

May Birthdays



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

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



Wii Bowling Team brings home the trophy!



Twins Home Opener Party



Masters Watch Party and Mini Golf



Groundbreaking



Earth Day Community Clean Up



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**

TRILLIUM WOODS NEWS

May 2024

Volume 10 Issue 5



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 Tom and Vicki Hepperlen

Tom was born on Christmas night in the hospital his grandfather had built and where his grandmother started the first nursing school in Beatrice, NE. Tom grew up in Beatrice and his father continued the family tradition of practicing medicine there. Tom attended Hastings College in Hastings, NE for undergraduate and then attended Nebraska Medical School in Omaha, NE. Vicki was born in San Francisco where her dad was in the Army and Broadcasting for Armed Forces Radio during World War II. She grew up in Norfolk, NE and got her nursing degree from Bryan School of Nursing in Lincoln, NE. While Vicki was doing her pediatric rotation at Children's Hospital in Omaha, she met Tom on a blind date. On July 1, 1967, Victoria Thomas married Thomas Hepperlen. We had both been dreaming of traveling to Europe and decided to pool our money and were able to take a six-week trip to Europe (between Tom's junior and senior year). We followed the *Europe on \$5 a day plan*: traveled on the cheapest airline (Icelandic,) rented a car, stayed in pensions, and managed to have the vacation of a lifetime - spending only \$1,800 for the entire trip. That trip made us lifelong lovers of traveling and adventures. Tom did a year of internship and one year of surgery residency in Oakland, CA. He was then called into the Air Force and served a year in Vietnam. Tom did a four-year urology residency at the University of NE. It was also the time we started our family: Michael, Heather, and David. We moved to Sioux City, IA where Tom practiced for 31 years. I was a stay-at-home mom who became very active in many community activities. When Tom retired, we moved to International Falls to build a log home on Rainy Lake. (Truly one of the most satisfying and fun projects we have ever enjoyed). Tom worked three days a month at the clinic. It was a great way to enjoy lots of time on the lake with family and friends, feel like we were part of the community, and filled a needed medical gap. We moved to Minneapolis in 2016 to enjoy our children and grandchildren. We moved to Trillium Woods in August of 2021. We are in a community of friendly, interesting people with so many enjoyable amenities. Vicki has gotten to know The Birches up close and personal, over the past month, due to a freaky fall and several broken bones in her left leg. We look forward to her return to our apartment! However, we both agree that we are exactly where we should be!

ANNOUNCEMENTS

Play Readers Club has changed dates for the month of May
Thursday, May 9
3:30 PM in the Creative Arts Studio

Residents are welcome to stop by to listen to the play beginning at 4:15 PM.

Looking for "Meet the Author" Participants

Have you ever written a book, including a cookbook, published or not? If so, we would like you to participate in a "Meet the Author" series of talks here at Trillium Woods. You could read an excerpt from your book to residents and talk a little about your book(s) and share your personal journey with the writing. Contact Tonia Swennes at 763-744-9407 for more information and to sign up.

We will collect canned goods and other non-perishable food items for the Stamp Out Hunger Food Drive sponsored by the National Association of Letter Carriers

May 6th - May 11th

Please bring your donated items to the collection bin in the mailroom.

EXCURSIONS

Westminster Town Hall Forum: China Beyond Socialism and Capitalism

Speaker: Keyu Jin
Wednesday, May 1

1:30 PM Music 2:00 PM - 3:00 PM Forum

Monday, May 6

6:30 PM Music 7:00 PM - 8:00 PM Forum



Born in China and educated in the U.S., Keyu Jin is a world-renowned economist at the London School of Economics. Fluent in both Eastern and Western cultures, she is uniquely poised to explain China's past and to explore what its future might be. Her recent book is *The New China Playbook: Beyond Socialism and Capitalism*.

She will share her expert view on China and how it may engage the U.S. as a superpower in the future.

OLLI At-the-U: Treating Cancer as an Invasive Species

Friday, May 10 at 1:00 PM

Tuesday, May 14 at 6:30 PM

There are striking similarities between cancer and invasive species as it relates to how they disrupt ecosystems. There also are parallels in eradication strategies. Dr. Christopher Pennell will use the invasive species paradigm to introduce the key concepts of cancer as well as the interdisciplinary comparisons that may suggest novel treatment strategies for cancer.

Christopher Pennell, PhD, is the associate education director of the Masonic Cancer Center.

1 hour 30 minutes

OLLI At-the-U: Awesome Apples Honeycrisps to Kudos®

Wednesday, May 22 at 10:30 AM

Sunday, May 26 at 1:00 PM

Honeycrisp, Haralson, Sweetango, First Kiss - everyone, it seems, has a favorite kind of apple. Did you know that many apple varieties, including those listed, are the result of the University's Apple Breeding program? Dr. Jim Luby will discuss the program's origins and how new varieties are developed and how Honeycrisp changed the apple-breeding game and led to a legacy of varieties, including Kudos®, the program's newest variety.

James Luby, professor, Horticultural Sciences, directs research in fruit crops breeding and genetics. 1 hour 30 minutes

Malmborg's Garden Shopping and Tour

Wednesday, May 1

Depart: 9:30 AM Return: 12:30 PM



Looking for signs of Spring? Do your Spring flower shopping at Malmborg's.

Malmborg's root over 1,300 varieties of plants, producing over five million plants, which are brought in from around the world. 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.

Orchestra Hall: Coffee Concerts

Søndergård, Gerstein and Rachmaninoff

Thursday, May 2

Depart: 9:30 AM Return: 2:00 PM

Tchaikovsky, Korngold and Chin

Thursday, May 9

Depart: 9:30 AM Return: 2:00 PM

Tetzlaff Plays Brahms Violin Concerto

Thursday, May 30

Depart: 9:30 AM Return: 2:00 PM

Purchase your tickets by contacting Minnesota Orchestra Hall Ticket Services:

612-371-5656 or online at

<https://minnesotaorchestra.org/tickets/subscribe/classical-series>

Wayzata Symphony Orchestra: Dark and Light

Wayzata Central Middle School

Sunday, May 5

Depart: 2:30 PM Return: 5:15 PM

Free Event

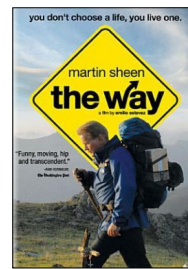
Carl Nielsen: Helios Overture

Chen Yi: Tonie Poem

Sibelius: Symphony No. 2

Nielsen wrote, "Silence and darkness, the sun rises with a joyous song of praise, it wanders its golden way and sinks into the sea."

Movies



The Way

Saturday, May 11

1:00 PM on Channel 990

Monday, May 13

7:00 PM on Channel 990

2011 Comedy/Drama

A grieving father makes a pilgrimage to the Pyrenees in honor of his late son, and experiences a major epiphany during his journey down the Way of Saint James. When his adult son (Emilio Estevez) is killed during an excursion down a Christian pilgrimage route, California doctor Tom (Martin Sheen) vows to complete the treacherous journey. As Tom sets down the 800 km path with only his son's guidebook and backpack, he forges powerful bonds with three fellow travelers (Yorick Van Wageningen, Deborah Kara Unger, James Nesbitt), who alter his perspective of the world and remind him what it means to lead a meaningful life. 2 hours 3 minutes



The Fabelmans

Friday, May 17

1:00 PM in the Auditorium

2022 Drama

Inspired by Steven Spielberg's own childhood, rediscover the magic of movies in *The Fabelmans*, a coming-of-age story about a young man uncovering a shattering family secret and the power of film and imagination to help us see the truth about ourselves and each other.

The Fabelmans tells a timeless tale of heartbreak, healing, and hope for the dreamer inside all of us.

2 hours 31 minutes



Arthur the King

Friday, May 24

1:00 PM in the Auditorium

2024 Adventure/Family

Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team gets pushed to the outer limits of endurance, a dog named Arthur comes along for the ride, redefining what victory, loyalty and friendship truly means. 1 hours 48 minutes

Upcoming: Save the Date		
Sign up is not available for excursions yet!		
June 11	7:00	(TW) Plymouth Concert Band
June 12	5:45	Silverwood Park: Michael Monroe
June 14	10:00	(TW) Men's Breakfast and Program
June 18		(TW) Walleye Event
June 19	7:00	(TW) Nuance/a duo - Music Under the Stars
June 27	1:00	(TW) MN Author: Allen Eskens
June 28	7:00	(TW) Synod Senior Band
July 9	1:00	(TW) 9th Anniversary Ice Cream Social
July 15	7:00	(TW) CODA - Music Under the Stars

(TW) indicates the event is at Trillium Woods

Trillium Woods Salon and Spa

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

Nail Care
Tuesday - Wednesday
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 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



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

Race on down for a frolicking good time. Dress up and put on your fancy hat, if you'd like, and join us for a derby unlike any other. Here is what you can expect:

- ♦ Great food/drink, including finger sandwiches, meat, cheese and cracker platter, Kentucky bourbon pie, mint juleps and more.
- ♦ Associate jockeys, stick horses and resident trainers. The teams will be announced next week on Uniguest, formally Touchtown.
- ♦ At the event, select the team you think will win. One resident will win a special gift.

Alzheimer's Spring Bake Auction Friday, May 3 After the JAM Session with Joe in the Auditorium



Our annual bake auction has moved to spring this year! Home-baked desserts and bread items, made with love by the Trillium Woods associates. They will be auctioned off to benefit the Alzheimer's Association. Auction bidding for residents and associates. Cash or checks made out to Alzheimer's Association.



Minnetonka Senior Choir Journey On Friday, May 3 3:00 PM in the Auditorium

"Journey On" will bring you on a reminiscent journey of life's various stages through songs, slides, and personal stories. You will delight in hearing familiar songs such as *Sentimental Journey*, *Our House*, *In My life*, and so much more.

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

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

- 10:00 AM - Author: Gretchen Anthony
- 11:00 AM - Brunch
With music by PCB Woodwind Quintet

Call Mindy Klemm at 763-744-9481 to reserve your seat for this event by Friday, May 3.



May Birthday Party Wednesday, May 15 3:00 PM - 4:00 PM in the Auditorium

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

Augsburg Centennial Singers Thursday, May 16 7:00 PM in the Auditorium

The Centennial Singers grew out of the tradition of quartet summer tours, singing on behalf of Augsburg College, dating back to 1885. In 1994, under the direction of Merton Strommen ('42), a group of former quartet members decided to celebrate the Centennial of the first quartet tour of Norway by traveling to Norway for a 10-concert tour. They did it again in 2001. Since then, the choir has performed throughout Minnesota, in the southwestern part of the United States and in Florida.

The choir is currently under the direction of Dick Duncan ('71), its fourth conductor. A detailed history of the choir can be found by visiting their website (www.centennialsingers.org).



Celebration of Life Thursday, May 23 10:00 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 2023 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.

Trillium Woods Spring Choral Concert Friday, May 31 3:00 PM in the Auditorium



EXCURSIONS

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

Chanhassen: Beautiful - Carole King Wednesday, May 8 Depart: 10:45 AM Return: 4:15 PM Sign up has ended for this event

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

Silverwood Park: Walk, Art & Owlets Friday, May 10 Depart: 1:00 PM Return: 4:00 PM



Stroll along the trails looking at the outdoor artwork, along with spring ephemeral flowers, tucked into the woods. A Great Horned Owl nest has four owlets that are visible from near the pavilion on a paved trail.

Minnesota Landscape Arboretum Wednesday, May 15 Depart: 9:30 AM Return: 1:30 PM Free



The Arboretum has 40,000 bulbs showcasing their beauty this spring. The lilacs and the crab trees should be at their peak bloom. 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.



MN Twins vs New York Yankees Thursday, May 16 Depart: 11:00 AM Return: 4:00 PM Sign up has ended for this event

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

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

Hopkins Westwind Concert Band Hopkins Center for the Arts Sunday, June 2 Depart: 3:00 PM Return: 5:30 PM Free

Sign up Deadline: Thursday, May 23 PM

A Spring concert ends their season. Come and enjoy their finale.



Nisswa Ladies Trip Wednesday, June 5 Depart: 8:00 AM Return: 9:00 PM Dinner is a free-will donation Sign up Deadline: Tuesday, May 28

Ladies, Nisswa is only a few hours away and you are invited to attend shopping/lunch in Nisswa and excursion to the Deline cabin. Mickie and Don have planned a fun-filled day for all who attend. Here is the day's agenda:

- 8:00 AM Depart Trillium Woods
- 9:15 AM Restroom stop 75 miles down the road
- 11:00 AM - 2:45 PM Lunch and shopping in Nisswa, purchases are resident's responsibility
- 3:00 PM - 5:00 PM Wine, beer, soft drinks and appetizers at Deline's cabin
- 5:00 PM Dinner provided by the Deline's - includes hot dog, brat or hamburger, salad, corn-on-the-cob, and a cookie
- 6:30 PM Depart Nisswa, return to Trillium Woods
- 7:45 PM Quick stop at restroom
- 9:00 PM Arrive at Trillium Woods

American Craft Fest St. Paul Union Depot Saturday, June 8 Depart: 12:30 PM Return: 4:15 PM Free

Sign up Deadline: Friday, May 31

Explore regional craft culture and engage with hands-on activities or live demonstrations led by some of the region's top art organizations. Shop unique handmade goods from more than 30 emerging artists and makers from across the region. They work with glass, ceramics, jewelry, clothing, furniture, basketry, and more, from traditional to contemporary.

EDUCATION IN THE AUDITORIUM

Mahekun Lake Lodge Speaker: Russ Bettschen

Tuesday, May 7
12:30 PM - 1:30 PM in the Auditorium

Join Lori and Russ Bettschen, Jenna Bettschen's (Marketing Coordinator) parents, as they describe their lives as owner/operators of the Lynn Lake Fly-In Outpost Camps located in Northern Manitoba, Canada.



Wondrium: A History of Eastern Europe Speaker: Dr. Vejas Gabriel Liulevicius

University of Tennessee
Streamed Programming
Friday, May 24
10:00 AM - 11:00 AM in the Auditorium

Clashing Golden Ages, 1389-1772

Continue your study of Eastern Europe's development with a look at several decisive battles, including the Battle of Kosovo and the Battle of Tannenberg. You'll see how these battles were transformed into legends and were also key turning points for the region's political landscape. Witness the creation of a united Poland-Lithuania, as well as the rise of modern empires in Prussia, Austria, and Russia.

The Great Crime of Empires: Poland Divided

The combined nation of Poland and Lithuania was a powerful force in the 18th century - and its dissolution is one of the great crimes of the modern era. Civil strife offered neighboring empires to swoop in and annex the nation.

Great Decisions: US - China Trade Rivalry Speaker: Duncan McCampbell

Tuesday, May 28
10:30 AM - 11:30 AM in the Auditorium

China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be?

Professor Duncan McCampbell is an American lawyer and professor of international business and law at Metropolitan State University in Minneapolis. He teaches in Chinese Universities every year and has a new book on US/China relations, *Sunset Over China*, due to release by the end of the year.

Curiosity Stream: Part 3 of 3 Rebuilding Notre Dame - The Heart of a Cathedral

Streamed Programming
Friday, May 31
10:00 AM in the Auditorium

Before the flames, the sacred monument Notre Dame engaged all of the senses—with light, height and acoustics. Now, researchers strive to restore Notre Dame's soul: unveiling its true painted stone and ensuring that the world's most famous organ will resound within the cathedral's walls. **52 minutes**

THE COUNCIL CORNER

The Resident Council meeting for April was held in the auditorium, so residents could attend. This was a listening session to receive comments about the proposed changes to the policies and procedures concerning committees. Many attended and many good suggestions were received. The suggestions are being considered by the Council committee and the final document will be presented to the Council for approval at the May meeting. Your Council president was asked to speak at the groundbreaking event to welcome new residents. I quoted a poem called "Belong" which many have asked for a copy. It was used as the lyrics for a song sung by the Edina Chorale at a recent concert.

Belong (words by Marisha Chamberlain)

Home is home no longer

I'm grown and gone,

Where do I belong?

Could I belong with you?

Could I shelter and share bread with you?

Could we belong?

The house is sold

The family scatters.

Sisters, brothers far away.

Could you belong with me?

Would you shelter and share bread with me?

Could we belong?

Our country boils with anger.

Bullets fly, friendships shatter.

Life is short. But life, it matters.

Could you belong with me?

We'll shelter and share bread together.

We belong.

Dick Willits, President

Keep Smiling!

Free Prescription Pick Up Service



Trillium Woods provides a free prescription pick up service from Walgreens located at 6025 Shenandoah Ln N, Plymouth, just west of Trillium Woods on Chankahda Trail. Their phone number is 763-252-1300.

Simply go to or call the store and place a credit card on file and let them know that you reside at Trillium Woods or The Birches at Trillium Woods. Our Transportation Department picks up medications on Monday, Wednesday, and Friday each week around 3:00 PM. Security will deliver the prescriptions to the Luxor System (notifying you) or to your apartment that afternoon. This service is for prescriptions only.

Associate of the Month

March 2024

Mindy Klemm

Community Life Services Coordinator

Promise fulfilled was #3 - Strive to anticipate your needs and act accordingly.

I was born and raised in Nebraska, near the Missouri River and moved to MN in 1993. My husband Jeff and I raised our two now adult sons in Brooklyn Park. We have been married for 25 years and are celebrating in Greece and Italy this June. For fun I dance (tap and jazz) through Park and Rec with other adult ladies. I have been with Trillium Woods since September of 2021 and I have thoroughly enjoyed every minute!



Lightening round questions:

What is your favorite Season?	Spring
Ketchup or Mustard?	Ketchup
Gold or Silver?	Gold
Favorite Beverage?	Amaretto Sour
Horror movie or Comedy movie?	Comedy
Favorite snack?	Ice cream
Dog or Cat?	Cat
Favorite pizza topping?	Mushrooms
Favorite color?	Purple
Travel by plane or by car?	Plane
Favorite holiday?	Memorial Day
French Fries or Onion Rings?	Onion Rings
iPhone or Samsung?	Samsung

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



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

Vision Loss Resource

Thursday, May 9
9:00 AM in the Creative Arts Studio

Resident Resource Fair: Helping You to Better Yourself

Wednesday, May 29
1:00 PM - 2:30 PM in the Auditorium

In conjunction with "Senior Health and Fitness Day" we will host a Resident Resource Fair all about helping you to better yourself! We will have various resources from the community on hand to meet with you, along with healthy snacks and beverages! Please stop by - you could even win a prize!

MONTHLY HAPPENINGS

Church Services

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



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

Grocery Shopping



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

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

Tech Café with Jen Erickson

May 7 and 21

9:00 AM - 10:00 AM in the Café



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



NO Card Making for the month of May

Free Hearing Aid Clean and Checks with Affinity Hearing

Friday, May 24
 10:00 AM - 11:00 AM

In the Residential Health Services Office

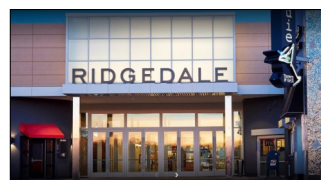
Affinity Hearing will be onsite for assistance with hearing aids: Basic cleaning, changing filters, domes, basic troubleshooting if needs repair. First-come, first-served basis only.

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!



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.

May Dining Excursions

Pay for Your Own Meal

Men's Breakfast: Original Pancake House

8:30 AM - 10:30 AM

Saturday, May 4 and 18

Ladies Luncheons

11:30 AM - 1:30 PM

Saturday, May 4: P.F. Chang's \$\$

Saturday, May 18: Biaggi's \$\$

Sunday, May 19

Dining: The Dragon Jade \$\$

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

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

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



Sunday Sing-Along

Taking the Summer Off

See you in September



Questions with Mindy

May 2 and 16

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

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

Sam's Segment



National Health and Senior Fitness Day:

Resident Resource Fair

Wednesday, May 29

1:00 PM in the Auditorium

**Jiving with Jessie theme of the Month:
 Jiving through the Ages (50's to the 90's)**

**NO CLASS on Monday, May 27
 in observance of Memorial Day**

Class Update

**Any classes previously held in the Auditorium
 will be moved to the Aerobics Room starting**

Wednesday, May 1

Calendar Changes

Bocce Ball Club: Mondays at 12:00 PM

Pickleball Club: Thursdays at 10:00 AM

Meditation: Fridays from 12:15 PM - 12:30 PM

Watch for your WELL-NEWS newsletter, with more information, in your in-house mailbox.

Items of Interest

Hat Making Party

Wednesday, May 1

1:00 PM in the Creative Arts Studio

Ladies, if you do not have a fancy hat for the event, you can make one!



Update Your Photo

in the Auditorium

We are taking photos for residents that would like to update their pictures, couples and/or individual. The sign up dates are:

- ◇ Friday, May 10 from 2:00 PM - 4:30 PM
- ◇ Thursday, May 16 from 10:00 AM - 12:00 PM

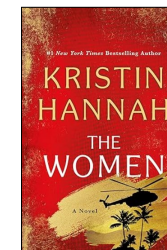


Please contact Tonia Swennes to sign up at 763-744-9407.

Electronics Collection May 13 - 17



Electronics will be collected in a bin in the mailroom and brought to the recycling center in Minneapolis. Watch for a flyer, in your in-house mailbox, in early May.



May Book Club Selection

The Women

Author: Kristen Hannah

Tuesday, May 21

3:00 PM in the Creative Arts Studio

Now a hot bestseller, it is about the nurses who went to Vietnam to care for the wounded and dying soldiers. Although fiction, Hannah is known for her historical research and that shows in this book. The characters, beginning with a young woman from a military family who signs up so that she can get the respect all the men in the family have for their service.

There is drama and pathos as the nurses cope with both triumph and tragedy and what being in a war does to them. Some, like Frankie, thought she would be in a real hospital in Vietnam, not in a field hospital where mortars would land just outside her hootch.

June Book Club Selection

Not Determined

Tuesday, June 18

3:00 PM in the Creative Arts Studio

Touchtown has Changed their Name to Uniguest

Search the App Store for



Touchtown has changed their name to Uniguest.

To update your cell phone, iPad or tablet, go to

your App Store (IOS) or Google Play Store (Android) and look for Uniguest Community Apps, see the app photo above. It will automatically exchange it for the Touchtown app if you have that on your phone already.




Pet Haven Shoe Collection May 1 - 10

Check your closets for shoes you no longer wear. Pet Haven offers foster programs, a spay/neuter program, cares for neglected and unhealthy rescue animals and surrendered pets.

Your unwanted used shoes can be donated to the bin in the mailroom, and raises money for Pet Haven. Sneakers, boots, dress shoes, sandals, and casual are all accepted.



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
	<p>8:15 Better Balance - AR 9:15 Cardio Circuit - AR 10:00 Bold Moves - AR 11:15 Slow Strength - AR 12:00 Bocce Ball Club - ORA</p> <p>There will be no classes on May 27 in observance of Memorial Day.</p>	<p>8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR 2:00 Brain Boosters - AR</p>	<p>8:15 Jiving with Jessie - AR 9:15 Strong and Fit - AR 10:00 Bold Moves - AR 11:15 Stretch and Renew - AR</p> <p>1:00 Wednesday, May 29 National Health and Senior Fitness Day: Resident Resource Fair in Auditorium</p>	<p>8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Pickleball Club - ORA 2:00 Open Gym - Fitness Center</p>	<p>8:15 Cardio Circuit - AR 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:15 Meditation - AR</p>	
<p>Key Code</p> <p>Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS</p>	<p>Room Abbreviations</p> <p>Auditorium - A Aerobics Room - AR Admin. Conference - AC The Birches - B Café - C Channel 990 - Ch 990 Creative Arts Studio - CA Card Room - CR Cardio/Strength Room - CSR Courtyard - CY Grand Terrace - GT HealthyLife™ Center - HLC Library - L</p>	<p>Room Abbreviations</p> <p>Main Lobby - ML Outdoor Recreational Area - ORA Minnehaha Fireside Lounge - MFL Minnehaha Pub - MP Minnehaha Terrace - MT Pool - P Private Dining Room - PD Resident Lounge # 2170 - RL Service Area - SA Sunroom - SR Spiritual Room - SPR</p>	<p>1</p> <p>9:30 Depart: Malmborgs 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Pre-Kentucky Derby Hat Making (CA) 1:30 Westminster Town Hall Forum China - Ch 990 7:00 Poker - RL</p>	<p>2</p> <p>9:30 Depart: Orchestra Hall 10:00 Depart: Shopping Plymouth - ML 10:00 Parkinson's Group - RL 11:00 Stitch Wits - CA 12:30 Depart: Ridgedale Excursion 1:00 Uniguest Questions with Mindy - SR 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 Pre-Kentucky Derby Party - A</p>	<p>3</p> <p>10:00 JAM Session with Joe: All resident meeting - A Alzheimer's Bake Auction immediately following - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 3:00 Minnetonka Senior Choir - A</p>	<p>4</p> <p>8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - P.F. Chang's</p>
<p>5</p> <p>Church Services (Schedule a ride in advance) 1:30 Mah Jongg - CR 2:30 Depart: Wayzata Symphony Orchestra</p>	<p>6</p> <p>9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL 6:30 Westminster Town Hall Forum China - Ch 990</p>	<p>7</p> <p>9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 12:30 Mahekun Lake Lodge - A 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA</p>	<p>8</p> <p>9:30 Trillium Bells - CA 10:30 German Conversation - SPR 10:45 Depart: Chanhassen - Beautiful Carole King 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL</p>	<p>9</p> <p>9:00 Vision Loss Resource - CA 9:30 Depart: Orchestra Hall 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 New Writer's Group - SR 3:30 Play Readers Group - CA 7:00 Bible Study - CA</p>	<p>10</p> <p>10:00 Ladies Program and Brunch - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:00 Olli At-the-U: Treating Cancer - Ch 990 1:00 Depart: Silverwood Park</p>	<p>11</p> <p>1:00 Movie: The Way - Ch 990</p>
<p>12</p> <p>Church Services 1:30 Mah Jongg - CR</p>	<p>13</p> <p>9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:30 Resident Council Meeting - AC 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL 7:00 Movie: The Way - Ch 990</p>	<p>14</p> <p>9:00 Defensive Driver Program - A 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA 6:30 Olli At-the-U: Treating Cancer - Ch 990</p>	<p>15</p> <p>9:30 Depart: Minnesota Landscape Arboretum 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</p>	<p>16</p> <p>10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 11:00 Depart: MN Twins Game 1:00 Uniguest Questions with Mindy - SR 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 Augsburg Centennial Singers - A</p>	<p>17</p> <p>10:00 Round Table: Marketing - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:00 Movie: The Fabelmans - A</p>	<p>18</p> <p>8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Biaggi's</p>
<p>19</p> <p>Church Services 1:30 Mah Jongg - CR 5:00 Sunday Dining: The Dragon Jade</p>	<p>20</p> <p>9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL</p>	<p>21</p> <p>9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Blissful Hiker: Arizona Trail - A 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 3:00 Book Club - CA</p>	<p>22</p> <p>9:30 Trillium Bells - CA 10:30 German Conversation - SPR 10:30 Olli At-the-U: Awesome Apples - Ch 990 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL</p>	<p>23</p> <p>10:00 Depart: Shopping Plymouth - ML 10:00 Celebration of Life - A 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 Bible Study - CA</p>	<p>24</p> <p>10:00 Free Hearing Aid Clean - Residential Health Services Office 10:00 Wondrium: A History of Eastern Europe - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:00 Movie: Arthur the King - A</p>	<p>25</p>
<p>26</p> <p>Church Services 1:30 Mah Jongg - CR 1:00 Olli At-the-U: Awesome Apples - Ch 990</p>	<p>27</p>  <p>9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL</p>	<p>28</p> <p>9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Great Decisions: US - China Trade Rivalry - A 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 7:00 Great Decisions Evening Group - RL</p>	<p>29</p> <p>9:30 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Resident Resource Fair - A 7:00 Poker - RL</p>	<p>30</p> <p>9:30 Depart: Orchestra Hall 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 2:00 Trillium Woods Chorale - A</p>	<p>31</p> <p>10:00 Curiosity Stream: Notre Dame Part 3 - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 3:00 Trillium Woods Chorale Concert - A</p>	<p>* All events are subject to change * All events & activities are not included on this calendar</p>