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|-------------------|------------------|
| Char Bonniwell | Andrea Terhune |
| Lois Schwecke | Ruth Waterbury |
| Richard Flom | Warren Schwecke |
| Christine Kudelka | Jim Sherburne |
| Susan DeVogel | Sally Enstrom |
| Dennis Roof | Mary Ann Rahm |
| Barbara Olson | Anita Winegarden |
| Bill Fink | Holly Rossing |



Alzheimer's Bake Auction



Ladies Brunch and Program

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



Pre-Kentucky Derby Party



Silverwood Park Owls and Walk



TRILLIUM WOODS NEWS

June 2024

Volume 10 Issue 6



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



Getting to Know Our Resident By Mary McCary

How shall I begin this My dad, Walker Brown, owned and operated the Brown Steel Tank Company in Minneapolis. It turns out Fran Brown's family is related to my family. Small world!

I grew up in Edina, and graduated from West High in Minneapolis. I was a member of the "Little Red Hens" while there and we did fundraising, etc. I went to William Woods University in Fulton, Missouri, where I met my wonderful husband, Tom, from Westminster College. He was in the Navy and on the Carrier USS Barnes. I was a freshman and he was a senior. We married and set up our lives in Edina after he graduated. He worked for my dad.

We have four wonderful kids, a daughter, Marcia, and sons Mark, David, and Kevin. We also have 12 grandkids and 19 great-grandkids and only three are girls.

While raising the kids, I was a member of the Junior League, where I was chairman of the puppet committee and in the original Children's Hospital Committee. We raised money for the hospital.

We moved to Christmas Lake in 1970, which was wonderful. During this time, we traveled all over creation.

That same year I decided to go back to college. I received my Bachelor of Science in Design in 1980 from the University of Minnesota. Tom and I started In House Design in Wayzata and retired 30 years later.

We designed and built a home in Carmel Valley, CA on the top of a mountain. We sold that home after 20 years and moved to Spanish Bay in Pebble Beach, CA for the winters.

We were skiers, golfers at Minikahda Club and travelers. I am a member of the Colonial Dames of Monterey and on the Architectural Committee of the 100-year-old Carmel Library. I taught needlepoint and designed canvases in Wayzata for two years, which was very fun and I met wonderful people. I took my daughters on food trips to Europe where we met and cooked with many fabulous chefs. This interest led me to become part of the Food and Beverage committee here at Trillium Woods.

In 2017, we moved from Christmas Lake to Trillium Woods. Thank goodness! It's been perfection here. The residents, the staff, the design of the buildings - and the food!! Sadly my Tom passed away in 2019, after 68 wonderful years!!

ITEMS OF INTEREST

Additional Chimers Wanted Tuesdays - 9:30 AM in the Creative Arts Studio

Are you a lifelong learner? Have you considered learning how to play the chimes? The chimers are looking for a few more participants. If you are interested in learning how to play with the Trillium Chimers, or just have questions, contact Becky McAlpine at 612-270-4015.

Alzheimer's Association Bake Sale Raised \$11,311.00



Thank you to all who donated to both the Bake Sale and the Knife Sharpening! We have raised almost 64% of our goal for the year!

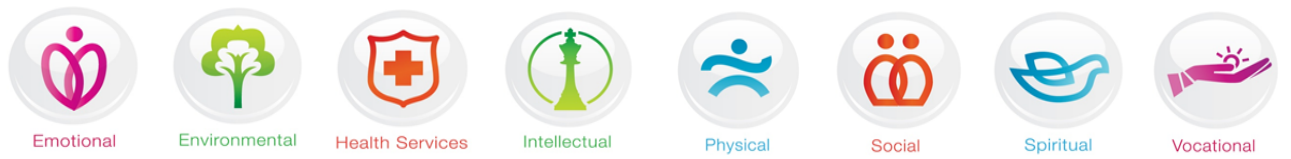
Rhubarb Cake Contest Tuesday, June 18 10:00 AM in the Café

The Garden Club has five rhubarb plants in their garden. They will supply you with the rhubarb. There will be a Trillium Woods rhubarb cake contest, using the fresh rhubarb. Your cake must be in the Café by **9:45 AM**. The winner will be awarded a summer's supply of tomatoes, delivered to your apartment! A judging panel will decide. Residents and associates can sample cakes after judging. Call Tonia Swennes if you want to put your name in as a contestant at 763-744-9407. Deadline to sign up is **Thursday, June 13**. Rhubarb will be delivered by Michael Tan on Friday, June 14.

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**

EXCURSIONS

Ancient Builders of the Amazon NOVA PBS

Sunday, June 9 at 7:00 PM
Thursday, June 13 at 1:00 PM

Recent stunning discoveries are exploding the myth of the Amazon as a primeval wilderness, revealing traces of ancient civilizations that flourished there for centuries. Using LIDAR survey equipment, it was discovered that dense settlements indicate populations in the millions, supported by sophisticated agricultural systems, while huge geometric earthworks and roadways bear witness to complex religious ideas and social networks. The evidence is now clear that, far from being an untouched wilderness, the Amazon has been shaped by human hands for millennia. **53 minutes**

OLLI at the University of MN Diverse Stories from Minnesota's Past

Wednesday, June 12 at 10:00 AM
Monday, June 17 at 7:00 PM

Curt Brown, history writer with the StarTribune, has published more than 400 columns on the history of Minnesota. His most recent book is Minnesota, 1918: When Flu, Fire, and War Ravaged the State. Interesting stories that he researched, and some stories that were found while researching other stories. **1 hour 20 minutes**

How Renoir Revolutionized Art

Saturday, June 22 at 1:00 PM
Wednesday, June 26 at 7:00 PM

Discover the trailblazing spirit of Auguste Renoir, one of the founders of impressionism, whose canvases shattered centuries of artistic convention. Renoir's impressionistic strokes capture the pulse of 1870s Paris, a city reeling from war and revolutionary change, whilst incorporating Rococo references. As his son later wrote, "Renoir loved fairy tales. The everyday was like a fairy tale to him." Like the fairytale world of Rococo Painting, Renoir's impressionist works do not depict reality but create an alluring and beautiful fiction that still captures the imagination today. **52 minutes**

The Edina Chorale: It Takes Two Pops Concert

Calvary Christian Reformed Church
Saturday, June 1

Depart: 6:00 PM Return: 9:00 PM
Cost: \$21.00

Sign up deadline: Tuesday, May 28

As is the tradition of The Edina Chorale, their spring concert is a pops concert. This concert's focus will be on famous duets and collaborations as heard in popular music, TV, radio, Broadway, movies, and more. Tunes span the last six decades.

Hopkins Westwind Concert Band

Hopkins Center for the Arts
Sunday, June 2

Depart: 3:00 PM Return: 5:30
Free

Deadline has passed for this event

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



Niswaga 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, Niswaga is only a few hours away and you are invited to attend shopping/lunch in Niswaga 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 Niswaga, **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 Niswaga to return to Trillium Woods
- **7:45 PM** Quick stop at restroom
- **9:00 PM** Arrive at Trillium Woods

Dinner choices at time of sign-up.

Movies



The Greatest Showman
Monday, June 10 at 1:00 on Ch 990
Sunday, June 16 at 7:00 on Ch 990

2017 Musical/Thriller

Hugh Jackman stars in this bold and original musical - inspired by the ambition and imagination of P.T. Barnum - rising from nothing to create the Barnum & Bailey circus.

Featuring catchy musical numbers, exotic performers and daring acrobatic feats. His mesmerizing spectacle soon takes the world by storm to become the greatest show on earth. **1 hour 45 minutes**



Ordinary Angels
Friday, June 14
1:00 PM in the Auditorium

2024 Drama

A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help. **2 hours 10 minutes**



Gentleman in Moscow
Mini Series - 8 Episodes
2024 Drama/Historical/Suspense

Monday, June 17
1:00 PM - 2:40 PM in the Auditorium

E1: A Master of Circumstance

Count Alexander Rostov is sentenced to life imprisonment at a grand Moscow hotel. Contending with allies and foes alike, it's nine-year-old Nina and her unexpected friendship that changes his life. Series premiere.

E2: An Invitation

The Count reckons with his past when old friend Mishka turns up at the hotel. He meets Anna Urbanova for the first time, embarking on a passionate affair.

Monday, June 24
1:00 PM - 2:40 PM in the Auditorium

E3: The Last Rostov

As his life crumbles, the Count receives devastating news. He embroils his friends in a dangerous plan.

E4: Good Times

The Count is forced to undertake a dangerous mission. Mishka grows disenchanted with the party.

Upcoming: Save the Date
Sign up is not available for excursions yet!

- July 8 6:15 Lake Harriet Bandshell: MN Orchestra
- July 9 1:00 (TW) 9th Anniversary Ice Cream Social
- July 15 7:00 (TW) CODA - Music Under the Stars
- July 24 11:00 Twins Game
- July 26 10:00 (TW) Summer Games Opening Ceremony
- July 31 TBD (TW) Roaring 20's Party and Alzheimer's Silent Auction
- Aug 22 8:00 State Fair
- Aug 28 11:45 Chanhassen: Beautiful
- Aug 29 3:00 (TW) State Fair Party

(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 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: Marcia Copeland
The Seven Swans of Trillium
 Narrated by Jim Ervin
 Friday, June 7
 Following JAM Session with Joe
 in the Auditorium

Several years ago, a family of seven swans lived on the pond across the Parkway from Trillium Woods. The swans inspired Marcia Copeland to write and share a story about them.



June Birthday Party
 Wednesday, June 19
 3:00 PM - 4:00 PM
 in the Auditorium

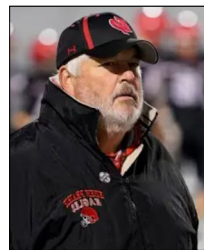
Come to the Auditorium and help celebrate June birthdays! Enjoy a piece of cake while visiting with friends. Everyone is invited and it's sure to be a fun-filled afternoon.



Plymouth Concert Band
 Tuesday, June 11
 7:00 PM in the Auditorium

This 65 member symphonic wind band has been making music together for over 20 years. You've heard them play in the local community and they are back with an end-of-spring concert at Trillium Woods.

Men's Breakfast and Program
Stories from the Son of the Football Legend
 Speaker: Mike Grant
 Friday, June 14
 9:30 AM - 11:00 AM in the Auditorium



Breakfast will begin at 9:30 AM, buffet style, including (made to order) omelets. The presentation begins at 10:00 AM. Mike will be speaking on his favorite topic - his life with his dad, Bud Grant.

Walleye Dinner
 Tuesday, June 18
 4:00 PM - 6:00 PM on the Grand Terrace
 Auditorium if inclement weather



Mark your calendars for our annual Walleye Dinner.

Music Under the Stars
Nuance/a duo
 Wednesday, June 19
 7:00 PM - 8:00 PM
 On the Grand Terrace
 Auditorium if inclement weather



Dan Wascoe and Baibi are back, and will perform their Chick Singers show, which features hit tunes from the likes of Doris Day, Rosemary Clooney, Mary Martin, Patti Page, Judy Garland, Patsy Cline, Peggy Lee, Marilyn Monroe and the Andrew Sisters.

MN Author Talk: Allen Eskens
 Thursday, June 27
 1:00 PM - 2:00 PM in the Auditorium



Allen Eskens, a bestselling author of many books, has a journalism degree from the University of Minnesota and a law degree from Hamline University. He recently retired from a 25-year criminal law practice.

He will be talking about his path to becoming a writer, the nine books he's written and his new book. **Books will be sold after the program.**

Synod Senior Band
 Friday, June 28
 7:00 PM - 8:00 PM in the Auditorium



This band of approximately 75 seniors, presents a performance of classical and popular music.

EXCURSIONS

For all excursions please call Tonia Swennes at 763-744-9407 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.

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.



Silverwood Park:
Michael Monroe Concert
 or take a walk through the park
 Wednesday, June 12
 Depart: 5:30 PM Return: 8:30 PM
 Sign up deadline: Monday, June 10

Come enjoy live, outdoor music in the park. Michael Monroe's unique creation of music leaves his audiences mesmerized as he blends his rich vocals, guitar, bamboo and glass flutes, combining musical styles of acoustic folk and jazzy reggae. Concert runs from 6:30 PM - 8:00 PM. Bring a collapsible chair to sit on if you have one. May be held indoors if inclement weather.

Lunch at Maynards
and Big Stone Mini Golf
 Thursday, June 13
 Depart: 10:45 AM Return: 3:00 PM
 Cost: \$14.00 Golf, Purchase lunch on your own
 Sign up deadline: Monday, June 10

Enjoy lunch at Maynards before heading out to Big Stone Mini Golf, known for its 14 clever holes and unique sculptures. After a round of mini golf you are free to enjoy the beautiful Big Stone Sculpture Gardens. The gardens display unique sculptures throughout the grounds of rolling hills, organic gardens, life size games, ponds, and an open pasture that also serves as home to a variety of grazing animals.

Orchestra Hall: Coffee Concerts
Celebrating Pride with Thomas Søndergård
 Thursday, June 20
 Depart: 9:30 AM Return: 2:00 PM

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

Dates for the 2024/2025 season are listed on the website.

Wabasha Street Caves
 Friday, June 21
 Depart: 12:00 AM Return: 3:00 PM
 Cost: \$11.00
 Sign up deadline: Tuesday, June 18

See the only remaining restored Gangster Era site. This historic tour of extensive caves carved into the hillside in long abandoned mining ventures in the 1800's. Later, it was a mushroom farm, and then developed as a Restaurant Casino and Gangsters' Hotspot during the 1930's prohibition era. Newspapers reported of an unsolved gangland murder at the casino. Tour guides point out the bullet holes. Some believe the caves are haunted by the murdered mobsters whose bodies were never found. **Tour lasts approximately 45 minutes to 1 hour.**



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

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

EDUCATION IN THE AUDITORIUM

An Immense World
Speaker: Ed Yong
Streamed Programming
Tuesday, June 4
10:00 AM - 11:00 AM in the Auditorium

A previously recorded program by the Aldo Leopold Foundation, Ed Yong speaks about his book, "An Immense World." He explains that humans are just one of millions of species on Earth, and that our senses offer just one of millions. It takes us beyond the limitations of our human perception to better understand the wonders and wildness of our diverse planet.



Cinque Terre and the Northern Lakes by Kayak
Speaker: Melonie Shipman
Thursday, June 6
10:30 AM - 11:30 AM in the Auditorium

See the five villages of the Cinque Terre from the unique perspective of a kayak, to the immersion of overnight stays in the tiny villages. Ancient vineyards cover the steeply terraced slopes now eroding into the sea. Portage to The Northern Lakes of Italy that have been the playground of the European and Milanese rich. In "showing off" to each other they created some of the largest and most unique gardens with elements collected from around the world.



Great Decisions: NATO's Future
Speaker: Kannan Solayappan
Friday, June 7
2:00 PM - 3:00 PM in the Auditorium

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia? Kannan Solayappan grew up in Chennai, in Southern India, and earned his undergraduate degree in chemical engineering at the university in Bangalore. He received his Masters in Computer Science in 1992 and has been a software consultant in Minnesota for more than 20 years, working with companies including IBM, Mayo Clinic, American Express, Cargill, 3M, and United Health Care, among others. Drawn to world affairs, interests include intellectual history, philosophy and area studies, especially Europe, India and the Middle East.

Wondrium: A History of Eastern Europe
Speaker: Dr. Vejas Gabriel Liulevicius
University of Tennessee
Streamed Programming
Tuesday, June 11
10:30 AM - 11:30 AM in the Auditorium

The Origins of Nationalism, 1815-1863
 Glide into the age of Romanticism, when poets surpassed politicians in setting national agendas. In this lecture, after considering the distinction between civil and ethnic nationalism, you'll study a number of 19th-century revolutions that swept across the region - and reflect how defeat in these revolutions paved the way for empires.

The Age of Empires, 1863 - 1914
 After poetic romanticism failed to produce a new world order, conservative politicians co-opted nationalism in support of empire building. Review the stirrings of nationalism within the Russian, German, and Austrian empires. Then turn to emerging political ideologies that laid the foundation for the world wars of the 20th century.

Wondrium: World Heritage Sites II
12 More of the World's Greatest Places
Thursday, June 27
10:00 AM - 11:00 AM in the Auditorium

Ethiopia's Rock-Hewn Churches
 Begin this course with the astonishing churches of Lalibela, carved entirely from a single mass of volcanic rock. Trace the fascinating story of how Christianity was introduced in Ethiopia, and the traditions of stone carving that produced the rock-hewn churches. Travel the site of the 11 churches, and marvel at their elaborate architecture and the superlative artwork that adorns them.

The West Norwegian Fjords
 Norway's fjords, waterways within massive fissures in the country's coastal mountains, are renowned throughout the world for their dramatic scenery. Explore the geography and geology of the fjords, and their vital role in Norway's history, in commerce and transport. Experience the sublime natural beauty of the Sognefjord, the Geirangerfjord and Nærøyfjord, and their distinct landscapes.

THE COUNCIL CORNER

In May, the Resident Council approved the policies and procedures of the committee portion of our Resident Council handbook. Changes will be incorporated in the upcoming Election Committee communications concerning the election of council members for 2024-2025.

A resolution was proposed and adopted thanking the Trillium Woods Associates for the many spring activities.

On behalf of Trillium Woods residents, the Resident Council commends Trillium Woods associates with great appreciation for their efforts in presenting spring events, including: Ladies Program and Brunch, Pre Kentucky Derby Party, Prix Fixe Dinner, and Mother's Day Brunch.

We are all thankful for your planning, creativity and execution of the diverse programs and events offered to the residents.

Dick Willits, President
 Keep Smiling!

Library News

A reminder to all: the library is on the honor system. Enjoy, but please take out only one new book at a time and try to return within 2 weeks. We are having a problem with people taking off the jackets and not returning them. PLEASE DON'T. Leave the jackets on the books.



There are 3 additional alcoves of books at the low end of floors 1, 2 & 3. In addition to overflow titles, floor 1 has poetry, floor 2 has classics and floor 3 has DVDs and audio books.

HOW TO HYDRATE IN THE HEAT

HYDRATION TIPS

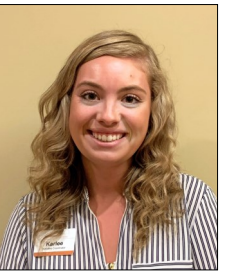
- EAT PLENTY OF HYDRATING FOODS
- DRINK BEFORE YOU FEEL THIRSTY
- SPICE UP YOUR WATER (WITH FLAVORING, FRUITS, & VEGGIES)
- CUT BACK ON CAFFEINE AND ALCOHOL

Clean Food®

Associate of the Month

April 2024
Karlee Jerzak
Activities Coordinator at The Birches

Karlee has been with Trillium Woods for 9 months and lives in Plymouth, MN but grew up in Rochester, MN. I enjoy baking, cooking, pickleball, camping, and taking walks. My biggest motto that I have followed for many years is, "nothing you wear is more important than your smile!"



Lightening round questions:

- | | |
|-------------------------------|---------------------------|
| Favorite Season? | Fall |
| Ketchup or Mustard? | Ketchup |
| Gold or Silver? | Silver |
| Favorite Beverage? | LaCroix |
| | Sparkling Water |
| Horror movie or Comedy movie? | Comedy |
| Favorite professional team? | Vikings |
| Favorite snack? | Popcorn & Animal Crackers |
| | Dog |
| Dog or Cat? | Banana Peppers |
| Favorite pizza topping? | Teal |
| Favorite color? | Plane |
| Travel by plane or by car? | Fourth of July |
| Favorite Holiday? | French Fries |
| French Fries or Onion Rings? | iPhone |
| iPhone or Samsung? | Scheels |
| Favorite Store? | |

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, June 13
9:00 AM in the Creative Arts Studio

Summit Orthopedics: Arthritis
Speaker: Dr. Sandhu, Summit Orthopedics
Tuesday, June 25
11:00 AM in the Auditorium



The wear and tear from a lifetime of physical activity, as well as injuries, can damage joints – points in your body where two or more bones come together. Come learn more about arthritis care and prevention.



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

June 4 and 18

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.

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

Card Making

with Barb and Audrey

Wednesday, June 19
1:00 PM - 3:00 PM in the Creative Arts Studio



Come down and visit while Barb and Audrey show you how to make beautiful handmade cards. Card stations are set up for easy card making.

Free Hearing Aid Clean and Checks with Affinity Hearing

Friday, June 28

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.

Call Tonia Swennes at 763-744-9407 to sign up. Must have minimum of 6 for dining.

June Dining Excursions

Pay for Your Own Meal

Men's Breakfast: Original Pancake House

8:30 AM - 10:30 AM

Saturday, June 1 and 15

Ladies Luncheons

11:30 AM - 1:30 PM

Saturday, June 1: The Highlander at Rush Creek \$\$

Saturday, June 15: McCormick's Pub \$\$

Sunday, June 23

Dining: Jax Café \$\$\$

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



Sunday Sing-Along

Taking the Summer Off

See you in September



Questions with Mindy

June 20

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



Camp NIFS

Bonfire Kickoff

Friday, June 14

6:00 PM - 7:00 PM on the Grand Terrace

Meditation

Monday, June 17 & 24 and Friday, June 21 & 28

12:15 PM - 12:30 PM in the Aerobics Room

Scavenger Hunt: Around Lake Camelot

Tuesday, June 18 & 25

on your own or with a friend

Thursday, June 20 & 27: Mini games at the

Outdoor Recreational Area from 2-3pm



Active Adventure:

Three Ponds Park

Wednesday, June 19

Depart: 10:00 AM Return: 11:30 AM

Meet in Lobby

Active Adventure: Como Zoo

June is Zoo and Aquarium Month

Wednesday, June 26

Leaves at 9:30 AM Return: 1:30 PM

Meet in Lobby

Contact Tonia Swennes at 763-744-9407 to sign up for Active Adventures.

Wii Bowling Tournament

Tuesday, June 4 at noon in the Auditorium

NEW CLASS

Bocce Ball on Mondays, new time 1:00 PM

Aqua Fit on Wednesdays



Flag Day

Friday,

June 14

Wear Red, White, and/or Blue to celebrate!



Special Invitation

June Book Club Selection

Allen Eskens Books

Tuesday, June 25

3:00 PM in the Creative Arts Studio

The June Book Club will meet to discuss the books of Allen Eskens, a Minnesota writer who will be visiting Trillium Woods on Thursday, June 27.

The most recent book by Eskens, a highly-acclaimed writer of mysteries, is *Saving Emma*. He also wrote *The Life We Bury* and the *Shadows We Hide*, a sequel to that book. Other books include *Forsaken Country*, *The Guise of Another* and several others. If you are not a regular member of the Book Club, but have read an Eskens book, you are invited to attend and share how you experienced his writing. The booklovers in the Book Club enjoy talking about books and because they are booklovers, they talk with intelligence, passion and understanding.

July Book Club Selection

Book to be determined





Tuesday, July 16

3:00 PM in the Creative Arts Studio

June
Calendar

Please highlight the events you would like to take part in and post where you will easily be reminded every day of what is going on in the community.

Highlight the events you would like to take part in and post this calendar where you will easily be reminded every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>8:15 Better Balance - AR 9:15 Cardio Circuit - AR 10:00 Bold Moves - AR 11:15 Slow Strength - AR 1:00 Bocce Ball Club - ORA</p> <p>June 17 and 24 - 12:15 Meditation in the Aerobics Room</p>	<p>8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR 2:00 Brain Boosters - AR</p> <p>June 4 - 12:00 Wii Bowling Tournament in the Auditorium June 18 and 25 - Scavenger Hunt - Meet in Lobby</p>	<p>8:15 Jiving with Jessie - AR 9:15 Strong and Fit - AR 10:00 Bold Moves - AR 10:15 Aqua Fit - P 11:15 Stretch and Renew - AR</p> <p>June 19 - 10:00 Active Adventure Three Ponds Park June 26 - 9:30 Active Adventure Como Park Zoo</p>	<p>8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Pickleball Club - ORA 2:00 Open Gym - Fitness Center</p> <p>June 20 and 27 - 2:00 - 3:00 Mini Games at the Outdoor Recreational Area</p>	<p>8:15 Cardio Circuit - AR 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:15 Meditation - AR</p> <p>June 14 - 6:00 Bonfire - GT</p>	
<p>Key Code</p> <p>Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS</p>	<p>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</p>	<p>Room Abbreviations Main Lobby - ML Outdoor Recreational Area - ORA Minnehaha Fireside Lounge - MFL Minnehaha Pub - MP Minnehaha Terrace - MT Pool - P Private Dining Room - PD Resident Lounge # 2170 - RL Service Area - SA Sunroom - SR Spiritual Room - SPR</p>	<p>* All events are subject to change * All events & activities are not included on this calendar</p>			<p>1 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch The Highlander at Rush Creek 6:00 Depart: The Edina Chorale: It Takes Two</p>
<p>2 Church Services (Schedule a ride in advance) 1:30 Mah Jongg - CR 3:00 Depart: Hopkins Westwind Concert Band</p>	<p>3 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:00 Trillium Woods Chorale Wrap Up - A 2:30 Texas Hold'em - RL</p>	<p>4 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 An Immense World - A 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA</p>	<p>5 8:00 Depart: Nisswa Ladies Trip 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL</p>	<p>6 10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 10:30 Melonie Shipman: Cinque Terre and the Northern Lakes - A 11:00 Stitch Wits - CA 12:30 Depart: Ridgedale Excursion - ML 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:30 Play Readers Group - CA</p>	<p>7 10:00 JAM Session with Joe - A Followed by Storyteller: Marcia Copeland - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 2:00 Great Decisions: NATO's Future - A</p>	<p>8 12:30 Depart: American Craft Fest</p>
<p>9 Church Services 1:30 Mah Jongg - CR 7:00 Ancient Builders of the Amazon - Ch 990</p>	<p>10 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:30 Resident Council Meeting - AC 12:00 Scrabble and Cribbage - RL 1:00 Movie: The Greatest Showman - Ch 990 2:30 Texas Hold'em - RL</p>	<p>11 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Wondrium: A History of Eastern Europe - A 1:00 Bridge - CR 1:00 Blood Pressure Check - SR 1:30 Bingo - CA 7:00 Plymouth Concert Band - A</p>	<p>12 9:30 Trillium Bells - CA 10:00 OLLI of U of MN: Diverse Stories from Minnesota's Past - Ch 990 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 5:30 Silverwood Park: Michael Monroe Concert or Walk 7:00 Poker - RL</p>	<p>13 9:00 Vision Loss Resource - CA 10:00 Depart: Shopping Plymouth - ML 10:45 Lunch at Maynards and Big Stone Mini Golf 11:00 Stitch Wits - CA 1:00 Ancient Builders of the Amazon - Ch 990 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 New Writer's Group - SR 7:00 Bible Study - CA</p>	<p>14 Flag Day  9:30 Men's Breakfast - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 1:00 Movie: Ordinary Angels - A</p>	<p>15 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - McCormick's Pub and Restaurant</p>
<p>16 Church Services 1:30 Mah Jongg - CR 7:00 Movie: The Greatest Showman - Ch 990</p>	<p>17 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 1:00 Mini Series: Gentleman in Moscow - A 2:30 Texas Hold'em - RL 7:00 OLLI of U of MN: Diverse Stories from Minnesota's Past - Ch 990</p>	<p>18 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Rhubarb Cake Contest - C 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 4:00 Walleye Dinner - GT</p>	<p>19 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Card Making - CA 1:00 Mah Jongg - CR 3:00 Birthday Party - A 7:00 Poker - RL 7:00 Music Under the Stars: Nuance/a duo - GT</p>	<p>20 9:30 Depart: Orchestra Hall 10:00 Parkinson's Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Uniguest Questions with Mindy - SR 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL</p>	<p>21 10:00 Round Table: Navigator/ Health Services - A 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 12:00 Depart: Wabasha Street Caves</p>	<p>22 1:00 How Renoir Revolutionized Art - Ch 990</p>
<p>23 Church Services 1:30 Mah Jongg - CR 5:00 Sunday Dining: JAX Cafe</p>	<p>24 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 1:00 Mini Series: Gentleman in Moscow - A 2:30 Texas Hold'em - RL</p>	<p>25 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 11:00 Summit Orthopedics: Arthritis - A 1:00 Blood Pressure Check - SR 1:00 Bridge - CR 1:30 Bingo - CA 3:00 Book Club - CA 7:00 Great Decisions Evening Group - RL</p>	<p>26 9:30 Trillium Bells - CA 10:30 German Conversation - SPR 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL 7:00 How Renoir Revolutionized Art - Ch 990</p>	<p>27 10:00 Depart: Shopping Plymouth - ML 10:00 Wondrium: World Heritage Sites - A 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 1:00 MN Author: Allen Eskens - A 7:00 Bible Study - CA</p>	<p>28 10:00 Free Hearing Aid Clean - Residential Health Services Office 1:00 Mah Jongg with Dorothy - RL 1:00 Blood Pressure Check - SR 7:00 Synod Senior Band - A</p>	<p>29</p>
<p>30 Church Services 1:30 Mah Jongg - CR</p>						