

Celebrate May Birthdays

- | | |
|---------------------|------------------|
| Bob Ingram | Charles Austin |
| Ella Loon | Carolyn Laskey |
| Wanda Schoeneberger | Fritz Drill |
| Jan Freund | Kathy Kozlak |
| Jean Friske | Dea L'Heureux |
| Bob Jodan | Bill Marshall |
| Carol Owens | George Bonniwell |
| Jean Raby | Dan McAlpine |
| Tom Wanvig | Stephen Schaefer |
| Susie Jasperson | Ellie Altman |
| Bob Ross | Don Deline |
| Judy Schoeneberger | Bobby Griffin |
| John Terhune | Hazel Longren |
| Jim Lee | |



Thank you to those
who donated to the
"Help Our Tree Bloom"
We raised \$2,367.00



Twins Home Opener

Looking Back at April



Masters Watch Party



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

May 2023

Volume 9 Issue 5



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



Getting to Know Our Residents By Mike and Joyce Sluss

We moved to Trillium Woods in September 2022 when we decided to move closer to our daughter and into a retirement community. Leaving Oregon was difficult. Thank you for being a very welcoming and active community. We love it here. Please reach out to us to get acquainted. Originally, Joyce was from the Bay Area in California and a student at Willamette University in Oregon. Mike was from Ohio and Illinois and a student at Carleton College. We met when we were college students participating in a summer work/study program at Mendocino State Hospital in northern California. We both then graduated from our colleges early in our senior year in order to marry in January 1972. Joyce received her M.S.W. (master's in social work) and Mike his M.D. from the University of Minnesota, where Mike also did his neurology residency. Before having our children, Joyce was a social worker for Hennepin County family services. After our children were older, Joyce graduated from Garrett seminary and was ordained a deacon in the United Methodist Church. She then served several churches in Wisconsin and Oregon, working in the areas of education and program ministries. Mike practiced general neurology and was also certified in vascular neurology, clinical neurophysiology (EEG), and tropical medicine. He served on 10 short-term medical missions to sub-Saharan Africa (Zaire, Liberia, Uganda) and for one month taught neurology in Bhutan. He served on a school board in Wisconsin for 12 years and on the Clackamas County (Oregon) Community Health Council for eight years. He was active in hospital ethics committees. Our daughter, Becky, is an attorney and lives in Bloomington. Our elder son, Daniel, is married and is a chemist in Seattle. He and Katie have a son and daughter. Our younger son, David, is a paralegal in Denver and is married to Becca. We both enjoy reading. We sing in the Trillium Woods Chorale and in our church choir. We have enjoyed our U.S. and international travels and decided to visit the more difficult countries first, along with some easier ones. Hopefully we're not done yet. Joyce enjoys sewing, crocheting, and quilting. Mike has fun playing and designing board games. Joyce still likes to cook and bake but she does not miss having to cook every night.

Trillium Woods Garden Club Plots Available

Spring is finally upon us and so is gardening! There are plots available in the Trillium Woods Garden, located near the associate parking lot on 59th Ave, for your gardening pleasure. All residents are welcome. New residents will be given heirloom Japanese cucumber seeds. Register for your plot at the reception desk in the main lobby. Last year's members must re-register for a plot.



It would be SPEctacular if you could LENS us your eyeglasses! Kick-off at the Birthday Party on Wednesday, May 17



To support the newly opened Ophthalmology clinic at the Dodoma Medical Center in Tanzania, we will be collecting **old, unwanted eyeglasses or non-prescription sunglasses and reading glasses** (frames with lenses intact). Bring them to the birthday party and get a piece of cake! Collections will continue at the front desk drop box through Wednesday, May 31. The Lions Club cleans, repairs and sorts by prescription for their International Used Eyeglass Recycling Program. DODOMA CHRISTIAN MEDICAL CENTRE TRUST

Interested in Going to the Plymouth Library?



We are considering a visit to the Plymouth library, during our Plymouth Shopping trips, twice a month. If you would be interested in this service, please call Mindy Klemm at 763-744-9841 and let her know.



One Day University: All About Elephants
Speaker: Caitlin O'Connell-Rodwell
Harvard University
Wednesday, May 3
7:00 PM on Channel 990



Did you know that elephants grow up in a matriarchal society where the politics of family is strikingly similar to our own? During this course, Dr. O'Connell-Rodwell will take you on a journey to her long-term elephant field study within Etosha National Park in Namibia, where she has studied the resident elephant population for almost 30 years. Through evocative images and video sequences, she will present and discuss her findings about elephant societies and their parallels to our own and show you how to identify individual elephants and experience their "character." **1 hour**

Nature PBS: Niagara Falls
Wednesday, May 24
7:00 PM on Channel 990



Embark to Niagara Falls and witness its stunning beauty and a wide variety of wildlife - mammals, birds, and reptiles - that call it home. Through the eyes of passionate scientists, uncover a complex world forged by stone and powered by water. Niagara Falls premiered on April 19, 2023. **54 minutes**

NASA: Earth From Space (Live)
Monday, May 29
7:00 PM on Channel 990



LIVE
EARTH FROM SPACE
NASA ISS live stream from aboard the International Space Station as it circles the earth at 240 miles above the planet, on the edge of space in low earth orbit, at 17,500 miles per hour. The station is crewed by NASA astronauts as well as Russian Cosmonauts and a mixture of Japanese, Canadian and European astronauts. **1 hour**

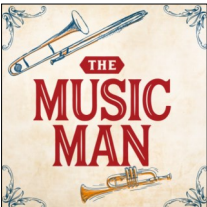
EXCURSIONS

Malmborg's Garden Shopping and Tour
Friday, May 5
Depart: 12:30 PM Return: 3:30 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 purchased plants will be brought back to your apartments. The general tour is about a half-hour if you would like to take that first or just go to shop.

Providence Academy: The Music Man
Sunday, May 7
Depart: 1:30 PM Return: 4:30 PM
Sign Up has ended for this event



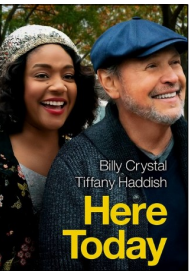
There's trouble in River City when a fast-talking salesman gets his heart stolen by the town librarian. Funny, warm, romantic and touching. Family entertainment at its best.



Incident at Our Lady of Perpetual Help
Sidekick Theatre
Wednesday, May 10
Depart: 11:45 AM
Return: 3:30 PM
Cost: \$27.00
Sign Up Deadline: Tuesday, April 25

It's 1973, the O'Sheas are just like any other family in town: middle-class, Irish, Catholic, and respectable. But when 19-year-old Linda is left to tell her sister about the birds and the bees, things quickly snowball into a potential crisis after the conversation is overheard by the parish priest. Whether you've grown up Catholic or you simply can relate to the craziness of family, this moving, heart-warming comedy will leave you in stitches.

Movies



Here Today
Monday, May 1
7:00 PM on Channel 990
2021 Comedy/Comedy Drama
Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, and their friendship gets off to an extremely rocky start. Before long, each finds in the other a sort of soul mate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love, and trust. **1 hour 57 minutes**



12 Mighty Orphans
Tuesday, May 9
7:00 PM on Channel 990
2021 Sport/Drama
Haunted by his mysterious past, a devoted high-school football coach leads a scrawny team of orphans to the state championship during the Great Depression and inspires a broken nation along the way. **1 hour 58 minutes**



IMAX: Born to Be Wild
Thursday, May 25
2:00 PM in the Auditorium
Sunday, May 28
7:00 PM on Channel 990
2011 Documentary/ Science and Nature
Filmed in IMAX, this documentary captures the unique and intimate connections that developed between two scientists and two species -- orangutans and elephants -- as the men worked to save the orphaned beasts and return them to the wild. This is playing at the Omnitheater now. **40 minutes**



Skyfall
Tuesday, May 30
7:00 PM on Channel 990
2012 Action Thriller/Adventure
When a serious menace threatens MI6, James Bond is on the case -- putting aside his own life and personal issues to hunt and obliterate the perpetrators. Meanwhile, secrets arise from M's past that strain Bond's loyalty to his longtime boss. **2 hours 23 minutes**

Looking for Your Art or Collections



Each quarter, the resident art gallery near the Creative Arts Studio and the curio cabinet on second floor just beyond the private dining room, rotate works of resident art and their collections. Artwork can be anything personally made, and might include drawing, painting, sculpting, quilting, cross-stitching, or photography. Collections are purchased items that make an interesting display that would fit inside two shelves of the curio cabinet. If you have something you would like to share, please contact Mindy at 763-744-9481.



Trillium Woods Transportation
To request transportation, please fill out a request form. Forms can found at the front desk, in the resident mailroom and on Touchtown. For transportation Tuesday - Saturday, forms must be completed **24 hours in advance**. For trips Sunday and Monday, forms must be completed by **12:00 PM Friday**.



Meet Debbie Dykhoff
Our New Massage Therapist
Debbie Dykhoff is a licensed massage therapist. She has worked in this industry for 10 plus years. She is an intuitive therapist, tailoring her massages to each clients needs. Her passions outside of work are golf, reading and enjoying time with her family. She has three daughters, three sons-in-law and eight grandkids.

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
Wednesday and Thursday
9:00 AM - 3:00 PM

Call 763-744-9412 to make an appointment.

ARTS AND ENTERTAINMENT

Alive and Kickin'

Thursday, May 4

2:00 PM - 3:00 PM in the Auditorium



Join them in their charge to change the way people think about growing older. Twin Cities' premier Senior Rock Ensemble show that these

seniors rock! This highly inspirational group will give you a taste of what they will be performing next month! Stop down to watch and then sign up for the excursion next month to see the entire show!



Ben Wegner - Tenor

Tuesday, May 16

2:00 PM in the Auditorium

Ben Wegner, Director of Music for St. Barnabas Lutheran Church in Plymouth, is a composer, band leader and conductor. He is also a gifted tenor and frequent soloist in the Twin Cities. His performance will include spirituals and arias from Handel's operas. His accompanist, Noah Carlson, just graduated from Yale and is a Machine Learning Engineer as well as the organist at St. Barnabas Lutheran Church. . Noah will play Brahms Rhapsody in G. 1 hour



University of Minnesota: Piano Samantha Martinez-Brockhus

Thursday, May 4

7:00 PM in the Auditorium

The Iberia suite for piano consists of 12 movements, and is considered to be some of the most difficult repertoire ever written. Traditional Spanish folk song and dance highlights 10 regions in which the flamenco dances originated. Seven out of nine pieces you will hear will be based on the Andalusian regions.

Samantha Martinez-Brockhus studied piano at Interlochen Arts Academy, Oberlin Conservatory, Oklahoma University, and the University of Tennessee, and is completing a doctorate at the University of Minnesota with Paul Shaw.

Storyteller: Sarah Bell

Deer Stalking in Scotland

Friday, May 5

11:00 AM in the Auditorium

While living in England, I spent a month over Christmas and New Year's at Kinveachy, a hunting lodge in Scotland.

May Birthday Party

Wednesday, May 17

3:00 PM in the Auditorium

Music from the 50's Game at 3:30 PM

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. Stay and play the guessing game - sing along!



Trillium Woods Chorale Concert

Tuesday, May 23

3:00 PM in the Auditorium



Celebration of Life

Thursday, May 25

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 2022 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.

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).

Orchestra Hall: Coffee Concerts

Kavakos, Bach and Brahms

Thursday, May 11

Depart: 9:30 AM

Return: 2:00 PM

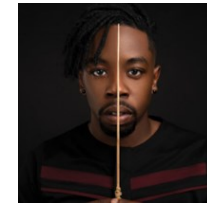


Brea(d)th

Thursday, May 18

Depart: 9:30 AM

Return: 2:00 PM



Please purchase your tickets by contacting Minnesota Orchestra Hall Ticket Services: 612-371-5656 or online at <https://minnesotaorchestra.org/tickets/subscribe/classical-series>

Dates for the next season are on Touchtown.

Minnesota Landscape Arboretum

Spring in Bloom

Friday, May 12 - Tulips

Friday, May 19 - Crab Tree and Lilac Blossoms

Depart: 9:30 AM Return: 1:00 PM



Spring is finally making an appearance and the Arboretum has 40,000 bulbs making their appearance as well. Your best chance to see the bulbs is May 12.

By May 19, the tulips will most likely be done blooming, but the lilacs and the crab trees should be at peak. 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 as well.

Maple Grove CenterStage Musical Theatre:

Lucky Stars (Act 13)

Friday, May 19

Depart: 6:30 PM Return: 10:00 PM

Cost: \$12.00

Sign Up Deadline: Monday, May 1



This award-winning theatre program will have you dancing in your seats.

Program is from 7:00 PM - 9:30 PM with an intermission.

Foshay Museum and Observation Deck

Wednesday, May 24

Depart: 12:30 PM Return: 3:30 PM

Cost for Museum: \$10.00

Sign Up Deadline: Monday, May 22



The Foshay Tower is one of the most recognizable landmarks in the Twin Cities. Wilbur Foshay built this endearing homage to the Washington Monument in 1929. At 447 feet housing 32 stories, the Foshay Tower was the tallest building in the Midwest for 48 years.

Visit the museum to uncover the remarkable story behind this unique skyscraper and its eccentric creator. View the city from the outdoor Observation Deck on the 31st floor by climbing two flights of stairs or viewing from the museum level with a webcam. This is a self-guided tour. There will be walking about 100 yards from drop-off area to the door.

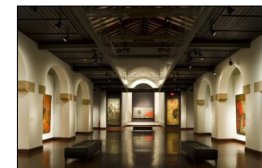
Museum of Russian Art

Wednesday, June 7

Depart: 12:00 PM Return: 3:00 PM

Cost: \$12.00 Must have 10 for this event

Sign Up Deadline: Wednesday, May 31



The Museum of Russian Art stands with the people of Ukraine and urges Russia to cease hostilities and withdraw. See their exhibitions including their Ukrainian art. One hour guided tour.

Alive and Kickin' - REnaissance

Saturday, June 10

Depart: 12:15 PM Return: 3:30 PM

Cost: \$28.00 - Must have a minimum of 10

Sign Up Deadline: Tuesday, May 9



If you loved them here at Trillium Woods - you'll want to pick up tickets to see the entire show!

These seniors rock! They give voice to seniors through personal stories and popular songs, empowering its members to spread their musical message.



Mother's Day Luncheon Event

Speaker: Kim Kane - Gratitude

Piano Music by Lois Sweeney

Saturday, May 6

10:00 AM - 12:00 PM

Cost: \$15.00

Sign Up Deadline is Wednesday, April 26

EDUCATION IN THE AUDITORIUM



Great Decisions: Economic Warfare

Speaker: Richard Leitch
Tuesday, May 2

10:00 AM - 11:00 AM in the Auditorium

Waging economic warfare consists of a variety of measures from implementing sanctions to instigating labor strikes. Such tools are utilized by states to hinder their enemies, and in the case of the United States, have been used as far back as the early 19th century. Since Russia invaded Ukraine in February 2022, economic warfare has been the main means for the west to challenge Russia. How effective will these sanctions be at convincing Russia to cease its war?

Dr. Richard Leitch earned his BA in East Asian Studies from Colby College in 1985, and went on to earn an MA in Asian Studies from the University of Illinois, Urbana-Champaign after a two year career on Wall Street. He has been a member of the Political Science Department at Gustavus since 1996 and his research interests include Japanese domestic politics and foreign policy, and he is the co-author of "Japan's Role in the Post-Cold War World."



Te Araroa, New Zealand's Long Pathway

Alison Young, the Blissful Hiker
Tuesday, May 9

10:00 AM - 11:00 AM
in the Auditorium

Q: What motivates a middle-aged woman to brave extreme weather, precarious river crossings, swarms of sandflies and epic mud?

A: Breathtaking scenery and a renewed sense of wonder.

Join Blissful Hiker (Alison Young), for stories, images and found sound (sounds from the environment) of her spectacular solo tramp of New Zealand's Appalachian-like trail, the 2,000 mile "Long Pathway," Te Araroa.

A former American Public Media radio host and professional flutist, **Alison Young** is the "solo female, middle-aged, titanium-reinforced, long-distance backpacker" Blissful Hiker. She's hiked on six continents and in one year, walked New Zealand's "long pathway", Te Araroa, and the Pacific Crest Trail.

She will be selling her book, which can be added to your account, if interested.

Wondrium: Post-Impressionism The Beginnings of Modern Art

Wednesday, May 17

10:30 AM - 11:30 AM in the Auditorium



Where Post-Impressionism began
Begin with a broad look at the Post-Impressionists, as they constituted a daring new movement in art at a time of massive change. Take note of their diversity, and the themes that connected them

The Founder, Paul Cézanne

Explore the remarkable story of how Paul Cézanne revolutionized painting. In the first of two lectures, enter the world of his youth and provincial upbringing. Trace his artistic education, his critical time in Paris, and the influence of his deep friendship with Camille Pissarro.

Wondrium: World War II The Pacific Theater

Tuesday, May 30

10:00 AM - 11:00 AM in the Auditorium



Ironbottom Sound, 1942-1943

The battle for the Solomon Islands - including Guadalcanal - was a grinding and wasting six-month campaign. After multiple bloody engagements on both land and sea, so many ships had been sunk that the waters nearby became known as "Ironbottom Sound."

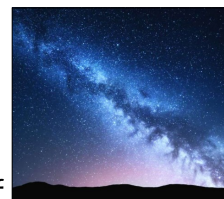
MacArthur, Halsey, and Operation Cartwheel

General MacArthur was a controversial figure, a brilliant but complex commander with a large ego, who found himself sharing command of the Pacific with US Navy Admiral Chester Nimitz.

Northern Night, Starry Skies (streamed)

Wednesday, May 31

2:00 PM in the Auditorium



Photographer Travis Novitsky of the Grand Portage Band of Lake Superior Chippewa, has a visually stunning exploration of the heavens as seen from Voyageurs National Park, the Boundary Waters Canoe Area Wilderness, and Quetico Provincial Park - together comprising the world's largest designated Dark Sky sanctuary. Ojibwe artist and scholar Carl Gawboy shares Indigenous star knowledge complemented by Indigenous and cultural astronomers Jim Rock and Jessica Heim and astronomer Bob King. **1 hour**

Musings From YOUR RESIDENT COUNCIL

COUNCIL MET April 10, with Vice President Dick Willits stepping in as chair while Jim was tending to Liza's new adventure. Many thanks to Dick. This report is from draft minutes.

REMEMBERING: At that meeting, Council observed a moment of silence, remembering the passing of both Betsy Ellgren and Kenny Hannay, as well as concern for our Council colleagues Judy and Ken. In the **REFLECTION** time, Norm Schmitz quoted a favorite Bible passage, reminding us that as our body gets older and weaker, our spirit grows anew every day.

NOTES from the EXECUTIVE DIRECTOR and ADMINISTRATOR: Matt Phipps said that with lower CoVID rates, some LCS communities are adjusting their CoVID communication procedures. Council recommended that we continue with both hard copy and Touchtown updates. Similarly, some communities are relaxing vaccination requirements. Matt said Trillium Woods has retained its policy but will work with the LCS Medical Advisory Board and other sources as we evaluate that going forward. By the time this *Musings* report is printed, residents will have received notice of the contract with Northern Lights Health as the provider to replace LifeSpark. Similarly, the community will have heard and seen the update on Building 5 from LCS Development. Matt added a reminder of the Scholarship Fund opportunities for associates and eligible dependents. The application window is open until May 1. Sam Paider announced the Volunteer Program has been reinstated, and another orientation session will be scheduled for those who wish to assist in organized activities at The Birches.

THE COMMITTEE'S CORNER: Notwithstanding the recent snowy blasts, Spring will come, and landscaping will become a focus. Dennis Kudelka, chair, reports:

The members of the Landscape Committee support Brian Tryke, Maintenance Supervisor, who manages the outside service organization responsible for lawn and landscape maintenance for the Trillium Woods campus. One of the first Spring tasks is to provide flower selection input for the planters that decorate the campus. The Committee also helps to evaluate Trillium Woods current landscaping, consolidate resident input, and develop recommendations for improvements. You can contact members of the Committee with questions or concerns. If you have or observe specific Landscape issues such as a shrub outside your apartment that needs pruning, a tree that is hitting your window, or a lawn sprinkler head that is broken please submit a Request for Landscaping Service using WorxHub in Touchtown or ask the front desk to submit the Request.

OTHER NEWS OF NOTE:

- Dennis Kudelka has been appointed Interim Chair of the Finance Committee, serving while our Treasurer, Ken Barrera, takes what we hope is a short leave of absence from that duty.
- Norm Schmitz reports for Facilities Committee that grab bars will be installed in the bathrooms near the Auditorium. And that ADA door openers will be installed in the trash rooms.
- Council expressed concern about the safety issues caused by the proliferation of scooters and walkers in the 2nd floor Coat Room during the dinner hours.

Respectfully, Jim Ervin, President, with editing by Dick Willits

EMBRACE THIS PLACE and All the People in It!



Health Fitness Specialist - Jessie Hatley

Jessie has a bachelor's degree in exercise science from Southwest Minnesota State University as well as an associate in physical education. Jessie joins NIFS with experience working directly with youth health and fitness programs as well as serving older adults in a senior living environment. He looks forward to continued growth and opportunities to work with NIFS and the amazing residents at Trillium Woods.

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



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

Vision Loss Resource
Thursday, May 11
9:30 AM in the Creative Arts Studio

Bone Health and Treatment Options

Speaker: Dr. Nicholas N. Holmes, MD

Friday, May 26

10:00 AM in the Auditorium



Did you know that May is Osteoporosis Awareness Month and Arthritis Awareness Month? Please join us for a presentation by Dr. Nicholas N. Holmes, MD, a board-certified primary care sports medicine provider. Dr. Holmes is a physician with Twin Cities Orthopedics. He is going to talk about bone health and treatment options.



MONTHLY HAPPENINGS

Church Services

Scheduled transportation for:

St. Philip the Deacon Lutheran Church (Plymouth) **9:30 AM service only.**

Holy Name Catholic Community (Wayzata) **10:30 AM service only.**

St. Bartholomew Catholic Church (Wayzata) **10:30 AM service only.**

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



Grocery Shopping

Wednesdays from 1:00 PM – 3:00 PM.
Lunds & Byerlys and Cub in Maple Grove

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

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

Card Making with Audrey and Barb

Wednesday, May 10 and 17
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 hand-made cards. Card stations are set up for easy card making.

touchtown tips

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

Now that Spring has finally arrived, it may be a good time to review what to do when severe weather hits. On Touchtown, you will find the Safety and Security icon. If you click on it, you will find documents on what to do for weather emergencies, including Shelter in Place and Tornado Safety. How to keep yourself and the community safe can also be found there.



Bingo

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

Tuesday, May 16 will be at 1:00 PM

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 13 and 27



Ladies Luncheons
11:30 AM - 1:30 PM

Saturday, May 13
Pittsburgh Blue \$\$\$

Saturday, May 27
3 Squares Restaurant \$\$

Sunday Dining
Benihana \$\$\$

Sunday, May 21

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

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

\$ = Inexpensive, usually \$10 and under
\$\$ = Moderately expensive, usually between \$10-\$25
\$\$\$ = Expensive, usually between \$25-\$45
\$\$\$\$ = Very Expensive, usually \$50 and up



Sunday Sing-Along
Cancelled for May
2:00 PM in the Auditorium
Next One Will be on June 11

Sam's Segment



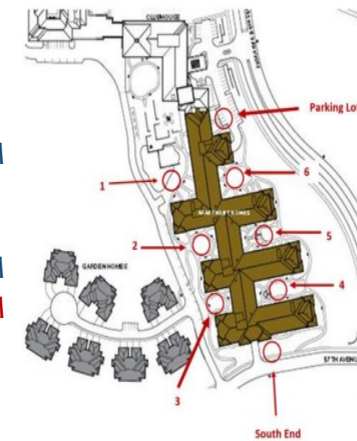
National Senior Health and Fitness Day
Wednesday, May 31

Balcony Exercises Times Shown Below
1:00 PM Ice Cream Social on the Grand Terrace

A blast from the past! During the beginning of Covid when everyone stayed inside to protect against the pandemic, the fitness center went around to the courtyards to exercise with all the residents. This year to celebrate, we will be coming to each courtyard while residents come out to their balcony at the dedicated time to exercise, enjoy some music and meet your nearby neighbors!

Courtyard times:

Courtyard 1 at 9:00 AM
Courtyard 2 at 9:30 AM
Courtyard 3 at 10:00 AM
South End and Garden Homes at 10:30 AM
Courtyard 4 at 10:30 AM
Courtyard 5 at 10:00 AM
Courtyard 6 at 9:30 AM
Front balconies by the parking lot at 9:00 AM



Special Class of the Month

Cardio Drumming:
Fridays at 2:00 PM in the Auditorium

Cardio Drumming is back - using buckets, stability balls, and drumsticks - you can get a 30-minute workout keeping the beat to some favorite 50's and 60's songs.

Class Changes

Pickleball in place of Wii Bowling
Tuesdays at 10:00 AM on the Pickleball Court

Calling all pickleball players! There will be pickleball games for residents interested. No reservations or experience needed. Both serious and those who are just trying it out are encouraged to play. Spectators are welcome.

Walk Around the Lake in place of Wellness Chat
Wednesdays at 8:15 AM
Meet at the Main Lobby

Now that the weather has warmed up, we will start our “Outdoor Walk Around the Lake” class. This class will take you on a walking course on the Lake Camelot Trail Loop where you can see many plants, animals, and more. We will meet, weather permitting. In case of rain, the walk will take place indoors around Trillium Woods.



May Book Club Selection
The Bookwoman of Troublesome Creek

Author: Kim Michele Richardson
Tuesday, May 16

3:00 PM in the Creative Arts Studio

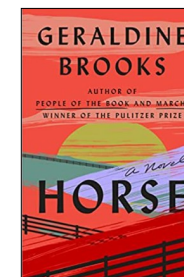


In 1936, 19-year-old Cussy Mary Carter works for the New Deal-funded Pack Horse Library Project, delivering books to the rural people of Kentucky. A “hauntingly atmospheric love letter to the first mobile library in Kentucky and the fierce, brave packhorse librarians who wove their way from shack to shack dispensing literacy, hope, and - just as importantly - a compassionate human connection,” said Sara Gruen, author of Water for Elephants. It is also about the history of the unique and oppressed blue-skinned people of Kentucky and a little known series of events in our country about poverty, intolerance and what hope books can offer. (This is not the book read previously about the packhorse librarians in the Appalachians.)

June Book Club Selection
Horse

Author: Geraldine Brooks
Tuesday, June 20

3:00 PM in the Creative Arts Studio



This novel, based on true events, begins in 1850 in Kentucky with an itinerant artist painting race horses, and moves to New York City in 1954 when a gallery owner becomes obsessed with the paintings.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15 Balance and Core Strengthening III - A 9:15 Balance and Core Strengthening II - A 10:00 Bold Moves - AR 11:15 Balance and Core Strengthening I - AR	8:15 Tone It Up - AR 9:15 Aquacise - PL 10:00 Pickleball - ORA 2:15 Stretch and Renew - AR	8:15 Walk Around the Lake - L 9:15 Strong and Fit - A 10:00 Bold Moves - AR 11:15 Stretch and Renew - AR Wednesday, May 31 there will be no exercise classes due to Senior Health and Fitness Day	8:15 Tone It Up - AR 9:15 Aquacise - PL	8:15 Footwork and Coordination III - AR 9:15 Footwork and Coordination II - AR 11:15 Footwork and Coordination I - AR 2:00 Cardio Drumming - A	
Key Code Touchtown Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS	1 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 Movie: Here Today - TT990	2 10:00 Great Decisions: Richard Leitch - A 10:00 Pinochle - RL 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA	3 10:00 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 One Day University: All About Elephants - TT990 7:00 Poker - RL	4 10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 12:30 Depart: Ridgedale Mall 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 2:00 Alive and Kickin' - A 3:30 Play Readers Group - CA 7:00 University of MN: Piano Samantha Martinez-Brockhus - A	5 10:00 Round Table: Food and Beverage- A 11:00 Storyteller: Sarah Bell - A 12:30 Depart: Malmborg's Garden Shopping 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR	6 10:00 Mother's Day Event
7 Church Services (Schedule a ride in advance) 1:30 Mah Jongg - CR 1:30 Depart: Providence Academy - The Music Man	8 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 12:30 Resident Council Meeting - ACR 2:00 TW Chorale - A 2:30 Texas Hold'em - RL	9 10:00 Te Araroa, New Zealand: Alison Young - A 10:00 Pinochle - RL 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 7:00 Movie: 12 Mighty Orphans -TT990	10 10:00 Trillium Bells - CA 10:30 German Conversation - SPR 11:45 Depart: Sidekick Theatre: Incident at Our Lady of Perpetual Help 1:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 7:00 Poker - RL	11 9:30 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 7:00 Bible Study - CA	12 9:30 Depart: Minnesota Landscape Arboretum 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR	13 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Pittsburgh Blue
14 Church Services 1:30 Mah Jongg - CR	15 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 TW Chorale - A 2:30 Texas Hold'em - RL	16 10:00 Pinochle - RL 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:00 Bingo - CA 2:00 Ben Wegner: Tenor (A) 3:00 Book Club - CA	17 10:00 Trillium Bells - CA 10:30 Wondrium: Post-Impressionism - A 10:30 German Conversation - SP 1:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 3:00 Birthday Party - A 3:30 Music From the 50's Game - A 7:00 Poker - RL	18 9:30 Depart: Orchestra Hall 10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - R 1:00 Mah Jongg - RL	19 9:30 Depart: Minnesota Landscape Arboretum 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 6:30 Depart: Maple Grove Centerstage	20
21 Church Services 1:30 Mah Jongg - CR 5:00 Depart: Sunday Dining - Benihana	22 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	23 10:00 Pinochle - RL 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 3:00 Trillium Woods Chorale Concert - A 7:00 Great Decisions Evening Group - RL	24 10:00 Trillium Bells - CA 10:30 German Conversation SPR 12:30 Depart: Foshay Tower 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Nature PBS: Niagara Falls - TT990 7:00 Poker - RL	25 9:30 Writers Group - CA 10:00 Celebration of Life - A 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - A 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 2:00 Movie: IMAX - Born to be Wild - A 7:00 Bible Study - CA	26 10:00 Bone Health and Treatment Options - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR	27 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - 3 Squares Restaurant
28 Church Services 1:30 Mah Jongg - CR 7:00 Movie: Born to be Wild - TT990	29  9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL 7:00 NASA: Earth from Space - TT990	30 10:00 Wondrium: World War II: The Pacific Theater - A 10:00 Pinochle - RL 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 7:00 Movie: Skyfall - TT990	31 9:00 Balcony Exercises Begin 10:00 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 NIFS Ice Cream Social - GT 2:00 Northern Night, Starry Skies - A 7:00 Poker - RL	Room Abbreviations Auditorium - A Aerobics Room - AR Admin. Conference - AC The Birches - B Café - C Creative Arts Studio - CA Card Room - CR Cardio/Strength Room - CSR Courtyard - CY Grand Terrace - GT HealthyLife™ Center - HLC Library - L Main Lobby - ML	Room Abbreviations Outdoor Recreational Area - ORA Minnehaha Fireside Lounge - MFL Minnehaha Pub - MP Minnehaha Terrace - MT Pool - P Private Dining Room - PD Resident Lounge # 2170 - RL Service Area - SA Sunroom - SR Spiritual Room - SPR Touchtown -- TT 990	* All events are subject to change * All events & activities are not included on this calendar