

Family Night Highlights

Thank you to everyone who joined us for Family Night on June 9th, 2025! With your support, we raised over \$600 for the Parkinson’s Foundation. A heartfelt thanks to our amazing residents, families, and staff who helped make it a memorable evening in our parking lot. Special appreciation goes to our Culinary Department for their excellent service and to the Holy Rocka Rollaz for providing fantastic live music.



Resident Birthdays

Bill Lea and Darlene Vallin 8/3  
Roy Partridge and Ken Kottom 8/5  
Martha Anderson 8/6  
John Holman 8/8  
Marilou Johnson and Jack Hosch 8/10  
Don Odland 8/14  
Gary Vik 8/15  
Ken Swanson 8/16  
Maryann Klencz 8/20  
Jan Dean and Kay Kinzie 8/21  
Charlotte Koski 8/27  
Theresa Anderson 8/31

Staff Birthdays

Emily Petrick 8/24



Minnesota Twins Baseball

	SUN	MON	TUE	WED	THU	FRI	SAT
						1 CLE 6:10	2 CLE 3:10
	3 CLE 12:40	4 DET 5:40	5 DET 5:40	6 DET 12:10	7	8 KC 7:10	9 KC 6:10
AUGUST	10 KC 12:05	11 NYY 6:05	12 NYY 6:05	13 NYY 6:05	14 D 6:40	15 D 7:10	16 D 6:15
	17 D 1:10	18	19 A's 6:40	20 A's 6:40	21 A's 12:10	22 CWS 6:40	23 CWS 6:10
	24 CWS 1:10	25 TOR 6:07	26 TOR 6:07	27 TOR 6:07	28	29 SD 7:10	30 SD 6:10
	31 SD 12:05						



Monthly Newsletter  
WILLOWS BEND SENIOR LIVING

AUGUST 2025



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

Celebrating 3 Wonderful Years at Willows Bend!

This month, we proudly celebrate the 3rd anniversary of Willows Bend Senior Living—a place that has grown into more than just a community, but a family. Over the past three years, we’ve shared countless laughs, stories, meals, and memories. We've welcomed new faces, celebrated milestones, and supported one another through all of life’s seasons.

From engaging activities and meaningful connections to compassionate care and vibrant living, Willows Bend has become a home where joy thrives and friendships blossom. Our anniversary is not only a celebration of time, but also a celebration of the people who make this community so special: our residents, their families, and our dedicated staff.

Here's to three years of heart, home, and happiness, and many more to come!



Leadership Team

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## Activities, Happenings & Highlights

August marks the celebration of our 3rd anniversary since opening, and we're excited to honor this milestone with a month full of engaging activities. Outings this month include grocery trips to Aldi's, Bob's, and Target, along with a delicious breakfast or brunch at Hope Breakfast Bar. We'll also enjoy a scenic trip to the St. Croix River, complete with lunch before boarding the boat. Our entertainment lineup features performances by King Wilkie's Dream, Tara Brueske, and Gary LaRue, along with Karaoke with Rita & Larry. We'll continue our educational programming with a presentation by Frank Sachs and enriching lifelong learning experiences through the MacPhail Hour and MacPhail Unwrapping Music.

Kerri Antonen, Life Enrichment Director

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

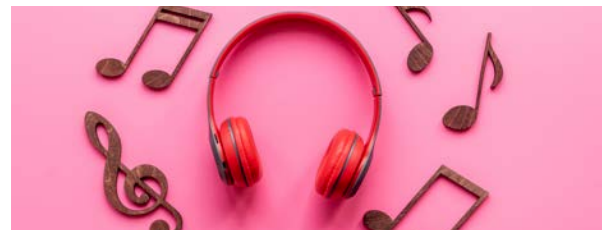


## Minnesota State Fair

The Minnesota State Fair, known as "The Great Minnesota Get-Together," kicks off on August 21st and runs through September 1st. Held at the fairgrounds in St. Paul, this beloved event celebrates the state's agricultural roots, creative arts, live entertainment, and, of course, its famous foods-on-a-stick. From thrilling rides down the giant slide and visits with farm animals to Grandstand concerts and blue-ribbon baking contests, there's truly something for everyone. Whether you're sampling cheese curds, viewing prize-winning pumpkins, or just people-watching along the busy Midway, the Minnesota State Fair is a joyful celebration of community, culture, and summer's grand finale. For 2025, visitors can look forward to an exciting lineup of brand-new foods to sample and enjoy.

Some of these include:

Bison Meatball Sub at Minnesota Farmers Union Coffee Shop  
Caprese Curds at LuLu's Public House  
Dill Pickle Iced Tea at Loon Lake Iced Tea  
Hot Honey Jalapeno Popper Donut at Fluffy's Hand-Cut Donuts  
Hula Kalua Pork at RC's BBQ  
Somali Street Fries at Midtown Global Market's Oasis Grill  
Tandoori Chicken Quesaratha at Holy Land  
Land of 10,000 Cakes at Bridgeman's Ice Cream



### Entertainment for August

8/5 Night to Unite/Anniversary Party  
3:30-5:30p  
King Wilkies Dream

8/12 MacPhail Hour: Erik Schee &  
Friends  
2:00p

8/13 Tara Brueske 2:00p

8/22 Educational Presentation: Frank  
Sachs  
1:30p

8/26 MacPhail Unwrapping Music 2:00p

8/27 Gary LaRue 2:00p



### Outings for August

8/4 at 10:00a Aldi's

8/6 at 9:15a Hope Breakfast Bar

8/11 at 10:00a Bob's Produce

8/22 10:00a Target

8/25 10:00a St. Croix River Boat Trip  
with Lunch before

8/27 Bob's Produce



Welcome  
New Residents  
to Willows Bend!  
Bob & Marveen Minish

Phyllis Askay  
Mike Smith  
Margie Schwalbach  
Don & Gayle Maage



### 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."







# AUGUST 2025

**WILLOWS**   
— BEND —  
SENIOR LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Coffee & Chat (WL) 10:30 Resident Run-Live Worship Service (T/C) 1:00 Hymn Sing Along (YouTube) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Cedar Rapids (Disney) (T/C) 4:30 Bible Study with Faith (CL)	<b>31</b> -1R Exercise Gym CL Club Room 1st Floor CR Community Room 2nd Floor DM Dimensions DR Dining Room 1st Floor LIB Library 2nd Floor T/C Theater/Chapel 2nd Floor WFE Willows Front Entrance WL Willows Lobby				10:00 Coffee & Chat (WL) 10:30 Cardio Drumming Class with Kerri (CR) 1:30 Creative Storytelling with Naomi (CR) 1:30 Card Games of Choice (DR) 2:30 Ice Cream Social (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>1</b> 10:00 Coffee & Chat (WL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Love Again(Disney) (T/C) 4:00 Puzzle Club (LIB)
10:00 Coffee & Chat (WL) 10:30 Resident Run-Live Worship Service (T/C) 1:00 Hymn Sing Along (YouTube) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Arthur's Whisky (Amazon) (T/C) 4:30 Bible Study with Faith (CL)	<b>3</b> 10:00 Outing: Grocery Run to Aldi's (WFE) 10:00 Coffee & Chat (WL) 1:30 Hand & Foot Card Club (DR) 3:00 Margarita Monday (CL) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>4</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 11:00 German Class with Connie S. (CL) 1:00 Bridge Club (DR) 3:30 Anniversary Party/Night to Unite (WFE)	<b>5</b> 9:15 Outing: Hope Breakfast Bar (Breakfast/Brunch) (WFE) 10:00 Coffee & Chat (WL) 11:00 Docuseries- Kennedy (T/C) 1:30 500 Card Club (DR) 2:00 Crafting: Pressed Flower Bookmarks (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB) 6:00 Bingo Night with the Resident Ambassadors (CR)	<b>6</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 11:00 German Class with Connie S. (CL) 1:30 Hand & Foot Card Club (DR) 3:00 Happy Hour (CL) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	<b>7</b> 10:00 Coffee & Chat (WL) 11:00 Trivial Pursuit (T/C) 1:30 Creative Storytelling (CR) 1:30 Card Games of Choice (DR) 2:30 Elvis Week Begins (favorite Sandwich) Social (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>8</b> 10:00 Coffee & Chat (WL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Glory Road (Disney) (T/C) 4:00 Puzzle Club (LIB)
10:00 Coffee & Chat (WL) 10:30 Resident Run-Live Worship Service (T/C) 1:00 Hymn Sing Along (YouTube) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: The Accountant 2 (Amazon) (T/C)	<b>10</b> 10:00 Outing: Grocery Run to Bob's Produce (WFE) 10:00 Coffee & Chat (WL) 1:30 Hand & Foot Card Club (DR) 3:00 Margarita Monday (CL) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>11</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 10:30 Catholic Communion with St. Williams (T/C) 10:45 Resident Ambassador Meeting (CL) 11:00 German Class with Connie S. (CL) 1:00 Bridge Club (DR) 2:00 Life-long learning: MacPhail Hour (CR) 3:00 Ice Cream Social	<b>12</b> 10:00 Coffee & Chat (WL) 10:30 Coffee with the Chef (CR) 1:30 500 Card Club (DR) 2:00 Entertainment: Tara Brueske (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 3:15 Rootbeer Floats (CR) 4:00 Puzzle Group (LIB) 6:00 Men's Night (CL)	<b>13</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 11:00 German Class with Connie S. (CL) 1:30 Hand & Foot Card Club (DR) 3:00 Happy Hour (CL) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	<b>14</b> 10:00 Coffee & Chat (WL) 10:30 Cardio Drumming Class with Kerri (CR) 1:30 Creative Storytelling (CR) 1:30 Card Games of Choice (DR) 2:30 Chocolate Mousse Social (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>15</b> 10:00 Coffee & Chat (WL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: All My Life (Amazon) (T/C) 4:00 Puzzle Club (LIB)
10:00 Coffee & Chat (WL) 10:30 Resident Run-Live Worship Service (T/C) 1:00 Hymn Sing Along (YouTube) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: The High Note (Peacock) (T/C) 4:30 Bible Study with Faith (CL)	<b>17</b> 10:00 Coffee & Chat (WL) 11:00 Documentary: Lost on Everest (T/C) 1:30 Hand & Foot Card Club (DR) 3:00 Margarita Monday (CL) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>18</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 11:00 German Class with Connie S. (CL) 1:00 Bridge Club (DR) 2:00 Karaoke with Rita & Larry (CR) 4:00 Puzzle Group (LIB)	<b>19</b> 10:00 Coffee & Chat (WL) 11:00 Docuseries- Kennedy (T/C) 1:30 500 Card Club (DR) 2:00 Resident Council (CR) 3:00 Ice Cream- After Resident Council (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB) 6:00 Bingo Night with the Resident Ambassadors (CR)	<b>20</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 11:00 German Class with Connie S. (CL) 1:30 Hand & Foot Card Club (DR) 2:45 Happy Hour: State Fair Food (CL) 4:15 Fridley High School Jazz Combo 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	<b>21</b> 10:00 Outing: Grocery Run to Target (WFE) 10:00 Coffee & Chat (WL) 1:30 Educational Presentation: Frank Sachs (CR) 1:30 Card Games of Choice (DR) 2:45 Poke Cake Social (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>22</b> 10:00 Coffee & Chat (WL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Stuck in Love (Peacock) (T/C) 4:00 Puzzle Club (LIB)
10:00 Coffee & Chat (WL) 10:30 Resident Run-Live Worship Service (T/C) 1:00 Hymn Sing Along (YouTube) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee Rocketman (Amazon) (T/C)	<b>24</b> 10:00 Outing: St. Croix Rive Boat Tour (Lunch before) (WFE) 10:00 Coffee & Chat (WL) 1:30 Hand & Foot Card Club (DR) 3:00 Margarita Monday (CL) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>25</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 10:45 Resident Ambassador Meeting (CL) 11:00 German Class with Connie S. (CL) 1:00 Bridge Club (DR) 2:00 Life-long learning: MacPhail Unwrapping Music 3:30 Making an Appetizer for Ladies Night (CR) 6:00 Ladies Night (CR)	<b>26</b> 10:00 Grocery Run to Bob's Produce (WFE) 10:00 Coffee & Chat (WL) 11:00 Docuseries- Kennedy (T/C) 1:30 500 Card Club (DR) 2:00 Entertainment: Gary LaRue (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>27</b> 9:30 Live 2B Healthy Exercise with Anita (-1R) 10:00 Coffee & Chat (WL) 11:00 German Class with Connie S. (CL) 1:30 Hand & Foot Card Club (DR) 3:00 Happy Hour: Minnesota Gopher Football Season Opener (CL) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	<b>28</b> 10:00 Coffee & Chat (WL) 10:30 Cardio Drumming Class with Naomi (CR) 1:30 Creative Storytelling (CR) 1:30 Card Games of Choice (DR) 2:30 Ice Cram Bar Social (CR) 3:00 Outdoor Games: Ladder Golf/Corn Hole (CL) 4:00 Puzzle Group (LIB)	<b>29</b> 10:00 Coffee & Chat (WL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Beauty and The Beast (Disney) (T/C) 4:00 Puzzle Club (LIB)
						<b>30</b> 10:00 Coffee & Chat (WL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Beauty and The Beast (Disney) (T/C) 4:00 Puzzle Club (LIB)





## Environmental Services Updates

**WIRING NEEDED and TOTAL BLACKOUT:** On Monday, August 4th, some necessary electrical wiring will be done at Willows. After the wiring is done, a Power Disruption Test will be performed for our Generator. This means all power will be intentionally shut off to test the generator connection. It will not last very long, but be aware that your apartment will go dark for a time.

**WINDOW CLEANING:** The exterior windows will be cleaned on August 18th and 19th. The “lower/screened” windows will be cleaned from the inside by hand, with the cleaning crew entering the apartments. IF you do NOT want the crew to come into your apartment, you can Opt-Out through signing the sheet at the front desk by August 15th. Opting out will mean those lower/screened windows will not get cleaned.

**FIRE DRILL:** This month, we will have an evening drill on August 14th (sometime between 6:30-8 pm), which will be “sounded”, meaning the alarms and strobes will be activated. I normally post notices within 3 days.

**GARAGE CLEANING:** The garage floor will be cleaned on Tuesday, August 26th. The crew will be starting at 7:30 am, so all cars should be parked outside in the front lot the night before.

### **TRASH/RECYCLING REMINDER:**

**Please** remember, the wheeled containers in the trash rooms are **NOT** for trash; the trash chute is on the wall. **ALL trash** must be in a tied garbage bag and sent down the Trash Chute.

**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. Cardboard boxes should be flattened and stacked behind/beside the recycling container. If you have placed your recyclable items in a plastic bag, they are no longer recyclable and must be disposed of in the Trash Chute.

**POWER OUTAGES:** Severe weather and power outages do occur in Fridley, Minnesota. If the building loses power, the main common areas and hallways do remain lit by our generator, BUT all apartments go dark. SO, it is a good idea to have an emergency kit in your apartment, including a flashlight/lantern (better yet, both!), extra batteries, a backup battery for your mobile phone, and other items you may need. The elevators do function, but they will be slower than normal.

**COURTESY IN THE GARAGE:** If you park in the garage, please park straight within your parking space. Parking at an angle makes it more difficult for your neighbor to get in/out of their vehicle, and nobody likes to complain about their neighbor...

**RESIDENT REMINDER SHEETS:** We do have a list of maintenance-related items pertaining to your apartment and the building for residents, just like you see in this newsletter... Stop by the front desk to get the most up-to-date information

Tom Miller, Environmental Services Director

