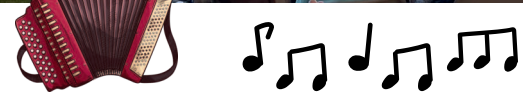


Remembering July Events

Rising Stars



Ed Hause Band



Daycare Parade



Ottawa Lake Picnic



TRINITY WOODS

A Life Engaged

August 2025

Before the summer comes to a close, take advantage of many fun outings and events here at Trinity Woods. Experience the Wisconsin State Fair, Ghana, Nigeria, and Pakistan without ever leaving the building! Hop on a bus to the art museum or a Brewers game. Whatever you choose to participate in, we hope you have a month filled with joy, friendship, and laughter.

Please note that dates, times and rooms for all Life Engagement programs are subject to change 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 at ext. 6005 with any questions. If you have an event that you want highlighted in the September newsletter, the submission deadline is Wednesday, August 20th. Send all information to lbarker@trinityseniorservices.org.

Sunday Movie Matinees: 2:00pm / Theater Facing Resilience

Sunday, August 3rd: *Blue Miracle* (2021)

Drama 1hr 36m Rated PG

Starring: Dennis Quaid, Raymond Cruz

In an effort to save their cash-strapped orphanage, a guardian and his children attempt to win a lucrative fishing competition.

Sunday, August 10th: *Unbroken* (2014)

War Drama 2hr 17m Rated PG-13

Starring: Jack O'Connell, Domhnall Gleeson

After a plane crash in WWII, Olympian Louis Zamperini is stranded at sea, caught by the Japanese navy, and sent to a POW camp.

Sunday, August 17th: *The Boy Who Harnessed the Wind* (2019)

Drama 1hr 53m Rated PG

Starring: Maxwell Simba, Chiwetel Ejiofor

Against all the odds, a thirteen-year-old boy in Malawi invents an unconventional way to save his family and village from famine.

Sunday, August 24th: *The Theory of Everything* (2014)

Biographical Drama 2hr 3m Rated PG-13

Starring: Eddie Redmayne, Felicity Jones

With a brilliant mind and a difficult diagnosis, this film depicts a poignant portrait of physicist Stephen Hawking's remarkable life.

Sunday, August 31st: *Norma Rae* (1979)

Drama 1hr 50m Rated PG

Starring: Sally Fields, Beau Bridges, Ron Leibman

After workers' health are compromised due to poor working conditions, Norma Rae rallies her fellow workers behind the cause of unionism.

Monday Night Movies: 6:30pm / Theater Resident Requests



Monday, August 4th: *The Bucket List* (2007)

Drama / Comedy 1hr 37m Rated PG-13

Starring: Jack Nicholson, Morgan Freeman

Against their doctors' advice, two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

Monday, August 11th: *Mr. Holland's Opus* (1995)

Drama 2hr 23m Rated PG

Starring: Richard Dreyfuss, Glenn Headly

A musician and composer takes a teaching job to pay the rent while, in his spare time, he strives to achieve his true goal — to compose one memorable piece of music and leave his mark on the world.

Monday, August 18th: *Nonnas* (2025)

Comedy / Drama 1hr 54m Rated PG

Starring: Vince Vaughn, Susan Sarandon, Lorraine Bracco, Talia Shire

A grieving man finds the recipe for healing when he opens a restaurant and hires Italian grandmothers as chefs in this sweet movie based on a true story.

Monday, August 25th: *What's Up, Doc?* (1972)

Screwball Comedy 1hr 34m Rated G

Starring: Ryan O'Neal, Barbra Streisand, Madeline Kahn
The accidental mix-up of four identical plaid overnight bags leads to a series of increasingly wild and wacky situations.

Abe Lincoln



Life Engaged Activities to Sign Up for in August 2

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 your 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.

Art as Therapy Summer Series: Fridays, August 1st, 15th, and 29th | 1:30pm - 3:30pm | Art Room
This August, residents are invited to join a weekly art as therapy group designed to spark creativity, connection, and curiosity. Each session offers a fresh experience with novel inspirations: creating layered color and meaning with flow paint, crafting daily affirmation stones, and preserving something special. No art experience is needed, just an openness to explore and enjoy. Whether you come for one session or all, each week offers a new way to express, reflect, and connect.

Wellness Clinic: Thursdays, August 7th & 21st | 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, August 7th & 21st | 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.

Summer Language Classes: Mondays, August 11th & 25th | 2:30pm | Theater | Led by Laura & Anna
American Sign Language Class: Monday, August 11th. This class progresses weekly, so we are not accepting new students at this time. **Note the change in date.**
Spanish Conversation Group: Monday, August 25th. Sign up in the binder for this fun group. Each session is independent, so come when you can to practice your language skills in a low-pressure environment!

HEAR WI Mobile Audiology Clinic: Tuesday, August 19th | 9:00am - 3:30pm | Burleigh Street Parking Lot
This state-of-the-art mobile clinic is supervised by a team of audiologists and comes to Trinity Woods on the third Tuesday of every month. They provide free hearing screenings, check and clean your hearing aids to make sure they are functioning properly, and provide information about how to obtain assistive hearing devices for personal use through the State of Wisconsin's TEPP program. Please call with any questions or to [schedule an appointment at 414-973-1076](#).

Men's Breakfast: Wednesday, August 20th | 8:00am | Dining Room
This early-morning get-together is always popular with the fellas. All are welcome.

Sandwich Making: Monday, August 25th | 10:00am | Main Dining Room
We will continue to make 100 PB&J sandwiches each month to donate to [StreetLife Communities](#), a local organization that provides food, hygiene supplies, medical care, and kindness to the homeless several times each week. Sign up for this service opportunity to help those in need. Spots are limited.

Daycare Craft: Thursday, August 28th | 10:00am | Art Rm
Sign up to be paired with one of the darling daycare children to make a simple craft together.

Contemplative Art: Saturday, August 30th | 9:30am | Art Room | Led by S. Patty Rass
Enjoy the meditative, peaceful process of creating a beautiful work of art. No experience required.

MMU Counseling & Wellness Center – Summer Offerings

Grief Group: Wednesdays, August 6th, 13th, 20th, 27th | 2:45pm | Milwaukee Room
This 4-week group will be a compassionate and non-judgmental environment where individuals can openly express their grief and emotions. It's a place to feel seen, heard, and supported without the pressure to "move on" or find answers—just the freedom to be. *SIGN UP for each week in the binder.*

Wellness BINGO: Thursdays, August 7th, 14th, 21st, & 28th | 2:45pm | Art Room
Enjoy playing BINGO while learning about different wellness topics and winning fun prizes! Each week will focus on a different topic, including mental health, self-care, gratitude, and community. This will be a place to share, have fun, and learn new things so you can be well. *No sign-up required - just show up!*

Resident August Birthdays 7



- | | |
|------------------------------------|-------------------------------|
| 8/3 - Joan Palen | 8/20 - Mary Moritz |
| 8/4 - S. Mary Weisensel | 8/21 - Patricia Spoerl |
| 8/6 - Carrol Fibich | 8/21 - S. Ellen Jean Klein |
| 8/7 - S. Helen Jones | 8/22 - S. Gloria List |
| 8/10 - Dolores Cunningham | 8/25 - Mary Callen |
| 8/11 - S. Jacqueline Buckley | 8/26 - Thomas Sherbrook |
| 8/19 - S. Mary Caroline Jakubowski | 8/27 - S. Jane Mary Lorbiecki |
| 8/20 - S. Marie Therese Nowakowski | 8/30 - Barbara Gilmore |

Library News and Notes:

The following books will be added to the library for the month of August:

***A Most Tolerant Little Town* by Rachel Louise Martin (RP):** A masterful and striking portrait of a small town living through tumultuous times, this propulsive piece of forgotten civil rights history — detailing the first school to attempt court-ordered desegregation in the wake of Brown v. Board of Education — will forever change how you think of the end of racial segregation in America.

***Waiting Together — Hope and Healing for Families of Prisoners* by Carol Kent (RP):** Donated by Deacon Tom Hunt, who spoke about his prison ministry last month, this book is authored by a mother whose only son is serving a life sentence for murder. Kent doesn't ask for sympathy for her son but describes the daily impact that a prisoner's crime has on their families. Through reflections, prayers, and scripture passages, she offers hope and healing for families struggling through similar situations.

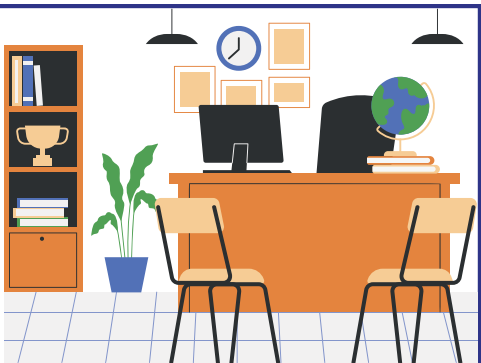
***A Calamity of Souls* by David Baldacci (RP):** Set in the tumultuous year of 1968 in southern Virginia, a racially charged murder case sets a duo of white and Black lawyers against a deeply unfair system as they work to defend their wrongfully accused Black defendants in this courtroom drama from #1 New York Times best-selling author David Baldacci.

***Death Stalks Door County 7-BOOK SERIES* by Patricia Skalka (RP):** Find all seven of these Door County murder mysteries in the [Local Authors](#) section of the library (denoted by green stickers on the spine). These captivating mysteries follow Dave Cubiak, a former Chicago homicide detective turned Door County park ranger. In order, the books are: *Death Stalks Door County* (2014); *Death at Gills Rock* (2015) *Death in Cold Water* (2016); *Death Rides the Ferry* (2018); *Death by the Bay* (2019); *Death Washes Ashore* (2021); *Death Casts a Shadow* (2022).

Grand Opening: New Office Space

Monday, August 11th | 3:30pm | Ground Floor

You'll finally have a chance to see and explore the new offices on the ground floor! Meet in the ground floor lobby to begin your tour. After seeing the new space, move outdoors to the West Patio to enjoy celebratory snacks and drinks, and meet some of the new staff members. All residents of Trinity Woods are welcome.



Bus Outings in August...



Milwaukee Brewers Game

Wednesday, August 13th | 11:00am lunch, 11:45am departure

We will enjoy a delicious “tailgate” lunch before departing Trinity Woods. Then head out to cheer on your Milwaukee Brewers as they face the Pittsburgh Pirates. Our seats are ADA accessible.



Milwaukee Art Museum & Lunch

Thursday, August 14th | Bus departs at 10:00am

Enjoy an hour-long guided tour of the museum, followed by time to explore the artwork on your own. We will grab lunch as a group after we’re done admiring the art.



Lake Geneva Boat Cruise and Lunch

Monday, August 18th | Bus departs at 9:00am

Take in the views during our boat cruise around Lake Geneva followed by lunch at Popeye’s Restaurant. View their menu online before we go, if you wish. Spots are full, but add your name to the waiting list!



Vacation Week

Join us as we “travel” to Ghana & Nigeria, two African countries where the SSND are present!



Monday, August 4th

- “How I Got to Africa” talk | 10:00am | Chapel
- African Music & Storytelling | 2:30pm | Chapel

Tuesday, August 5th

- African Ministries talk | 10:00am | Chapel
- African Country BINGO | 1:30pm | Dining Room

Wednesday, August 6th

- Favorite Stories from Ghana & Nigeria | 10:00am | Chapel
- West African Lunch Buffet | 11:30am - 1:00pm | Dining Room
- “The Money Stone” Ghanan Documentary Screening | 1:30pm | Chapel

Friday, August 8th

- “Acclimating to Life in the United States” talk | 10:00am | Chapel
- African Weaving Class | 1:30pm | Dining Room

New this year: “Passports” for your journey will be available. Attend events, get your passport stamped, and keep it as a great memento of the fun week. ALL residents of TW welcome to join us for this vacation!



Recurring Programs!

No signup is required for any of these activities

Ladies’ Tea: Thursday, August 28th | 2:00pm | Club Trio

All ladies are welcome to come and enjoy a cup of tea or coffee, munch on some treats, and enjoy conversation with the other ladies of Trinity Woods. No signup necessary.

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

The TW Mahjong players welcome beginners to join them on Tuesdays to learn the basics of the game. Note that on the day of the resident meeting (August 8th), they begin at 1:00pm rather than 2:00pm.

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

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

Outdoor Walking and Outdoor Games: Weather-permitting, we will have outdoor walking on Tuesdays @ 10:45am; meet in the first-floor lobby. Outdoor games will take place on Thursdays @ 2:00pm in the Sophia Courtyard. This is a great time to come and practice for the cornhole tournament that will take place after Labor Day. See the marquee for daily weather-related updates.

The Chosen: Friday, August 1st | 10:30am | Chapel

Everyone is invited to continue watching season 5 of this powerful television series which explores the actions of Jesus and his disciples during his public ministry. Season 5 specifically focuses on the events of Palm Sunday through Good Friday. Watch and experience the Gospel like never before.

August Spiritual Offerings

Peace Prayer: Wednesday, August 6th | 2:45pm | Maria 1 Prayer Room **New location**

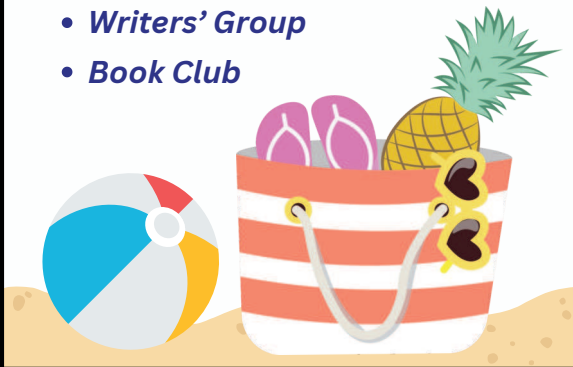


Anointing of the Sick: Monday, August 25th | 4:00pm | Chapel



Activities that are taking a break for the summer:

- Tai Chi (exercise class)
- Green Writing Advocates
- Watercolor Classes
- Monthly Reflections
- Writers’ Group
- Book Club



August Shopping Outings

Tuesday, August 5th: **Walgreens**
leave at 9:00am (2275 N Mayfair Rd. Wauwatosa)

Wednesday, August 6th: **Meijer**
leave at 1:30pm (11111 W Burleigh St, Wauwatosa)

Wednesday, August 13th: **Aldi & Dollar Tree**
leave at 1:30pm (12114 W Burleigh St. Wauwatosa)

Wednesday, August 20th: **Kohl’s & Pick ‘n Save**
leave at 1:30pm (2665 S 108th St. West Allis)

Wednesday, August 27th: **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.

Summer Concert Series

Outdoor bar opens at 6:00pm before each concert



Donna Woodall Group | Wednesday, Aug. 13th | 6:30pm | West Patio

Donna artfully blends the musical styles of artists such as Carole King, Cassandra Wilson, Bonnie Raitt, Norah Jones, Sting, Marvin Gaye, and Tracy Chapman with elements of traditional jazz and blues. The result? A fresh, new twist on familiar pop songs. Audiences are delighted by her eclectic song selections, cool originals, creative renditions of classic hits and jazz standards, and bold moves into different music genres- all while staying grounded in her jazz roots. Donna will be joined by bass, drums, keyboard and guitar to create a wonderful evening of music!

Leahy Trio | Wednesday, August 27th | 6:30pm | West Patio

The Leahy Trio have been performing Irish Folk music for twenty-one years, playing at festivals and performing arts centers throughout the Midwest. Their five albums reflect an evolution of scope and sophistication. World-renowned button accordionist Stas Venglevski joins the father and son duo Tom and Evan Leahy to produce lively, widely accessible music!



August Special Events

State Fair @ Trinity Woods | Thursday, August 7th | Sophia Courtyard



1:00pm — State Fair Games & Treats | 2:30pm — Farm Animal Show & Petting Zoo

Experience the State Fair in your backyard, literally! At 1:00pm, enjoy a variety of carnival games, face painting, treats, popcorn, and lawn games. The daycare children will entertain us with pig races throughout the hour. At 2:30 pm, enjoy a live presentation with farm animals that you can even pet! Families and friends are encouraged to join us for this fun day.

Ice Cream Social | Tuesday, August 19th | 6:00pm

Friendly Faces is hosting an ice cream social open to all residents of Trinity Woods! Mix, mingle, and meet new faces, all while enjoying delicious treats in the beautiful Sophia Courtyard.



Sound Bath | Saturday, August 23rd | 10:00am | Chapel

Join us for an immersive & uplifting morning of sound healing, bathing in the healing vibrations of powerful instruments such as Tibetan singing bowls, gongs, crystal bowls, hand pan, harp, thunder drums, and more played by Laurel Zieminski of Ananda Healing Arts. This amplified experience will help to activate the body's natural healing system. You will leave feeling deeply relaxed, renewed, and physically and mentally aligned.



Karaoke Party | Friday, Aug. 22nd | 2:30pm | Club Trio

Enjoy an afternoon of singing (whether on or off-key!), comradery, snacks, and drinks. Pick a fun and lively song that you remember from your youth. You can sing solo or get a group together. Sign up in the Activity Binder now with your song selection, and get singing!



Upcoming Guest Speakers...



Dr. Tim Crain presents...

Abraham Lincoln: An American Icon

Final Talk — August 12th | 6:30pm | Chapel



Victory for the Union Army and Abraham Lincoln: Lincoln finally found an aggressive military commander in Ulysses S. Grant to take control of the forces in the Eastern Theater. This led to the Confederate surrender on April 9th, 1865.

Protect Yourself Against Identity Theft

Thursday, August 14th | 6:30pm | Chapel

Using a mixture of stories and protection techniques, Ben Merens from the Wisconsin Bureau of Consumer Protection returns to educate us about the dangers of Identity Theft, and strategies for protecting yourself against this threat. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.



Love Your Heart | Tuesday, August 19th | 2:00pm | Chapel

In this educational talk, Dr. Adam Gepner from the University of Wisconsin-Madison provides advances and strategies for caring for your most precious organ. He will offer an overview of common cardiovascular risk factors and how to improve your cardiovascular health.

Dr. Gepner is an Adjunct Associate Professor from the School of Medicine and Public Health, Department of Medicine/Cardiovascular Medicine at UW Madison.

Anna's Pakistan Travel Log

Tuesday, August 26th | 6:30pm | Chapel

In February, Anna gave a talk about her experiences in Pakistan, but many of you were not able to make it! She's happy to offer this talk again for us this month. This time, she'll be bringing her aunt along to answer questions. Anna traveled to Lahore, Pakistan for her aunt's wedding last October. Come and learn about Pakistani food, dress, culture, wedding traditions, and more! Traditional Pakistani chai (tea) and cookies will be served.



Save the Date...

Save the dates for these upcoming September events!

- iPhone & Samsung Phone Classes | Wednesdays in September | 10:30 am
- Harley Davidson Museum Tour | Thursday, September 4th | 10:00am
- Paint 'n' Sip Class | Tuesday, September 9th | 6:00pm | Art Room
- Spirit Series Lecture | Sunday, September 21st | 6:00pm | Chapel