



Loren Leuer	Russ Miller
Barb Nemecek	Dee Spichke
Mary O'Toole	Ted Gemlich
Gerry Otto	Shirley Shaheen
Della Daughton	David Luikart
Ann Hoven	Dick Poey
Margaret Wold	Elaine Sievers
Barbara Engelmänn	Bob Rippe
John O'Toole	Kent Finanger
Abbie Willits	Don Germain
Nancy Harris	Lorraine Rippe
Charles Gauck	Joy Pierce
Jim House	Barbara Ross



THANKS
for your
DONATIONS

Trillium Woods
Walk to End
Alzheimer's
Event raised
\$5,252.00

Looking Back at August/
September
More photos on Uniguest
under the photos icon.

State Fair Party



Floral Arrangements



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

October 2025

Volume 11 Issue 10



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 Steve and Susan Wilson

We moved to Trillium Woods a year ago in mid August and are very happy to be here. We love the people we have met, think the food is delicious and the staff first-rate. Susan grew up on a farm in North Dakota and spent winters in Minneapolis. Steve grew up in Oklahoma City and attended Shattuck School and Yale University, where he was commissioned a second lieutenant in the U.S. Army Reserve. He then received a JD degree from the University of Oklahoma. Susan attended Northrup School in Minneapolis and Miss Halls School in Pittsfield, MA. and received a BS degree in education from Skidmore College in New York. We were married in Minnesota, in 1963, after Susan's graduation from College and moved to Norman, OK where Steve was attending Law School. Following Steve's graduation from Law School in 1965, we moved to Minneapolis, where he accepted a job at Cant Haverstock Beardsley Gray and Plant law firm, which was known for most of the 35 years he worked there as Gray Plant Mooty. We lived in Orono for 60+ years in three different locations where we brought up our three children: Mary, Charlie, and Garrett and we now have four wonderful grandchildren. When the children became school age, Susan turned her interest to non profit organizations and served on the Board and executive committee for the Minneapolis Institute of Arts. She then turned her attention to preserving the natural environment serving as Chair of the MN Chapter of the Nature Conservancy and also chairing the MN Land Trust board. She also served on several other environmental boards and on the Orono Park Commission. Her most recent project was turning our 14 acres at our last home into beautiful perennial gardens and pollinator hillsides and a tall grass prairie. This property was recently accepted in the Smithsonian archives of noteworthy American gardens. Steve considered himself a business lawyer, but eventually wound up heading his firm's Healthcare and non-profit group because of his long representation of what is now known as Children's Minnesota. In addition to serving on the Board of Children's Minnesota (chair), Steve also served on the Boards of the Minneapolis Club (chair,) Shattuck School, and the Orono Planning Commission (chair). We have had lots of fun playing golf and hunting birds and fly fishing great rivers and traveling to foreign destinations as well as playing bridge and having dinner with friends. We hope to make many new friends at Trillium Woods.

ITEMS OF INTEREST
Associate Appreciation Fund
Heads Up!

Next month you will receive a letter explaining the procedure for donating to the Associate Appreciation Fund. This fund is our only tangible way that we can show our gratitude to the dedicated Independent Living and The Birches associates for all they do for us. Thank you for showing your gratitude by giving generously. It is greatly appreciated.



New Writers' Group
2nd Thursday of the month
3:00 PM - 4:30 PM in the Sunroom

The New Writers' Group is seeking additional members. They have found that having more attendees produces more interesting meetings. It provides a fuller range of styles and subjects. Memoirs, essays, and vignettes predominate, but they have also heard reports, articles, and poems. At meetings, after a written work is presented, its writer invites constructive suggestions. This usually produces a meeting with blocks of 15 to 20 minutes for presentations and discussions. Please attend one to three meetings and see if you want to be a part of this enjoyable activity.



Veterans Program
Photo Request

We are gathering Armed Forces photographs for our Veterans Program. If you are new to Trillium Woods or were unable to locate your photo for our event in the past and were a member of the Armed Forces, please bring a photo of yourself (it will be copied and returned to you,) along with which branch of the service you served in, to the front desk for Tonia Swennes.



Click with Confidence:
Staying Safe in the Digital World
Hosted by LCS
Sunday, October 5 at 7:00 PM
Wednesday, October 8 at 3:00 PM

If you were not able to see this webinar in the Auditorium on Friday, September 12, you can watch it here. An informative webinar featuring cybersecurity experts from Blue Orange Compliance. In today's connected world, knowing how to stay safe online is more important than ever. You will learn about:
Phishing Scams - learn to spot fraudulent emails and messages designed to steal your personal information.
Vishing and Smishing - discover how to identify and avoid deceptive phone calls and text messages from criminals.
Social Engineering - understand the tricks cyber-criminals use to manipulate you into sharing confidential details. **1 hour**

Well on Your Way -
Eat Well, Age Well:
The Recipe for Lifelong Vitality
LCS Healthy Aging Wellness Webinar
Speaker: Molly McDevitt
Sunday, October 19 at 7:00 PM
Thursday, October 23 at 3:00 PM

Molly McDevitt is a Registered Dietitian Nutritionist and board Certified Specialist in Gerontological Nutrition, with over 15 years of experience supporting the health and wellbeing of older adults. Molly will share how a balanced, nutrient-rich diet - paired with a proactive approach to wellness - can significantly enhance both physical vitality and cognitive health as we age. This webinar will highlight the power of food as medicine and the essential role nutrition plays in aging well, offering practical strategies to help older adults thrive through every stage of life. Don't miss this opportunity to learn how intentional nutrition and targeted wellness practices can be your most powerful tools for lifelong vitality. **1 hour**

EXCURSIONS

Minnesota Museum of American Art
Friday, October 3
Depart: 1:00 PM Return: 4:30 PM
Free

The Minnesota Museum of American Art is an American art museum located in the Historic Pioneer Endicott building in St Paul. The museum holds more than 5,000 artworks that showcase the unique voice of American artists from the 19th century to the present. With the opening of HERE, NOW, its New Wing - a series of galleries under the historic stained glass Endicott Arcade triples the gallery space.

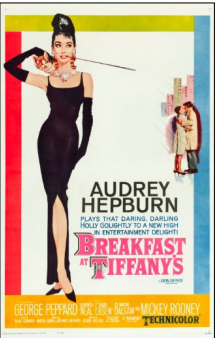
Synod Senior Band
The Promise of Living
Westwood Lutheran Church
Thursday, October 9
Depart: 9:45 AM Return: 12:00 PM
Free

The Synod Senior Band is made up of seniors playing for seniors. Some of the songs you can expect to hear are Amazing Grace, National Emblem March, American Riversongs, among others. **Our own Trillium Woods resident, Irene Kaplan, will be playing at this concert.**

Orchestra Hall: Coffee Concert
Thursday, October 16
Depart: 9:30 AM Return: 2:00 PM
Beethoven Fifth Symphony
Thursday, October 30
Depart: 9:30 AM Return: 2:00 PM
David Afkham Returns

Dates for the 2025/2026 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>

Movies



Breakfast at Tiffany's
Wednesday, October 1
1:00 PM in the Auditorium

1961 Comedy/Romance
Based on Truman Capote's novel, this is the story of a young woman in New York City who meets a young man when he moves into her apartment building. He is with an older woman who is very wealthy, but he wants to be a writer. She is working as an expensive escort and searching for a rich, older man to marry. **1 hour 55 minutes**



Juror #2
Thursday, October 9
1:00 PM in the Auditorium

2024 Thriller/Drama
"Juror #2" follows family man Justin Kemp (Nicholas Hoult) who, while serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma...one he could use to sway the jury verdict and potentially convict or free the accused killer. **1 hour 54 minutes**



Case for Kindness
Friday, October 24
1:00 PM in the Auditorium

2025 Documentary/Heartwarming
Case for Kindness is a transformative journey across the United States, exploring the profound impact of kindness on our physical, mental, and emotional well-being. Through engaging dialogues with notables like Ben Affleck, Lady Gaga, Garth Brooks, and Trisha Yearwood, alongside insights from scientists and scholars, the film unravels the essence of kindness, its origins, and its vital role in our lives. Featuring powerful stories of ordinary people making a difference, "Case for Kindness" showcases how kindness fosters personal growth, strengthens relationships, and bridges societal divides, leaving audiences inspired and united in the belief that kindness is the way forward. **1 hour 54 minutes**

Upcoming: Save the Date

- Nov 10 1:00 (TW) Veterans Program
- Nov 14 10:00 (TW) Doug Ohman
- Nov 21 3:00 Trillium Woods Chorale Concert
- Nov 26 3:00 (TW) Birthday party date change
- * Dec 11 9:00 History Theatre: Rollicking! A Winter Carnival Musical
- Dec 9 4:30 (TW) Holiday Dinner
- * Jan 9 9:15 Cafesjian Art Trust Museum Collidoscope: De le Torre Brothers Retro-Perspective

(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

Storyteller: Bill Marshall
Tales from
an Athletic Administrator
and Squash Coach
Friday, October 3



Following JAM Session with Joe in the Auditorium

During his 40 years studying at and working for the University of Wisconsin and Franklin & Marshall College, Bill encountered many interesting and funny occasions that he will share. What is it like to be mistaken for Green Bay linebacker Ray Nitschke? What is it like to be booed by hundreds of women during an NCAA Convention? What happens when only one official shows up for a high school football game? These are a few examples that he will expand on.



Oktoberfest
Music: Elk River German Band
Friday, October 10
3:00 PM - 4:00 PM
in the Auditorium

Prost! (the German word for cheers) is said when clinking our glasses before taking a sip of beer or other alcoholic drink. Join us for a fun afternoon of Prost and sampling a few German appetizers and beers. Enjoy the music and dance to a polka or two. The Elk River German Band features the Bavarian style of German music with 10 musicians, including a female vocalist.

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

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



Wayzata High School
Wind Symphony Concert Band
Wednesday, October 29
9:15 AM - 10:00 AM in the Auditorium

Start your day on a high note! Join the Wind Symphony Concert Band for a special early morning performance. Here are some of the featured songs:

Liadov Fanfare . . . Brian Beck
Encanto . . . Robert W. Smith
Amparito Roca . . . Jaime Texidor
Prelude and Fugue in Bb Major . . . Johann Sebastian Bach
Circus Days March . . . Karl King

There will also be a few breakout groups playing for us as well.

Linden Hills Chamber Orchestra
Autumn Concert
Wednesday, October 29
7:00 PM - 8:00 PM in the Auditorium



Join them for a vibrant evening of music as the Linden Hills Chamber Orchestra ushers in the autumn season with a colorful program spanning drama, romance, and virtuosity. Experience the fiery energy of Berlioz's *Marche Hongroise*, journey through the enchanting Nordic soundscapes of Grieg's beloved *Peer Gynt Suites Nos. 1 and 2*, and revel in the dazzling interplay of soloists in Bach's masterful *Concerto for Two Violins in D Minor*. Let this musical tapestry warm your spirit as the days grow cooler!

Costumes and Cocktails
Halloween Party
Friday, October 31
3:00 PM - 4:00 PM in the Auditorium

Join us for a Halloween Spooktacular! Residents are encouraged (but not required) to wear your favorite costume and enter our contest for this year's best in a variety of categories, including funniest, most creative, and costumes designed for a duo. Bring your tricks, we'll bring the treats.



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 under the Activities tab of Uniguest.

Minnesota Landscape Arboretum
Friday, October 17
Depart: 1:00 PM Return: 4:30 PM
Free

The Arboretum is filled with pumpkins, scarecrows and hay bales displayed on the Terrace and on Scarecrow Hill. Visit the Oswald Visitor Center for information on the latest fall color, to see the art galleries, the café and gift store. Ride the three-mile drive, watching for fall colors with the many maple trees along the way. Then off to the AppleHouse, where you can find a wide range of apple varieties, frozen apple pies, pastries, and more. The North Star Donuts food truck offers apple cider mini donuts, apple cider slushies and warm apple cider.

Sidekick Theatre: Fireflies
Wednesday, October 22
Depart: 12:00 PM Return: 4:15 PM
Cost: \$29.00 (show only)
Sign up deadline: Tuesday, October 7
Must have 10 for this event

A romantic comedy: Retired schoolteacher Eleanore Bannister lives a quiet life alone in tiny Groverdel, Texas as a well respected woman - until a hole in her roof draws the attention of Abel Brown, a smooth-talking drifter. Can the late-life romance be trusted, or is there truth to the gossip that he isn't all he says he is? Either way, the whole town is talking.

Sandhill Cranes
Sherburne National Wildlife Area
Tuesday, October 28
Depart: 3:00 PM Return: 8:15 PM
Dinner at Subway/Dairy Queen: Pay on your own

The Refuge provides habitat for up to 50 pairs of breeding Sandhill Cranes each year. In October, up to 14,000 Sandhill Cranes converge on the refuge marshes, and dusk will provide a rare treat of large flocks flying into the refuge. Drive the surrounding areas to find them in the fields before dusk. Watch them fly back to the roost, with dinner after the viewing.

4 Community Theatre: Murder Inn
Plymouth Playhouse
Saturday, November 1
Depart: 1:15 PM Return: 4:30 PM
Cost: \$25.00 if 12 or more purchased
\$28.00 if less than 12 purchased
Sign up deadline: Tuesday, September 30

Murder Inn is set in New England, at the Barnsley Inn, a dilapidated eighteenth century inn, which is supposedly haunted by Marco, a knife-throwing poltergeist. A group of tourists, on a Ghost Tour is forced, by a storm, to make an unscheduled stop at the Barnsley. What looks to be an unpleasant detour soon turns into a night of mayhem and madness as knives begin to pop up in the most unexpected places. As the storm builds and the body count rises, the survivors try to figure out who done it and which one of them is next?

Chanhasen: White Christmas
Wednesday, November 5
Depart: 10:45 AM Return: 4:00 PM
Cost: \$78.00 (Show and Lunch)
Sign up deadline: Wednesday, October 8
Must have 12 for this event

Irving Berlin's *White Christmas* is the must-see holiday event at the Chanhasen Dinner Theatre. When two buddies, Bob Wallace and Phil Davis, get together after World War II, they become a popular song-and-dance duo. To help their former commanding general put on a show at his Vermont inn, they meet two talented sisters.

Orpheum: Phantom of the Opera
Sunday, November 30
Depart: 5:30 PM Return: 9:30 PM
Cost: \$110.00
Sign up deadline: Wednesday, October 1

This new production of Andrew Lloyd Webber's legendary musical is more spectacular than ever, with the romantic, haunting and soaring score including "The Music of the Night," "All I Ask of You," "Masquerade" and the iconic title song. The Phantom's obsession with the talents and beauty of a young soprano, Christine, sets the scene for a dramatic turn of events where jealousy, madness and passions collide.

EDUCATION IN THE AUDITORIUM

**Great Courses: The Great Tours
Germany and Austria**
New Class Released in 2024 - Streamed
Professor James Pfrehm
Wednesday, October 1
10:00 AM - 11:00 AM in the Auditorium

The Romantic Rhine Valley
Discover a stretch of the Rhine that has earned UNESCO World Heritage status for its stunning scenery, history, and culture. Explore the legendary castles overlooking the Rhine, serving as toll points in the river's economic history. Enjoy the area's superb Riesling wines, and enchanting towns.

Worms: City of the Nibelungs
In the historic city of Worms, trace the footsteps of Christian reformer Martin Luther, whose famous trial unfolded here. Then encounter the 12th-century epic poem the Nibelungenlied, set within and deeply identified with the city. Learn the plot of the poem, featuring the dragon-slaying hero Siegfried, and visit the local magnificent cathedral, Wormser Dom.

India - Taj Mahal
Speakers: Steve and Barb Pieh
Thursday, October 2
10:00 AM - 11:00 AM in the Auditorium



Join Steve and Barb as they explore UNESCO sites in India. If you have ever wanted to visit the Taj Mahal, this is your chance. If you have visited already, you will enjoy the revisit. Many of the world's scientific and religious influence began in India. New and Old Delhi, as well as Jaipur, the Pink City, are fascinating places.

Intro to Artificial Intelligence
Mike from Nice Guy Technology
Wednesday, October 8
10:00 AM - 11:00 AM in the Auditorium

Artificial Intelligence (AI) remains one of the hottest tech topics. We'll dive into the world of AI and provide you with the basic knowledge to understand this exciting topic.



Precision Driving Course
Friday, October 10
8:30 AM - 12:30 PM in the Auditorium
Cost: \$24.00
Sign up deadline: Thursday, October 2
Must have 15 for this event

The name has changed, but the program still teaches the same 55+ drivers discount program and is still affiliated with St. Cloud State. All classes are now just the 4-hour course to be eligible for the discount with your auto insurance. **The next class will be March of 2026.** 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.

**Great Courses: A Literary Tour
of the United States**
Tuesday, October 21
10:00 AM - 11:00 AM in the Auditorium

Transcendentalism in New England
Learn about the ideological movement of transcendentalism in the work and influence of Ralph Waldo Emerson and others. Hear the exquisite poetry of Emily Dickinson, the impactful writings of Margaret Fuller, and the moving novels of Louisa May Alcott.

Wild Spaces of New England
Encounter a group of New England writers with particular connections to nature and the wild. Begin with transcendental philosopher Henry David Thoreau, whose Walden inspired an entire genre of nature writing.

Climate Change in our own Backyard
Speaker: Mark Seeley
Friday, October 24
10:00 AM - 11:00 AM in the Auditorium



Join Mark to hear how he links climate trends, climate change, and impacts that are already consequential in the state of Minnesota.

Dr. Mark Seeley was hired by the University of Minnesota in 1978, for the new position of Extension Climatologist. In 1989 he was given the title of Extension meteorologist/climatologist, until 2018 at retirement. He has done commentary on Minnesota Public Television (TPT) since 1992 and is the author of Minnesota Weather Almanac.

THE COUNCIL CORNER

While doing a recent internet search for a long-lost good friend from high school, I found a possibly current address for him, and I wrote him a letter. I received a response letter from him today - it has been over 50 years since we had last seen each other - and I was as delighted to get his letter as he was to have gotten mine.

This exchange of letters reminded me of what we have right here at Trillium Woods. I am thankful for our supportive community that includes more friends than I had expected for this stage of my life. I hope we all will continue to contribute as we can to our community. Thank you.

Mike Sluss, Resident Council President

ITEMS OF INTEREST

Play Reading Performance
Kokoschka and the Doll
Audience Invitation
Thursday, October 2
4:15 PM in the Creative Arts Studio

An unusual love story based on fact. Doors open at 4:15 PM and reading begins at 4:20 PM. Residents are invited to attend the reading.

If you'd like to participate in the future as a reader, notify Abbie Willits at 920-876-2732.

Aging and Staging
2nd and 4th Mondays of each month
10:45 AM in the Resident Lounge

The Aging and Staging group is continuing in a new direction. We will discuss all aspects of death because by talking about death we can evaluate the actions of our life so far and then be better able to use our remaining time in more fulfilling ways. This is a discussion group led by Joyce Sluss, a newly certified End-Of-Life Doula. We'll dive in deep but have fun along the way. All are welcome.

Talk Art

Want to **Talk Art**? Want to gather once a month for an hour to **Talk Art**? When would be the best time to **Talk Art**?

Want to talk about: a new exhibition you saw; a new book about Matisse, or Picasso, or your art collection; your art making, past or present; why you are perplexed about modern art; or have a favorite podcast or YouTube site? Contact Alice Fjelstul by phone, text, or email: 239-287-1403 or abfjelstul@gmail.com

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



Blood Pressure Checks

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

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

Vaccine Clinic by Walgreens
Wednesday, October 15
10:00 AM - 1:00 PM

in the Auditorium by appointment only

Walgreens pharmacy will be here to administer vaccines - Flu, Covid, TDAP, Pneumovax, Shingles, and RSV.

Email brastadcari@trilliumwoodslcs.com or call Cari Brastad to schedule 763-744-9503.



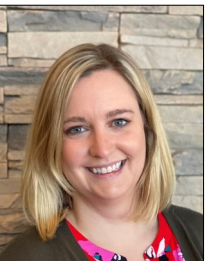
"Ask the Dietician"
with Trillium Woods Dietician,
Morgan Belgarde
Tuesday, October 28
10:00 AM - 11:00 AM in the Café

Associate of the Month



August 2025
Jen Erickson
Resident Services Concierge

Her 10 year anniversary is coming up in December. She started over at The Birches, then transitioned to the Independent Living side in 2022. She's been married to Charles for eight years and has a three-year-old son, Leif, and a nine-year-old dog named Phoenix.



Lightning round questions:

Favorite season?	Fall
Lake or beach?	Lake
Ketchup or mustard?	Mustard
Favorite beverage?	Pepsi
Football or baseball?	Hockey
Favorite professional team to follow?	Wild
Sweet or salty?	A combination of the two
Favorite movie?	Robin Hood: Men in Tights
Favorite pizza toppings?	All the veggies
What was the last show you binge watched?	Alone
What was your first job?	McDonalds
Morning person or night owl?	Morning Person
French Fries or potato chips?	French Fries
iPhone or Samsung?	Samsung
Target or Walmart?	Target

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 10:30 AM – 1:00 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, October 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.

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

Card Making
with Barb Swanson
Wednesdays,
October 8 and 22
1:00 PM - 3:00 PM in the
Creative Arts Studio



Come down and visit while Barb shows 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, October 23
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 Mall Excursion
Thursday, October 2

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

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

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

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

October Dining Excursions
Pay for Your Own Meal

Men's Breakfast: Original Pancake House
8:30 AM - 10:30 AM
Saturday, October 4 and 18

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

Bacio \$\$
Saturday, October 4

Nicollet Island Inn \$\$
Saturday, October 18

Sunday, October 12
Dining: Black Forest Inn \$\$ German
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 return
January 11, 2026

Sam's Segment



Active Aging Week
October 6 - October 10
In collaboration with Food and Beverage
and Health and Wellness

Watch the menu in the dining room for
Daily Active Aging Specials
Monday, October 6 - Friday, October 10

Kickoff - Fall Prevention Presentation
Monday, October 6
12:00 PM - 12:30 PM in the Auditorium

A presentation with simple, practical ways to stay safe, confident, and independent.

Move Your Way
Monday through Wednesday site-wide
Tournament: Wii Bowling in the Aerobics Room

Come to the Aerobics Room from Monday to Wednesday to bowl up to three games. Write down your scores - the top 8 bowlers will compete in the finals on Thursday.

Deep Breathing Presentation
Tuesday, October 7
1:00 PM in the Aerobics Room

Deep breathing isn't just about relaxation - it's a tool for better sleep, lower stress, improved focus, and even pain relief.

Drug Take Back - Equipment Check
Tuesday, October 7

1:00 PM - 2:30 PM in the Rotunda/Healthy Living

Bring your unwanted medications in Ziploc bags and we will dispose of them. Medications in packaging will not be accepted. No needles will be accepted. Stop by to have your equipment checked - walkers, canes, and wheelchairs for safety! Therapy will be on hand to do free screens.
Smoothies and beverage stations will be available too! Come and get hydrated.

Sound Bath
Wednesday, October 8 at 12:00 PM in the Pool

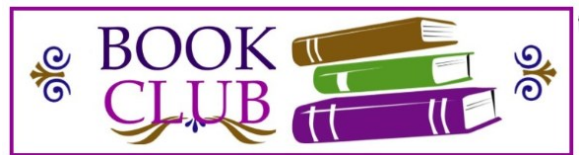
Float gently in the warm pool, waves of calming sound will wash over you, creating a deeply relaxing experience for body and mind.

Thursday, October 9 from 10:00 AM - 11:00 AM
In the Rotunda/Healthy Life area

Before the Wii Bowling championship, stop by and get your grip tested with TMC therapy. Make sure you can keep a grip while Wii Bowling and with daily activities to stay active!

Wii Bowling Tournament Finals
Thursday, October 9
11:00 AM - 12:30 PM in the Aerobics Room

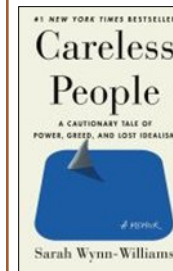
Watch the top 8 bowlers compete in the finals. Now it's time to settle the score and crown our Wii Bowling Champion!



October Book Club Selection
Careless People

Author: Sarah Wynn-Williams

Tuesday, October 21
3:00 PM in the Creative Arts Studio



This is a non-fiction story of Facebook told by a former director of public policy at Facebook. This former New Zealand diplomat and international lawyer gives detailed portrait of one of the most powerful companies in the world. Winn-Williams gives a darkly funny and genuinely shocking account of the decisions that have shaped world events in recent decades and the people who made them. Whether or not you are a Facebook user you have been affected by the people of Facebook.

November Book Club Selection
The Quiet Librarian

Author: Allen Eskens

Tuesday, November 18
3:00 PM in the Creative Arts Studio



Allen Eskens blends contemporary mystery with the Bosnian War. Hana Babic is a quiet middle-aged librarian in Farmington, Minnesota. A detective arrives to tell her of the murder of a dear friend. Thirty years before she was someone else: a teenager growing up in the mountains of war-torn Bosnia until Serbian soldiers arrived to slaughter her entire family before her eyes. The book is told as two parallel stories. Present day and the time of the Bosnian genocide.

Oktoberfest - Friday, October 10
See page 10 of this Newsletter
for details



Class Update
Stick Mobility Classes

Four Stick Mobility classes will be added to the class calendar in October. They integrate stretching, mobility, and strength into one simple system utilizing the Mobility Training Stick. There is a limit of five in a class and is a first come, first served basis.
Tuesdays at 2:00 PM or 2:30 PM
Thursdays at 10:00 AM or 10:30 AM

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 12:00 Meditation - AR Oct. 6 - Wii Bowling Tournament Trials - AR Oct. 6 - 12:00 PM - 12:30 PM Fall Prevention Presentation - A	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR 10:00 Bocce Ball Club - ORA 2:00 Stick Mobility - AR 2:30 Stick Mobility - AR Oct. 7 - Wii Bowling Tournament Trials - AR Oct. 7 - 1:00 - Deep Breathing - AR Oct. 7 - 1:00 - Drug Take Back/ Equipment Check - R	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 12:00 Meditation - AR Oct. 8 - Wii Bowling Tournament Trials - AR Oct. 8 - 12:00 PM - Sound Bath - P	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Pickleball Club - ORA 10:00 Stick Mobility - AR 10:30 Stick Mobility - AR Oct. 9 - 10:00 - Get a Grip– R Oct. 9 - 11:00 - Wii Bowling Tournament Finals - AR	8:15 Cardio Circuit - AR 9:00 Gentle Adaptive Walking Club - GT 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:00 Meditation - AR	
	Room Abbreviations Auditorium - A Aerobics Room - AR Admin. Conference - AC The Birches - B Café - C Channel 990 - Ch 990 Creative Arts Studio - CA Card Room - CR Cardio/Strength Room - CSR Courtyard - CY Grand Terrace - GT HealthyLife™ Center - HLC Library - L	Room Abbreviations Main Lobby - ML Outdoor Recreational Area - ORA Minnehaha Fireside Lounge - MFL Minnehaha Pub - MP Minnehaha Terrace - MT Pool - P Private Dining Room - PD Resident Lounge # 2170 - RL Rotunda - R Service Area - SA Sunroom - SR	1 9:30 Trillium Bells - CA 10:00 Great Courses: Germany and Austria - A 10:30 German Conversation - RL 10:30 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Breakfast at Tiffany's - A 7:00 Poker - RL	2 10:00 No Movement Disorders Support Group 10:00 India - Taj Mahal: The Pieh's - A 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 12:30 Depart: Ridgedale Mall Excursion 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:30 Play Readers Group - CA 4:15 Play Readers Audience - CA	3 10:00 JAM Session with Joe - A Storyteller: Bill Marshall - A 1:00 Mah Jongg with Dorothy - RL 1:00 Depart: MN Museum of American Art 2:00 Blood Pressure Check - SR	4 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Bacio
5 Church Services 1:30 Mah Jongg - CR 7:00 Click with Confidence - Ch 990	6 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 TW Chorale - A 2:30 Texas Hold'em - RL	7 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR	8 9:30 Trillium Bells - CA 10:00 Intro to Artificial Intelligence - A 10:30 German Conversation - RL 10:30 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 3:00 Click with Confidence - Ch 990 7:00 Poker - RL	9 9:30 Vision Loss Resource - CA 9:45 Depart: Synod Senior Band 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 1:00 Movie: Juror #2 - A 3:00 New Writer's Group - SR	10 8:30 Precision Driving Course - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 Oktoberfest - A	11
12 Church Services 1:30 Mah Jongg - CR 5:00 Depart: Sunday Dining - Black Forest Inn	13 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 2:00 TW Chorale - A 2:30 Texas Hold'em - RL 7:00 Green Team - RL	14 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 12:30 Resident Council Meeting - AC 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:30 Bible Study - CA	15 9:30 Trillium Bells - CA 10:00 Walgreen's Vaccine Clinic - A 10:30 German Conversation - RL 10:30 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 3:00 Birthday Party - A 7:00 Poker - RL	16 9:30 Depart: Coffee Concert 10:00 NO Movement Disorders Support Group 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL	17 10:00 Round Table: Food and Beverage - A 1:00 Mah Jongg with Dorothy - RL 1:00 Depart: MN Landscape Arboretum 2:00 Blood Pressure Check - SR	18 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Nicollet Island Inn
19 Church Services 1:30 Mah Jongg - CR 7:00 Well on Your Way - Ch 990	20 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 TW Chorale - A 2:00 Dementia Caregivers Support Group - SR 2:30 Texas Hold'em - RL	21 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Great Courses: A Literary Tour - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:00 Book Club - CA	22 9:30 Trillium Bells - CA 10:30 German Conversation - RL 10:30 Depart: Shopping Maple Grove - ML 12:00 Depart: Sidekick Theatre: Fireflies 1:00 Card Making - CA 1:00 Mah Jongg - CR 7:00 Poker - RL	23 10:00 Free Hearing Aid Cleaning Residential Health Services Office 10:00 Depart: Shopping Plymouth 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 Well on your way - Ch 990	24 10:00 Climate Change: Mark Seeley - A 1:00 Mah Jongg with Dorothy - R 1:00 Movie: Case for Kindness - A 2:00 Blood Pressure Check - SR	25
26 Church Services 1:30 Mah Jongg - CR	27 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 2:00 TW Chorale - A 2:30 Texas Hold'em - RL	28 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Ask the Dietician - C 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:00 Depart: Sherburne National Wildlife Area - Sandhill Cranes 3:30 Bible Study - CA	29 9:30 Trillium Bells - CA 9:15 Wind Symphony Concert Band - A 10:30 German Conversation - RL 10:30 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Linden Hills Chamber Orchestra - A 7:00 Poker— RL	30 9:30 Depart: Coffee Concert 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL	31 1:00 Mah Jongg with Dorothy - R 2:00 Blood Pressure Check - SR 3:00 Halloween Party - A	* All events are subject to change * All events and activities are not included on this calendar