

## Town Hall and Resident Council

Please note that our Town Hall meetings (open to EVERYONE) will be moved to the second Monday of every month going forward.

**Resident Council:** TowerLight will be starting its own Resident Council Committee (TLRCC). The purpose of the committee is to provide a line of communication to the management of TowerLight. To create change, address quality of life and care issues, and discuss any matters brought before the council. They provide a forum for residents to voice their concerns and speak to the issues that are important to them and their daily life. Those serving on the RCC will be elected by YOU, the residents.

You may nominate someone or yourself\*\* for the one-year term in the roles of:

**President:** Facilitates the meetings and discuss resident concerns with facility staff. They will coordinate with the ED to create an agenda for the meeting.

**Vice President:** Presides in the absence of the president or secretary. They may be asked to chair small group committees (e.g. welcoming committee, activity committee, a new committee.)

**Secretary:** Records and maintains minutes of each meeting.

**Four (4) Members at Large:** Has voting rights, participates in discussion, may receive assignments from president and may assist with chairing committees.

Please provide the name of the person and the role to the concierge or Maggie no later than Sunday, Sept. 8. We will then contact those nominated to ask if they are interested in running. Ballots will be handed out at Town Hall on Monday, Sept. 9. Please return your completed ballot to the front desk no later than the following Monday, Sept. 16. One ballot per resident. The first TLRCC meeting will take place on Tuesday, Sept. 17 at 1:30 p.m. in the private dining room.

\*\* Person nominated must have been a resident at TowerLight for a minimum of six months.

\*\*\* One ballot per person may be submitted. \*\*\*

## Presentation: Constitutional Law Issues — Voting

Linda Hopkins is a member of The American Constitution Society (ACS), the nation's leading progressive legal organization with over 200 student and lawyer chapters in almost every state and on most law school campuses. Originally formed as the progressive response after the Supreme Court's Bush v. Gore decision, ACS was founded on the principle that the law should be a force to improve the lives of all people. The focus of the presentation will be about voting rights.

## Spiritual Corner

Our Celebration of Life service will be held on Wednesday, Sept. 4 at 11 a.m. in the club room.

Rabbi Lynn will be holding a Rosh Hashanah informational program on Thursday, Sept. 26 at 1:15 p.m. in the reflection room. This is open to all residents, both Jewish and those who are not.

Wooddale Church will be holding a "Cookie and Coffee Chat" on Monday, Sept. 30 at 10 a.m. to discuss ways that they can benefit YOU. Come with ideas or come to listen to theirs. This will take place in the club room.

## Photo Corner!



*Bruce beautifully performed "Für Elise" for TowerLight's Got Talent!*



*When you're smiling, the whole world smiles with you!*



*We love it when Lisa, the Singing Cowgirl joins us!*

# TOWERLIGHT

on Wooddale Avenue

SEPTEMBER 2019

## The TowerLight Beacon

**TowerLight on Wooddale**  
3601 Wooddale Avenue S  
St. Louis Park, MN 55416  
952-881-6322

## STAFF

**Executive Director**  
Catherine Blonigen

**Receptionists/Concierges**  
Sue Yang & Jennifer Pfeffer

**Director of Health Services**  
Laura Duff, RN

**Activities Director & Music Therapist**  
Maggie Sonsteby, MA, MT-BC

**Director of Environmental Services**  
Tim Wyer

**Resident Services Coordinator**  
Ashley Preuss

**Outreach & Sales Director**  
Taylor Reh, MA

**Activities Assistants**  
Angela Truitt  
LaTasha Williams

## Outing to Orchid Limited

Mark your calendars for Friday, Sept. 13 for our outing to visit the orchid greenhouses. We'll spend an hour or so walking through, looking at the beautiful flowers. Just sign up in the outing book if you'd like to join!

## Free Class on Health Care Directives

Wednesday, September 11, 2019, 1:30-2:30 p.m. in the Theater

Who would make decisions for you if you could not, due to an injury or illness? What kind of care would you want? Do your loved ones and health care team know your choices?

This class is for anyone who wants to create or update a Health Care Directive. We will guide you through the Honoring Choices Minnesota Health Care Directive. You will receive copies of the directive and resources to help you think about your choices.

## Caregiver Support Group Series

We will be hosting a three-part Caregiver Support Group/Family Information series over the next three months. ALL caregivers are welcome to join for this event as we discuss various matters that may arise in these roles.

The next group meets Thursday, Sept. 12 at 11 a.m. down in the theater.

## Fort Snelling Tour

The TowerLight bus will be departing at 9 a.m. on Thursday, Sept. 19 for our annual Fort Snelling Bus Tour!

The one-hour tour will explore the restored 19th-century stone fort, as well as the Upper Post, where soldiers were stationed during the 20th century. No walking required to come on the tour!

This is \$10 per person to attend. Please sign up in the outing book.

## St. Louis Park Art Fair

The St. Louis Park Art Fair will be held: September 14, 2019

10 a.m.-5 p.m.

SLP Rec Outdoor Center (ROC)

The bus will not be able to escort residents, unfortunately.

## Knitting and Crocheting Group: Keep Calm and Carry Yarn

Do you love to knit or crochet with a purpose? We are hoping to form a TowerLight group that will knit, crochet, or work on other needlework crafts for the purpose of donating finished products to the Children's Hospital or other charities in need. Please stay tuned for the day(s) and time(s) of when this group will meet — hoping to start in October!

## Table Games/Card Groups

Please note that, for the month of September, there will be a few days where the game groups will be meeting at 2 p.m. rather than 1:15 p.m. Please watch the calendar for the changes!



# SEPTEMBER 2019

## Remembering:

Rosalie Carlson  
Graci Egusquiza

## Locations

B, Bistro (First Floor)  
C, Club Room (First Floor)  
C&GV, Club Room & Garden View  
CCIR, Child Care  
Intergenerational Room  
CHR, Charting Room (Second Floor)  
CR, Craft Room (Fifth Floor)  
CSC, Care Suite Commons (Third Floor)  
DINRMS, All Dining Rooms  
F, Fitness (First Floor)  
FD, Meet by Front Desk  
FR, Family Room (Fifth Floor)  
FSN, Fox Sports North Channel  
GV, Garden View (Second Floor)  
IR, Infant Room (Child Care Side)  
LIB, Library (Fourth Floor)  
MDR, Main Dining Room (First Floor)  
MDR&2, Main Dining Room & Second Floor  
PAT, Outdoor Patio (Near Main Entrance)  
PAT, Patio (By Playground)  
PDRL, Private Dining Room (L. of Kitchen)  
PDRR, Private Dining Room (R. of Kitchen)  
PG, Playground Outside  
REF, Reflection Room (Third Floor)  
SM CONF., Small Conference Room (First Floor)  
Spa, 3rd Floor Spa  
TH, Theater (Basement)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1:30 Wooddale Church Service (One Week Old), GV</b> <b>1:30 Qigong w/ Deborah, F</b> 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	<b>LABOR DAY</b> 10:00 Optional: Resident Run Exercise, F 11:15 No Bible Study Today 1:15 Cribbage, C 1:15 Scrabble, C 1:15 Bridge, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F <b>10:00 Fun w/Grandfriends: Dragonflies, GV</b> <b>10:15 Fun w/Mac Phail &amp; Grandfriends (Dragonflies)!, GV</b> <b>1:00 500 Bid, LIB</b> <i>1:30 Rockabye Baby Hour, IR</i> 2:30 News Discussion, TH 3:30 Bingo, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 Toddler Time w/Grandfriends: Butterflies!, GV 10:30 Fun w/Grandfriends (Caterpillars), GV <i>10:45 Catholic Communion Visits, GV</i> <b>11:00 Celebration of Life Service, C</b> <b>11:15 Interdenominational Service w/Chaplain George, REF</b> <b>1:00 Men's Poker Group, 1-3 p.m., LIB</b> <b>3:00 Birthday Party for All Residents w/Christine &amp; Bobby (2 p.m. on Garden View), C</b> <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<b>9:00 Men's Brunch to Hilltop, FD</b> 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:45 Fun w/Grandfriends: Dragonflies, GV <b>11:00 Grocery Outing to Lunds &amp; Byerlys, FD</b> 1:15 Bridge, C 1:15 Cribbage, C 1:15 Scrabble, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	9:45 Fun w/Grandfriends: Honey Bees, GV 10:00 Optional: Resident Run Exercise, F 10:30 Fun w/Grandfriends (Bumblebees), GV 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 Scrabble, C <b>1:00 Poker Group (All Welcome!), LIB</b> <b>1:30 Chair Yoga w/Jane, F</b> 6:30 Saturday Cinema (Titles Displayed in Elevators), TH <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	
<b>1:30 Wooddale Church Service (One Week Old), GV</b> <b>1:30 Qigong w/ Deborah, F</b> 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Run Exercise, F <b>10:00 Fun w/Mac Phail &amp; Grandfriends (Pre K)!, GV</b> <b>11:15 Bible Study w/Serena, REF</b> <b>1:00 TowerLight Town Hall, C</b> 2:00 Cribbage, C 2:00 Bridge, C 2:00 Scrabble, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F <b>10:15 Fun w/Mac Phail &amp; Grandfriends (Dragonflies)!, GV</b> <b>11:15 Ladies' Lunch to Yangtze, FD</b> <b>1:00 500 Bid, LIB</b> <i>1:30 Rockabye Baby Hour, IR</i> 2:30 News Discussion, TH 3:30 Bingo, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<b>PATRIOT DAY</b> 10:00 Toddler Time w/Grandfriends: Butterflies!, GV 10:00 Balance First Fitness Class, F 10:15 Food Committee, PDRR 10:30 Fun w/Grandfriends (Caterpillars), GV <i>10:45 Catholic Communion Visits, GV</i> <b>11:15 Interdenominational Service w/Chaplain George, REF</b> <b>1:00 Men's Poker Group, 1-3 p.m., LIB</b> <b>1:30 Presentation Honoring Choices: Creating or Updating Healthcare Directives, TH</b> <i>3:30 Spirituality Group, GV</i> 6:30 Evening Card Games, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<i>9:00 Depart for Small Target, FD</i> 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:45 Fun w/Grandfriends: Dragonflies, GV <b>11:00 Family Information Discussion, TH</b> 1:15 Bridge, C 1:15 Cribbage, C 1:15 Scrabble, C 2:00 Public Library Book Club Group, REF <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<b>9:30 Depart for Orchid Limit in Plymouth (Free!), FD</b> 10:00 Optional: Resident Run Exercise, F 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 Scrabble, C <b>1:00 Poker Group (All Welcome!), LIB</b> <b>1:30 Chair Yoga w/Jane, F</b> 6:30 Saturday Cinema (Titles Displayed in Elevators), TH <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	
<b>1:30 Wooddale Church Service (One Week Old), GV</b> <b>1:30 Qigong w/ Deborah, F</b> <b>2:30 Piano w/Rita in the Reflection Room, REF</b> <b>3:30 Piano w/Rita on Garden View, GV</b> 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Run Exercise, F <b>10:00 Fun w/Mac Phail &amp; Grandfriends (Pre K)!, GV</b> <b>11:15 Bible Study w/Serena, REF</b> <b>1:00 Presentation: Ranked Choice Voting, C</b> <b>2:00 Scrabble, Bridge, and Cribbage (Note Time Change!), C</b> <b>3:30 Science Fun w/Grandfriends &amp; High Touch High Tech, GV</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F <b>10:15 Fun w/Mac Phail &amp; Grandfriends (Dragonflies)!, GV</b> <b>1:00 500 Bid, LIB</b> <b>1:30 TowerLight Resident Council Committee, PDRR</b> <i>1:30 Rockabye Baby Hour, IR</i> 2:30 News Discussion, TH 3:30 Bingo, C <b>3:30 Depart for Taco Tuesday at American Legion, MDR</b> <b>3:30 Grocery Outing to Lunds &amp; Byerlys, FD</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<b>8:00 Pancake Breakfast, 8-9 a.m., DINRMS</b> 10:00 Toddler Time w/Grandfriends: Butterflies!, GV 10:00 Balance First Fitness Class, F 10:30 Fun w/Grandfriends (Caterpillars), GV <i>10:45 Catholic Communion Visits, GV</i> <b>11:15 Interdenominational Service w/Chaplain George, REF</b> <b>1:00 Men's Poker Group, 1-3 p.m., LIB</b> <b>3:00 Music w/Michael Nelson, REF</b> 3:30 Spirituality Group, GV <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<b>9:00 Depart for Fort Snelling Bus Tour (\$10/Person), FD</b> 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:45 Fun w/Grandfriends: Dragonflies, GV 1:15 Bridge, C 1:15 Cribbage, C 1:15 Scrabble, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	9:45 Fun w/Grandfriends: Honey Bees, GV 10:00 Optional: Resident Run Exercise, F 10:30 Fun w/Grandfriends (Bumblebees), GV 1:00 Movie Matinee (Titles Displayed in Elevators), TH <b>3:00 Art w/Crystal, GV</b> 4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 Scrabble, C <b>11:00 Necessities Shop w/ Mildred, 11 a.m.-2 p.m., B</b> <b>1:00 Poker Group (All Welcome!), LIB</b> <b>1:30 Chair Yoga w/Jane, F</b> 6:30 Saturday Cinema (Titles Displayed in Elevators), TH <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	
<b>1:30 Wooddale Church Service (One Week Old), GV</b> <b>1:30 Qigong w/ Deborah, F</b> <b>3:30 iPad/iPhone Class (Free!), TH</b> 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	<b>AUTUMN BEGINS</b> 10:00 Optional: Resident Run Exercise, F <b>10:00 Fun w/Mac Phail &amp; Grandfriends (Pre K)!, GV</b> <b>11:15 Bible Study w/Serena, REF</b> <b>11:50 Jack and Jill Outing to Ms. Honeycutt's Southern Cooking, FD</b> <b>2:00 Scrabble, Bridge, and Cribbage (Note Time Change!), C</b> <b>3:30 News Discussion (Note Date/Time Change!), TH</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F <b>10:15 Fun w/Mac Phail &amp; Grandfriends (Dragonflies)!, GV</b> <b>1:00 500 Bid, LIB</b> <i>1:30 Rockabye Baby Hour, IR</i> <b>2:30 TowerLight Book Club, C</b> <i>3:30 Bingo (Note Location on GV)!, GV</i> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 Toddler Time w/Grandfriends: Butterflies!, GV 10:00 Balance First Fitness Class, F 10:30 Fun w/Grandfriends (Caterpillars), GV <i>10:45 Catholic Communion Visits, GV</i> <b>11:15 Interdenominational Service w/Chaplain George, REF</b> <b>1:00 Men's Poker Group, 1-3 p.m., LIB</b> <b>2:00 Presentation: Constitutional Law Issues, TH</b> 3:30 Spirituality Group, GV <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:45 Fun w/Grandfriends: Dragonflies, GV 11:00 Grocery Outing to Cub, FD <b>1:00 Rosh Hashanah w/ Rabbi Lynn, REF</b> 1:15 Cribbage, C <b>2:00 Scrabble, Bridge, and Cribbage (Note Time Change!), C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	9:45 Fun w/Grandfriends: Honey Bees, GV 10:00 Optional: Resident Run Exercise, F 10:30 Fun w/Grandfriends (Bumblebees), GV 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	10:00 Scrabble, C <b>1:00 Poker Group (All Welcome!), LIB</b> <b>1:30 Sit Fit Ballet w/ Maylu (See Dailies for Confirmation of This), F</b> 6:30 Saturday Cinema (Titles Displayed in Elevators), TH <b>6:30 Evening Card Games, C</b> <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	
<b>ROSH HASHANAH BEGINS AT SUNSET</b> <b>1:30 Wooddale Church Service (One Week Old), GV</b> <b>1:30 Qigong w/ Deborah, F</b> 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Run Exercise, F <b>10:00 Cookie and Coffee Chat w/Wooddale Church, C</b> <b>10:00 Fun w/Mac Phail &amp; Grandfriends (Pre K)!, GV</b> <b>11:15 Bible Study w/Serena, REF</b> 1:15 Cribbage, C <b>7:00 Year of Wonder: 20 Minutes of Classical Listen, Learn and Chat, FR</b>	<h3>Birthdays</h3> <p>Joan Johnson, 1st Lois Thompson, 8th Feta Cole, 9th (Employee) Hilda Hellman, 12th Sue VanDeVere, 13th Marilyn Klinge, 17th</p> <p>Lois Obert, 22nd Dorothy Borgeson, 24th Lorraine Meixner, 24th Edna Shidla, 26th Angela Truitt, 27th (Employee)</p>		<div style="border: 1px solid black; padding: 5px;"> <p>Please see the daily calendars for most current schedule.</p> <p>Please sign up for outings in binder on the left side of the cubbies!</p> <p>Also turn your TV to channel 1-1 for calendar updates!</p> </div>			