

Remembering February Events

Museum of Wisconsin Art



Super Bowl Party



Fall Getaway to La Crosse on the Great River Road October 8th thru 10th, 2025

Enjoy a guided motorcoach tour criss-crossing the Mississippi River between Wisconsin and Minnesota on the Great River Road. Along the way there will be stops in local eateries, wineries, and specialty shops. Some highlights will include visiting: Grandad Bluff, Shrine of Our Lady of Guadalupe, Dahl Auto Museum, Riverboat Cruise, National Eagle Center, Lark Toys, Lock & Dam, Lake Pepin, Historic Red Wing Minnesota and much more. The overnight accommodations will be in La Crescent, MN and Hudson, WI. A full brochure and registration information coming soon. Save the dates now!



TRINITY WOODS

A Life Engaged

March 2025

March is always a month of transition from winter to spring. Hoping for good weather, we will be attempting more bus outings this month. We will also celebrate St. Patrick's Day and begin a later-than-usual Lenten season. Find plenty to keep you learning, entertained, and spiritually focused in this newsletter. - Laura

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 April newsletter, the deadline is Thursday, Mar. 20th. Please send all information to lbarker@trinityseniorservices.org



Monday Night Movies: 6:30pm / Theater

Monday, Mar. 3rd: *Miracle!* (2004)

Drama 2hr 10m Rated PG

Starring: Kurt Russell, Patricia Clarkson,
Based on the true story of one of the greatest moments in sports history and captures a time and place where differences could be settled by games and a cold war put on ice.

Monday, Mar. 10th: *The American President* (1995)

Romantic Comedy 1hr 54m Rated PG-13

Starring: Michael Douglas, Annette Benning
A widowed US president prepares for re-election, but when he meets a beautiful environmental lobbyist things get complicated.

Monday, Mar. 17th: *I Am Patrick* (2023)

Docu-Drama 1hr 32m PG

Starring: John Rhy-Davies, Sean T. O'Meallaigh
In this dramatized documentary, you will learn the true story of St. Patrick - a story full of excitement, action and faith. It has nothing to do with snakes or green beer!

Monday, Mar. 24th: *Book Club - The Next Chapter*

(2023) Comedy 1hr 48m Rated PG-13

Starring: Diane Keaton, Jane Fonda, Candice Bergen...
This movie follows four best friends as they take their book club to Italy for a fun girl's trip.

Monday, Mar. 24th: *The Miracle Club*

(2023) Drama 1hr 31m Rated PG-13

Starring: Maggie Smith, Kathy Bates
The story of three generations of close friends who win a pilgrimage to the sacred French town of Lourdes to confront their pasts in search of a miracle.

Sunday Movie Matinees: 2:00pm / Theater

Theme: Valiant Women

Sunday, Mar. 2nd: *He Named Me Malala* (2015)

Documentary 1hr 28m Rated PG-13

Starring: Malala Yousafzai

This is a powerful film of young activist Malala Yousafzai's inspirational story of courage and commitment to fight for girls' education worldwide.

Sunday, Mar. 9th: *The Six Triple Eight* (2024)

Drama 2hr 7m PG-13

Starring: Kerry Washington, Ebony Obsidian,
Sam Waterston

This war drama recounts how these women devised and efficient system to sort and deliver more than 17 million pieces of mail in just 90 days.

Sunday, Mar. 16th: No Movie Today!

Enjoy the Cashel Irish Dancers at 2:30 in the Chapel. More info on page 4

Sunday, Mar. 23rd: *Fried Green Tomatoes*

(1991) Comedy 1hr 48m PG-13

Starring: Kathy Bates, Jessica Tandy
When an unhappy housewife befriends a lady in a nursing home, she hears a remarkable tale of laughter, devotion and a special friendship.

Sunday, Mar. 30th: *Iron Lady* (2011)

Biographical Drama 2hr 10m PG-13

Starring: Meryl Streep, Jim Broadbent
Based on the life of Margaret Thatcher, the first and only female Prime Minister of the United Kingdom.

Life Engaged Activities to Sign Up for in March

Please sign up for any or all of these activities in the binder located on the 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, March 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, March 6th & 20th | 9:30am - 10:30am | Exam Rooms | Ground Floor

The nurses are happy to check your blood pressure, weight, and answer your general health questions.

Book Nook: Thursdays, March 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: Lenten Bible Study: Thursdays, Mar. 6th & 13th, 10:30am; Mar. 20th, 11:00am | Milwaukee Room

Do you find it difficult to understand how to love others as Christ did? Are you confused by the challenges and struggles that remain in your life despite following Jesus? Dive into the mysteries of Christ’s Passion this Lent. Journey with us as we focus on Christ’s love for us, His suffering and sacrifice, and how all of this applies to our own lives. Together, we will discover a source of strength, perseverance, and everlasting hope in the Passion of Christ.

Men’s Breakfast: Tuesday, March 11th | 8:00am | Dining Room

This early-morning get-together is always popular with the fellas. All are welcome. Beginning this month, your administrator, Tom Schulz, will serve breakfast and chat while

NEW: You Too Can Write a Poem: Wednesday, March 19th | 1:00pm | MKE Room | Led by Barbara Holt

By the end of this one-hour class you will have composed a poem with no rhyming required. Barbara will then type and print out your completed poem for you. Cookies and coffee provided.

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

March 8th: Join us in creating a God’s eye, a colorful woven craft with deep cultural roots. Using yarn and wooden sticks, we’ll weave our own vibrant designs, connecting creativity with tradition.

March 22nd: Hop into spring with a soft and snuggly sock bunny. This adorable, no-sew craft is perfect for Easter or as a heartfelt handmade gift. Using simple materials like socks, stuffing, and ribbons, we’ll bring these charming bunnies to life—each with its own unique personality.

Contemplative Art: “Centering Techniques” Saturday, March 22nd | 9:30am | Art Room

Do you find it difficult to slow down? Or when you do, is your mind still racing? In this contemplative art session we will learn 3 different art techniques that can be used for centering and quieting yourself. All three processes focus on body, mind, and spirit and can be helpful for your physical, spiritual, and psychological health. A combination of drawing, coloring and watercolor will be used.



Watercolor Classes: Wednesday, March 12th, 19th, and 26th | 10:00am | Art Room | Led by S. Karen W.

All are welcome to come to these stand-alone classes. Come to one or all three. You will learn the necessary techniques needed to create your own masterpiece.

Resident March Birthdays



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|-------------------------------|-------------------------------------|------------------------------------|
| S. Loretta Bauer - 3/1 | S. Luetta Wolf - 3/14 | Donna McElwee -3/25 |
| S. Karen Moore - 3/2 | S. Joan Penzenstadler - 3/15 | Maggie Blaha 3/27 |
| S. Annora Polega - 3/2 | Tom Gilmore - 3/17 | Pat Caruso - 3/28 |
| Gene Mihleisen - 3/4 | Janet Leahy - 3/20 | S. Anne Arthur Klinker 3/29 |
| Tom Olle - 3/6 | S. Mary Lynn Heiser- 3/22 | Judy Goeckermann 3/31 |
| Frances Tatera - 3/8 | S. Maureen Riley - 3/22 | |

MMU Student Art Therapy

Weekly, beginning on Thursday, March 13th | 1:30pm | Art Room

We are happy to welcome back the Art Therapy students from Mount Mary! These enthusiastic students will be leading you in a new project every week for 8 weeks.

Sign up for your preferred date(s) in the activities binder.



NEW: Tai Chi Chih with S. Willie Ray

Thursdays | 10:00am | Chapel

Join S. Willie for this relaxing form of exercise. Tai Chi Chih engages your mind and body, and can help improve balance and mobility. Each movement is performed slowly, intentionally, and mindfully. This class is taught standing, but the movements can be modified for those who would prefer to remain seated.

March Madness

It’s hard to believe, but March Madness begins on Tuesday, March 18th! Brackets will be available on the oval counter by the mailboxes. Please return to the Life Engagement office before the 18th for a chance at winning a prize at the end of the tournament.

Library News and Notes:

We are happy to welcome our new library volunteers. They are working well together as a team to keep our little library neat, tidy, and up to date with new titles. If you see any of these neighbors around the building be sure to say thank you for their volunteerism:

S. Diane Engelhart, Mary Lou Taff, Deb Shore, Rita Dees, Joanne Fulcher, Mary Kachoyeanos, and Cathy Fink. Thanks to these volunteers, dozens of new books have recently been added to the library. Most were taken from your generous donations. Please take a few minutes to browse the collection. You may find a new favorite!



Bus Outings in March...



Lunch Bunch - Mo's Irish Pub Thursday, March 13th | Bus departs at 11:30am

Keeping with the Irish theme this month, we will dine at Milwaukee's famous Mo's Irish Pub located at Hwy 100 & Bluemound Rd. They feature fantastic scratch cooking and have an extensive craft, domestic, and imported beer collection.

Mitchell Park Domes

Tuesday, March 18th | Bus departs at 9:30 | Ticket cost \$6

This month the Show Dome has on display the annual train show entitled "The Golden Age of Steam". There are 4 distinct Victorian Era vignette landscapes. The display is also filled with bright Azaleas, sweet smelling Matthiola, and moody Scabiosa. You will definitely get a taste of spring on this visit. Sign up in the activity binder.



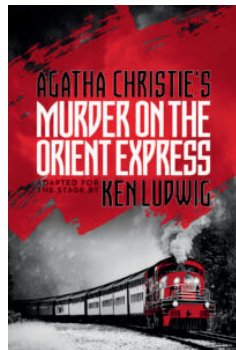
Health Fair @ Milwaukee Catholic Home Thursday, March 20th | 10:00am - 3:00pm Buses depart TW at 9:30am & 12:30pm

The Health Fair will feature a variety of activities, including massage, nutritious food samples, blood pressure checks, cholesterol, glucose and breast cancer screenings, vision assessments, door prizes and more. Don't miss this opportunity to prioritize your health and well-being.

St. Josephat's Basilica Tour

Tuesday, March 25th | Bus departs at 10:00am Tickets cost \$5

We will enjoy a docent-led tour of the Basilica. Even if you have been there before, there is always more to see and learn about this spectacular Milwaukee landmark. Sign up in the activity binder.



Planning Ahead for May...

Fireside Theater: *Murder on the Orient Express* Friday, May 30th | Bus departs at 9:00am | Tickets cost \$90

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, space is limited.

Recurring Programs!

Koffee Klatch: Saturdays, March 1st, 15th & 29th | 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, March 6th | 2:00pm | Club Trio

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

Resident Meeting: Tuesday, March 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, March 21st | 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! No sign up is required.

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.

Mexican Train Dominoes: Wednesdays | 7:00 pm | Art Room

Join this new group in playing a popular domino game that combines tile-matching, strategy, and competition. All are welcome, even if you have never played before.

Art Therapy with Becky: Fridays, March 7th, 14th, & 21st | 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.

Green Writing Advocates Wednesday, March 26th 10:30am in Club Trio

Sign letters to support the continued flow of revenue for future national projects financed by the Inflation Reduction Act, IRA.

The IRA Supports the production of clean energy, carbon capture, and carbon sequestration right here in Wisconsin.

If you can, please bring 4 stamps with you to support their efforts. Otherwise, they have stamps that you can use.



March Shopping Outings!

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

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

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

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

Wednesday, March 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.

March Events at Trinity Woods

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Jessica Michna Presents: *Mary Ann Bickerdyke* Monday, March 3rd | 2:00pm | Chapel

During the American Civil War more soldiers would die from disease than wounds. The care these men received often was worse than the illness itself. Neither side was prepared for the massive numbers of casualties. Many women in both North and South would step forward to act as nurses. Mary Ann Bickerdyke would distinguish herself during this period. She was beloved of the soldiers, who referred to her as “Mother Bickerdyke”. In the Grand Review after the war, she would ride alongside General Grant and her funeral was attended by hundreds of former soldiers. Join us on March 3rd to hear her incredible story.



Ian Gould: *Ireland is Calling You Home* Monday, March 10th | 1:30pm | Chapel

Belfast born and bred, Ian Gould will take you on a musical journey to Ireland. Sing along to an old familiar ballad or tap your toes to a jig or a reel. Feel the Irish spirit in your heart, no matter where you come from.

Cashel Irish Dancers | Sunday, March 16th | 2:30pm | Chapel

Kick off your St. Patrick's Day celebrations with a delightful performance by these talented dancers. Cashel Academy of Irish Dance is Wisconsin's longest-running Irish Dance school. You are sure to be entertained by this group, and may even feel inspired to do a little jig yourself!



Monday, March 17th | Saint Patrick's Day Events

Daycare Parade | 10:30am | Ground Floor lobby area

Sheamus O'Toole Comedy Routine | 2:00pm | Chapel



S. Carla Huebner will bring her alter-ego, Sheamus O'Toole, to life this St. Patrick's Day with some good humor and a musical interlude with S. Sandy Weinke.

Charles Q. Sullivan: *It Might as Well be Spring* Thursday, March 27th | 6:30pm | Chapel

Enjoy a musical exploration with gifted pianist Charles Q. Sullivan. The coming of Spring has inspired artistic expressions of all kinds through the years, including musical compositions by Boulanger, Dvorak, Grieg, Mendelssohn, Sinding, Strauss, Tchaikovsky, Vivaldi, and Hammerstein. Hear Spring-inspired piano works from these composers, with thoughtful commentary on the music throughout the evening.



Tassel's Birthday Party | Friday, March 28th | 3:00pm | Club Trio

Did you know that resident Joan Mead throws a birthday party for her dog, Tassel, each year? Join us for cake, drinks, fun, and games to celebrate the soon-to-be eight year old pup.

Lent at Trinity Woods

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Opportunities for Giving Back

Hygiene Items Collection for Capuchin Community Servies

Please consider supporting the mission of our local Capuchin province, which serves the poor through two locations in Milwaukee – House of Peace, and St. Ben's Community Meal. We will be collecting hygiene items throughout the Lenten season to donate to the Capuchins, which they will then distribute to the poor and homeless in Milwaukee.

Hygiene items collection bags will be distributed to each apartment. Return filled bags to the designated cart in the lobby. Needed items are listed on the side of each bag.



Sandwich Making for StreetLife Communities Mondays, March 24th & 31st | 10:00am | Dining Room

StreetLife Communities is a local organization that sends out teams of volunteers and medical professionals to the streets of Milwaukee to provide food, hygiene supplies, medical care, and kindness to the homeless, several times each week.

This Lent, we will support their mission by making PB&J sandwiches that they will then distribute to those in need. No sign up is necessary. All residents are welcome to help out.

Opportunities for Prayer and Reflection

Stations of the Cross

Mondays, March 10th, 17th, & 31st | 4:00pm | Chapel

Lenten Bible Study (see description on page 2)

Thursdays, March 6th, 13th, & 20th

Laudato Si' Discussion Group

Fridays, March 14th, 21st, & 28th | 10:30am | Milwaukee Room

Join for a lively discussion of Pope Francis' second encyclical. Sign up in the binder.

Lent Penance Service

Monday, March 24th | 3:00pm | Chapel

This will be a communal penance celebration, followed by opportunities for individual confessions. The pastoral team would like to remind you that penance services should not and do not, except in extraordinary or grave situations, include “general absolution” which had too often been erroneously administered over the years, especially during the 1970's-90's. Per canon law 960: Individual and integral confession and absolution constitute the sole ordinary means by which one who is conscious of grave sin is reconciled with God and with the Church.

Other Spiritual Opportunities in the Chapel

Sunday, March 2nd at 10:00am: Monthly Reflection

Thursday, March 6th at 2:45pm: Prayer for Peace

