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|---------------------|------------------|
| Bob Ingram | John Terhune |
| Ella Loon | Mary Schluender |
| Wanda Schoeneberger | Charles Austin |
| Jan Freund | Carolyn Laskey |
| Jean Friske | Kathy Kozlak |
| Bob Jodan | Dea L'Heureux |
| Carol Owens | Ken Bauder |
| Jean Raby | Sidney Gemlich |
| Tom Wanvig | Bill Marshall |
| Susan Jasperson | George Bonniwell |
| Linda Pichetti | Stephen Schaefer |
| Bob Ross | Don Deline |
| Judy Schoeneberger | Bob Griffin |
| Jim Lee | |



MISSION STATEMENT

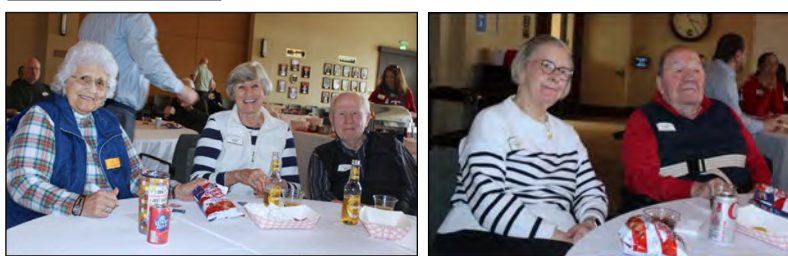
We are a Life Plan Community dedicated to helping seniors enjoy an active lifestyle in a casual, upscale environment. We provide extraordinary hospitality, a variety of innovative wellness services, quality healthcare and personalized residences designed to exceed expectations of each senior we serve.

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**

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



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 Resident
By Sondra Howe

I grew up in Fairfield, Connecticut and attended Wellesley College (AB 1960) where I studied organ and music history and the Harvard Graduate School of Education (AMT in music education). In Boston I met my husband, Bob Howe, who was a student at Harvard Medical School. We were married and moved to Minnesota where Bob spent his whole career at the University of Minnesota Medical School except for three years at the NIH. In the 1980s I studied at the University of Minnesota earning an MA in musicology and a PhD in music education. We lived in Wayzata for 53 years and our three children graduated from Wayzata High School. Our children went East to school and now live in various locations. Deborah is an English teacher in Buffalo, NY and her husband is a computer science professor, and their daughter lives in New York City and son in St. Louis Park, MN. Philip is a political science professor in Michigan. Stephen and his wife Michaela are in business in Boston. Family is important and we meet on Zoom.

Music has always been an important part of my life, and my activities varied depending on my family responsibilities. I have taught all ages of students from preschool music to public school orchestra, choir, and general music, and college courses in music history and theory. I have directed church choirs, played the organ, and taught piano. In addition to practical music, I have pursued research on the history of music education and published two books, several book chapters, and numerous articles in academic journals. Since I moved to Trillium Woods in 2024, I have concentrated on playing the piano, presenting programs in various nursing homes, and singing in the choir at St. Philip the Deacon Lutheran Church. Bob and I had a full, active life. We enjoyed attending concerts, sailing on Lake Minnetonka, and cross-country skiing. We enjoyed traveling and were active in many professional conferences throughout the US and abroad -- Sondra in music and Bob in hematology. I have presented my research in the US, Europe, Asia, South Africa, and Argentina, focusing on Western music in Japan and gender issues in music education. I am enjoying my life at Trillium Woods, making new friends and participating in activities, while still maintaining my involvement in music organizations outside of Trillium Woods.

ITEMS OF INTEREST

Alzheimer's Fundraiser BBQ Lunch and Flower Sales
Wednesday, May 14
11:00 AM - 1:00 PM in the Auditorium
\$10.00 minimum donation for lunch
Cash or checks made out to Alzheimer's Association
Residents and Associates invited

Spring has finally fully arrived, and with that comes BBQ's. While our BBQ will be indoors, some grilling will be done outdoors (and then brought indoors) for your convenience. Associates have done the cooking, making, grilling, and baking for this event and everyone can be part of the luncheon.

Len Busch Roses has graciously donated flowers for this event.

Flowers purchased separately
Cash or checks made out to Alzheimer's Association

Stamp Out Hunger Food Drive
Sponsored by the National Association of Letter Carriers
Monday, May 5 - Saturday, May 10

We will collect canned goods and other non-perishable food items. Please bring your donated items to the large orange collection bin in the mailroom.

Curiosity University:
Does Extinction Matter
The Environmental Consequences
of Declining Biodiversity
Monday, May 5 at 7:00 PM
Thursday, May 8 at 3:00 PM

For most of us, the word “extinction” conjures images of an enormous asteroid and the destruction of dinosaurs 66 million years ago. But in reality, entire species of animals and plants are still disappearing from the earth each year. Just how bad is this decline in biodiversity? According to the International Union for Conservation of Nature’s (IUCN) “Red List” of Threatened Species, 47,000—or 28%—of our 169,000 known species (including mammals, birds, fish, trees, corals and more) are in danger of extinction. In his fascinating talk, Shahid Naeem—Director of Science for Columbia’s Earth Institute Center for Environmental Sustainability (EICES)—poses the provocative question: does extinction truly matter? **1 hour**

OLLI At the U: Hearing Issues
Across the Lifespan
Tuesday, May 13 at 7:00 PM - 8:30 PM
Saturday, May 17 at 3:00 PM - 4:30 PM

Hearing Issues Across the Lifespan features Dr. Matthew Winn, an associate professor of Audiology at the University of Minnesota who is dedicated to conducting research that is motivated by patient concerns, as well as improving scientific communication skills in junior scientists. He directs the Listen Lab, which focuses on speech communication and the factors that make it difficult for people with hearing loss, particularly those with cochlear implants. Learn the signs of hearing loss.

Gold Coast Mansions on Long Island
Monday, May 19 at 7:00 PM
Friday, May 23 at 3:00 PM

Enormous mansions of Long Island's North Shore, nicknamed the Gold Coast, once represented America's largest concentration of wealth. From 1890 to 1930, the richest New Yorkers hired leading architects and landscape designers to build estates within 40 miles of New York City. At Oheka Castle, Planting Fields and Old Westbury Gardens, cost was no obstacle. Some families only kept the house for one generation. **26 minutes**

Newsies
Providence Academy
Sunday, May 4
Depart: 1:30 PM Return: 4:15 PM
Cost: \$10.00
Sign up deadline has ended for this event

Based off of the 1992 movie musical, Newsies is a lively musical about a group of newsboys in 1899 New York City who band together to stand up for fair treatment. Led by Jack Kelly, they fight against powerful newspaper publishers through energetic songs and exciting dance numbers.

Malmborg’s Flower Shopping
Tuesday, May 6
Depart: 9:30 AM Return: 12:30 PM
Purchase on your own
Sign up deadline: Friday, May 2



Looking for signs of Spring? Do your Spring flower shopping at Malmborg’s. Malmborg’s Garden Center has a large selection of annuals and merchandise. See the beautiful blooming plants, lush green foliage, and vibrant mixed planters. They grow finished plants for their own Garden Centers and always have new and interesting varieties. Take the bus over to the center and your purchased plants will be brought back to your apartment for you. The general tour is about a half-hour if you would like to take that first or just go to shop. If you need dirt to transplant, please purchase it while you are there.

Orchestra Hall: Coffee Concert
Søndergård, Fliter and Mozart
Thursday, May 8
Depart: 9:30 AM Return: 2:00 PM
James Ehnes Plays Dvořák
Thursday, May 15
Depart: 9:30 AM Return: 2:00 PM

Dates for the 2025 season are listed on the website. Purchase your ticket by contacting Minnesota Orchestra Hall Ticket Services: 612-371-5656 or online at <https://minnesotaorchestra.org/tickets/subscribe/classical-series>

A Complete Unknown
Wednesday, May 7
1:00 PM in the Auditorium



2024 Drama/Music
In the early 1960s, 19-year-old Bob Dylan (Timothee Chalamet) arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide. Eight Academy Award nominations. **2 hours 20 minutes (R - Profanity)**

Maestro
Thursday, May 22
1:00 PM in the Auditorium



2023 Romance/Musical
Maestro tells the complex love story of Leonard Bernstein and Felicia Cohn Bernstein, a story that spans over 30 years - from the time they met in 1946 at a party and continuing through two engagements, a 25 year marriage, and three children. On the verge of securing a golden opportunity, Leonard begins that tumultuous relationship and upturns both of their lives. **2 hours 9 minutes (R - Language and drug use)**

Sing Sing
Friday, May 30
1:00 PM in the Auditorium



2023 Docudrama
Colman Domingo, imprisoned for a crime he didn't commit, finds purpose by acting in a theatre group alongside other incarcerated men in this story of resilience, humanity, and the transformative power of art. Based on the real-life “Rehabilitation Through the Arts program” at Sing Sing Prison in New York. **1 hour 47 minutes (R - Profanity)**

Upcoming: Save the Date

- *June 6 1:00 Edina Art Fair
- June 10 7:00 (TW) Plymouth Concert Band
- June 13 9:30 (TW) Men’s Breakfast
- June 16 7:00 (TW) Music Under the Stars: CODA
- July 17 4:00 (TW) 10th Anniversary Luau
- July 29 3:00 (TW) Debbie Drill/Becky Gruggen Music Duo (Cori Drill’s daughter)

(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

Augsburg Centennial Singers in Concert Thursday, May 1 7:00 PM - 8:00 PM in the Auditorium

A 44-member men's chorus, come from various walks of life drawn together by their love of singing. Music for this concert includes familiar hymns, songs of praise, gospel selections and patriotic music. The Centennial Singers grew out of the tradition of quartet summer tours, on behalf of Augsburg College.

Trillium Woods Spring Chorale Concert Friday, May 16 3:00 PM in the Auditorium



Storyteller: Heidi Poey From Switzerland to America Friday, May 2 Following JAM Session with Joe in the Auditorium



How each stage of her life led Heidi from Switzerland to a successful career in America.

Pre-Kentucky Derby Party Friday, May 2 3:00 PM - 4:00 PM in the Auditorium



It's a safe bet to say you won't want to miss our derby party. Dress up and put on your fancy hat or bow tie, if you'd like, and join us for a derby like no other.

Here's what you can expect:

- * Mint Juleps and southern fare
- * Associate/resident jockeys with stick horses and trainers. The teams will be announced next week on Uniguest.
- * At the event, select the team you think will win. One resident will win a special gift!

Ladies Spring Program and Lunch Friday, May 9 10:00 AM in the Auditorium

Ladies, please join us for a morning of entertainment and lunch, prepared by the Trillium Woods Culinary Team.

10:00 AM - Speaker: Alison Young
11:00 AM - Lunch
with music by Andrea Stern/harp

Place your RSVP in the box at the reception desk, for this event, by Friday, May 2.

May Birthday Party Wednesday, May 21 3:00 PM - 4:00 PM in the Auditorium

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



Celebration of Life Thursday, May 22 10:00 AM - 11:00 AM in the Auditorium



The Spiritual Advisory Group, along with Administration, have organized a Celebration of Life where we will recognize residents who have passed since June 2024 until now. Let's join together in music and reflection celebrating not just those we have lost, but also all who make up the community of Trillium Woods.

Linden Hills Chamber Orchestra Waltzes, Marches, and Memories: A Springtime Soirée Thursday, May 29 7:00 PM - 8:00 PM in the Auditorium

Emperor Waltzes, Op. 437
Johann Strauss II
West Side Story: Selections
Leonard Bernstein
Capriccio Espagnol, Op. 34
Nikolai Rimsky-Korsakov
Nimrod from *Enigma Variations*, Op. 36
Edward Elgar
Armed Forces Salute

Joyeuse Marche
Emmanuel Chabrier
Bacchanale
from *Samson and Delilah*
Camille Saint-Saëns
The Star-Spangled Banner
John Stafford Smith / Francis Scott Key

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.

Anything Goes Minnetonka Theatre Friday, May 9

Depart: 6:45 PM Return: 10:15 PM
Sign up has ended for this event

When the S.S. American heads out to sea, etiquette and convention head out the portholes as two unlikely pairs set off on the course to true love...proving that sometimes destiny needs a little help from a crew of singing sailors, a comical disguise and some good old-fashioned blackmail.

Minnesota Landscape Arboretum Friday, May 16 9:30 AM - 1:30 PM Free

The Arboretum has 40,000 bulbs showcasing their beauty this spring. The lilacs and crab trees should be at peak bloom. Don't miss the Azalea Woodland Azalea Garden. The three-mile trail is open for walking, and the bus will take the three-mile drive before leaving. Grab a bite to eat and/or check out the art on the main level as well as the hallway outside the dining room. The Gift and Garden store is also open.



Orchestra - Finale Concert Wayzata High School In Auditorium 1

Thursday, May 22
Depart: 6:45 PM Return: 8:45 PM
Cost: \$5.00

Sign up deadline: Wednesday, May 7

Wayzata High School Orchestra students will be playing in the following:

Sinfonia
Camerata
String
Chamber/Symphony

Walker Art Center and Minneapolis Sculpture Garden Friday, May 30

Depart: 9:30 AM Return: 12:30 PM
Cost: \$16.00

Sign up deadline: Wednesday, May 21

The Walker Art Center offers galleries filled with contemporary art and the Sculpture Garden offers 60 sculptures from the Walker collection on 11 scenic acres. You can enhance your visit by adding the app for free to your phone - Bloomberg Connects, to learn about the Gardens history and uncover the meaning behind the sculptures on display. Bring your earphones if you have them.

History Theatre: Whoa! Nellie Saturday, June 7

Depart: 1:00 PM Return: 4:30 PM
Cost: \$35.00

Sign up deadline: Wednesday, May 7

A whirlwind tale of a fake detective (and former child performer), whose countless criminal exploits and penchant for male attire made her a Minnesota media sensation in the late 1800s. This fast-paced, funny, and surprisingly moving new musical follows the path of the enigmatic and relentless "Nellie King," the alias by which she was best known.

MN Twins vs Seattle Mariners Thursday, June 26

Depart: 11:15 AM Return: 4:00 PM
Cost: \$37.00

Sign up deadline: Friday, May 23

Church Basement Ladies Plymouth Playhouse Friday, July 25

Depart: 6:30 PM Return: 9:45 PM
Cost: \$45.00

Sign up deadline: Wednesday, May 21

The Ladies are back with the musical that started it all! You will meet the pastor, three kitchen cooks and one daughter who runs the kitchen, in this musical comedy.

EDUCATION IN THE AUDITORIUM



**Great Decisions: India
Between China, the West,
and the Global South**
Speaker: Ned Downie
Thursday, May 1
10:00 AM - 11:00 AM
in the Auditorium

India is an emerging major power in world affairs, occupying a pivotal position between China, the United States, and the Global South. It's location ensures that it will be an influential voice in debates and political struggles over global order. What are India's choices and opportunities for regional and global leadership?

Ned Downie is a PhD candidate in the Science, Technology, and Environmental Policy program at the Princeton school of Public and International Affairs. He studies how to overcome political and financial obstacles to the energy transition in the developing world, mixing case studies, (India, China, Vietnam) and energy-system modeling.



**Lincoln's Assassination:
A Fragile Time**
Speaker: David Jones
Wednesday, May 14
3:00 PM - 4:00 PM
in the Auditorium

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government.

**Great Courses: The Great Tours
Germany and Austria**
New Class Released in 2024 - Streamed
Professor James Pfrehm
Tuesday, May 20
10:00 AM - 11:00 AM in the Auditorium

A Tale of Three Rivers

Begin with an overview of the historical, cultural, and natural riches of Germany and Austria. Preview the route the course will take along the Danube, Rhine, and Elbe Rivers, as they traverse the two countries.

Vienna: The Heart of Austrian Culture

Your journey starts in Vienna, the cultural, political, and historical epicenter of Austria. You will visit palaces, museums, and parks, along with cafes and beer taverns that typify life in Vienna.



**Florence - Public Art
of Architecture and Statuary**
Speaker: Melonie Shipman
Thursday, May 29
10:30 AM - 11:30 AM
in the Auditorium

How did statuary and architecture impact each other and evolve to give us the Duomo, David by Michelangelo, and Santo Spirito? Each remains uniquely inspirational. Learn how and why the basic materials of stone, marble and bronze were transformed into enduring masterpieces.

Precision Driving Course
Tuesday, June 10
8:30 AM - 12:30 PM in the Auditorium
Cost: \$24.00
Sign up deadline: Monday, June 2

The name has changed, but the program still teaches the same 55+ drivers discount program and is still affiliated with St. Cloud State. The program no longer requires the initial 8-hour class. All classes are now just the 4-hour course to be eligible for the discount with your auto insurance.

Sign up with Mindy Klemm at 763-744-9481. Please have sign up information ready when calling - your apartment number, phone number, email address, and birth year.



ITEM OF INTEREST



Art: Zentangle
Friday, May 9 at 3:00 PM
in the Creative Arts Studio
Joanie Dayton to inspire you

Zentangle is an abstract art form where you draw repetitive, simple patterns. Usually the patterns are drawn using a black marker on white paper, but you could color them in. The patterns can be various forms of hash lines, circles, triangles, squares, flowers, spirals, paisleys, etc. You do not need to be an artist to make a Zentangle. It is a fun and relaxing way to create art while visiting with friends. Supplies will be provided.

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

THE COUNCIL CORNER

In these difficult times when there are increasing concerns for our country, I have a growing appreciation for our Trillium Woods community. When Joyce and I moved here, Trillium Woods quickly became home, not because of the address or because of the croissants, but because of the welcoming nature of fellow residents and staff.

Here at Trillium Woods we continue to have the feeling of freedom to discuss our beliefs in respectful conversations, to have the spirit of wanting to help each other as we are able, and to have the desire to work together to address challenges and problems. Sometimes we need to work harder to achieve these goals, but I think we have the desire and will make the effort to do so.


My hope is that all at Trillium Woods feel as though they live among friends-- some we know well, and some we know not as well. And my hope is that through knowing each other better, our community will become even stronger.

Mike Sluss, President, Resident Council

ITEMS OF INTEREST

Play Readers
will not perform on May 1
due to the funeral
They will return on Thursday, June 5
at their regular times

Green Team to have Guest Speaker
Earthrise Team - Students from
Wayzata High School
Monday, May 12
7:00 PM in the Resident Lounge

Blood Pressure Checks

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

Vision Loss Resource
Thursday, May 8
9:00 AM in the Creative Arts Studio

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



Anatomy Bequest Program
Speaker: Linnea Seidelmann
Wednesday, May 7
10:00 AM - 11:00 AM
in the Auditorium

Linnea Seidelmann, from the University of MN Medical School Anatomy Bequest Program, will be on site to answer the following questions:

What is whole body donation?
How does it support medical advancements in MN?
Can one be an organ donor and a whole body donor?
How do people who are interested sign up?

Linnea is a donation coordinator and provides community outreach. Linnea speaks with individuals planning ahead, considering whole body donation and with next of kin after death has occurred. Linnea is licensed by the MN Dept of Health as a mortician and is a graduate of St. Olaf College and the University of MN. Linnea is encouraged about the trend toward death being mindfully planned as a integral part of life. She looks forward to being able to provide the opportunity for you to learn more and to ask questions.

Osteoporosis and Arthritis Management
Speaker: Dr. Steven Ralles of Allina Health
Tuesday, May 13
11:00 AM - 12:00 PM in the Auditorium



Dr. Steven Ralles is a Minnesota native who graduated from the University of St. Thomas with a degree in Biochemistry. He attended medical school at Drexel University College of Medicine in Philadelphia and Orthopedic Surgery Residency at Loyola Medical Center in Chicago, IL. He completed his subspecialty training in Hip/Knee Arthroplasty at the Anderson Clinic in Alexandria, VA and returned to Minnesota to work for Allina Health. He is currently the Medical Director for the Joint Replacement Center at Abbott Northwestern Hospital.

A light lunch will be served. Please call Cari Brastad to reserve your seat and lunch at 763-744-9503 by Tuesday, May 6.

Finishing Touches Program
Completing a Health Care Directive and
Physician Orders for Life Sustaining
Treatment (POLST)
Thursday, May 29
1:00 PM - 2:00 PM in the Auditorium

Cari Brastad RN Health and Wellness Navigator will present on why a health care directive is an important document to have completed and the difference between a health care directive and POLST form. Forms will be available.

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
Including Plymouth Library

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

Tech Café with Jen Erickson
Tuesday, May 6 and 20
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, May 21
**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, May 22

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



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

Galleria Edina Excursion

Thursday, May 1

Departing: 12:00 PM Returning: 3:00 PM

On the first Thursday of this month, take the bus to Galleria Edina. You can shop, grab a bite to eat, or walk the mall.

**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.

May Dining Excursions
Pay for Your Own Meal

Men's Breakfast: Original Pancake House
8:30 AM - 10:30 AM
Saturday, May 3 and 17

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

Saturday, May 3
Ruscello \$\$\$

Saturday, May 17
Doolittles \$\$

Sunday, May 25
Dining: Master Noodle \$\$
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 not be held in May
Join us on June 8

Sam's Segment



Active Adventure:
Springbrook Nature Center

Friday, May 23

Depart: 12:30 PM Return: 2:45 PM

Enjoy three miles of hiking trails through oak and aspen forests, past prairies and through wetlands with floating boardwalks. Trails are paved/woodchip/boardwalk.

Check out the Interpretive Center, restrooms inside.
Call Mindy Klemm at 763-744-9481 to sign up.

National Senior Health and Fitness Day
Wednesday, May 28

Watch for the Well-News from the Fitness Center for information on this year's exciting event, coming to your in-house mailbox soon.

No Classes on Monday, May 26 - Memorial Day
Classes will resume as usual on Tuesday, May 27.

Associate of the Month
March 2025
Phelesia Wambuaya
Health Support Associate



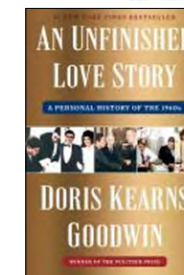
Phelesia has worked at Trillium Woods since July 2024. She lives in Plymouth and has a daughter.

Lightning round questions:

Favorite season?
Lake or beach?
Ketchup or mustard?
Favorite beverage?
Football or baseball?
Favorite Team?
Sweet or salty?
Favorite movie?
Favorite pizza topping?
What was the last show you binge watched?
What was your first job?
Morning person or night owl?
French Fries or potato chips?
iPhone or Samsung?
Target or Walmart?

Summer
Lake
Ketchup
Tea
Football
Vikings
Sweet
Coming to America
Pepperoni

Family Feud
Teaching
Morning person
French Fries
Samsung
Target



May Book Club Selection
An Unfinished Love Story
A Personal History of the 1960's
Author: Doris Kearns Goodwin
Tuesday, May 20
3:00 PM in the Creative Arts Studio

Goodwin, one of America's most beloved historians, artfully weaves together biography, memoir, and history. She takes us through an unparalleled personal time capsule of the 1960's, illuminating public and private moments of the decade when individuals were powered by the conviction they could make a difference; a time, like today, marked by struggles for racial and economic justice, a time when lines were drawn and loyalties tested.



June Book Club Selection
The Great Divide
Author: Christina Henríquez
Tuesday, June 17




3:00 PM in the Creative Arts Studio

It is said that the canal will be the greatest feat of engineering in history. But first, it must be built. Francisco, a local fisherman, resents the foreign powers clamoring for a slice of his country. His son, Omar, wants to work as a digger in the excavation zone. Ada Bunting is a bold sixteen-year-old from Barbados who arrives in Panama as a stowaway alongside thousands of other West Indians seeking work. John Oswald has dedicated his life to scientific research and has journeyed to Panama in single-minded pursuit of one goal: eliminating malaria. A sweeping tale of ambition, loyalty, and sacrifice.

May
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
Key Code Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS	8:15 Better Balance - AR 9:15 Cardio Circuit - AR 10:00 Bold Moves - AR 11:15 Slow Strength - AR 12:15 Meditation - AR May 26 - No Classes - Memorial Day	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR	8:15 Jiving with Jessie - AR 9:15 Strong and Fit - AR 9:15 Aqua Fit - P 10:00 Bold Moves - AR 11:15 Stretch and Renew - AR May 28 8:00 - 4:00 National Senior Health and Fitness Day Scavenger Hunt	8:15 ABCs - AR 9:15 Aquacise - PL	8:15 Cardio Circuit - AR 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:15 Meditation - AR May 23 12:30 Depart: NIFS Active Adventure Springbrook Nature Center	
* All events are subject to change * All events and activities are not included on this calendar	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		1 10:00 Great Decisions: India - A 10:00 Movement Disorders Support Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 12:00 Depart: Galleria Edina Excursion 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:30 NO Play Readers Group 7:00 Augsburg Centennial Singers - A	2 10:00 JAM Session with Joe - A Storyteller: Heidi Poey Following the JAM Session - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 Pre-Kentucky Derby Party - A	3 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Ruscello
4 Church Services 1:30 Mah Jongg - CR 1:30 Depart: Providence Academy - Newsies	5 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 TW Chorale - A 2:30 Texas Hold'em - RL 7:00 Curiosity U: Does Extinction Matter - Ch 990	6 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Depart: Malmborg's 9:30 Trillium Chimers - CA 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:30 Bible Study - CA	7 9:30 Trillium Bells - CA 10:00 Anatomy Bequest Program - A 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Movie: A Complete Unknown - A 7:00 Poker - RL	8 9:30 Depart: Coffee Concert 9:00 Vision Loss Resource - CA 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 3:00 Curiosity U: Does Extinction Matter - Ch 990	9 10:00 Ladies Spring Program and Lunch - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 Art: Zentangle - CA 6:45 Depart: Anything Goes	10
11 Church Services 1:30 Mah Jongg - CR No Sunday Sing-Along	12 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 12:30 Resident Council Meeting - AC 2:00 TW Chorale - A 2:30 Texas Hold'em - RL 7:00 Green Team: Earthrise Team - RL	13 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 11:00 Osteoporosis and Arthritis Management - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 7:00 Olli at the U: Hearing Issues Across the Lifespan - Ch 990	14 9:30 Trillium Bells - CA 10:30 German Conversation - RL 11:00 Alzheimer's BBQ and Flowers Sale - A 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 3:00 Lincoln's Assassination - A 7:00 Poker - RL	15 9:30 Depart: Coffee Concert 10:00 Movement Disorders Support Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 2:00 TW Chorale - A	16 9:30 Depart: Minnesota Landscape Arboretum 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 TW Chorale Concert - A	17 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Doolittles 3:00 Olli at the U: Hearing Issues Across the Lifespan - Ch 990
18 Church Services 1:30 Mah Jongg - CR	19 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 12:30 Resident Council Meeting - AC 2:30 Texas Hold'em - RL 2:00 TW Chorale Wrap-up - A 7:00 Gold Coast Mansions on Long Island - Ch 990	20 9:00 Pinochle - RL 9:00 Tech Café - C 9:30 Trillium Chimers - CA 10:00 Great Courses: The Great Tours - Germany and Austria - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:00 Book Club - CA 3:30 Bible Study - CA	21 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Card Making - CA 3:00 Birthday Party - A	22 10:00 Free Hearing Aid Cleaning Residential Health Services Office 10:00 Celebration of Life - A 10:00 Depart: Shopping Plymouth 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 1:00 Movie: Maestro - A 6:45 Depart: Wayzata High School Orchestra	23 1:00 Mah Jongg with Dorothy - R 2:00 Blood Pressure Check - SR 3:00 Gold Coast Mansion on Long Island - Ch 990	24
25 Church Services 1:30 Mah Jongg - CR 5:00 Depart: Sunday Dining: Master Noodle	26 Memorial Day  9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL	27 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 7:00 Great Decisions Evening Group - RL	28 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL	29 10:00 Depart: Shopping Plymouth 10:30 Florence Public Art - A 11:00 Stitch Wits - CA 1:00 Finishing Touches Program - A 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 Linden Hills Chamber Orchestra - A	30 9:30 Depart: Walker Art Center and Sculpture Garden 1:00 Mah Jongg with Dorothy - R 1:00 Movie: Sing Sing - A 2:00 Blood Pressure Check - SR	31