series and is participatory.

Many older adults are finding ways to move from anxiety over climate change to action, making small changes in their buying habits, even becoming leaders in climate-saving movements. Drawing on the Growing Greener work of Dr. Mick Smyer and on the nationwide impetus of the nonpartisan Elders Climate Action, this series will equip you with knowledge, resources, inspiration, and personal strategies for contributing to climate health.

Pat Samples is co-leader of Twin Cities Elders Climate Action chapter and a keynote speaker and author of five books on vibrant aging. Barb Rose co-facilitates Washington County's Wellness 50+ program for the Vital Aging Network.

Call Mindy Klemm at 763-744-9481 to sign up.

One Day University: Becoming Mark Twain Life, Death, and Huck Finn on the Mississippi

Speaker: Chris Daly, Boston University
Streamed Programming
Friday, July 28
10:30 AM - 11:30 AM in the Auditorium



What are the origins of Huck Finn, and where did that character Huck Finn come from?

This lecture explores the sources Twain drew on for his novel of the Mississippi and discusses how he became a writer in the first place.

He did not set out to be a writer at all. Initially, he set his sights on a career to pilot steamboats on the broad and mighty Mississippi River.

Musings From YOUR RESIDENT COUNCIL

WELCOME JOE: Council had a meet and greet with Joe Amend-Marshall, our new Executive Director, on June 14. As he said later in his meeting with all residents on June 16, he is excited about being here and working with all of us to keep Trillium Woods as the foremost senior community in the state.

REMEMBERING: At our rescheduled June 20 meeting, Council observed a moment of silence, remembering those residents who had died since our May meeting: Renner Johnston, an orthopedic surgeon, and lover of loons; Fritz Drill another orthopedic surgeon and teacher; Margaret Andrus, the first Trillium Woods resident; Ken Barrera, a foundational pillar and treasurer of the Association; and Dan McAlpine, with his winning smile. In the **REFLECTION** time, Dick Willits shared a delightful poem about living life "inside out."

VISITORS - REMINDER: We welcomed several visitors. Council meetings are generally open, but we have asked that if you wish to attend you **notify me** (or Rita) **well ahead of time**, so we have time to arrange for seating.

FINANCES: Dennis Kudelka, Interim Finance Committee chair, presented the May 31 Association Financial Statements, noting the few transactions during the month. The Association's finances remain healthy. He reminded Committee Chairs to submit budgets for the 2023-2024 Association Fiscal Year, which begins July 1.

NOTES from the EXECUTIVE DIRECTOR and ADMINISTRATOR: With Joe at an LCS Orientation Conference and Matt Phipps away, Sam Paider, Administrator, reported to Council for both positions on June 20. Notably, Building 5 deposits are very close to the needed 36 for financing purposes, and the LCS Development Team and Architects are nearing final details, hoping to present these to residents later this summer. The expansion received some television and business publication coverage. The Birches is operating at very close to budgeted occupancy, with some 35 Trillium Woods residents receiving short-term or long-term care. The Birches' team has made great strides in recruiting staff, thus reducing reliance on outside contract staff. Sam urged us to thank our CNAs this week. She also commented on the flooring and painting updates in The Birches.

ASSOCIATE APPRECIATION FUND TASK FORCE: Council met in executive session to receive the Report from Task Force Chair, Rolf Bjelland. We had a good discussion, but did not make any decisions, preferring instead to make the report available to all residents and to hold a listening session open to all residents, giving all a chance to ask questions and make comments, before Council makes the final decisions on the process for the Appreciation Fund 2023 Campaign. Details will be forthcoming.

THE COMMITTEE'S CORNER: The **Library Committee** is chaired by Jane Johnston. Its mission is to manage library operations, including acquiring books, receiving book donations, selecting books to keep, donating surplus books to local charities, and organizing book displays throughout the Trillium Woods campus. It operates on the honor system – if you take a book out to read, please return it as promptly as possible. It has a budget for acquiring new books – Jane asks that you return the hardback books *with the dust cover*. For more information about this committee, contact Jane.

OTHER NEWS OF NOTE:

- **Scholarship Committee:** Scholarship America, Inc. is reviewing the applications, and the committee hopes to be able to announce awards in the near future.
- **CLOSE THE DOOR!:** When depositing trash or recycle items down the chute, PLEASE BE SURE THE DOOR IS FULLY CLOSED and RED LIGHT OUT. No one in the floors above or below can dispose of trash if that is not done.

Respectfully, Jim Ervin, President

EMBRACE THIS PLACE and All the People in It!

Programming brought to you
by Cari Brastad, R.N.
Health and Wellness Navigator



Blood Pressure Checks
Tuesdays and Fridays
1:00 PM in the Sunroom
No Blood Pressure Check Tuesday, July 4

Vision Loss Resource
Thursday, July 13
9:30 AM in the Creative Arts Studio

Trillium Chimes and Trillium Bells
Will be taking two weeks off

There will be No Chimes on
Tuesday, June 27 and Tuesday, July 4
and No Bells on
Wednesday, June 28 and
Wednesday, July 5

Please mark your calendars.

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.**

St. Bartholomew Catholic Church (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.**

Card Making with Audrey and Barb

**Wednesday, July 12
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.

touchtown tips

Got questions? The answer is always, "Go to Touchtown!!" You can view it on the internet and through an app on your phone. Contact Mindy for more information.

I heard a resident passed away. Where can I go to read their obituary? Once the obituary has been publicized it will be posted on the In Memoriam site and stays there for about a year. If no obituary is made public, it will just list their date of birth and date of death.



Bingo

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

There will be no bingo on July 4

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.**

July Dining Excursions

Pay for Your Own Meal

**Men's Breakfast
Original Pancake House
8:30 AM - 10:30 AM
Saturday, July 8 and 22**



**Ladies Luncheons
11:30 AM - 1:30 PM**

**Saturday, July 8
Redstone \$\$**

**Saturday, July 22
Sunshine Factory \$\$**

**Sunday Dining
Gold Nugget Tavern and Grille \$\$
Sunday, July 16
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
\$\$\$\$ = Very Expensive, usually \$50 and up



**Sunday Sing-Along
Taking the Summer Off
See you on September 10**

Sam's Segment

**Trillium Woods Cup
tournament practice
Wednesdays and Thursdays from
2:00 PM - 3:00 PM**



For those who are participating in the Trillium Woods Cup in July, we will run practices each week for people to learn about the events and practice their skills. Teams can get together and work on their strategies before competing for the ultimate prize of bragging rights.

**Trillium Woods Cup Tournament:
July 24 - July 28
1:00 PM - 3:00 PM**

Trillium Woods Cup details

During the month of July, we will host a weeklong sports tournament in lieu of the Women's World Cup! We will compete based on what building you are in, for men and women's single events, along with team events. The list of events are as follows:

- Chair Volleyball - Auditorium
- Bocce ball - Outdoor Recreational Area
- Putt Challenge - Outdoor Recreational Area
- Frisbee throwing - Outdoor Recreational Area
- Basketball shooting (with a light-weight ball) - Outdoor Recreational Area

Rules and dates of events will be posted in the Fitness Center.

**Trillium Woods Cup Closing Celebration
Friday, July 28 at 3:00 PM**

After the games are over, we will conclude the tournament at the outdoor recreational area with some trophies and snacks!

No Class: On July 4, there will be no classes in observance of Independence Day. The fitness center will be open.



Active Adventures

**Springbrook Nature Center
Monday, July 17**

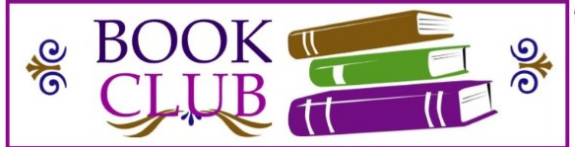
Depart: 1:00 PM Return: 3:00 PM

Springbrook Nature Center is a 127-acre park and nature preserve featuring an interpretive building, over three miles of hiking trails through wooded and wetland areas. Walking trails are primarily boardwalk and woodchip trails and are mostly flat terrain.

**General Mills Nature Preserve
Monday, July 31**

Depart: 1:00 PM Return: 2:30 PM

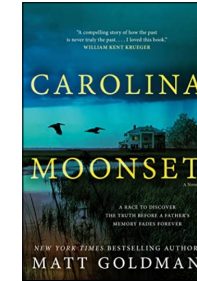
This nature preserve is a 27-acre park that features three distinct habitats: shallow marsh, wet meadow and floodplain forest. This 1/2 mile trail offers mostly flat paved trails.



July Book Club Selection

**Carolina Moonset
Author: Matt Goldman
Tuesday, July 18**

3:00 PM in the Creative Arts Studio

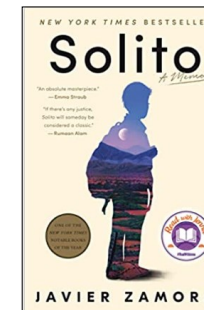


Joey goes home to South Carolina to care for his aging father, whose dementia is advancing, even as his oldest memories become more vivid. Rather than a blessing, his mind retreats into long-ago yesterdays filled with figures from his past, hallucinations, and a hint of deadly secrets and scandals. And then a murder brings the police to the door. The Author's books are best sellers and he is an award-winning television writer.

August Book Club Selection

**Solito: A Memoir
Author: Javier Zamora
Tuesday, August 15**





3:00 PM in the Creative Arts Studio



A young poet tells the harrowing story of his 3,000 mile journey from El Salvador to refuge in the United States. He has left behind his aunt and grandparents in an attempt to reunite with his parents who fled their troubled homeland four years earlier. Traveling alone, the 9-year-old boy encounters a suspicious "coyote" promising help, perilous boat trips, pointed guns and treachery. The expected two-week trek turned into a two-month ordeal, shared with fellow desperate emigrants.

July
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 Balance and Core Strengthening III - A 9:15 Balance and Core Strengthening II - A 10:00 Bold Moves - AR 11:15 Balance and Core Strengthening I - AR	8:15 Tone It Up - AR 9:15 Aquacise - PL 10:00 Pickleball - ORA 2:15 Stretch and Renew - AR There are no classes on July 4	8:15 Walk Around the Lake - L 9:15 Strong and Fit - A 10:00 Bold Moves - AR 11:15 Stretch and Renew - AR 2:00 Trillium Cup Practice - Fitness Center -	8:15 Tone It Up - AR 9:15 Aquacise - PL 10:00 Bocce Ball - ORA 2:00 Trillium Cup Practice - Fitness Center -	8:15 Footwork and Coordination III - AR 9:15 Footwork and Coordination II - AR 11:15 Footwork and Coordination I - AR 3:00 Closing Ceremony Celebration - ORA	
	Trillium Woods Cup Tournament - Week of July 24 - 28 from 1:00 - 3:00 Watch Touchtown Announcements for Daily Times and Events					
Key Code Touchtown 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 Creative Arts Studio - CA Card Room - CR Cardio/Strength Room - CSR Courtyard - CY Grand Terrace - GT HealthyLife™ Center - HLC Library - L Main Lobby - ML	Room Abbreviations 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 Touchtown -- TT 990	* All events are subject to change * All events & activities are not included on this calendar			1 2:00 Zenshin Daiko - GT
2 Church Services (Schedule a ride in advance) 1:30 Mah Jongg - CR 7:00 Movie: The Zookeepers Wife - TT990	3 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL 6:30 Depart: Lake Harriet Bandshell Minnesota Orchestra	4  9:00 Pinochle - RL 9:30 No Trillium Chimers 1:00 No Blood Pressure Check 1:00 Bridge - CR 1:30 No Bingo	5 9:30 No Trillium Bells 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL 7:00 Global MN: Crisis in Somalia TT990	6 10:00 Depart: Shopping Plymouth - ML 10:00 Parkinson's Group - RL 10:30 Wondrium: World War II The Pacific Theater - A 11:00 Stitch Wits - CA 12:30 Depart: Ridgedale Excursion 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:30 Play Readers Group - CA	7 No All resident Meeting 9:30 Depart: MN Landscape Arboretum 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 2:00 Met Opera: Fedora - A	8 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Redstone
9 Church Services 1:30 Mah Jongg - CR 1:00 Depart: Walk With a Naturalist - Silverwood Park 7:00 Brooks Falls - Katmai National Park TT990	10 Wear Bright Summer Colors 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 12:30 Resident Council Meeting - ACR 1:00 8th Anniversary Ice Cream Social - GT 2:30 Texas Hold'em - RL 7:00 Movie: A Man Called Otto - TT990	11 Wear Sports Team Apparel 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA	12 Wear Purple for Alzheimer's 9:30 Trillium Bells - CA 10:30 German Conversation - SP 10:30 Alzheimer's Event: Ron Schara Fish Taco Lunch - A 1:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR	13 Wear Neon Colors 9:30 Vision Loss Resource - CA 10:00 Depart: Shopping Plymouth - ML 10:30 Depart: Old Log Theatre: Million Dollar Quartet 11:00 Stitch Wits - CA 1:00 Hand and Foot - R 1:00 Mah Jongg - RL 3:00 New Writer's Group - SR 7:00 Bible Study - CA	14 Wear Trillium Woods Apparel 9:15 Depart: Star Tribune Tour 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 6:30 Depart: Lake Harriet Bandshell MN Sinfonia	15
16 Church Services 1:30 Mah Jongg - CR 5:00 Depart: Sunday Dining - Gold Nugget Tavern and Grille	17 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 1:00 Depart: Active Adventure - Springbrook Nature Center 2:30 Texas Hold'em - RL 7:00 Olli - At the U - TT990	18 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Great Decisions - A 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 3:00 Book Club - CA 7:00 Music Under the Stars: Benny Weinbeck Duo - GT	19 9:30 Trillium Bells - CA 10:30 German Conversation SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 3:00 Birthday Party - A 7:00 Poker - RL	20 10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - A 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 Depart: Off-Broadway - The Sound of Music	21 10:00 Round Table: Marketing - A 11:00 Storyteller: John Brand - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 2:00 Movie: Wine Country - A	22 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Sunshine Factory
23 Church Services 1:30 Mah Jongg - CR	24 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL	25 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Big Birds: Melonie Shipman - A 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 7:00 Great Decisions Evening Group - RL	26 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL 7:00 Bible Study - CA	27 9:30 Writers Group - CA 10:00 Depart: Shopping Plymouth - ML 10:00 From Fear to Action on Climate Change - A 11:00 Stitch Wits - A 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 No Bible Study - CA 7:00 Platte Valley Boys with Tony Andreason - A	28 10:30 One Day University: Becoming Mark Twain - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR	29
30 Church Services 1:30 Mah Jongg - CR 7:00 Movie: Devotion - TT990	31 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 1:00 Depart: Active Adventure - General Mills Nature Preserve 2:30 Texas Hold'em - RL					