



- |                     |                |
|---------------------|----------------|
| Mickie Deline       | Joan Capen     |
| Kathy Monico        | Jean Kreykes   |
| Audrey Johnson      | Janet Austin   |
| Virgene Sehlin      | David Thies    |
| Polly Bullock       | Elaine Indahl  |
| Shirley Krautkremer | Nedra Wicks    |
| Patty Hannay        | Marge Vannelli |
| Eunice Remien       | Steve Wold     |
| Guy Crawford        | Alice Barrera  |
| Doug Greves         | Gloria Fink    |
| Barbara Griffin     | John Brand     |
| Mary Anne Ryks      | Barbara Isgren |
| Pat Thompson        |                |

## Looking Back at February More photos on Uniguest under the photos icon.

### Valentine's Day Party



### Cookie Decorating



**Winner of the  
Holiday Doors  
Scavenger Hunt**  
**Abbie Willits**  
**\$25.00 Amazon  
Gift Card**

### MISSION STATEMENT

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

## Where can you get the 8 Dimensions of Wellness?



Events, activities and excursions that incorporate these 8 dimensions of wellness will be offered at **both Trillium Woods and The Birches Health Center**

# TRILLIUM WOODS NEWS

## March 2025

Volume 11 Issue 3



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



### Getting to Know Our Residents By Tom and Darlene McCarthy

When Darlene and I signed on to join Trillium Woods, it was to be in the new expansion...and we thought we had 18 months to make the transition. To our surprise and great fortune, our timetable accelerated dramatically when the 'right' unit suddenly opened, leaving us just 90 days to sell and move. The warm welcome and support we have received has been tremendous and we are so grateful to be here earlier than expected!

Our backgrounds could not be more different. Darlene grew up on a farm near Windom (southwest MN) before moving to the Twin Cities for her high school years. She graduated from St. Cloud State majoring in Mathematics/Marketing. Tom grew up on Lake Minnetonka and graduated from Washington and Lee University with a Business Administration degree. Tom brought the country girl to the country club; Darlene introduced the city boy to life on the farm and blue jeans!

Our paths crossed in the mid 1980's while we were both working at Campbell-Mithun, the Twin Cities' largest advertising agency. We carpoled to work and eventually, carpooling evolved into marriage in 1992. Overnight, Tom went from part-time chauffeur to full-time stepfather. We lived in Minnetonka Beach for 30 years before moving to Hamel in 2014. Darlene was blessed to be a stay-at-home mom raising sons Adam and Andrew, enabling her to devote her energies to Adam's special needs as a disabled person. She also sang in the church choir and taught Sunday School. Adam has already spent overnights with us at Trillium Woods - he's excited about our new Murphy bed! His twin brother, Andrew, lives in Edina with wife Jackie and their two kids, Adeline & Edwin (who have the unique distinction of having grandparents and their great grandmother, Bettianne McGrory, living at Trillium Woods). Darlene loves sewing, baking, and gardening. Her favorite memories are of riding the combine at harvest time and spending time in the Boundary Waters or at Lake Superior. Now, Darlene enjoys reading and playing Mah Jongg (non-competitively). Her motto: "Wear the pearls, they weren't made to lay in the box." Tom's community service includes serving as City Treasurer for Minnetonka Beach and HOA board member. He is now Treasurer/Director of the new Lake Minnetonka Historical Society and is spearheading efforts to get the Streetcar Boat MINNEHAHA back in service on Lake Minnetonka. Thank you for welcoming us into this wonderful community!

## ITEMS OF INTEREST

### Thank You from the Alzheimer's Committee



A big thank you to everyone who participated in the Alzheimer's Bake Auction on Valentine's day! We were able to raise 9,005.00 from this event.

A record 56 items were purchased in just under one hour!



### Thank you to the Kitchen Kit Volunteers

This group put together 75 kits with dish soap and sponges in record time!



# EXCURSIONS

## University of Minnesota: China Center What's Next for U.S. - China Relations Under Trump 2.0 Sunday, March 2 at 7:00 PM Wednesday, March 5 at 7:00 PM

Competition between the U.S. - China has grown fierce in recent years, although yet to spillover into outright conflict. While embracing competition, the prior Biden administration worked to stabilize the U.S. - China relationship with "guardrails," including limited support for people-to-people exchange and even scientific collaboration. As we enter into a new presidential administration in the United States, with possibilities for disruption across a wide range of policy areas, this talk will explore the likely implications for competition, cooperation, and conflict in U.S. - China relations in the years ahead.

Neysun A. Mahboubi is Director of the Penn Project on the Future of U.S.-China Relations at the University of Pennsylvania, where he teaches various courses related to Chinese history, law, and policy, and hosts the China Studies podcast.

## OLLI: University of Minnesota The Irish Question and Modern History Speaker: Andrew Latham Monday, March 17 at 7:00 PM Thursday, March 20 at 3:00 PM

They were the desperate immigrants of their era, driven by famine to migrate to an America that offered a harsh welcome. From the Great Potato Famine of the 1840's to the present, find out why such a small island has exerted such an outsized influence on history. **1 hour 30 minutes**

## The Life of the Forest: Fungi Forest Film Studio Sunday, March 30 at 7:00 PM Monday, March 31 at 2:00 PM

A forest is a place where thousands of different organisms meet, creating the most complex network of connections that can exist in nature. It is worth considering the importance of fungi for the functioning of the forest – the most mysterious group of organisms in this forest puzzle. **37 minutes**

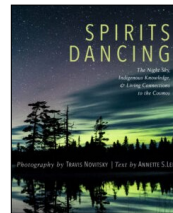
## Twin Cities Model Railroad Museum Friday, March 7 Depart: 12:30 PM Return: 3:00 PM Cost: \$12.00 - Docent guided tour Sign up deadline: Wednesday, March 5

The Model Railroad Museum consists of over 11,000 square feet of interactive layouts and displays, including a 30 foot x 50 foot world-class O-scale model train layout of the Twin Cities area. Other layouts depict historical eras and modeling methodologies.

## North Star Voices: Spirits Dancing Minnesota History Center Saturday, March 8 Depart: 1:00 PM Return: 4:15 PM Free Sign up deadline: Thursday, March 6

Spend an afternoon with photographer, Travis Novitsky, as he talks about the book, "Spirits Dancing: The Night Sky, Indigenous Knowledge, and Living Connections to the Cosmos."

Travis is a member of the Grand Portage Anishanaabe Nation, and has been photographing the night sky for decades. His vibrant images reflect the experiences he has had under the night sky. There will be Q & A after his talk and book signing. Books available for purchase.



## Orchestra Hall: Coffee Concert Erin Keefe Plays Beethoven Thursday, March 13 Depart: 9:30 AM Return: 2:00 PM

Dates for the 2025 season are listed on the website.

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

## Guthrie Theatre: Midsummer Night's Dream Saturday, March 15 Depart: 12:00 PM Return: 4:00 PM Sign up deadline has passed for this event

An enchanting comedic delight, Shakespeare's most popular play is brimming with wit and wisdom. On the shortest night of the year, the magical and mortal worlds collide.

# Movies



## The Ministry of Ungentlemanly Warfare Friday, March 14 1:00 PM in the Auditorium

**2024 Action/Drama/Military/Comedy**  
British Prime Minister Winston Churchill and a group of military officials hatch a plan to neutralize Hitler's fleet of German U-boats. A top-secret combat unit of rogues and mavericks goes on a daring mission against the Nazis, ultimately changing the course of WWII and laying the foundation of modern black ops. A good amount of shooting and explosions to be expected, this is a war film. **2 hours**



## Conclave Friday, March 21 1:00 PM in the Auditorium

**2024 Political Thriller/Drama/Mystery**  
Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church. **2 hours**



## Wicked Friday, March 28 1:00 PM in the Auditorium

**2024 Musical/Fantasy/Adventure**  
Wicked, the untold story of the witches of Oz, starring Cynthia Erivo and Ariana Grande who both picked up Oscar nominations for their performances. Emmy, a misunderstood young woman because of her green skin, and Glinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. **2 hours 40 minutes**

### Upcoming: Save the Date

- April 3 3:10 (TW) Twins Home Opener
- April 11 3:00 (TW) Master's Watch Party
- April 21 7:00 (TW) Minnetonka Chamber Orchestra
- \*April 24 12:15 MIA: Art in Bloom
- May 2 3:00 (TW) Derby Party
- \*May 4 1:30 Providence Academy: Newsies
- May 9 10:00 (TW) Ladies Brunch Event
- May 16 3:00 (TW) Trillium Woods Chorale Concert
- May 22 10:00 (TW) Celebration of Life
- May 29 7:00 (TW) Linden Hills Chamber Orchestra
- \*June 7 9:00 History Theatre: Whoa! Nellie!
- \*June 26 11:15 MN Twins VS Seattle Mariners

(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 76



## 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



**Mardi Gras Party**  
**Tuesday, March 4**  
**3:00 PM - 4:00 PM**  
**in the Auditorium**

Mardi Gras is French for “Fat Tuesday” and in New Orleans it is a time of merry-making and festivity. We will create our own festivities here at Trillium Woods, although, not quite New Orleans style. We will have a signature drink, light appetizers and a sweet treat to add to the merry-making.  
**If you have beads from previous years, please wear them!**

**Storyteller: Diane Flom**  
**In Norwegian: Med barnebarna til Norge**  
**Translation: With the grandchildren to Norway**  
**Friday, March 7**  
**Following JAM Session with Joe**  
**in the Auditorium**

The Floms have taken each of their four grand-children, one at a time, mostly the year each turned 12, on a trip to Norway with them to show them their Norwegian heritage. This presentation documents these trips and highlights both Norwegian scenery and the unique characteristics of each child.



**University of Minnesota Music**  
**Zhengyang Zhang - pianist**  
**Tuesday, March 11**  
**7:00 PM – 8:00 PM in the Auditorium**

Zhengyang began his piano studies at the age of four, displaying remarkable musical talent from an early age. Throughout his career, Zhang has received numerous accolades. He has performed extensively across China, Germany, Russia, Armenia, and Japan. He has collaborated with the Armenian National Symphony Orchestra and the Wuhan Philharmonic Orchestra. He is now in the Doctor of Musical Arts program at the University of Minnesota, studying under Dr. Paul Shaw.



**Met Opera: The Opera House**  
**Wednesday, March 12**  
**1:00 PM in the Auditorium**

In this documentary, award-winning filmmaker, Susan Froemke, explores the creation of the Metropolitan Opera’s storied home of the last five decades. Using rarely seen archival footage, stills, and recent interviews, The Opera House looks at an important period of the Met’s history and some untold stories of the artists, architects, and politicians who shaped the cultural life of New York City in the 1950’s and 1960’s.

**The Piatigorsky Foundation**  
**Katsuya Yuasa - clarinet**  
**and Mary Au - piano accompanist**  
**Sunday, March 16**  
**1:00 PM - 2:00 PM in the Auditorium**



Katsuya Yuasa has toured as a concert soloist, recitalist, chamber musician, and orchestral player across the United States, Europe, South America, and Asia. Born in Kobe, Japan, Dr. Yuasa is currently the Instructor of Clarinet at the University of Idaho Lionel Hampton School of Music, Acting Principal Clarinet of the Washington Idaho Symphony, and Concert Artist with the Piatigorsky Foundation.

Pianist, Mary Au, is a collaborative pianist and chamber musician with worldwide experience with renowned artists from around the globe. She is a former executive of the GRAMMY Awards and dedicates herself to sharing her music with audiences worldwide.



**March Birthday Party**  
**Wear Green for a**  
**St. Patrick’s Day nod**  
**Wednesday, March 19**  
**3:00 PM - 4:00 PM**  
**in the Auditorium**

Come to the Auditorium and help celebrate March birthdays! Enjoy a cupcake while visiting with friends. **Everyone is invited** and it’s sure to be a fun-filled afternoon. **St. Patrick’s Day games will be played.**

# EXCURSIONS

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

**Curious About Curling?**  
**Fogerty Ice Arena & Moe’s Ice House**  
**Tuesday, March 18**  
**Depart: 5:00 PM Return: 8:15 PM**  
**Free**  
**purchase food and drinks on your own**

Join Myrna McKinnon, our resident, and see a curling game in action. Her daughter’s team will be playing while you are there and Myrna can explain the game, the techniques and tricks to playing game. You can watch from inside the restaurant where it is warm(ish) and eat and drink if you would like, from your courtside seats.

**Sleeping Beauty**  
**Continental Ballet Company**  
**Sunday, March 23**  
**Depart: 2:00 PM Return: 5:30 PM**  
**Sign up deadline has passed for this event**

**Chanhassen Dinner Theatre: Grease**  
**Wednesday, March 26**  
**Depart: 10:45 AM Return: 4:00 PM**  
**Sign up deadline: Tuesday, February 25**

Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock’n’roll! Experience the nostalgia of high school in the ‘50s!

**Welcome Back the Herons**  
**Marshall Terrace Park**  
**Saturday, March 29**  
**Depart: 12:00 PM Return: 1:45 PM**  
**Free**

Visit the park for birdwatching and educational talks about the incredible journey for the blue herons, cormorants, and egrets that make Minnesota their summer home. A ranger and volunteers will greet you on a paved walking path. Take a short walk to the river to witness them building their nests. Bring binoculars and cameras. There will be a few spotting scopes set up to aid in viewing the birds. Weather permitting, you may go down on the river banks – not fully accessible – about 20 stairs if stairwell is open, if not, expect to travel across uneven terrain down to the river which may be muddy.

**Galleria Floral Experience**  
**Escape to Paradise**  
**Wednesday, April 2**  
**Depart: 10:00 AM Return: 1:30 PM**  
**Free**  
**Sign up deadline: Friday, March 28**

Escape to paradise at the Galleria - discover a lush world of wild beauty. This year’s floral experience, with flowers from Bachman’s, features vibrant colors, bold animal prints, and exotic blooms and fashion. After seeing the displays, you will have time to shop, have lunch, or enjoy indoor walking.

**History Theatre: Secret Warriors**  
**Thursday, April 10**  
**Depart: 9:00 AM Return: 1:00 PM**  
**Cost: \$30.00**  
**Sign up deadline: Monday, March 10**

They are warriors you don’t know. Inspired by the stories of the Japanese Americans who served as translators and interrogators for the U.S. Armed Forces, Secret Warriors features two men, Koji Kimura and Tamio Takahashi, who took extraordinary risks to save their fellow soldiers in the Pacific Theater during World War II. Discover their compelling personal journeys.

**Chanhassen Dinner Theatre:**  
**The Gospel According to St. Mark**  
**Fireside Stage**  
**Wednesday, April 16**  
**Depart: 12:15 PM Return: 3:45 PM**  
**Cost: \$50.00 (show only)**  
**Sign up deadline: Wednesday, March 5**

Since Tom Stolz first performed his moving recitation of *The Gospel According to St. Mark* in 1984 at the Old Log Theatre, it has become a favorite Lenten season tradition with Twin Cities’ audiences. Without props, costumes, or sets, dependent totally on the rich and beautiful language of the King James Bible, the story of Jesus is reborn in the hearts and minds of the audience.

# EDUCATION IN THE AUDITORIUM

**Great Courses:  
A History of Eastern Europe  
Streamed Programming  
Tuesday, March 11  
10:30 AM - 11:30 AM in the Auditorium**

The last two lectures of the series.

## The Unfolding Ukraine-Russia Crisis

Survey the recent crisis in Ukraine and see how the origins of this conflict stem from the last hundred years of the region's history, which is rife with skirmishes and shifting borders. After providing the historical context, Professor Liulevicius explains the ins and outs of the current crisis, including ethnic divisions within Ukraine and Russia's attitude toward former Soviet territory.

## Eastern Europe at the Crossroads

In this final lecture, you'll revisit the four key themes running through this course and consider whether they still remain true of Eastern Europe today. Look at the region's economy, politics, ethnicities, and relationships to Western Europe to consider the current state of Eastern Europe and what the future may hold.

**Great Decisions: U.S. Changing  
Leadership of the World Economy  
Speaker: Todd Lefko  
Friday, March 14  
10:00 AM - 11:00 AM in the Auditorium**



Under President Biden, the U.S. advanced new ideas about trade, technology, competition with China, and the organization of the world economy. For most of the postwar era, the U.S. has tied its global leadership to cooperative agendas aimed at creating a more open-world trading system. What are America's options and opportunities as a leader of the world economy? How will America's "foreign policy for the middle class" and strategic competition with China impact this leadership role?

Todd Lefko is President of the International Business Development Company. He has homes in both Minnesota and Moscow, and has written more than 680 articles, which appeared weekly in the political newspaper of Russia.

**Curiosity U: Picking Popes  
A History of Electing the  
Catholic Church's Leader  
Professor Christopher Bellitto, Kean University  
Streamed Programming  
Wednesday, March 19  
10:00 AM - 11:00 AM in the Auditorium**

This presentation explores the history of the conclaves, with plenty of anecdotes and analysis from a church historian who works with media during papal transitions. Beginning with the earliest period of church history, then moving into the early medieval centuries where Rome's powerful families schemed to get relatives on the papal throne. Over time, church leaders put key rules in place, which have mostly stood the same until the late 20<sup>th</sup> century.



**Minnesota from the Road:  
Scenic River Bluff Tour  
Speaker: Doug Ohman  
Friday, March 21  
10:00 AM - 11:00 AM  
in the Auditorium**

Doug Ohman is a well-known speaker, storyteller, and photographer. He will take you on a virtual Scenic Bluff Tour where you can travel into one of the most picturesque areas in Minnesota. You'll be in awe of the beauty. Loaded with history and lore, this tour is sure to be a favorite.

**PBS: Leonardo da Vinci  
Part Two: Painter-God  
A film by Ken Burns  
This is the second of a two part film  
Thursday, March 27  
10:00 AM - 11:45 AM in the Auditorium**

Leonardo works as a military engineer, designs fanciful flying machines, studies light and shadow, investigates gravity, dissects cadavers, all while seeking the perfect patron. In Florence, Milan, Rome and finally France, he pours the sum of his scientific and artistic knowledge into a portrait that would become the most famous painting on earth.

## THE COUNCIL CORNER

As the result of a joint effort of the Facilities Committee and Trillium Woods, sun shades will be installed to cover a portion of the patio outside the Pub. These shades are designed to reduce the sun's heat and glare. Rick Schwartz and Alan Zabel deserve special thanks for their work on this project.

Another joint project, one that you may not notice, will be the addition of an Automatic External Defibrillator (AED) unit in the Dining Room. Resident Association funds will pay for part of its cost. Security personnel have been trained in the use of these units, and Trillium Woods residents also will have the opportunity to receive this training.

These are just two examples of how working together strengthens our community. Thank you.

Mike Sluss  
President, Resident Council

## ITEMS OF INTEREST

**Play Reading Performance:  
The Bear: A Joke in One Act  
by Anton Chekov  
Audience invitation  
Thursday, March 6  
4:15 PM in the Creative Arts Studio**

"The Bear" is a one-act comedic play. Stop in to see how this one unfolds. All are welcome to attend.

**Silk Scarf Dyeing  
Thursday, March 20  
1:00 PM - 2:00 PM in the Creative Arts Studio  
Sign up deadline: Wednesday, March 12**

What better way to begin Spring than with a personally designed silk scarf using Sharpie markers. Everything you need to create your one-of-a-kind scarf will be available during the class. This class will highlight a more detailed version of design, rather than the scrunch-in-a-bag scarf from previous classes. Come down and try your hand, learn a new technique and have fun.



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, March 13  
9:00 AM in the Creative Arts Studio**

**Hospice: Living Life on your Terms**

**North Memorial Hospice Care Team**

**Thursday, March 6  
1:00 PM - 2:00 PM in the Auditorium**

North Memorial Health Hospice is here as a part of our continued Finishing Touches Programming.

**Quality of life.  
Quality of love.**  
North Memorial Health Hospice is  
here for you and your loved ones.

**How Alzheimer's Affects the Brain,  
Behavior, Cognition, and Personality**

**Friday, March 28  
10:00 AM - 11:00 AM in the Auditorium**

In this presentation, we will discuss the effects of Alzheimer's Disease on the brain and its resulting impact on behavior, cognition, and personality. We will also explore ways to better respond to common Alzheimer's Disease symptoms and better engage with individuals living with Alzheimer's Disease.



Robyn Birkeland earned her BA in Psychology from Rollins College and her MA and PhD in Clinical Psychology from the University of South Florida. As a study interventionist and coach at the University of Minnesota with the Families and Long-Term Care Projects team, Robyn provides support to family care partners and individuals with memory loss. She is currently working on a study coaching care partners of individuals who have a history of TBI and dementia. For another study, she provides support to individuals with memory concerns who are living alone.

# 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  
**New!! Plymouth Library**

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

## Tech Café with Jen Erickson Tuesday, March 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.  
**Reminder to bring your passwords, including your Apple ID, if you have an Apple product.**



## Card Making with Barb and Audrey Wednesday, March 12 and 26 1:00 PM - 3:00 PM in the Creative Arts Studio

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

## Free Hearing Aid Clean and Checks with Affinity Hearing Thursday, March 27 10:00 AM - 11:00 AM In the Residential Health Services Office

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

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



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

## Galleria Edina Excursion Thursday, March 6

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

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

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

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

## March Dining Excursions Pay for Your Own Meal

**Men's Breakfast: Original Pancake House**  
 8:30 AM - 10:30 AM  
 Saturday, March 8 and 22

**Ladies Breakfast - 10:15 AM - 12:15 PM**  
 Saturday, March 8  
 Village Inn \$\$

**Ladies Luncheon - 11:30 AM - 1:30 PM**  
 Saturday, March 22:  
 Yard House \$\$

**Sunday, March 16**  
**Dining: Bacio \$\$ (groups of 8 or more -  
 20% gratuity will be pre-added to bill)**  
**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**  
**March 9**  
**2:00 in the Auditorium**

## Sam's Segment



**Wii Bowling Tournament**  
**Monday, March 10**  
**Depart: 9:30 AM Return: 11:30 AM**

Trillium Woods Wii Bowling team has a tournament against Saint Therese in Brooklyn Park and would love to have you ride along and cheer them on. This is a friendly competition but we are hoping to bring home the trophy this month! **Sign up with Mindy to reserve a spot on the bus at 763-744-9481.**

**Balance Redefined Kickoff Presentation**  
**Wednesday, March 5**  
**10:00 AM - 11:00 AM in the Auditorium**

The Fitness Center is collaborating with various departments at Trillium Woods to offer a diverse range of options for achieving balance in your life! Explore balance exercises, nutritious meals, nighttime balance strategies, and support for maintaining equilibrium! The Fitness Center Well-News will have detailed information on activities. Complete these activities throughout the month to be invited to a special luncheon at the end of March!

The Fitness Center, Food and Beverage, Health Services and Physical Therapy will present on all the different factors that play into a balanced and healthy life.

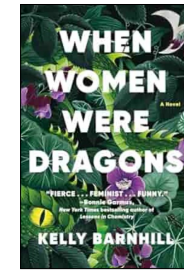
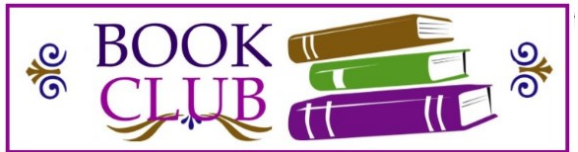
**Associate of the Month**  
**January 2025**  
**Shelie Hiller**  
**Housekeeper**



Shelie has worked at Trillium Woods ten years last July. She lives in Delano. Her present best friend is Baby, a Shitzu/Chihuahua. She has four grandchildren, and two children; one married, one will be soon.

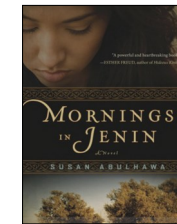
### Lightening round questions:

- |   |                                       |
|---|---------------------------------------|
| Favorite season?                          | Summer                                |
| Lake or beach?                            | Ocean/Lake Superior                   |
| Ketchup or mustard?                       | Both                                  |
| Favorite beverage?                        | Peach lemonade                        |
| Football or baseball?                     | Baseball                              |
| Favorite Team?                            | Twins                                 |
| Sweet or salty?                           | Salty and chocolate                   |
| Favorite movie?                           | Anything with Mark Wahlberg           |
|   | Chicken alfredo                       |
| Favorite pizza topping?                   | Yellowstone                           |
| What was the last show you binge watched? | Babysitting                           |
| What was your first job?                  | Morning person, not always real early |
| Morning person or night owl?              | Neither, but sometimes fries          |
| French Fries or potato chips?             | Samsung                               |
| iPhone or Samsung?                        | Both                                  |
| Target or Walmart?                        |                                       |



**March Book Club Selection**  
**When Women Were Dragons**  
**Author: Kelly Regan Barnhill**  
**Tuesday, March 18**  
**3:00 PM in the Creative Arts Studio**

Alex Green is a young girl in a world much like ours. But this version of 1950's America is characterized by a significant event: The Mass Dragoning of 1955, when hundreds of thousands of ordinary wives and mothers sprouted wings, scales and talons, left a trail of fiery destruction in the path and took to the skies.






**April Book Club Selection**  
**Mornings in Jenin**  
**Author: Susan Abulhawa**  
**Tuesday, April 22**  
**3:00 PM in the Creative Arts Studio**

In 1948 the Abulhuma family is forcibly removed from their ancestral home in Ein Hod, Palestine, and sent to live in a refugee camp in Jenin. Through Amal, the bright granddaughter of the patriarch, we witness the stories of her brothers and her own dramatic story through six decades of Paletstine-Israeli tension.

March  
 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 12:15 Meditation - AR</p> <p>March 10 - Departing at 9:30 AM Wii Bowling Tournament at Saint Therese</p>	<p>8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR</p>	<p>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</p> <p>March 5 - 10:00 AM - 11:00 AM Redefining Balance Kickoff Presentation - Auditorium</p>	<p>8:15 ABCs - AR 9:15 Aquacise - PL</p>	<p>8:15 Cardio Circuit - AR 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:15 Meditation - AR</p>	
<p><b>Key Code</b></p> <p>Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS</p>	<p><b>Room Abbreviations</b> 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</p>	<p><b>Room Abbreviations</b> 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</p>	<p>* All events are subject to change * All events &amp; activities are not included on this calendar</p>			1
<p>2 Church Services 1:30 Mah Jongg - CR 7:00 University of MN China Center - Ch 990</p>	<p>3 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL</p>	<p>4 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 3:00 Mardi Gras Party - A</p>	<p>5 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 University of MN: China Center - Ch 990 7:00 Poker - RL</p>	<p>6 10:00 Movement Disorders Support Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 12:00 Depart: Galleria Excursion 1:00 Hospice: Living Life on your Terms - A 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:30 Play Readers Group - CA 4:15 Play Readers Performance - CA</p>	<p>7 10:00 JAM Session with Joe - A Storyteller: Diane Flom Following the JAM Session 12:30 Depart: Twin Cities Model Railroad Museum 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR</p>	<p>8 8:30 Depart: Men's Breakfast Original Pancake House 10:15 Depart: Ladies Brunch—Village Inn 1:00 Depart: North Star Voices: Spirits Dancing</p>
<p>9 Church Services 1:30 Mah Jongg - CR 2:00 Sunday Sing-Along</p>	<p>10 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 12:30 Resident Council Meeting - AC 2:30 Texas Hold'em - RL 7:00 Green Team - RL</p>	<p>11 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Great Courses: A History of Eastern Europe - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:30 Bible Study - CA 7:00 Pianist: Zhengyang Zhang - A</p>	<p>12 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Met Opera: The Opera House - A 1:00 Mah Jongg - CR 1:00 Card Making - CA 7:00 Poker - RL</p>	<p>13 9:30 Depart: Coffee Concert 9:00 Vision Loss Resource - CA 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 New Writer's Group - SR</p>	<p>14 10:00 Great Decisions: U.S. Changing Leadership of the World Economy - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 1:00 Movie: The Ministry of Ungentlemanly Warfare - A</p>	<p>15 12:00 Depart: Guthrie Midsummer Night's Dream</p>
<p>16 Church Services 1:30 Mah Jongg - CR 1:00 The Piatigorsky Foundation - A 5:00 Depart: Sunday Dining - Bacio</p>	<p>17 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL 7:00 OLLI: University of MN The Irish Question and Modern History - Ch 990</p>	<p>18 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 3:00 Book Club - CA 5:00 Depart: Curious About Curling</p>	<p>19 9:30 Trillium Bells - CA 10:00 Curiosity U: Picking Popes - A 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 3:00 Birthday Party - A</p>	<p>20 10:00 Depart: Shopping Plymouth 10:00 Movement Disorders Support Group - RL 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 1:00 Silk Scarf Dyeing - CA 3:00 OLLI: University of MN The Irish Question and Modern History - Ch 990</p>	<p>21 10:00 Minnesota from the Road: Doug Ohman - A 1:00 Mah Jongg with Dorothy - R 1:00 Movie: Conclave - A 2:00 Blood Pressure Check - SR</p>	<p>22 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - Yard House</p>
<p>23 Church Services 1:30 Mah Jongg - CR 2:00 Depart: Sleeping Beauty</p>	<p>24 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL</p>	<p>25 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Blood Pressure Check - SR 3:30 Bible Study - CA 7:00 Great Decisions Evening Group - RL</p>	<p>26 9:30 Trillium Bells - CA 10:30 German Conversation - RL 10:45 Depart: Chanhassen: Grease 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Card Making - CA 7:00 Poker - RL</p>	<p>27 10:00 Free Hearing Aid Cleaning Residential Health Services Office 10:00 PBS: Leonardo Da Vinci - A 10:00 Depart: Shopping Plymouth 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL</p>	<p>28 10:00 How Alzheimer's Affects the Brain, Behavior, Cognition, and Personality - A 1:00 Mah Jongg with Dorothy - RL 1:00 Movie: Wicked - A 2:00 Blood Pressure Check - SR</p>	<p>29 12:00 Depart: Welcome Back the Herons</p>
<p>30 Church Services 1:30 Mah Jongg - CR 7:00 Life of the Forest Fungi - Ch 990</p>	<p>31 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 2:30 Texas Hold'em - RL 2:00 Life of the Forest: Fungi - Ch 990</p>					