

Remembering January Events

Tasting Tuesdays Olive Oil Tasting



Chocolate Tasting



Cheese Tasting



Gallery Night



Creative Crafting



TRINITY WOODS

A Life Engaged

February 2025

This month you will find a whole host of learning opportunities and time to meet and socialize with your Trinity Woods neighbors! There are two museum visits, two great musical performances, and speakers galore. There is no reason to feel bored or isolated even if the weather is harsh outside - the atmosphere will be warm and inviting inside. I hope to see plenty of new faces at the activities this month. -Laura Barker

Please note that dates, times and rooms for all Life Engagement programs are subject to be changed and in a worst-case scenario, canceled. Daily updates can be viewed on the TV information screen in the lobby or on your television set on channel 965. Please reach out to Laura or Anna at ext. 6005 with any questions. If you have an activity or event you want highlighted in the February newsletter, the deadline is Thursday, Feb. 23rd. Please send all information to lbarker@trinityseniorservices.org



Monday Night Movies: 6:30pm / Theater

Monday, Feb. 3rd: Seven Brides for Seven Brothers

(1954) Musical drama 1hr 43m Rated G

Starring: Jane Powell, Howard Keel

When a backwoodsman in 1850s Oregon brings a wife home to his farm, his six brothers decide that they want to get married too.

Monday, Feb. 10th: Dennis the Menace

(1993) Comedy 1hr 34m Rated PG

Starring: Walther Matthau, Mason Gamble

Based on the comic strip of the same name, the young Dennis finds himself in many misadventures due to his mischievous nature.

Monday, Feb. 17th: A Man Called Otto

(2022) Drama 2hr 06m PG-13

Starring: Tom Hanks, Mariana Trevino

A grumpy old man who no longer sees purpose in his life following the passing of his wife has his plans interrupted when a lively young family moves in next door.

Monday, Feb. 24th: Dead Poets Society

(1989) Coming-of-age drama 2hr 08m Rated PG

Starring: Robin Williams, Robert Sean Leonard

This masterful story exhibits how an English teacher inspires his students through his teaching of poetry.

Sunday Movie Matinees: 2:00pm / Theater

Theme: Courage and Strength

Sunday, Feb. 2nd: Something the Lord Made

(2004) Drama 1hr 50m Not Rated

Starring: Alan Rickman, Mos Def

An emotional true story of two men who defied the rules of their time to launch a medical revolution, set against the backdrop of the Jim Crow South.

Sunday, Feb. 9th: Ruby Bridges

(2004) Drama 1hr 36m PG

Starring: Penelope Ann Miller, Kevin Pollak

An inspiring true story of one little girl whose strength and dignity during the racially charged 1960s helped change history.

Sunday, Feb. 16th: The Autobiography of Miss Jane Pittman

(1971) Drama 1hr 50m Not Rated

Starring: Cicely Tyson, Barbara Chaney, Richard Dysart

This drama eloquently covers the American experience from the Civil War to the Civil Rights Movement through the memories of a 110-year-old former slave played by Cicely Tyson.

Sunday, Feb. 23rd: Ray

(2007) Biographical drama 2hr 23m PG-13

Starring: Jamie Foxx, Regina King

A triumphant and remarkable story of one of America's true musical geniuses, Ray Charles.

Life Engaged Activities to Sign Up for in February²

Please sign up for any or all of these activities in the binder located on the oval counter near the first floor mailboxes. One name per line please - for married couples, please sign up on separate lines. If your schedule changes and you are unable to attend, please cross your name off the list or call Laura or Anna at ext. 6005 so that spot can be opened up for another resident.

Please note: If you cancel an outing that requires tickets you may still be charged for the event.

Writer’s Group: Monday, February 3rd | 9:30am - 11:30am | Club Trio

This is a safe space for you to practice and share your writing with others. You can hone your own projects or writing prompts will be given to you to spark your creativity. All are welcome.

Wellness Clinic: Thursdays, February 6th & 20th | 9:30am - 10:30am | Exam Rooms | Ground Floor

The nurses will be happy to check your blood pressure, weight, and answer your general wellness questions.

Book Nook: Thursdays, February 6th & 20th | 9:30am | Lower Lobby

Book Nook is a fun opportunity to read aloud to one of the daycare children. Both the readers and the children enjoy this special time. If you have questions, please reach out to S. Mary Alyce at ext. 5202.

***New “Holding Space for Grief” Group:** Thursdays, Feb. 6th, 20th, & 27th | 1:00pm | Milwaukee Room

A compassionate and non-judgmental environment where individuals can openly express their grief and emotions. This space honors each person's unique journey through loss. It’s a place to feel seen, heard, and supported without the pressure to "move on" or find answers—just the freedom to be. Presented by the Counseling and Wellness Center of Mount Mary University.

Sister to Sister: Monday, February 10th | 12:00pm | Club Trio

ALL female residents are invited to connect one-on-one with a Mount Mary student during their lunch hour. Students will provide food; you provide conversation. Call x5323 with questions.

Men’s Breakfast: Wednesday, February 19th | 8:00am | Dining Room

This early-morning get-together is always popular with the fellas. All are welcome.

Creative Crafting: Saturdays, February 8th & 22nd at 2:00pm | Art Room | Jodi Brown

February 8th: Celebrate the season of sharing love with a fun craft! Join us to create beautiful heart-shaped paintings, perfect for Valentine’s Day or simply sharing a little joy. With a few paint colors and your unique flair, you’ll craft a masterpiece straight from the heart.

February 22nd: Chase away the winter chill with a charming craft! Join us to create spunky cardinals or bluebirds of happiness using soft yarn and colorful felt. These delightful birds are the perfect way to brighten up your day and add a spot of cheer to your home.

Contemplative Art: “Cellular Transformation” Saturday, February 22nd | 9:30am | Art Room

This contemplative art session will teach you the simple, meditative art technique called “Neurographic Art”. Using simple lines and colors you will create “cell-like” patterns while reflecting on the beauty, mystery and “essence” of the biological cells that comprise your body. Sound interesting? See the flier in the sign-up binder for more information.

Watercolor Class: Wednesday, February 26th | 10:00am | Art Room | Led by S. Karen W.

***New Craft Project with Daycare Children:** Thursday, February 27th | 10:00am | Art Room

Each resident who signs up will be paired with a child from the Wauwatosa Daycare to complete a craft project together. Come ready to have fun and be a little bit silly as you create art with these cute kids!

Resident February Birthdays⁷



- S. Miriam Thomas Kessens - 2/1

S. Angelee Fuchs - 2/5

Sandy Gruning - 2/6

Ralph Hollmon - 2/8

Tom Heller - 2/10
- S. Marguerite DeMott - 2/11

S. Paul-Mary Draxler - 2/18

S. Margie Ann Thole - 2/25

Margaret Hollmon - 2/28

MMU Student Psychology Interviews

Wednesday, February 26th: 3:15 pm | Meet in Lobby

Thursday, February 27th: 1:15 pm | Meet in Lobby

Help out the Mount Mary psychology students by sitting down with a small group for a thirty-minute interview. The students will ask questions about what you have learned through the years, and how you have changed over time. These interviews are the highlight of the semester for many students!

Sign up for your preferred date in the activities binder.

Library News and Notes:

***Remarkably Bright Creatures* by Shelby Van Pelt** (RP) A charming, witty, and compulsively readable exploration of friendship, reckoning, and hope that traces a widow’s unlikely connection with a giant Pacific octopus. Named Best Book of summer by the Chicago Tribune.

***The Exchange* by John Grisham** (LP) Fifteen years after the events of *The Firm*, Mitch and Abby are living in New York and Mitch is a partner in the largest law firm in the world. When his mentor in Rome asks him for a favor that will take him far from home, Mitch finds himself at the center of a sinister plot that has world-wide implications — and will endanger his colleagues, friends and family. Mitch has become a master at staying one step ahead of his adversaries; but this time, there is no place to hide.

***Presumed Guilty* by Scott Turow** (LP) Once again we meet Rusty from Turow’s blockbuster novel, *Presumed innocent*. Rusty is retired and attempting to start anew with his soon-to-be bride Bea, with whom he shares a restful lake home. But Rusty’s peace evaporates when Aaron, Bea’s son who is living under their supervision while on probation, disappears. Days later, Aaron shows up with a story about a camping trip with his girl, Mae. They had a fight and parted ways. Mae is later found dead. Aaron is arrested for murder and Rusty comes out of retirement to defend him.

***John Lewis* by David Greenberg** (LP) Drawing on interviews with Lewis and over 250 others plus never-before-used FBI files and documents, this thoroughly researched and dramatically told biography traces Lewis’s life from the Civil Rights years to his time in Congress where he came to be known as the “Conscience of the Congress.”

***Founding Documents of the Constitution* by Government Printing Office** (RP) Contents include a copy of The Constitution, Amendments to the Constitution and the Bill of Rights.

Bus Outings in February

Museum of Wisconsin Art Outing + Lunch

Wednesday, February 5th | Bus departs at 9:00am | Tickets cost \$15

Explore the exhibits of this museum, located in West Bend, and feel inspired by all the incredible work that was produced right here in our home state. Then, enjoy a talk on art inspired by insects at 10:30 am, or continue browsing the art exhibits if you choose. At noon, we will go out for lunch to a highly recommended local spot. Sign up in the binder.

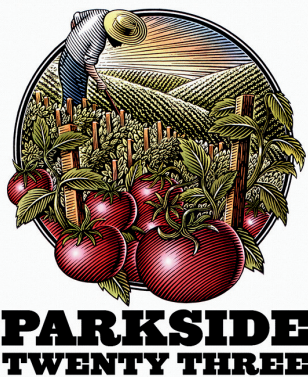
Shopping and Lunch at Mayfair Mall | Friday, Feb. 7th | Depart at 10:00am

Mayfair Mall is only a four-minute drive from Trinity Woods, so let's take a shopping trip! You'll have about an hour and a half to browse and shop at your leisure, then the group will convene for lunch in the food court. Sign up in the binder.

Wisconsin Black Historical Society Tour

Thursday, February 13th | Bus departs at 10:00am | Tickets cost \$10

Did you remember that February is Black History Month? Learn a bit more about local Black history by visiting this museum, which opened its doors almost 40 years ago. Their exhibits showcase key historical, social and economic events that affected and influenced African Americans in Wisconsin.



Lunch Bunch - Parkside 23 Tuesday, February 25th | Bus departs at 11:30am

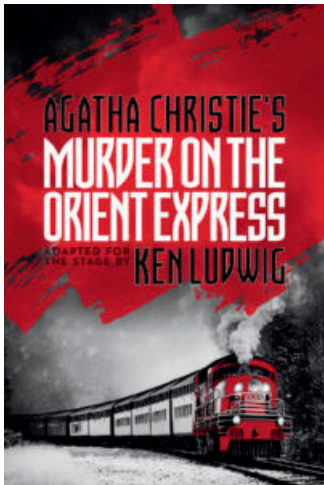
Enjoy lunch at Parkside 23, a farm-to-table restaurant in Brookfield that features local produce from Wisconsin farms, as well as local beer and craft cocktails. The menu features a variety of dishes centered around ingredients that are fresh and in-season, so there's always something new to try. Sign up for this outing in the binder!

Fireside Theater: *Murder on the Orient Express*

Friday, May 30th | Bus departs at 9:00am | Tickets cost \$90

Just after midnight, a snowdrift stops the Orient Express in its tracks. The luxurious train is surprisingly full for the time of the year, but by the morning it is one passenger fewer. An American tycoon lies dead in his compartment, stabbed eight times, his door locked from the inside. Isolated and with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer – in case he or she decides to strike again.

You won't want to miss this all-day bus outing to the Fireside Theater! We will enjoy lunch in their dining room followed by a performance of the straight play adaptation of Agatha Christie's novel *Murder on the Orient Express*. The trip isn't until May, but sign up and mark your calendars now!



Other Activities to Note!

Koffee Klatch: Saturdays, February 1st & 15th | 9:30am | Club Trio

Join your neighbors over a warm cup of coffee and good conversation. It's a great way to begin your Saturday morning. We look forward to seeing you there.

Book Club: Thursday, February 6th | 2:00pm | Art Room (note different location)

Everyone is welcome to join in the book discussion. New titles will be handed out for next month.

Resident Meeting: Tuesday, February 11th | 2:30pm | Chapel

Come to hear updates from the different departments here at Trinity Woods. You will have an opportunity to ask questions as well.

Ladies' Tea: Friday, February 28th | 2:00pm | Club Trio

This monthly gathering is open to all the women of Trinity Woods. Come and enjoy a good cup of tea, snacks, and lively conversation!

Mahjong: Tuesdays, Fridays, and Sundays | 2:00pm | Club Trio

The TW Mahjong players welcome beginners to join them on Tuesdays. They will have a separate table where you can learn the basics of the game.

Art Therapy with Becky: Every Friday in February | 1:30pm | Art Room

Our Art Therapist, Becky, will offer a variety of projects this month. You can preview the project in the Activity Binder. Everyone is welcome to join in. No sign-up is required.

NOT Happening in February: Please note that the following activities will be taking a hiatus in February: The Chosen, Mat Making, & Paint & Sip.

Mount Mary University Women's Basketball Home Games in the Bloechl Center:

The Mount Mary athletes would love to have your support in the stands at their home games. Let's show them that Trinity Woods will show up for them! Here are some February games:

Tuesday, February 4th | 6:00pm | MMU Blue Angels vs. Lake Forest

Saturday, February 8th* | 1:00pm | MMU Blue Angels vs. Grace Christian *senior day

Spiritual Opportunities in our Chapel for All Residents...

Sunday, February 2nd at 10:00am:

Reflection Sunday

S. Susan Adrians and the Human Trafficking Committee will share information on a modern-day form of slavery. Human trafficking affects the lives of millions of girls, boys, women and men. This problem exists in our own city as well as world-wide. Come to learn about and pray for the victims of human trafficking.

Thursday, February 6th at 2:45 pm:

Prayer for Peace

February Shopping Outings!

Tuesday, Feb. 4th: **Walgreens**
leave at 9:00am (2275 N Mayfair Rd. Wauwatosa)

Wednesday, Feb. 5th: **Walmart**
leave at 1:30pm (15205 W Greenfield Ave. New Berlin)

Wednesday, Feb. 12th: **Aldi & Dollar Tree**
leave at 1:30pm (12114 W Burleigh St. Wauwatosa)

Wednesday, Feb. 19th: **Kohl's & Pick 'n Save**
leave at 1:30pm (2665 S 108th St. West Allis)

Wednesday, Feb. 26th: **Piggly Wiggly & Target**
leave at 1:30pm (10282 W National Ave. West Allis)

Please sign up for all shopping outings in the binder on the oval counter near the mailboxes.

February Events at Trinity Woods

Jessica Michna Presents: *Sari (Ma) Semple* Monday, February 3rd | 2:00pm | Chapel

In the great oral tradition of the storyteller, Sari Semple takes us back to the foothills of the Appalachian Mountains of the mid-nineteenth century. As Sari spins her tales, the listener is transported to those hills. The stories blend folklore with the gritty reality of life in the ridges and hollers of Appalachia. These original stories, written and performed by actress Jessica Michna, are comic, dramatic and even tragic. Young and old alike will be spellbound by the rich tapestry of words woven by Sari. She is the First Lady of Appalachia.



Jay Isaacson: The Singing Pianist Tuesday, February 4th | 6:30 pm | Chapel

Jay Isaacson performs songs "on the lighter side" including some Sinatra, Dean Martin, various love songs, and Broadway selections ... a variety of material from the '40s thru the '70s. He'll lead a few sing-alongs as well! You're sure to enjoy this entertaining evening.

Super Bowl Party | Sunday, Feb. 9th | 5:30pm | Club Trio

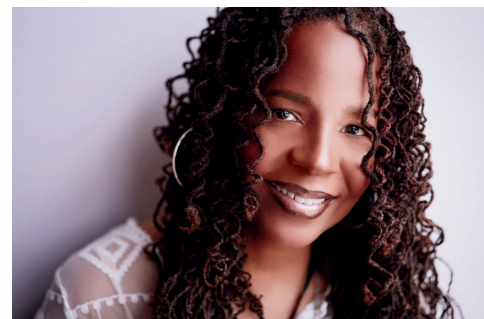
What could be better than watching football on a Sunday afternoon? Enjoying football with a bowl of hot chili, of course! While we watch the game, we'll have an anonymous chili cookoff. Everyone is welcome to taste the chilis and vote! Please sign up to bring a crockpot of chili in the activities binder. Unique / unconventional chilis are welcome. We'll have snacks and other treats as well.

Understanding College Students Today: Building Trust and Relationships Monday, February 24th | 2:00pm | Chapel

Come for a discussion on how to better understand the perspectives and challenges of college students today. This will be an interactive talk to help build understanding across generations, presented by Dr. Andrea Stapleton, the Vice President for Mission and Justice at Mount Mary University. All Trinity Woods residents are invited.

The Donna Woodall Group Tuesday, Feb. 25th | 6:30pm | Chapel

Experience an unforgettable evening of music with The Donna Woodall Group. Blending jazz, blues, and soul, Donna Woodall's smooth vocals and dynamic performance will captivate and inspire. Join us for a night of extraordinary talent and timeless tunes!



More Trinity Woods Happenings...

Mexican Train Dominoes | **Learn the Game**

Tuesday, February 4th | 2:30pm | Library
AND / OR
Friday, February 7th | 1:30pm | Library



Interested in learning a new game? Come to either session listed above (or both), where we will teach you the rules of this fun and exciting dominoes game.

Mexican Train is a domino game that combines tile-matching, strategy, and a touch of competition. The goal of Mexican Train Dominoes is to be the first player to play all your dominoes by creating trains that connect to the central "hub" (station). This game is known to be a hit among seniors!

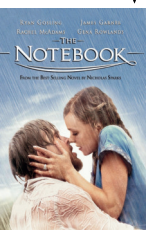


Anna's Pakistan Travel Log | ***New Date*** Monday, Feb. 10th 3:00pm | Club Trio

Back in October, Anna, the Life Engagement Coordinator, took a trip halfway across the world to attend a wedding in Lahore, Pakistan. Come and learn about Pakistani food, dress, culture, wedding traditions, and more! Traditional Pakistani chai (tea) and snacks will be served.

St. Valentine's Day Movie | Friday, Feb. 14th | 1:00pm | Chapel

Enjoy this special day with a viewing of *The Notebook*, accompanied by special treats. **Movie details:** Romance 2h 03m Rated PG-13 **Starring:** Ryan Gosling, Rachel McAdams *An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes.*



February Speaker Series: Dr. Lorrie Wenzel February 17th - 21st | 2:00pm | Chapel

Dr. Lorrie Wenzel of Landscape Ministries will be coming daily to Trinity Woods in the third week of February to give us a lecture on a different historical topic. Lorrie will be presenting these lectures onboard cruise ships in Europe beginning in March. Each lecture will be accompanied by a small treat or memento.

February 17th: *The History of the Ottoman Empire*

February 18th: *The Hanseatic League (The beginning of water exploration)*

February 19th: *The Explorers (Christopher Columbus and others)*

February 20th: *The History of Spain*

February 21st: *The History of England*