

Join our Ambassadors! Willows Bend Ambassador Program

We are a committee of residents living in the community who enjoy helping create welcoming experiences for new residents and prospects. If you are a resident proud of the community we've built, enjoy meeting new people, answering questions, assisting with tours, or helping host community activities and events, we'd love to have you join other Willows Bend Ambassadors!

If interested, please come to our next Meeting scheduled for Tuesday, April 1st at 10:45 am in the Private Dining room! If you have any questions about the program, please don't hesitate to stop by the front desk or ask one of our current resident ambassadors.

Our resident Ambassadors are:
Sue Murzyn, Carol Jansen, Sandy and Jack Hosch, Carol Maas, Darlene Vallin, Bill Linton, Lavona Carlson, Nancy Delp, and Sonny Roberge.



Resident Birthdays

April 2nd Marcie Johnson
April 4th Doreen Johnson
April 6th Janice Holzem
April 10th Lee Hitzeman
April 22nd Jerry Peterson
April 25th Sonny Roberge
April 28th Walt Wenholz

Staff Birthdays

April 7th Mark Larson
April 11th Cody Lee
April 11th Fiona Lai
April 15th Catherine Page
April 23rd Janet Sarjoh
April 26th Jacqueline Luna



Minnesota Twins
Baseball Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
				27 STL 3:15	28	29 STL 1:15
30 STL 1:15	31 CWS 1:10	1 CWS 6:40	2 CWS 1:10	3 ★ 3:10	4	5 ★ 1:10
6 ★ 1:10	7 KC 6:40	8 KC 6:40	9 KC 6:40	10 KC 1:10	11 D 7:10	12 D 1:10
13 D 1:10	14 N 6:40	15 N 6:40	16 N 12:10	17	18 ATL 6:15	19 ATL 6:15
20 ATL 12:35	21	22 CWS 6:40	23 CWS 6:40	24 S 12:10	25 A 7:10	26 A 1:10
27 LAA 1:10	28 CLE 5:10	29 CLE 5:10	30 CLE 5:10			

Monthly Newsletter
WILLOWS BEND SENIOR LIVING

April 2025



EBENEZER VALUES: DIGNITY, INTEGRITY, SERVICE, COMPASSION, INNOVATION

Leadership Team

Easter History and Traditions

Easter is a Christian holiday celebrating the resurrection of Jesus Christ, believed to have occurred three days after his crucifixion around A.D. 30. It marks the end of the Passion of Christ, which includes Lent, Holy Week, and Good Friday. Easter 2025 falls on Sunday, April 20, though its date varies each year based on the lunar calendar. The holiday shares historical ties with pagan traditions and the Jewish Passover. The name “Easter” may derive from the Anglo-Saxon goddess Eostre or the Latin word for “dawn.” Central to Christianity, Easter symbolizes Jesus’ victory over death and the promise of eternal life for believers.

Easter Traditions

While Easter has deep religious significance, many of its traditions have both Christian and pre-Christian origins:

- Church Services: Many Christians attend sunrise services or special Easter Masses to celebrate Jesus’ resurrection.
- Easter Eggs: Eggs, symbolizing new life and rebirth, are decorated, exchanged, and used in egg hunts, a tradition with both Christian and pagan roots.
- Easter Bunny: The Easter Bunny, associated with fertility and spring, delivers candy and eggs to children, a tradition originating in German folklore.
- Easter Feast: Families gather for meals, often featuring lamb, ham, or other festive dishes, symbolizing abundance and celebration.
- Lenten Sacrifices End: Many people give up certain foods or habits for Lent, and Easter marks the joyful return to celebration.
- Easter Lilies: These white flowers symbolize purity and resurrection and are commonly used in church decorations.
- Passover Connection: Easter is linked to the Jewish Passover, as Jesus’ Last Supper was a Passover meal, and both holidays emphasize themes of liberation and renewal.

Easter is a time of joy, reflection, and renewal, bringing together religious observances and festive traditions enjoyed by many around the world.

<https://www.history.com/articles/history-of-easter>



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Activities Happenings & Highlights

April is packed with exciting outings and entertainment, offering a wonderful mix of shopping, dining, and cultural experiences. Outings this month include trips to Bob's Produce, Target, and Aldi's for shopping, along with delicious meals at Sunset Grill, Carol's, Adagio Pizza, and breakfast at Fat Nat's. A special visit to Como Park for the Spring Flower Show will provide a beautiful and refreshing seasonal experience. Entertainment will feature performances by The Floras, Vinnie Rose, The Squires Band, and Wes Miller, ensuring plenty of lively music to enjoy. Additionally, Life Long Learning opportunities continue with two MacPhail Hours and an engaging Unwrapping Music session, enriching the month with knowledge and creativity.

Kerri Antonen, Life Enrichment Director

Don't forget to like us on Facebook!
(You can scan the QR Code)



Entertainment for April

April 1st, 2025 at 2:00pm
The Floras

April 8th at 2:00pm MacPhail Hour: Piano

April 11th at 3:00pm Vinnie Rose

April 15th at 11:00am MacPhail Hour: Slipjig
(March Rescheduled)

April 16th at 2:00pm Karaoke with Rita & Larry

April 25th at 2:00pm The Squires Band

April 29th at 2:00pm MacPhail Unwrapping Music: Music & The Weather

April 30th at 2:00pm Wes Miller



Outings for April:

April 2nd at 10:30am Bob's Produce

April 7th at 11:45am Lunch: Sunset Grill

April 9th at 10:30am Target

April 14th at 11:30am Lunch: Carol's

April 17th at 10:30am Aldi's

April 21st at 11:45am Lunch: Adagio's Pizza

April 22nd at 10:30am Bob's Produce
and 1:00pm Como Spring Flower Show

April 25th at 9:00am Breakfast: Fat Nat's

April 30th at 10:30am Target



Welcome New Residents to Willows Bend!

John Holman

Bruce Jansson

Marcellus Santos

Roger and Karen Torkelson



Live 2B Healthy Senior Fitness

Live 2B Healthy Senior Fitness
classes are on Tuesdays and
Thursdays at 9:30am

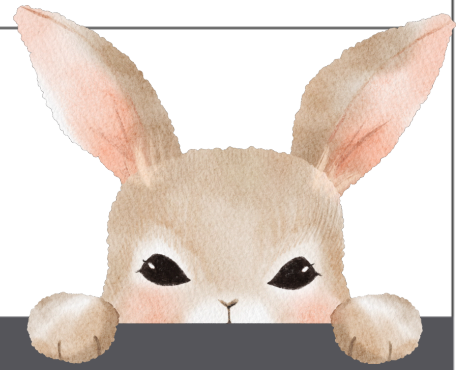
Our Mission: "To provide a
proven, flexible approach to
wellness through education,
fitness and community."





April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>-1R Exercise Gym</div> <div>CL Club Room 1st Floor</div> <div>CR Community Room 2nd Floor</div> <div>DM Dimensions</div> <div>DR Dining Room 1st Floor</div> <div>LIB Library 2nd Floor</div> <div>T/C Theater/Chapel 2nd Floor</div> <div>WFE Willows Front Entrance</div> <div>WL Willows Lobby</div>		<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:45 Resident Ambassador Meeting (DR)</div> <div>1:30 Dice Games: Farkle, Bunco, etc. (DR)</div> <div>2:00 Entertainment: The Floras (CR)</div> <div>3:15 Ice Cream Social (CR)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Grocery Run: Bob's Produce (WL)</div> <div>1:30 Crafting with Kerri: Scrapbook Paper Pieced Flower Canvas (CR)</div> <div>2:00 500 Card Club (DR)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>1:30 Hand & Foot Card Club (DR)</div> <div>3:00 Happy Hour: Twins Home Opener at 3:10pm (CL)</div> <div>6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Documentary: The Beatles Let It Be (Disney) (T/C)</div> <div>1:30 Dominoes (DR)</div> <div>2:30 Cribbage Card Club (CL)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Saturday Matinee: Lyle, Lyle, Crocodile (Disney) (T/C)</div> <div>4:00 Puzzle Club (LIB)</div>
<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Resident Run-Live Worship Service (T/C)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Sunday Matinee: American Hustle (Hulu) (T/C)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 National Coffee Cake Day (CR)</div> <div>11:45 Lunch Outing: Sunset Grill (WL)</div> <div>1:00 Hand and Foot (DR)</div> <div>2:00 Word Puzzles (CR)</div> <div>3:00 Margarita Monday (CL)</div> <div>4:00 Puzzle Group (LIB)</div> <div>6:00 Fun with the Girl Scouts (DM)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Catholic Communion with St. Williams (T/C)</div> <div>1:30 Dice Games: Farkle, Bunco, etc. (DR)</div> <div>2:00 Life-long learning: MacPhail Hour (CR)</div> <div>3:15 Poke Cake Social (CR)</div> <div>6:15 Men's Night (CL)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Grocery Run: Target (WL)</div> <div>1:30 Baking: Easter Cake Bars (CR)</div> <div>2:00 Wednesday Movie Matinee: A Complete Unknown (Disney)</div> <div>2:00 500 Card Club (DR)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>1:30 Hand & Foot Card Club (DR)</div> <div>3:00 Happy Hour (CL)</div> <div>6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Cardio Drumming Class with Kerri (CR)</div> <div>1:30 Creative Storytelling (T/C)</div> <div>1:30 Dominoes (DR)</div> <div>2:15 French Fry Friday (CR)</div> <div>3:00 Entertainment: Vinnie Rose (CR)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Saturday Matinee: Walk the Line (Disney) (T/C)</div> <div>4:00 Puzzle Club (LIB)</div>
<div>Palm Sunday</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Resident Run-Live Worship Service (T/C)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Sunday Matinee: True Grit (Hulu) (T/C)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Fruit Smoothies (CR)</div> <div>11:15 Gardening Club Meeting (CL)</div> <div>11:30 Lunch Outing: Carol's (WL)</div> <div>1:00 Hand and Foot (DR)</div> <div>2:00 Word Puzzles (CR)</div> <div>3:00 Margarita Monday (CL)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>11:00 Life-long learning: MacPhail Hour (Rescheduled March) (CR)</div> <div>1:30 Dice Games: Farkle, Bunco, etc. (DR)</div> <div>2:00 Taste Test Tuesday: Cheese (CL)</div> <div>3:30 Tuesday Trivia (T/C)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Stress Awareness: Meditation (T/C)</div> <div>11:30 Easter Lunch (RSVP)</div> <div>2:00 Karaoke with Rita & Larry (DR)</div> <div>3:00 Ice Cream Bar Social (DR)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Grocery Run: Aldi's (WL)</div> <div>1:30 Hand & Foot Card Club (DR)</div> <div>3:00 Happy Hour (CL)</div> <div>6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)</div>	<div>Good Friday</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Concert: The Lion King at the Hollywood Bowl (Disney) (T/C)</div> <div>1:30 Dominoes (DR)</div> <div>2:30 Cribbage Card Club (CL)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Saturday Matinee: Mufasa The Lion King (Disney) (T/C)</div> <div>4:00 Puzzle Club (LIB)</div>
<div>Easter</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Resident Run-Live Worship Service (T/C)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Sunday Matinee: Baggage Claim (Hulu) (T/C)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>11:45 Lunch Outing: Adagio's Pizza Factory (WL)</div> <div>1:00 Hand and Foot (DR)</div> <div>2:00 Word Puzzles (CR)</div> <div>3:00 Margarita Monday (CL)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Grocery Run: Bob's Produce (WL)</div> <div>1:00 Outing: Come Spring Flower Show</div> <div>1:30 Dice Games: Farkle, Bunco, etc. (DR)</div> <div>3:30 Making an Appetizer for Ladies Night (CR)</div> <div>6:15 Ladies Night (CR)</div>	<div>9:45 Walking Group (Weather Permitting) (WFE)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 TED Talk:My Big Idea (Ep. 1): A Joyful Way to Get Outside Hazel Cottle (T/C)</div> <div>2:00 Resident Council (CR)</div> <div>2:45 Ice Cream Social (CR)</div> <div>3:30 Crafting with Kerri: Giant Tissue Paper Flowers (CR)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>1:30 Hand & Foot Card Club (DR)</div> <div>3:00 Happy Hour (CL)</div> <div>6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)</div>	<div>9:00 Breakfast Outing: Fat Nats (WL)</div> <div>10:00 Coffee & Chat (CL)</div> <div>11:00 Cardio Drumming Class with Kerri (CR)</div> <div>1:30 Creative Storytelling (T/C)</div> <div>2:00 Entertainment: The Squires Band (CR)</div> <div>3:15 Rootbeer Floats (CR)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Saturday Matinee: The Theory of Everything (Peacock) (T/C)</div> <div>4:00 Puzzle Club (LIB)</div>
<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Resident Run-Live Worship Service (T/C)</div> <div>1:30 Independent Card Games (DR)</div> <div>2:30 Willows Sunday Matinee: Jojo Rabbit (Hulu) (T/C)</div>	<div>10:00 Coffee & Chat (CL)</div> <div>10:30 Fruit Smoothies (CR)</div> <div>11:15 Gardening Club Meeting (CL)</div> <div>1:00 Hand and Foot (DR)</div> <div>2:00 Word Puzzles (CR)</div> <div>3:00 Margarita Monday (CL)</div> <div>4:00 Puzzle Group (LIB)</div>	<div>9:30 Live 2B Healthy Exercise with Anita (-1R)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:45 Resident Ambassador Meeting (DR)</div> <div>1:30 Dice Games: Farkle, Bunco, etc. (DR)</div> <div>2:00 Life-long learning: MacPhail Unwrapping Music (CR)</div> <div>3:15 Brownie Social (CR)</div>	<div>9:45 Walking Group (Weather Permitting) (WFE)</div> <div>10:00 Coffee & Chat (CL)</div> <div>10:30 Grocery Run: Target (WL)</div> <div>1:00 500 Card Club (DR)</div> <div>2:00 Entertainment: Wes "Squeezy" Miller (CR)</div> <div>4:00 Puzzle Group (LIB)</div>			





Environmental Services Updates

SEVERE WEATHER AWARENESS

April 7-11 is Severe Weather Awareness Week in Minnesota. If a Severe Weather Watch is posted, we should monitor the local weather news and be prepared to react if the weather worsens. Staff has weather alerts activated on their phones so they will receive any watches or warnings in our area. During a tornado warning, everyone stays indoors and should seek shelter in a room without windows. In your apartment, close all windows, drapes, and blinds, go to your apartment bathroom, and shut the door. If you are not near your apartment, the common area safe spaces on each floor are the public restrooms, trash rooms, laundry rooms, 1st-floor spa, interior offices near the lobby, and the garage. The staff will direct you and will let everyone know when the threat is clear. Please note that elevators will be turned off during a local tornado warning (when the sirens are sounding).

MOVING INTO SPRING!

Please keep in mind that we have temperature swings... I've already had a couple of residents ask how they can cool down their apartment on a warmer day. Remember, the cooling systems cannot be run when the outside temperature is below 65 degrees. So, the best way is to close your blinds to keep the sun out, open a few windows slightly, and turn on your bath fan. The fan will draw out some of the warm air and allow cooler air to come in the windows. Don't forget to close your windows at night! You can also turn the "System" fan to "On", which will circulate air throughout the apartment.

TRASH/RECYCLING:

The Trash/Recycling Room is located near Elevator B on all 4 floors. ALL trash must be in a tied garbage bag and sent down the Trash Chute located on the wall. Please READ the signs and remember, the wheeled bins are ONLY for clean RECYCLEABLE items listed on the containers: Plastic containers, paper, and glass bottles. All recyclable food containers should be thoroughly rinsed before recycling them. Lately, I have seen clothes, Styrofoam, food garbage, plastic bags of garbage, and gloves in recycling... If you have put your recyclable items in a plastic bag, it is no longer recyclable and must go down the Trash Chute. If the recycling bin is full, PLEASE alert the front desk to have it changed out. Cardboard boxes should be flattened and stacked behind/beside the recycling container.

RESIDENT REMINDER SHEET

I have put several instructions together on everything from Appliances to WIFI for anyone who wants them. If you would like a copy, please see the front desk receptionist; they will print a copy and put it in your mailbox. It is updated periodically.

SINK STOPPERS:

A few residents have asked about the bathroom sink stoppers. These are "pop-up" stoppers. To close them, just push down on top and they will "click" closed. To open them up, push them down again and they will pop up.

FIRE DRILLS

Willows Bend runs a fire drill every month, and notices are posted 2-3 days in advance in the elevators and at the mailbox areas. Be aware and ready. When a drill is scheduled, please DO NOT reset fire doors if they are closed after the drill. The Maintenance Manager needs to verify that the doors are working properly (seeing them closed), and he will reset them. You can walk through the doors, but please do not reset them. If you would like a full copy of the fire drill procedure, please see the front desk or the Maintenance Manager.

SERVICE CALLS

If you need service in your apartment, or see an area of concern, please call or come to the front desk. There is a Service Request form at the desk that you can fill out and leave for the staff. Your request will be added to the list of maintenance projects. For an "emergency" (flood, electrical/heat/cooling system failure, smoke alarm going off), call the main office number (763-308-2888) to let any staff member know, or go to the front desk and they will get in touch with me. After normal business hours, that number will be answered by the on-duty staff members.

Tom Miller, Environmental Services Director



You are invited to our
EASTER BRUNCH

WEDNESDAY APRIL 16TH, 2025

11:45A-1:30PM

\$25.00 A PERSON

PLEASE RSVP BY
MONDAY, APRIL 14TH

Recipe of the Month: Ham cheese & Spinach Puffs

Ingredients:

- | | |
|--|----------------------------------|
| 2 Sheets puff pastry | 2 tablespoons unsalted butter |
| 2 tablespoons all-purpose flour | 1 cup wam milk |
| 1 pinch of salt | Freshly cracked pepper, to taste |
| Ground nutmeg (optional) | ½ pound cooked ham, diced |
| 2 cups fresh spinach, rinsed and chopped | |
| 1 cup Swiss Cheese, grated | |

Directions:

1. Cut the puff pastry sheets into 5-inch squares. Set aside in the refrigerator. Preheat your oven to 400 degrees.
2. For the bechamel sauce: Melt butter over medium heat in a saucepan. Add flour and salt; cook, stirring frequently, until the mixture become pale golden with a slightly nutty aroma.
3. Pour warm milk in 2 steps, stirring constantly with wooden spoon and whisk until smooth. Cook the mixture, stirring constantly along the bottom of the saucepan, until boiling, about 7 minutes.
4. Reduce heat to low. Simmer gently until sauce thickens, about 10 minutes. If you still have lumps, use your immersion blender!
5. Stir in spinach and cook for 1 minute. Add ham and half the cheese and stir well. Set aside.
6. Arrange the puff pastry squares on a baking sheet lined with parchment paper. Dollop 1 or 2 tablespoons of the bechamel mixture, top with the remaining half of the grated cheese and close the pockets by folding the corners on top.
7. Make an egg wash using an egg and 1 coffee spoon of cold water. Brush the puff pastry and bake in the oven for 20 minutes, until puffed and golden. Serve immediately with a crisp salad.

