

Cinderella, Godspell and Swan Lake Performances

The TowerLight bus will be taking residents to see two performances during March. We have gone to previous performances at both of these locations, and they put on fantastic productions! Please join us for:

Cinderella

Family of Christ
Lutheran Church

Saturday, March 14

Depart at 1 p.m., performance from 2-4 p.m., return by dinner \$12/person

Sign up by Thursday, March 12, at 5 p.m.

Godspell & spaghetti dinner

Aldersgate United
Methodist Church

Sunday, March 22

Depart at 2:15 p.m. performance from 3-5/5:30 p.m.

Performance is a free-will donation and spaghetti dinner to follow is \$8/person (\$5 for children)

The bus will return following dinner, which will be around 7/7:30 p.m.

Sign up by Thursday, March 18, at 5 p.m.

Swan Lake

The Continental Ballet Company
Our Sit Fit Ballet instructor,
Maylu, will be in this production!

Sunday, March 29

Depart at 2 p.m., performance from 3-4:30/5 p.m.

\$19/person

Sign up by Thursday, March 25, at 5 p.m.

We'll need at least 5 signed up to go.

Bachman's Antiques & Vintage Market

Spring is just about here! The TowerLight bus will be going to Bachman's to check out their antiques and vintage market event. Please note: There will be a fair amount of walking around for this outing, but we are able to accommodate up to two wheelchair spots on the bus plus other space

where we can store wheelchairs for people who can transfer to a seat.

Friday, March 27

9:30 a.m. departure, return around noon

Meet by fish tank on 1st floor

Cost: Free

Community Talent Show — Save the Date!

Here is your heads-up to dust off those vocal cords, get out your best book of jokes and practice those juggling moves. Whatever your talent may be, please plan to share it with us for our 2020 TowerLight Talent Show! If you are interested in participating, we will have forms available at the front desk.

Acceptable talents: reciting a poem, singing or playing a song, juggling, telling jokes, doing magic tricks, doing body tricks, jumping rope, hula hooping, yo-yoing, doing shadow puppets, reciting a monologue — the options are endless as long as they can be done in the space provided!

Wednesday, May 13, at 4 p.m., in the Club Room

Photo Corner!



Fun with our little grandfriends!



Paint, Paper, Scissors step-by-step painting is for anyone!



Residents get a chance to try out the lap harp!



Fun with our little grandfriends!



Fun with our little grandfriends!

TOWERLIGHT

on Wooddale Avenue

MARCH 2020

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
Megan Mihalchick, Sue
Yang & Jennifer Pfeffer

Director of Health Services
Laura Duff, RN

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

**Director of Environmental
Services**
Tim Wyers

Resident Services Coordinator
Ashley Preuss

Outreach & Sales Director
Taylor Reh, MA

Activities Assistants
LaTasha Williams
Chris Ward

Come Vote!

The TowerLight bus will depart on Tuesday, March 3, at 9:15 a.m.

3700 Alabama Ave. S.

St. Louis Park, MN 55416

Games with Cub Scouts

Join us in the Club Room at 6:30 p.m. on Thursday, March 5, for some games with the Cub Scouts (second graders)!

Chat with Community Leaders

We will start off the chat by hearing about the most up-to-date light rail construction plans that will impact our traffic area around TowerLight. Then, we will learn a little about the 2020 Census and what it will entail, followed by capping the program with a meet n' greet and Q&A time with our Community Outreach Officer, Ken Sysko. Please join us in the Club Room for this informative event!

Friday, March 6

10 a.m.

Club Room

St. Patrick's Day

We will have a building-wide gold coin scavenger and trivia hunt on St. Patrick's Day, and we'll cap off the fun with our evening dinner of corned beef and cabbage from 5-6 p.m., complete with an Irish music duo! Watch for the flyers and the chance to pick up your scavenger hunt paper on the morning of March 17, and be prepared to return it to Maggie by 4 p.m.! The person with the most completed tasks/answers will win a small prize!

Music with Mercer

Vocalist Mercer Hill will be here to perform some Broadway hits including selections from "Fiddler on the Roof" and "South Pacific" on Wednesday, March 18, from 1:15-2 p.m., in the Club Room.

Armchair Travel with Michelle

The director of the childcare, Michelle Jirik, went to Africa to help with building schools in Rwanda and Uganda, but she made time for other fun adventures, too!

Join us to see her pictures and hear her stories about her Africa trip!

Friday, March 20

10 a.m.

Theater



MARCH 2020

Welcome

Linda & Brian W. (305)

Carole M. (412)

William G. (417)

Remembering:

Mary Peterson

Locations

B, Bistro (By Fish Tank on 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)

PDR, 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
1:30 Wooddale Church Service (One Week Old), GV 1:30 Qigong w/ Deborah, F 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Fun w/MacPhail & Grandfriends (Pre-K)!, GV 10:15 Food Committee (Anyone Can Attend!), PDRR 11:15 Bible Study w/Serena, REF 1:15 Cribbage, C 1:15 Bridge, C 1:15 Scrabble, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	9:15 Depart for Voting @ Union Congregational Church 3700 Alabama Ave. S., FD 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/MacPhail & Grandfriends (Dragonflies)!, GV 1:00 500 Bid, C 1:30 Rockabye Baby Hour, IR 2:30 News Discussion, TH 3:30 Bingo, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	9:30 Toddler Time w/ Grandfriends (Butterflies), GV 10:00 Fun w/Grandfriends (Caterpillars), GV 11:15 Interdenominational Service w/Chaplain George, REF 1:00 Catholic Communion Visits, FR 1:00 Men's Poker Group, 1-3 p.m., LIB 3:00 Birthday Party for All Residents w/Bobby & Christine (2 p.m. on Garden View), C 6:30 Evening Card Games, C	9:00 Depart for Men's Brunch to Pannekoeken, FD 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/Grandfriends: Pre-K!, GV 10:45 Fun w/Grandfriends: Dragonflies, GV 1:15 Bridge, C 1:15 Scrabble, C 1:15 Cribbage, C 6:30 Games w/Cub Scout Troop (2nd Graders), C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Playtime w/Honeybees, GV 10:00 Community Chat: Light Rail Construction in SLP, 2020 Census and Outreach Officer Meet N Greet, C 10:30 Playtime w/Bumblebees, GV 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 3:00 Art w/Crystal, GV 4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Scrabble, C 1:00 Poker Group (All Welcome!), LIB 1:30 Chair Yoga w/Jane, F 6:30 Saturday Cinema (Titles Displayed in Elevators), TH 6:30 Evening Card Games, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR
DAYLIGHT SAVING TIME BEGINS 8 11:00 Tech Help w/ Katlyn From 11am-12:30pm, B 1:30 Wooddale Church Service (One Week Old), GV 1:30 Qigong w/Deborah, F 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Fun w/MacPhail & Grandfriends (Pre-K)!, GV 10:00 Sweet Feet Fitness w/ Grandfriends, F 11:15 Bible Study w/Serena, REF 1:00 TowerLight Town Hall, C 1:15 Scrabble, C 1:15 Bridge, C 1:15 Cribbage, C 2:00 Cribbage, C 2:00 Bridge, C 2:00 Scrabble, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/MacPhail & Grandfriends (Dragonflies)!, GV 11:15 Depart for Ladies' Lunch to Wild Boar, FD 1:00 500 Bid, C 1:30 Rockabye Baby Hour, IR 2:30 News Discussion, TH 3:30 Bingo, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	9:30 Toddler Time w/Grandfriends (Butterflies), GV 10:00 Balance First Fitness Class, F 10:00 Fun w/Grandfriends (Caterpillars), GV 11:15 Interdenominational Service w/Chaplain George, REF 1:00 Catholic Communion Visits, FR 1:00 Men's Poker Group, 1-3 p.m., LIB 2:00 Paint, Paper, Scissors: Step by Step Art Class, CR 3:30 Spirituality Group, GV 6:30 Evening Card Games, C	9:00 Depart for Target (Small Unless Large Is Requested by Majority of Group), FD 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/Grandfriends: Pre-K!, GV 10:45 Fun w/Grandfriends: Dragonflies, GV 1:15 Bridge, C 1:15 Scrabble, C 1:15 Cribbage, C 2:00 Public Library Book Club Group, REF 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Playtime w/Honeybees, GV 10:00 Depart for Walker Art Center (Return Around 12:45pm) An Art of Changes: Jasper Johns, FD 10:30 Playtime w/Bumblebees, GV 12:00 Grab & Go Lunch by Chef Scott, C 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 4:00 Social Hour: BYOB and Snack to Share If Desired. Bonus: Appetizers by Chef Scott!, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Scrabble, C 1:00 Poker Group (All Welcome!), LIB 1:00 Depart for Cinderella (Performance @ 2pm), FD 1:30 Chair Yoga w/Jane, F 6:30 Saturday Cinema (Titles Displayed in Elevators), TH 6:30 Evening Card Games, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR
1:30 Wooddale Church Service (One Week Old), GV 1:30 Qigong w/ Deborah, F 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	9:10 Depart for Dollar Tree, FD 10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Fun w/MacPhail & Grandfriends (Pre-K)!, GV 10:00 Resident Council w/Catherine (Anyone Can Attend!), C 11:15 Bible Study w/Serena, REF 1:15 Cribbage, C 1:15 Bridge, C 1:15 Scrabble, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	ST. PATRICK'S DAY 17 Pick Up Your St. Patrick's Day Scavenger Hunt Paper at the Front Desk! Return It by 4pm to the Front Desk or Maggie! 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/MacPhail & Grandfriends (Dragonflies)!, GV 1:00 500 Bid, C 1:30 Rockabye Baby Hour, IR 2:30 News Discussion, TH 3:30 Bingo: St. Patrick's Day Themed, C 5:00 St. Patrick's Day Dinner w/ Celtic Music!, MDR 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	8:00 Pancake Breakfast, 8-9 a.m., DINRMS 9:30 Toddler Time w/Grandfriends (Butterflies), GV 10:00 Balance First Fitness Class, F 10:00 Fun w/Grandfriends (Caterpillars), GV 11:15 Interdenominational Service w/Chaplain George, REF 1:00 Men's Poker Group, 1-3 p.m., LIB 1:00 Catholic Communion Visits, FR 1:15 Music w/Mercer & Maggie, C 3:30 Spirituality Group, GV 6:30 Evening Card Games, C	FIRST DAY OF SPRING 19 10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/Grandfriends: Pre-K!, GV 10:45 Fun w/Grandfriends: Dragonflies, GV 1:15 Bridge, C 1:15 Scrabble, C 1:15 Cribbage, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Armchair Travel w/Michelle: Rwanda & Uganda, TH 10:00 Playtime w/Honeybees, GV 10:30 Playtime w/Bumblebees, GV 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 3:00 Art w/Crystal, GV 4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Scrabble, C 1:00 Poker Group (All Welcome!), LIB 1:30 Chair Yoga w/Jane, F 2:30 Music Performance: Kayr Tones, C 6:30 Saturday Cinema (Titles Displayed in Elevators), TH 6:30 Evening Card Games, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR
11:00 Tech Help w/Katlyn From 11am-12:30pm, B 1:30 Wooddale Church Service (One Week Old), GV 1:30 Qigong w/Deborah, F 2:15 Depart for Godspell, FD 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Fun w/MacPhail & Grandfriends (Pre-K)!, GV 10:00 Sweet Feet Fitness w/ Grandfriends, F 11:15 Bible Study w/Serena, REF 1:15 Cribbage, C 1:15 Bridge, C 1:15 Scrabble, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/MacPhail & Grandfriends (Dragonflies)!, GV 1:00 500 Bid, C 1:30 Rockabye Baby Hour, IR 2:30 News Discussion, TH 3:30 Bingo, C 3:30 Depart for Taco Tuesday at American Legion, FD 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	9:30 Toddler Time w/ Grandfriends (Butterflies), GV 10:00 Balance First Fitness Class, F 10:00 Fun w/Grandfriends (Caterpillars), GV 10:15 Fun w/Grandfriends & Lisa the Singing Cowgirl, GV 11:15 Interdenominational Service w/Chaplain George, REF 1:00 Catholic Communion Visits, FR 1:00 Men's Poker Group, 1-3 p.m., LIB 1:30 The Rabbi Is In: Rabbi Lynn Will Present on Passover, REF 6:30 Evening Card Games, C	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/Grandfriends: Pre-K!, GV 10:45 Fun w/Grandfriends: Dragonflies, GV 11:00 Grocery Outing to Cub, FD 1:15 Bridge, C 1:15 Scrabble, C 1:15 Cribbage, C 4:00 Caregiver Information & Support Group, TH 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	9:30 Depart for Bachman's Antiques & Vintage Market, FD 10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Playtime w/Honeybees, GV 10:30 Playtime w/Bumblebees, GV 12:00 Grab & Go Lunch by Chef Scott, C 1:00 Movie Matinee (Titles Displayed in Elevators), TH 1:00 Mahjong, C 4:00 Social Hour: BYOB and Snack to Share If Desired. Bonus: Appetizers by Chef Scott!, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 Scrabble, C 1:00 Poker Group (All Welcome!), LIB 1:30 Chair Yoga w/Jane, F 6:30 Saturday Cinema (Titles Displayed in Elevators), TH 6:30 Evening Card Games, C 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR
1:30 Wooddale Church Service (One Week Old), GV 1:30 Qigong w/ Deborah, F 2:00 Depart for Swan Lake (w/Maylu), FD 6:30 Sunday Cinema (Titles Displayed in Elevators), TH	10:00 Optional: Resident Exercise (w/out Designated Leader), F 10:00 Fun w/MacPhail & Grandfriends (Pre-K)!, GV 11:15 Bible Study w/Serena, REF 1:15 Cribbage, C 1:15 Bridge, C 1:15 Scrabble, C 4:15 News Discussion (Note Date/Time Change!), TH 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	10:00 SAIL: Fitness Class (Staying Active & Independent for Life), F 10:15 Fun w/MacPhail & Grandfriends (Dragonflies)!, GV 11:15 Jack and Jill Lunch to Kip's Irish Pub, FD 1:00 500 Bid, C 1:30 Rockabye Baby Hour, IR 2:30 Tower Light Book Club, C 3:30 Bingo on Garden View, GV 7:00 Year of Wonder: Come to Listen to Music & Chat!, FR	<h2 style="margin: 0;">Birthdays</h2> <div style="display: flex; justify-content: space-around;"> <div> <p>Sydney Phillips, 2nd</p> <p>Opal Campbell, 3rd</p> <p>Dr. Dave Gupta, 3rd</p> <p>Bob Thompson, 6th</p> <p>Larry Johnson, 7th</p> </div> <div> <p>Mary Machogu, 10th (Employee)</p> <p>Sue Mallory, 19th</p> <p>Sharon Kane, 29th</p> <p>Trudii Mark, 31st</p> </div> </div>		Please see the daily calendars for most current schedule. Please sign up for outings in binder on the left side of the cubbies! Also turn your TV to channel 1-1 for calendar updates!	