

# Remembering January Events

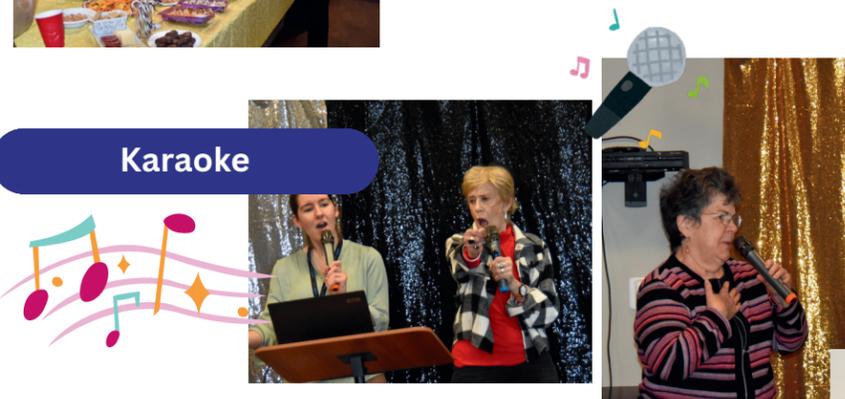
New Year's Eve



Ghana Travel Log



Karaoke



Daycare Crafting



Gallery Opening



Daniel Belivsky



**TRINITY WOODS**

A Life Engaged February 2026



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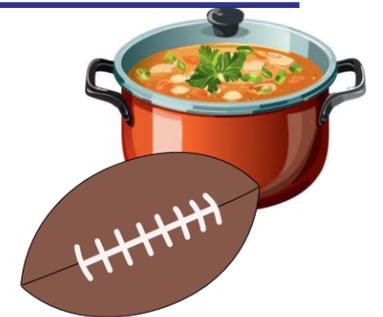
Love is in the air! Though this is the shortest month of the year, our calendar is still full! Try something new at our Tasting Mondays this month, where you'll experience the flavors of high-quality wine, coffee, and cheese, led by experts in their fields. Enjoy two riveting final lectures by Dr. Tim Crain on the Cold War. Join us to celebrate Fat Tuesday with delicious pączki & mimosas in the morning, then experience the flair of a New Orleans-style Mardi Gras at Trinity Senior Services annual fundraiser in the evening at the Milwaukee Catholic Home. Once the celebrations end, kickstart your Lenten prayer and almsgiving by contributing to our hygiene items drive or participating in the Stations of the Cross. This short month will fly by, so take advantage of all we have to offer at Trinity Woods!

## February Highlights

### Soup-er Bowl Party!

Sunday, February 8th | 5:00pm | Club Trio

Soup and Football, what a great combination! Join us for a fun evening of football, friends, and homemade soup! We need at least 6 people willing to make a crockpot full of soup. We have a couple of crockpots available to borrow if you don't have one. Sign up in the binder. If you don't bring a pot of soup, we are asking you to bring a can of soup to donate to our local food pantry. Let's have some fun and cheer on your favorite team!



### Fat Tuesday Pączki & Mimosas Tuesday, February 17th | 9:30am | Club Trio



Celebrate the final day before the Lenten season with traditional Polish Pączki (pronounced POONCH-kee) from a local bakery, served alongside tasty mimosas. These special breakfast treats will go fast, so we suggest arriving by 9:45 to ensure you're able to try some!

## Save the Date for the upcoming March events...

- Leahy Duo | March 5th | Toe tapping Irish Music
- Senior Spelling Bee | March 9th | Begin practicing your Spelling Words!
- PAPER SHREDDING: Start collecting your sensitive documents for shredding.  
March 18<sup>th</sup> -25<sup>th</sup>

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 on channel 965. Please reach out at ext. 6005 with any questions. If you have an event that you want highlighted in the March newsletter, the submission deadline is Friday, February 20th. Send all information to lbarker@trinityseniorservices.org.

## Activities to Sign Up For

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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 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.

### **Winter Watercolor Classes:** Mondays, February 2nd & 16th | 12:30pm | Art Room | Led by S. Karen W.

There are still five more classes in this winter series. Sign up for February's classes in the binder by the mailboxes. Mark your calendar for the final three classes next month on March 2nd, 16th & 23rd. All are welcome, and supplies are provided.

### **Book Nook:** Thursdays, February 5th & 19th | 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.

### **Art as Therapy:** Fridays, February 6th, 13th, 20th, & 27th | 1:30pm | Art Room |

This February, residents are invited to join the art as therapy group designed to spark creativity, connection, and curiosity. No art experience is needed, just an openness to explore and enjoy.

### **Wellness Clinic:** Thursdays, February 12th & 26th | 9:30am - 10:30am | Exam Rooms | Ground Floor

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

**Note** that the clinic has moved to the 2nd and 4th Thursday of each month.

### **Creative Crafting:** Saturdays, February 14th & 28th | 1:30pm | Art Room | Led by Jodi Brown

**Feb. 14:** Join us to make a pair of cozy flannel hand warmers that are simple to assemble. These reusable warmers can be heated in the microwave, give off a comforting scent, and tuck easily into your pockets to help ward off the winter chill. Make a pair to keep or create a thoughtful handmade gift.

### **NEW: Spirituality of Aging:** Tuesday, February 17th | 2:00pm | Theater | Led by Liz Keller, RN

This group explores the deeper meaning of growing older and how these years can bring clarity, wisdom, and purpose. You'll reflect on what truly matters, move away from the pressure to stay busy, and focus on the quality of your thoughts and contributions. Together, we'll create space to honor your experiences, share stories, and embrace this stage of life with strength and openness. This is a monthly drop-in group; no need to attend every month.

### **Men's Breakfast:** Thursday, February 19th | 8:00am | Dining Room

This month, enjoy a delicious French toast breakfast while you catch up with the men of Trinity Woods.

### **Sandwich Making:** Monday, February 23rd | 10:00am | Main Dining Room

We need 16 sandwich-making volunteers to make 100 PB&J sandwiches for StreetLife Communities, a local organization that provides food, hygiene supplies, medical care, and kindness to the homeless.

Sign up for this service opportunity to help those in need.

### **Contemplative Art:** Saturday, February 28th | 9:30am | Art Room | Led by S. Patty Rass

Bridges are powerful symbols for connection, communication and transition. In this month's contemplative art gathering we will literally build a bridge... with art materials, of course! In a playful art-making process we will explore the bridges we are crossing in our lives and perhaps how to reconcile the differences found on the other side!

## Resident Birthdays

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2/1 - S. Miriam Thomas Kessens

2/11 - S. Marguerite DeMott

2/5 - S. Angelee Fuchs

2/18 - S. Paul-Mary Draxler

2/6 - Sandy Gruning

2/25 - S. Margie Ann Thole

2/10 - Tom Heller

## Library News & Notes

### New Books for February:

***The Awkward Black Man* by Walter Mosley (RP):** A collection of seventeen short stories of black men who defy stereotyping, showcasing their intelligence, resilience, and humanity in everyday situations. The characters navigate awkwardness and hardship, revealing deep internal lives often hidden beneath unassuming exteriors.

***The Whistler* by John Grisham (RP):** Lacey Stoltz, an investigator for the Florida Board on Judicial Conduct, uncovers a massive corruption scheme involving a powerful crooked judge, organized crime, and a casino. The case becomes deadly as the judge and her associates try to silence the whistleblowers, forcing Lacey to race against time to expose the truth while protecting herself and the source.

***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh (RP):** This National Book Award finalist blends personal narrative with social commentary, exploring poverty and class in rural Kansas through the Smarsh family's multigenerational story. It details the struggle of the working class, challenging stereotypes and examining how public policy impacts the decline of the family farm and health care. It tells the story of those who work hard but remain poor, all while celebrating the resilience of the people the author grew up with.

***The Black Wolf* by Louise Penny (RP):** The twentieth novel in Louise Penny's *Chief Inspector Armand Gamache* series, this story continues the investigation into a terrorist plot. Inspector Gamache comes to the frightening realization that the arrested suspect may not be the true Black Wolf — there is a deeper conspiracy involving government and organized crime, all leading to a potential international crisis.

### Valentine's Day Movie | Friday, Feb. 13th | 6:30pm | Chapel

Enjoy this special day with a viewing of *The Princess Bride*, accompanied by sweet treats. **Movie details:** 1987 Adventure / Romance 1h 38m Rated PG **Starring:** Cary Elwes, Robin Wright **Description:** A bedridden boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love, Princess Buttercup.



**Did you know?** You can reduce your carbon footprint by unplugging kitchen appliances when not in use. — *The Shalom Catalysts*

# February Movies

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Sundays | 2:00pm | Chapel

## Romantic Comedies

**Sunday, February 1st: Grumpy Old Men** (1993)  
Romantic Comedy 1hr 44m Rated PG-13  
Starring: Jack Lemmon, Walter Matthau, Ann-Margret  
*Two elderly neighbors' lifelong feud intensifies when a new and beautiful neighbor moves in across the street.*

**Sunday, February 8th: You've Got Mail** (1998)  
Romantic Comedy 1hr 59m Rated PG  
Starring: Tom Hanks, Meg Ryan, Greg Kinnear  
*Two neighborhood bookstore rivals unwittingly become email pen pals in this charming tale.*

**Sunday, February 15th: While You Were Sleeping** (1995)  
Romantic Comedy 2hr 16m Rated PG  
Starring: Sandra Bullock, Bill Pullman, Peter Gallagher  
*A lonely subway worker saves a man from an oncoming train only to be mistaken as his fiancée. This leads to unexpected feelings and entanglements with his family.*

**Sunday, February 22nd: The Wedding Planner** (2001)  
Romantic Comedy 1hr 43m Rated PG-13  
Starring: Matthew McConaughey, Jennifer Lopez  
*A busy wedding planner realizes she spends more time organizing other people's romances by way of their weddings, than she does spend time thinking about her own love life.*



Mondays | 6:30pm | Theater

## Resident Requests

**Monday, February 2nd: Grumpier Old Men** (1995)  
Drama/ Comedy 1hr 41m Rated PG-13  
Starring: Jack Lemmon, Walter Matthau, Ann-Margret, Sophia Loren  
*In this sequel, the once contentious relationship between feuding neighbors evolves into friendship and follows their antics as they navigate love, rivalry, and community.*

**Monday, February 9th: Sarah's Oil** (2025)  
Biographical Drama 1hr 41m Rated PG  
Starring: Zachary Levi, Naya Desir-Johnson  
*The inspiring true story of a young girl who became one of the first female African American millionaires due to an oil discovery on her land in early 1900s Oklahoma.*

**Monday, February 16th: To Sir, With Love** (1967)  
Drama 1hr 45m Rated PG  
Starring: Sidney Poitier, Christian Roberts, Judy Green  
*A jobless engineer reluctantly takes on a teaching position in a tough London working-class neighborhood. The class has driven away previous instructors and his unconventional methods and concern will give these students a run for their money.*

**Monday, February 23rd: Temple Grandin** (2010)  
Drama 1hr 48m Rated PG  
Starring: Claire Danes, Catherine O'Hara, Julia Ormond  
*An autistic woman becomes an unlikely hero to America's cattle industry, and to autistic people everywhere, in this fact-based story.*

# Recurring Programs

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No signup is required for any of these activities

**Book Club: Thursday, February 5th | 2:00pm | Club Trio**

Join in for this gathering of avid readers. Enjoy lively conversation about the previous month's read, as well as cookies and coffee. A book will be handed out for next month at the end of the meeting.

**The Sharing Salon: Saturdays, February 7th & 21st | 9:30am | Club Trio**

Inspired by the tradition of the French "salon", this is an intimate gathering for exchanging ideas and personal reflections. You will take turns sharing a meaningful object or memory, creating connection through honoring stories, history, and traditions. Led by Jodi Brown.

**Independent Living Resident Meeting: Tuesday, February 10th | 2:30pm | Chapel**

Hear important updates from the different departments here at Trinity Woods. You will have an opportunity to ask questions of your administration as well.

**Writers' Group: Monday, February 16th (note the change in date) | 9:30am | Club Trio**

This is a safe place for you to practice and share your writing with others. You can hone your own project, or a writing prompt will be given to you to spark your creativity, if you choose. All are welcome.

**Green Writing Advocates: Wednesday, February 25th | 10:30am | Club Trio**

Take action to warm your heart on these chilly winter days. Join other residents to sign a few non-partisan letters to help protect our planet. All materials are provided. Come bring a friend. Sponsored by the Green Writing Advocates team: S. Suzanne M, S. Helen J, & S. Karen W.

**Ladies' Tea: Thursday, February 26th | 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.

**Mexican Train Dominoes: Wednesdays in February | 6:30pm | Art Room**

Join in playing a popular domino game that combines tile-matching, strategy, and competition.

**RETURNING: Tai Chi with S. Willie Ray: Thursdays in February | 10:00am | Chapel**

Join S. Willie for this relaxing form of exercise. Tai Chi 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 wish to remain seated.

**Chat & Stitch: Thursdays in February | 1:00pm | Art Room**

Bring along your knitting, crochet, embroidery or any other stitchery project and enjoy good conversation while you work on your projects together.

# Lenten Hygiene Items Collection

Please consider supporting the mission of the MacCanon Brown Homeless Sanctuary, which serves homeless and at-risk individuals in Milwaukee. We will be collecting hygiene items throughout the Lenten season to donate to MacCanon Brown, which they will then distribute to the poor and homeless in Milwaukee.

**The most-needed hygiene items being requested are:** deodorant, shampoo (large bottles), lotion, toothpaste (large), Vaseline, lip balm, nail clippers, body wash, throat lozenges, razors, and feminine hygiene products.

Donations can be dropped off at the collection bin in the front lobby beginning on February 18th.



## Note: Happy Hour Name Change

Join us for **Social Hour!** Happy hour is changing its name to SOCIAL HOUR to better reflect the nature of this fun get-together! Taking the emphasis off of drinking alcohol and putting it on an hour of laughter, camaraderie, and friendship. All residents are invited to attend, and can bring a drink or a snack to share if you wish.

**Social Hour | Mondays & Fridays | 4:00pm | Club Trio**



## Special Events

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**Dr. Tim Crain presents... The United States and the Cold War**

**Thursdays, February 5th & 12th | 6:30pm | Chapel**

February 5th - The Cold War and the 1960s

February 12th - The Cold War and Detente

**Heart Health Talk with Liz Keller, RN**

**Wednesday, February 11th | 2:00pm | Chapel**

February is American Heart Month. Come and learn about heart disease and about lifestyle changes to help keep your heart healthy!



**Will Ulrich**

**Wednesday, February 25th | 6:30pm | Chapel**

Will is a former faculty member at Mt. Mary University. He loves playing piano and entertaining the crowd. He has a repertoire of over 300 songs ranging from Elvis to Johnny Cash and Sinatra to the Beatles. Come out and welcome Will to Trinity Woods for his first performance.

**Get to Know Amy!**

**Monday, February 23<sup>rd</sup> | 4:00pm | Club Trio**

Join Amy O'Connor, Vice President of Donor & Community Engagement for a casual gathering to meet, connect, and enjoy a relaxed social hour together. There is no formal program - just good conversation, great company, complimentary cocktails & snacks. Stop by for a quick drink or to stay and mingle- we'd love for you to get to know Amy!



## Spiritual Offerings

**Peace Prayer: Friday, February 6th | 2:45pm | Chapel**

Your prayers will join with others around the province as you intercede for peace in our community, country, and world.

**Monthly Reflection: Sunday, February 8th | 10:00am | Chapel**

S. Ellen Jean Klein and S. Susan Adrians will lead us in a reflection on human trafficking, in honor of the feast of St. Josephine Bakhita, the patron of victims of human trafficking.

**Candlelight Prayer Vigil: Wednesday, February 11th | 6:00pm | Chapel**

A group of Mt. Mary students would love to join together with Trinity Woods residents in prayer. We have seen the heartbreak our world is enduring and want to come together to prayer for peace. If you want, you may come with a prayer in mind, or a song to share - we welcome your prayers.

**Ash Wednesday Mass: Wednesday, February 18th | 4:00pm | Chapel**

Join us as we enter into the season of Lent. Mass will take place at the usual time of 4:00pm.

**Stations of the Cross: Monday, February 23<sup>rd</sup> | 4:00pm | Chapel**

Meditate on Jesus' final hours as we follow His footsteps to Calvary.

## Savor the Flavors Tasting Classes

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We are offering unique ways to test your palate and learn the history, origins and how our favorite foods end up in our kitchens. Space is limited to 25 residents at a cost of \$10 for each event. Each tasting includes an informative presentation followed by a generous number of samples to taste. You may place product orders after the tasting if you wish **Sign up in the activities binder.**

**February 2nd | 2:30 PM | Club Trio | Wine Tasting \$10 per person**

This unique class will teach you which wines pair with what flavors of foods. Some wines pair nicely with dark chocolate, others with salty snacks and some even pair with spicy foods. Come prepared to learn and taste all these combinations. Our instructor is Jese Vega from Total Wine and More.



**February 9th | 2:30pm | Club Trio | Coffee Tasting \$10 per person**



A team of coffee experts from Stone Creek Coffee will be here to teach us about cultivation and how they source their coffee beans. We will have an opportunity to taste and compare several different types of coffee. This class will be 90 minutes

**February 16th | 2:30 PM | Club Trio | A Cheese Tour Through Europe \$10 per person**

From Brie to Blue and in between, we will discuss and taste seven classic cheeses of Europe from various countries in various styles. Join Village Cheese Shop owner Sabina Magyar for this hour-long class and walk away with a bit of knowledge and a greater appreciation of fine imported cheeses.



## Bus Outings

**Shopping Trips | Meet in the Lobby at 9:30am**

- **Tuesday, February 3<sup>rd</sup>:** Metro Market & Burlington (NO LIFT BUS)
- **Tuesday, February 10<sup>th</sup>:** Aldi & Dollar Tree (NO LIFT BUS)
- **Tuesday, February 17<sup>th</sup>:** Walmart (Lift Bus)



**Annual Mardi Gras Fundraiser**

**Tuesday, February 17<sup>th</sup> | Depart at 3:15pm**

Support Clare Gardens by attending this annual fundraiser! You received a letter explaining the schedule and how to register for the event, but please sign up in the binder for complementary transportation from Trinity Woods!

**Lunch Bunch to Kin by Rice n Roll**

**Tuesday, February 24<sup>th</sup> | Depart at 11:30am**

Kin is a family-owned Asian restaurant in the village of Wauwatosa, offering a variety of Thai and Japanese-inspired dishes. You'll enjoy delicious rice bowls, ramen, sushi, Thai-style noodle dishes, and more!

