

NOVEMBER BIRTHDAYS

- | | |
|------------------------|---------------------|
| John Copeland | Laurie Latimer |
| Esta Schwartz | Mary McCary |
| Darlene Swenson | Norm Schmitz |
| Jill Bishop | Dee Morris |
| Marlys Thies | Joseph Rosen |
| Diane Cooley | |

October Birthday Party



Looking Back at October

More photos on Uniguest under the photos icon.

Oktoberfest



Trillium Woods Crockpot for a Cause raised \$2,487

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

November 2024

Volume 10 Issue 11



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 Holly and Lyle Rossing

When I registered to sing with our church choir this fall, the form had this question: "Why do you want to sing with St. Philip the Deacon choir?" I wrote, "Because I can't help it!" It's true - music has been my avocation throughout my career as a Lutheran pastor. I often sang with the church choir and with the community chorus everywhere I served as a Lutheran pastor - in Hankinson, ND; River Falls, WI; Racine, WI; Hibbing, MN and Sioux Falls, SD. I studied at Luther Seminary in St. Paul with graduate studies in Erlangen University in Germany and Princeton Seminary in New Jersey, earning a Master of Theology and, later, a Doctor of Ministry from Luther Seminary.

Music has been the hallmark of Holly's life. She eagerly began piano lessons as a child in Chicago and went on to receive a master's degree in choral music with a triple major in voice, piano, and organ at the University of Illinois. Holly was a school teacher, music therapist, symphony chorus director, handbell director and full-time church musician and liturgist.

The two of us met after the death of our spouses. My wife, Betty, died of ALS; Holly's husband, Clyde, of a heart attack. I was singing in the choir of Zion Lutheran Church in Grand Rapids, MN, when Holly was hired as the new director and organist, after the church's nationwide, year-long search. A few months later, a choir member gave us two tickets to the St. Olaf Christmas Concert in Northfield. A new relationship grew, sparked by music of the church and lighting of the paths we had followed in our ministries, and the common values we shared. We both enjoy travel, reading, music and tennis.

We put on our wedding cake a Bible verse that we have embraced: "Sorrow lasts for a night but joy comes in the morning." Psalm 30:5.

I have two sons, Chris and Ted, who live in Maple Grove with their wives, Tracy, and Stephanie. Chris is a Captain with Delta Airlines, Ted is a producer of KTIS, a Christian radio station. I have one grandson and four granddaughters. Holly had one son, Christopher, who died seven years ago.

We have been residents of Trillium Woods for four years, coming from 10 years of living year-round in Sun City West, AZ. We enjoy the four seasons and rich cultures of Minnesota. We are thankful for the gracious people and amenities of Trillium Woods.

ITEMS OF INTEREST

Associate Appreciation Fund

It's time to show our gratitude for all that the Trillium Woods staff does to make our lives enjoyable, safer, easier, happier, etc. etc. etc. Each of us could give lots of examples of this statement! November and December of each year we can monetarily let the staff know how much we appreciate what they do for us.

On Friday, November 1, you will each receive a letter from the Appreciation Fund Committee along with a page of information with details about making your donation and instructions on where to turn in your donation.

PLEASE READ THE INFORMATION CAREFULLY! Your contribution must be made by Tuesday, December 3, to be included in this year's distribution. Reflect on the year's worth of kindness and help we have received from all members of the staff and be generous in your gift back to them.

Hennepin County Sheriff's Office Annual cold weather item donation drive Thursday, November 21 through Friday, December 6

As it gets colder outside, this might be a good time to go through your closets and see if you have items you no longer wear.

Items being requested include **new or gently used** coats, hats, mittens, boots, scarves, as well as new socks, and disposable hand/foot warmers.

Do not donate items that require extensive cleaning or repair.

Place items in the bin marked Cold Weather Items, located in the mail room.

**The Future of U.S. - South Korea Relations
Global Minnesota**

**Monday, November 4 at 7:00 PM
Tuesday, November 5 at 3:00 PM**

South Korea is a leading global economy and close ally of the United States. Even with its status and the explosion of cultural touchpoints like K-Pop, South Korea's history and politics are still relatively unknown to many in the United States. With rising tensions throughout the Asia-Pacific region, what will the U.S.-Korea partnership look like over the next few years?

Watch this presentation from Global Minnesota and the Korea Economic Institute featuring representatives from both the U.S. State Department and the Korean Embassy. They shared important context about the strategic relationship between the United States and South Korea, the ongoing tension on the Korean peninsula, and the outlook for Korea's economic, political, and cultural influence globally.
1 hour 40 minutes

The Lake Wobegon Brass Band

**Sunday, November 17 at 3:00 PM
Monday, November 18 at 7:00 PM**



The Lake Wobegon Brass Band begins their 2024/2025 season introducing Dr. Matthew George as Principal Conductor. This concert was played at Zion Lutheran Church in Anoka on October 5. **1 hour 30 minutes**

Uniting for Indigenous Peoples' Day

Friends of the BWCA

(Boundary Waters Canoe Area)

Monday, November 25 at 7:00 PM

Friday, November 29 at 3:00 PM

In recognition of National Native American Heritage Month, a look at a special discussion about how we recognize and honor the rich cultures, histories, and contributions of Native Americans on Indigenous Peoples' Day, a day for collective reflection on their shared history, acknowledging past injustices, and committing to a more equitable future for all.

Special Guests State Senator Mary Kunesh and Kelly Applegate, Commissioner of Natural Resources, Mille Lacs Band of Ojibwe, discuss what allyship means for both the MN State government and nonprofit organizations in our shared fight for water protection, and on a personal level for nonnative people. **1 hour**

EXCURSIONS

**Augsburg Centennial Singers
St. Philip the Deacon Lutheran Church**

Sunday, November 3

Depart: 2:15 PM Return: 4:45 PM

Free-will offering

Sign up Deadline: Tuesday, October 29

This is the Centennial Singers 30th Anniversary. The group began as gospel quartet summer tours in 1885. They decided to form a chorus by recruiting additional former quartet singers in 1992, which is how the choir was formed. They are men of faith, passing on the faith through songs of praise.

General Election

Tuesday, November 5

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

Sign up deadline: Friday, November 1



Take the bus to our election site if you would like to vote in person.

Here is a reminder for new residents and those residents who have changed apartments since the last time you voted. You will need a valid Minnesota driver's license or ID; or a receipt for either item and a photo ID (drivers license, state ID, U.S. passport, U.S. Military or Veteran ID) and a document with your current name and address on it.

**Chanhassen: Irving Berlin's
White Christmas**

Wednesday, November 6

Depart: 10:45 AM Return: 4:00 PM

Sign up deadline has passed for this event.

White Christmas revolves around two buddies, Bob Wallace and Phil Davis. After World War II, they become a popular song-and-dance duo and meet two talented sisters along the way.

US Patriotic Band Concert

Providence Academy

Monday, November 11

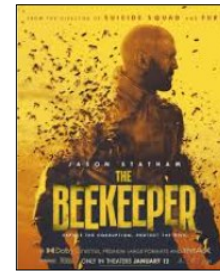
Depart: 6:30 PM Return: 8:45 PM

Free

Sign up deadline: Wednesday, November 6

The US Symphonic Band, from Providence Academy, will perform a variety of different patriotic and American folk melodies to celebrate the service of our veterans and the musical heritage of our nation.

Movies



The Beekeeper

Friday, November 1

2:00 PM in the Auditorium

2024 Action/Thriller

A retired military operative, who now serves as a Beekeeper in a secret organization that protects the world like bees in a hive, is forced into a campaign of revenge when his kind-hearted landlady commits suicide after falling victim to a phishing scam. There is a good amount of violence in this movie. **1 hour 45 minutes**



South Pacific

Monday, November 18

1:00 PM in the Auditorium

1958 Musical/Romance

This movie is a flash from the past! On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. **2 hours 37 minutes**



Fly Me to the Moon

Wednesday, November 27

2:00 PM in the Auditorium

2024 Comedy/Romance/Drama

Fly Me To The Moon (starring Scarlett Johansson and Channing Tatum), is a sharp, stylish romantic comedy set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing. Brought in to fix NASA's public image, sparks fly in all directions as marketing maven Kelly Jones (Johansson) wreaks havoc on launch director Cole Davis's (Tatum) already difficult task. When the White House deems the mission too important to fail, the countdown truly begins. **2 hours 11 minutes**

Upcoming: Save the Date

December 6	2:00	(TW) Holiday Tour of Homes
December 10		(TW) Holiday Dinner Party
December 14	1:30	(TW) Wayzata Chamber Singers
December 16	7:00	(TW) Bella Lumina Choir
December 17		(TW) Resident/Associate Party
December 31	3:00	(TW) New Year's Eve Party
*January 12	4:15	Chanhassen Dinner Theatre: White Christmas
*February 6	9:00	History Theatre: The Rootbeer Lady
*February 26	10:45	Chanhassen Dinner Theatre: Love Letters
*March 26	10:45	Chanhassen Dinner Theatre: Grease

(TW) indicates the event is at Trillium Woods
* Sign up is not available for excursions at this time!

Trillium Woods Salon and Spa

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

Nail Care
Tuesday - Wednesday
9:00 AM - 3:00 PM

Massage
By appointment only

Call 763-744-9412 to make an appointment



Trillium Woods Transportation

To request transportation, please fill out a request form. Forms can be found at the front desk, in the resident mailroom and on Uniguest.

For transportation Tuesday - Saturday, forms must be completed **24 hours in advance**. For trips Sunday and Monday, forms must be completed by **12:00 PM Friday**.

You may also call the transportation desk at 763-744-9432 or call 763-402-2920 for requests and/or questions.



ARTS AND ENTERTAINMENT

EXCURSIONS

Storyteller:
Charles Austin

**The Missionary Spy I Knew,
and some I didn't**
Friday, November 1



Following JAM Session with Joe in the Auditorium

Find how the United States used missionaries in espionage in World War II and beyond.

City of Plymouth Veterans Breakfast Bags
Delivered by Plymouth Public Safety
Thursday, November 7
Between 10:00 AM - 10:30 AM
in the Main Lobby

Veterans only - stop down to the lobby to meet City of Plymouth Police/Firefighters and receive a bag with breakfast foods and a small gift, to say "Thank You" for your service. Because the time is always somewhat uncertain, feel free to hang out in the Café or Fireside Lounge area while you wait.

Veterans Day Program
Monday, November 11
1:00 PM in the Auditorium

Everyone please join us as we honor our veterans here at Trillium Woods. See the Wall of Veterans photos honoring our veterans. Guest speaker, is our own Jen Erickson, on being a veteran in today's time. The boys choir from Heritage Christian Academy will sing "In Flanders Fields", and the Hamel VFW/American Legion present the Honor Guard and Taps.



November Birthday Party
Wednesday, November 20
3:00 PM - 4:00 PM
in the Auditorium



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

Trillium Woods Chorale Concert
Friday, November 8
3:00 PM in the Auditorium



Variety Show
Friday, November 22
3:00 PM
in the Auditorium

Come one, come all, to the most entertaining variety show in town.

With that said, we are still looking for a few acts/skits to round out the program. If we do not get enough acts, the program will have to be cancelled. You still have time to put together a skit to share with your friends. Call Mindy Klemm by Friday, November 8 to sign up at 763-744-9481.

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.

Orchestra Hall: Coffee Concert
Søndergård Conducts
Mendelssohn and Brahms
Thursday, November 14
Depart: 9:30 AM Return: 2:00 PM

Dates for the 2024/2025 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>

Orpheum: Les Miserables
Thursday, November 21

Depart: 12:00 PM Return: 5:00 PM

Sign up deadline has passed for this event

Set against the backdrop of 19th century France, *Les Misérables* tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption – timeless testament to the survival of the human spirit.

Plymouth Artisan Market
Plymouth Community Center
Saturday, November 23

Depart: 9:00 AM Return: 11:15 AM

Event is Free - Purchase items on your own

Local makers will be selling a variety of giftable goodies that showcase their creativity and craftsmanship. It's a great way to shop local during the holidays! An estimated 50 vendors will sell handmade items, including baskets, fiber art, fine art, jewelry, pottery, photography prints, soaps, and more.

Edina Chorale: Season's Greetings
Calvary Christian Reformed Church
Sunday, November 24

Depart: 3:00 PM Return: 5:45 PM

Cost: \$20.00

Sign up deadline: Thursday, November 14

Season's Greetings embraces the changing of the seasons from the colorful leaves to the gently falling snow and the anticipation of the holiday season. The beauty of the season is reflected in beautiful sounds. The Edina Chorale sprinkles many of the holiday classics throughout.

The James J. Fiorentino Museum
Wednesday, November 27

Depart: 9:15 AM Return: 11:30 AM
Free

Sign up deadline: Wednesday, November 20
Maximum group size: 10

This museum houses James J. Fiorentino's personal collection of hundreds of cuckoo clocks, grandfather clocks, mantel clocks, pipe organs, vintage record players, and World War II memorabilia, to name a few. See his rocks such as Lake Superior agates, that he made into spheres.

VocalEssence: Welcome Christmas
Northrop, U of M
Sunday, December 8

Depart: 3:00 PM Return: 6:00 PM

Cost: \$39.00

Sign up deadline: Monday, November 11

Take time to experience the wonder and joy of the season and welcome Christmas in song. Immerse yourself in new and familiar favorites featuring all four VocalEssence ensembles singing together. Mix in harp, brass, percussion, and Northrop's spectacular Aeolian-Skinner pipe organ, plus their special ingredient - your voice - with rousing sing-alongs, creating the perfect recipe that will leave you feeling festive and full of holiday spirit.

History Theatre: I Am Betty
Thursday, December 12

Depart: 9:00 AM Return: 1:15 PM

Cost: \$35.00

Sign up deadline: Tuesday, November 12

I Am Betty, last year's big hit, is back! Betty Crocker has helped shape America's homes, kitchens, and recipes for over a century. Surprising to many, she was not a real person! As a radio and television personality, a letter-writing confidante, and a relatable icon, "Betty" has impacted multiple generations. You will be singing along and craving to bake with Betty as it examines the lives of women and society throughout the past 100 years.



EDUCATION IN THE AUDITORIUM

**Great Courses:
A History of Eastern Europe
Streamed Programming
Thursday, November 7
10:30 AM - 11:30 AM in the Auditorium**

Forest Brothers: Baltic Partisan Warfare

Find out about a fascinating conflict largely unknown today. The Baltic Forest War raged in Estonia, Latvia, and Lithuania for many years after World War II. Learn about the guerrilla fighters who hid in the forests and attacked Soviet security forces - and then examine the Soviet tactics to stop them.

Life in Totalitarian Captivity, 1953-1980

Go inside daily life in Eastern Europe during the peak of the Cold War. After reviewing the dire economy, Professor Liulevicius delves into the apparatus of state control. Find out how secret police forces such as the East German Stasi and the Romanian Securitate oppressed ordinary citizens through surveillance and a culture of fear.

**Curiosity U:
Treasures of the British Museum
Gary Rensburg, Rutgers University
Streamed Programming
Tuesday, November 12
10:30 AM - 11:30 AM in the Auditorium**

The British Museum in London is the oldest national museum in the world, belonging neither to the church nor to the monarchy, but rather to the people of Great Britain. Its 8 million objects constitute the largest assemblage of artifacts, antiquities, and curiosities in the world – a simply astounding collection of world culture, gathered into a single institution. Home of the Rosetta Stone, the Elgin Marbles and so much more.



**Seeing is Believing
Speaker: Jim Hansel
Friday, November 15
1:00 PM - 2:15 PM
in the Auditorium**

Jim speaks from the heart, he shares stories from his life on how all of us can overcome adversity and challenges in our own lives and to find the best in ourselves. At a young age, Jim was diagnosed with a form of macular degeneration, which later resulted in his loss of vision, leaving him legally blind. Despite skeptics, from both family and friends, Jim overcame his visual challenges and pursued a professional career in the art world.

**Great Courses: World Heritage Sites II
12 More of the World's Greatest Places
Streamed Programming
Tuesday, November 19
10:30 AM - 11:30 AM in the Auditorium**

Japan's Himeji, the White Heron Castle

Learn about the political and military culture of Japan under the Shoguns that gave rise to castle-building. Track the events that led to the construction of the great Himeji castle, and tour the structure, from the courtyards and watchtowers to the superb six-story keep.

Mesa Verde of the American Southwest

The rugged Colorado Plateau is home to the astonishing Cliff Palace. Uncover the culture of the Ancestral Puebloans, and their developing architectural forms of pit and stone houses. Study the features of their spectacular cliff dwellings and their courtyard complexes, rooftop plazas, and soaring towers.

**Precision Driving Center of Minnesota
Wednesday, November 20
8:30 AM - 12:30 PM in the Auditorium
Cost: \$24.00
Sign up deadline: Wednesday, November 6**

The name has changed, but the program still teaches the same 55+ drivers discount program and is still affiliated with St. Cloud State. The program no longer requires the initial 8-hour class. All classes are now just the 4-hour course to be eligible for the discount with your auto insurance. Sign up with Mindy Klemm at 763-744-9481.

**Travelogue: Antarctica
Speakers: Barb Kern-Pieh and Steve Pieh
Tuesday, November 26
10:30 AM - 11:30 AM in the Auditorium**

Please join Barb Kern-Pieh and Steve Pieh as they discuss their adventure to Antarctica. Plan to learn about the great white continent and learn more about the wildlife that call Antarctica home.



THE COUNCIL CORNER

The Resident Council and its committees work to be effective communicators with the Trillium Woods administration and staff, and we work together to try to address any issues you may have.

At our October Resident Council meeting we welcomed five new Council members. Council committees will have new membership on November 1.

The members of the Resident Council are Rolf Bjelland, Don Deline, Jean Hayes, Bill Hise, Anne Kimball, Dennis Kudelka, Denny Morrow, Barb Nemecek, Jean Raby, Rick Schwartz, Mike Sluss, Chuck Swanson, Barb Whiting, Margaret Wold, and Alan Zabel.

When you have a concern or question, please talk with a Council member or a committee member. Committees and their members will be listed on Uniguest under 'Resident Association'.

As we watch, work on Building 5 continues. The plan is for the roof to be completed by January 19. COVID is on the rise again, and the flu season is just around the corner. If you may have COVID or the flu, check with your physician, and let the Health Care Navigator team know. You should isolate in your room, even if you think you have a cold. Meals can be delivered to you, with no delivery cost. And if you must go out, please wear a mask. We all thank you.

We know we live in a special community. I think it is special primarily because of the people here - both associates and residents. Trillium Woods is a caring and friendly community, and I trust that we will continue to work together to make it an even stronger community.

Mike Sluss
President, Resident Council

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



**Blood Pressure Checks
Mondays 12:30 PM - 1:30 PM
Fridays 2:00 PM - 3:00 PM
in the Sunroom**

**Vision Loss Resource
Thursday, November 14
9:00 AM in the Creative Arts Studio**

Associate of the Month Extraordinary Impressions

**September 2024
Jenna Bettschen
Marketing Coordinator**



Jenna has been working at Trillium Woods since November 2022. She lives in Coon Rapids with her fiancé and pug, "B". Her parents own hunting/fishing outpost camps where her three siblings and she grew up and worked at.

Lightening round questions:

Favorite season?	Fall
Lake or beach?	Lake
Ketchup or mustard?	Ketchup
Favorite beverage?	3 W's: Water, Wine & Whiskey
Football or baseball?	Football
Sweet or salty?	Spicy
Favorite movie?	Norbit
Favorite pizza topping?	Pepperoni & jalapeno
What was the last show you binge watched?	Arrested Development
Morning person or night owl?	Morning person
French Fries or potato chips?	Kettle Chips
iPhone or Samsung?	iPhone
Target or Walmart?	Walmart

Volunteer Corner



**Interfaith Outreach and
Community Partners
Food Drive
November 1 - 20
Bin located in mail room**

The interfaith Outreach Food Shelf serves nearly 200 households each week. This includes in-person and home delivery food distribution.

The Most Needed Items this Season are:

Healthy snacks (granola bars, Goldfish crackers, applesauce cups)
Brand name cereals
Paper grocery bags

Additional High Need items

Canned tomato products	Cooking oil
Juice boxes	Tea
Coffee	Jam/Jelly
Canned chicken or tuna	Peanut butter
Canned fruits and vegetables	Rice and pasta
Pasta sauces	

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 November 5 and 19 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

**Wednesdays, November 13 and 27
 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, November 22
 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, November 7
 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.**

November Dining Excursions Pay for Your Own Meal

**Men's Breakfast: Original Pancake House
 8:30 AM - 10:30 AM
 Saturday, November 9 and 23**

**Ladies Luncheons
 11:30 AM - 1:30 PM**

**Saturday, November 9: 3 Squares Restaurant \$\$
 Saturday, November 23: Dukes on 7 \$\$**

**Sunday, November 17
 Dining: Pub 42 \$\$
 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
 November 10
 2:00 PM in the Auditorium**

Sam's Segment



Membership Month

Let's make November your month, this is the perfect time to focus on YOU! Don't miss out on this fantastic opportunity to enhance your fitness and well-being. We invite you to schedule your Senior Fitness Evaluation and take the first step towards a healthier lifestyle!

Why schedule a Fitness Evaluation?

Personalized insights: Understand your current fitness level with a detailed assessment tailored just for you.

Goal-Oriented Plans: Work with the Fitness Center staff to create a customized fitness plan that aligns with your personal goals.

Motivation and Support: Join a community of fellow residents committed to health and well-being and enjoy the encouragement you need to succeed.

How to book your appointment

Call us at 763-744-9413 or stop by the Fitness Center to schedule your Fitness Evaluation. We have various time slots to fit your busy schedule.

No Aqua Fit Wednesday, November 27

Thursday and Friday, November 28 & 29

There are NO CLASSES November 28 - 29 in celebration of Thanksgiving. Classes will resume on December 2.

Bocce Ball Club

Now that winter is arriving and colder weather is here, Bocce Ball is being taken off the schedule for the rest of the year. Bocce Ball Club will be back in the Spring!!

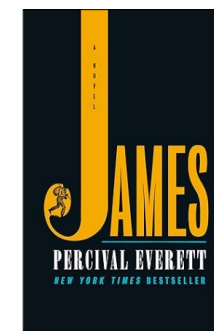


November Book Club Selection James

**Author: Percival Everett
 Tuesday, November 19**

3:00 PM

in the Creative Arts Studio







Jim, who is enslaved, overhears that he is about to be sold to a man in New Orleans. Not wanting to be separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. And so begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and too-often-unreliable promise of the Free States and beyond.

While many narrative set pieces of *Adventures of Huckleberry Finn* remain in place (floods and storms, stumbling across both unexpected death and unexpected treasure in the myriad stopping points along the river's banks, encountering the scam artists posing as the Duke and Dauphin...), Jim's agency, intelligence and compassion are shown in a radically new light.

November
 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
	8:15 Better Balance - AR 9:15 Cardio Circuit - AR 10:00 Bold Moves - AR 11:15 Slow Strength - AR	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Wii Bowling - AR	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 November 27 - NO Aqua Fit Class	8:15 ABCs - AR 9:15 Aquacise - PL 10:00 Pickleball Club - ORA November 28 - NO Classes Thanksgiving	8:15 Cardio Circuit - AR 9:15 Better Balance - AR 11:15 Stretch and Renew - AR 12:15 Meditation - AR November 29 - NO Classes Thanksgiving holiday	
Key Code Channel 990 Excursions Educational Arts and Entertainment Movies in - A Interest Events NIFS	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	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	* All events are subject to change * All events & activities are not included on this calendar		1 10:00 JAM Session with Joe - A Followed by Storyteller: Charles Austin - A 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 2:00 Movie: The Beekeeper - A	2
3 Church Services 1:30 Mah Jongg - CR 2:15 Depart: Augsburg Centennial Singers	4 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 12:30 Blood Pressure Check - SR 2:00 Trillium Woods Chorale - A 2:30 Texas Hold'em - RL 7:00 The Future of U.S. - South Korea Relations - Ch 990	5 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:00 Depart: General Election 1:00 Bridge - CR 1:30 Bingo - CA 3:00 The Future of U.S. - South Korea Relations - Ch 990	6 9:30 Trillium Bells - CA 10:30 German Conversation - RL 10:45 Depart: Chanhassen - White Christmas 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 7:00 Poker - RL	7 10:00 Movement Disorders Support Group - RL 10:00 Depart: Shopping Plymouth - ML 10:00 City of Plymouth Veteran's Bags - ML 10:30 Great Courses: A History of Eastern Europe - A 11:00 Stitch Wits - CA 12:00 Depart: Galleria Edina Excursion 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 2:00 Trillium Woods Chorale - A 3:30 Play Readers Group - CA	8 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 Trillium Woods Chorale Concert - A	9 8:30 Depart: Men's Breakfast Original Pancake House 11:30 Depart: Ladies Lunch - 3 Squares Restaurant
10 Church Services 1:30 Mah Jongg - CR 2:00 Sunday Sing-Along - A	11 9:30 Men's Group - RL 10:30 Resident Council Meeting - AC 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 12:30 Blood Pressure Check - SR 1:00 Veterans Day Program - A 2:30 Texas Hold'em - RL 6:30 Depart: US Patriotic Band 7:00 Green Team - RL	12 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Curiosity U: Treasures of the British Museum - A 1:00 Bridge - CR 1:30 Bingo - CA 2:00 Trillium Woods Chorale Wrap-Up - A	13 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Card Making - CA 7:00 Poker - RL	14 9:00 Vision Loss Resource - CA 9:30 Depart: Coffee Concert 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 3:00 New Writer's Group - SR 7:00 Bible Study - CA	15 10:00 Round Table: Budget Meeting - A 1:00 Mah Jongg with Dorothy - RL 1:00 Jim Hansel: Seeing is Believing - A 2:00 Blood Pressure Check - SR	16
17 Church Services 1:30 Mah Jongg - CR 3:00 The Lake Wobegon Brass Band - Ch 990 5:00 Sunday Dining: Pub 42	18 9:30 Men's Group - RL 12:00 Scrabble and Cribbage - RL 12:30 Blood Pressure Check - SR 1:00 Movie: South Pacific - A 2:30 Texas Hold'em - RL 7:00 The Lake Wobegon Brass Band - Ch 990	19 9:00 Tech Café - C 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Great Courses: World Heritage Sites II - A 1:00 Bridge - CR 1:30 Bingo - CA 3:00 Book Club - CA	20 8:30 Precision Driving Center of MN - A 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 3:00 Birthday Party - A 7:00 Poker - RL	21 10:00 Movement Disorders Support Group - RL 10:00 Depart: Shopping Plymouth - ML 11:00 Stitch Wits - CA 12:00 Orpheum: Les Miserables 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL	22 10:00 Free Hearing Aid Cleaning - Residential Health Services Office 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 Variety Show - A	23 8:30 Depart: Men's Breakfast Original Pancake House 9:00 Depart: Plymouth Artisan Market 11:30 Depart: Ladies Lunch - Dukes on 7
24 Church Services 1:30 Mah Jongg - CR 3:00 Depart: Edina Chorale - Season's Greetings	25 9:30 Men's Group - RL 10:45 Aging and Staging - RL 12:00 Scrabble and Cribbage - RL 12:30 Blood Pressure Check - SR 2:30 Texas Hold'em - RL 7:00 Uniting for Indigenous Peoples' Day - Ch 990	26 9:00 Pinochle - RL 9:30 Trillium Chimers - CA 10:30 Travelogue: Antarctica - A 1:00 Bridge - CR 1:30 Bingo - CA	27 9:15 Depart: The James J. Fiorentino Museum 9:30 Trillium Bells - CA 10:30 German Conversation - RL 1:00 Depart: Shopping Maple Grove - ML 1:00 Mah Jongg - CR 1:00 Card Making - CA 2:00 Movie: Fly Me to the Moon - A 7:00 Poker - RL	28  10:00 NO Shopping Plymouth - ML 11:00 Stitch Wits - CA 1:00 Hand and Foot - CR 1:00 Mah Jongg - RL 7:00 NO Bible Study	29 1:00 Mah Jongg with Dorothy - RL 2:00 Blood Pressure Check - SR 3:00 Uniting for Indigenous Peoples' Day - Ch 990	30