

Notes for self:

FOLKESTONE FEATURE



Recreation and Wellness

Private Terrace Bus Outings

The risk of Covid-19 has not disappeared and we continue to remain cautious regarding restaurant outings and other large group outings with the general public. Our bus is a wonderful amenity for our residents and we want you to be able to utilize it. Please keep in mind that the bus is not available 7 days a week. Remember, you can have another group follow in a car to allow for a larger group at the restaurant, park, etc.

Starting May 1st, the Folkestone bus can be reserved for private Terrace outings of 7 or less.

1. A \$10 charge will be applied if the location is beyond the outskirts of Wayzata. No charge if location is in or around Wayzata. This is NOT per person and simply covers the gas used. Due on date of outing or fee can be applied to your monthly bill.
2. Please pick up a Bus Request Form from the front desk after May 1st to reserve the bus. Please list your 2nd choice for date and time in case we cannot accommodate the first.
3. You MUST make your reservation at least ONE WEEK IN ADVANCE.
4. Danessa and Greg will then determine the availability and get back to you within 72 hours.

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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing and health care.

EQUAL HOUSING OPPORTUNITY

Folkestone
100 Promenade Avenue
Wayzata, MN 55391
952-249-2400
www.folkestonephs.org

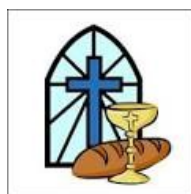


Religious Offerings

FOLKESTONE MASS & COMMUNION SERVICE

Tuesday, June 2 at 11:00 am in Chapel —**TBD**

Starting in June, we will have Mass every other month and Communion with St Bart volunteers on alternate months. This allows for Catholic outreach EVERY month! Please wear a mask, practice social distancing and sign in.



Terrace Catholic Rosary



Every Monday at 12:30 pm

IN-PERSON in the Chapel

You may listen on TV Channel 994 or 16-8

Please wear a mask, sign in and practice social distancing.

Bible Study with Carolyn Cardle resuming in June on Wednesdays at 11:15 am in Auditorium

Terrace Faith Bible Study With Lindy Purdy

11:00 am
in the Northern Lights Club Room
Thursdays
May 13 & 27

Interested in a weekly devotion emailed to you?
Email lindypurdy@gmail.com

Wayzata Bay Fellowship Prayer & Praise in Gables & Arbor

Resuming in June, Dates TBD

Sunday Live Stream Service from Westwood Community Church

10:30 am Every Sunday

Tune in to channel 996 or 16-12 or go to
www.westwoodcc.org/online

Terrace Study of the Holy Land DVD Series

Every Friday at 11:00 am in the Theater

Wayzata Bay Fellowship Chapel Service

In-Person worship for Terrace

Please wear a mask, sign in and practice social distancing.

**Every Saturday at 4:00 pm
in Chapel**

Arbor, Commons, Gables and Hearth can tune in to Channel 16-8 or 994. We highly encourage Assisted Living and Terrace residents to attend activities separately.

Church Transportation via the Folkestone Bus

Will be resuming in the coming weeks. Please be patient while Danessa and Greg work out the logistics.

Once we have a start date, we will hand deliver a notice to your apartment.

*Sign Up will remain the same, by calling the front desk at *2400 or stopping by the front desk.*

2021 Committees & Members

Education Program Committee

Chuck Grimsrud Bill Erickson
Audrey Grote Kathy Probelski
Bette Johnson Bill Etter
LaMar Popp Connie Bell

**Next Meeting May 5 in NLCR at 11:00 AM*

Gift Shop Committee/Volunteers

Anna May Tobelmann
Carolyn Cardle
Karen Talbott

Looking for volunteers for the market

*Contact Danessa at *2430*

Wood Shop Team Members

Bob Rupp - *6098 George Ritzinger -*6151
Rod Sanders - *8562 Pat Nolan - *8564
Joan Erickson -*2762 Neil Collins - *6078
Marilyn Zastrow - *8159
Tom von Fischer - *2673

Next Meeting is Monday, May 3 at 1:00 pm in Wood Shop

Library Committee/Volunteers

Marion Ducharme Phyllis Rydell
Elaine Ressmeyer Gloria Sealock
Mary Strand Mary Oelke

Resident Dining Advisory Group

Barbara Sieling Bill Etter
Karen Talbott Bette Johnson
Jo Frerichs Kari Kirkeng

Bay Center Speakers Fund Board

Glenn Keitel Elaine Ressmeyer
Scott Hutton

Terrace Resident Advisory Committee

NORTH: Bill Graye, Maxine Holland,
BJ Gullickson

WEST: Ann May, Robert Smith, Joan Erickson

SOUTH: Rod Sanders, Val Olson Gladys Utoft

Out and About Committee

Elaine Ressmeyer Patti Holloran
Jo-Anne Smith Elizabeth Kerner
Bette Hammel Carolyn Byers

No May Meeting - Open to suggestions for groups of 7 or less

Theater Committee

Bill Graye Elaine Ressmeyer
Larry Kalp Jo-Anne Smith
Jean Eastman Doris Mielke
Dorothy Wellens Barry Wegener

Next Meeting: Tuesday, May 11 at 1:00 pm in Theater

Philanthropy Committee

Jan Taylor Jo Frerichs
James Cardle Cecil Schmidt

Folkestone Singers Volunteer Committee

Mary Ann Goodall-Director
Nell Ray-Treasurer
Raeanna Gislason-Accompanist
Ann May-Program Chair
George Ritzinger-Membership & Promotion
Carole Sattervall & Don Ellenberger- Co-Librarians
No choir rehearsals

More Announcements

Reminder for Terrace Residents - In Case of Emergency

Just a reminder that in case of an emergency, whenever possible, your first call needs to be 911. Call 911 from your landline as your apartment location is directly connected to 911 emergency personnel.

If you press your emergency pendant, the call goes to the Home Care staff in the Assisted Living. The Home Care staff will assess the situation and will call 911 if needed. Please note, Terrace apartments do not have a Home Care license, so if a resident falls, staff is unable to lift them off the floor so the staff would call 911. In certain circumstances, there may be a charge for pendant use. If there are questions please call Sharon at ext. 2473.

Terrace Recycling Reminders

We have been finding unacceptable items in the recycling bins.

The guidelines for recycling are posted in trash room.

You can only put CLEAN paper and glass products in the recycling. Do not place used coffee filters, paper plates, cups and dirty pizza boxes in the recycling.

Reminder: You should still continue to wear your masks whenever you leave your apartment and are indoors. Please keep your neighbors safe and don't forget your name tags!

Important! - Mail Courtesy

If you receive mail in your mailbox that is addressed to another Folkestone resident, **DO NOT GIVE IT TO THE MAILMAN!**

Instead, give it to the front desk who will get the mail to the correct person. This way, the mail will not be returned to the sender.

Terrace Resident Room Rental Reminders

All Terrace Club Rooms OPEN April 1st at 25% capacity. All reservations from pre-covid have been honored and no paperwork is required. Please sanitize all tables, chairs and surfaces that you use and continue to wear a mask!

Here are some gentle reminders for reserving club rooms/common spaces:

- All reservations should be made with the receptionist at 952-249-2400.
- All reservations at Folkestone are reserved on a first come, first serve basis.
- All reservations must sign a "Rental Agreement" if you have not done so pre-covid.
- Reserved spaces MUST BE returned to their original and clean condition after use. If not cleaned, a cleaning charge will be billed to the reserving resident's account.
- In the event that you need to cancel your reservation, we require a written notification OR a phone call to receptionist.

If catering services are requested, the one reserving the room will be instructed to work directly with the Nutrition and Culinary Director. Please call 952-249-2409 with catering inquiries.

Game Nights, Socials & Meditation Group

Penguins Social Hour

Every Wednesday
4:30 - 6:00 pm
Northern Lights Club Room



Join your friends and neighbors for conversation. You may bring a snack and beverage for yourself, but please, no sharing during Covid. Limit of 15. Please sign in. Questions? Please call Bill Graye at *2645

Terrace South Game Night

Every Thursday Night
(Except 3rd Thursday of the month)
Bring a game you would like to play or join others.
Gather at 6:30 pm
Lakeside Lounge Club Room - Terrace South
Questions? - Call Marilyn Buscher *8569
Everyone Welcome!

Helping Hands

2nd Saturday of every month **starting May 8**
10:00 am-12:00 pm
Lakeside Lounge

This group formed in 2019 & chose this name, because it describes what we hope to do. Be Helping Hands to children of our community and the greater world, through items for the Operation Christmas Child Project, and other local charities. Come and see what we are doing, bring ideas or get inspired to get involved in being Helping Hands for children. If you have questions or would like to donate to our group, give one of us a call. —Arlene Risch *6088, Jan Taylor *6158 or Marilyn Zastrow *8159

Windjammers Resident Social

3rd Thursday of the month
5:00-6:30 pm
Lakeshore Lounge South Club Room



You may bring a food and drink, but please, no sharing at this time. Limit of 20 and please sign in!
All are welcome to join!

Terrace West Hand & Foot

Thursdays & Saturdays at 6:30 pm
Superior Shores Club Room
No experience needed and everyone is welcome!

Terrace Rummikub Group

Wednesdays at 1:00 pm
Superior Shores Club Room
No experience needed and everyone is welcome!

Terrace Hand & Foot Card Game

This Canasta-style card game will be played in the
South Lakeside Lounge Club Room
Mondays at 1:00 pm.
Everyone is welcome!

Terrace Meditation Group

Every Tuesday
11:00 am
Superior Shores Club Room

We spend 20 minutes each week in meditative silence, as well as time with scripture or other resources. Whatever your level of experience with meditation -- or none at all--you are welcome. If you would like information about Centering Prayer, call Evelyn Headen (*2782) for a hand-out. If you are familiar with another meditation style, that's fine -- please join us!
Please wear a mask and sign in.

Bridge Lessons with Rob Lahammer

coming in June and once every 3 months going forward. Stay tuned!

TRAC, Journaling Class & Book Clubs

TRAC

2021 Terrace Resident Advisory Committee Members:

North: Maxine Holland, Bill Graye and BJ Gullickson

West: Ann May, Robert Smith, Joan Erickson

South: Val Olson, Rod Saunders, Gladys Utoft

Next Meeting: Wednesday, June 2 at 3:00 pm in Lakeside Lounge

~Terrace 2nd Thursday Book Club~

Discussing “My Sister’s Keeper” by Jodi Picoult

May 13 at 4:00 pm
in the Superior Shores Club Room

For further information please contact Marie Dougan at *2933

June book will be “The Night Watchman” by Louise Erdrich.

Terrace Journal Writing

Are you interested in learning how to get started with journaling your life experiences? Please join Bette Hammel, a published author and resident at Folkestone, for a *casual* journal writing group. No experience necessary! Please join us!

Tuesdays, May 11 & 25
at 1:30 pm
in Superior Shores Club Room

Men’s Book Group

Thursday, May 20 at 3:30 pm
(Note time change)
Town Center Conference Room

The long drought is over. We can get back to talking about books. There is no assigned book carrying over from early 2020. For this meeting each attendee will be asked for a brief comment on their favorite book of the past year.

Future: Thursday, June 17, 3:30 pm - Book TBD
Any questions, please call Glenn Keitel at *2581

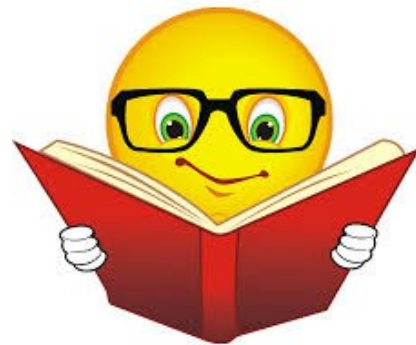
Terrace 3rd Monday Book Club

The 1st Tuesday Book Club is moving to the 3rd Monday in the Northern Lights Club Room. Time is at 2:00 P.M.:

Monday, May 17 Their Eyes Were Watching God by Zoe Neale Hurston
Discussion led by Connie Bell

Monday, June 21 The Dutch House
By Ann Patchett
Discussion led by Betty Rohmann

Wear a mask, sign in and sit 6ft. apart.
No new members, space limited



Library

Hours of Operation:
Now Open 7 days a week, 24 hours a day

Library Guidelines During COVID

- ONLY 2 residents allowed in the Library at one time.
 - Masks are always required.
- Sanitize your hand upon entering and **PLEASE SIGN IN**
- The daily newspaper is no longer available to read inside the Library due to infection control issues. We’re sorry!

Special Thank You to our Library Volunteers who are always working hard behind the scenes!

Puzzles

Free Jigsaw Puzzle Rental

- Puzzles are located in the smaller coat closet in the hallway leading to the Theater. Please look for the sign and code to open the door.
- Stop by whenever you like and pick out a puzzle.
- Please assemble puzzles with sanitized hands and wipe down the outside of the box before returning to closet.
- Any questions, please call Danessa at *2430

Salon & Massage

Salon

Now Open!

See shiny newsletter for more details or call Cindy at *2435

Now taking appointments in the higher levels of care.

Find Deep Relaxation and Relief with Massage

Benefits of Massage:
Relieves pain and stiffness
Boosts the immune system
Facilitates injury rehabilitation
Promotes increased circulation, flexibility and vitality

Safety Measures:
Your safety and comfort are important to me! I am following the Federation of State Massage Therapy Boards (FSMTB) guidelines for massage sessions and cleaning protocols. I will be wearing a face mask and face shield for all massage sessions and clients will also be required to wear masks as well.

Consider a fully clothed 30 or 60 minute massage on a heated table today! I look forward to seeing you soon!

Rita Magnan

To make an appointment, please call **763-443-3308**

Music, Special Events & Ladies Tea

New Resident Root Beer Float Social

Terrace:
Saturday, May 22
2:00-4:00 pm
North Courtyard (Auditorium if raining)

Commons & Hearth:
Friday, May 14
2:30-4:30 pm
Commons 3rd Floor Patio
(CAR3 and CFL3 if raining)



All are welcome! Please come meet your new neighbors! If you have moved into Folkestone in the last year, please see any manager or director for a special item to help identify you as you arrive to the N. Courtyard. We want to give all these new(er) residents a warm Folkestone welcome! Don't forget your name tags!

Piano Student Performance

Sunday, May 16
3:00-4:15 pm



A group of piano students will be spending 20 minutes each in the Arbor, Gables and Hearth. Commons can join on the 5th floor around 3:45pm.

Terrace Ladies Afternoon Tea

Monday, May 10
1:30-2:30 pm
Auditorium and Chapel



Folkestone wants to show all our moms how much you mean to us by honoring you with a Ladies Tea. This is similar to Mother's Day Tea of past years but will not feature a full meal. This year's menu will include tea, punch, princess cake from Woullet's, fresh fruit and cucumber sandwiches. Live music by Tim Patrick.

There is a limit of 72. Terrace residents only. Please sign up by calling the front desk starting May 1st (*2400).

Root Beer Float Socials

Arbor: Friday, May 14 at 2:30 pm
Arbor patio
Gables: Friday, May 14 at 3:30 pm

Gables Mother's Day Tea

Friday, May 7 at 2:00 pm
Gables Activity Room

Birthday Social with Gary LaRue

Friday, May 21
in the Auditorium



Terrace: 2:00-3:00 pm
Sign up by calling the front desk *2400
Limit of 60

Arbor, Commons & Hearth:
3:30-4:30pm
Limit of 60 - First come, first served

Gary LaRue is a Folkestone favorite who specializes in Rat Pack era music; songs made famous by entertainment legends such as Frank Sinatra, Nat King Cole, Dean Martin, Chet Baker, Bobby Darin and more.

Common & Hearth Ladies Tea

Monday, May 10
3:30-4:30 pm
Auditorium and Chapel



Folkestone wants to show all our moms how much you mean to us by honoring you with a Ladies Tea. This is similar to Mother's Day Tea of past years but will not feature a full meal. This year's menu will include tea, punch, princess cake from Woullet's, fresh fruit and cucumber sandwiches. Live music by Tim Patrick.

All Commons and Hearth women are welcome. Residents only please. Please RSVP to the front desk by calling *2400

Fitness News

Pool Classes and Locker rooms Now Open

Locker rooms are now open for **towelng off and changing only**. 2 persons in the locker room at a time. We need to move many residents through in a short period of time so please be respectful and expedite your changing if others are waiting.

Showers are still closed.
Enter pool through Fitness door and exit through locker rooms.

Pool Classes Starting May 3rd!!

Sign up required— 10 people per class-Signup Sheets will be put out on Friday at 12:00 for the following week.

Water Aerobics-IL only
Monday and Wednesday
8:45-9:15

Aquatic Arthritis/Range of Motion-IL only
Monday and Wednesday
9:45-10:15

Lifeguarded swim
Monday/Wednesday - 9:15-9:45 and 10:15-10:45 am-IL only

Monday/Wednesday-10:45-11:15 AQUATICE EXERCISE—AL ONLY

Fitness classes. All Live classes will also be available on channels 995 or 16-10. **MAXIMUM 24 PARTICPANTS FOR CLASSES IN THE AUDITORIUM.**
Sign up sheets will be available every Friday at 12:00 for the following week for Chair 2

Live classes:

Chair 2-Terrace only-10:00 am-Auditorium-Signup only

HiLiit-Terrace only-10:00 am - Auditorium (you do not have to sign up, but please sign in)

Tai Chi-Terrace only-10:00 am - Fitness Studio

No Signup required for Chair 1 classes

Chair 1-Commons only-11:00 am - CAR3 3rd floor activity room-Tuesday/Thursday

Chair 1-Terrace only-11:30 am – Fitness Center Aerobic Studio-No signup required

Virtual classes

Virtual classes will be available 5 days per week. YouTube® videos are available 24/7! See page 6 for current schedule

Personal Training - Please contact Kathy at *2427 if you are interested. All classes can now be accessed on YouTube ANYTIME!

FITNESS CALENDARS ARE AVAILABLE IN THE FITNESS CENTER

Buddy Swim

Monday/Wednesday-8:00-8:45
and 12:00-7:00 pm

Tuesday: 8:00-12:00
and 1:00-7:00

Thursday/Friday: 8:00-12
and 1:00-7:00

Saturdays and Sundays
8:00 am –5:00 pm (pool closes
at 6:00) **Please sanitize and
put away all equipment you
use.**

SIGNUP REQUIRED

Main Fitness Center

Monday thru Friday
8:15-7:00

Saturday and Sunday
8:30-5:00

2 persons per time slot

Residents that have completed new paperwork and orientation have resident fob access to the Fitness Centers. Please use your own fob to enter the fitness area.. Please do not grant access to anyone you do not know has completed the orientation.
SIGNUP/IN IS REQUIRED

South Fitness Center

Monday thru Friday 8:30-7:00
Saturday/Sunday 8:30-5:00

1 person allowed per time slot unless living in same household

Please DO NOT enter the fitness center if another resident is working out.

SIGNUP/IN IS REQUIRED

Virtual Class Schedule

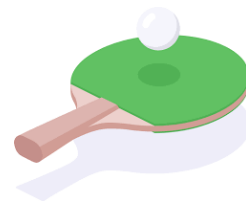
All Virtual Classes can be found on channel 16-12 or 996 on your TV.
Recorded Fitness YouTube® videos can be accessed at any time by simply searching “Kathy Kmetz-Folkstone Fitness” on YouTube®

MONDAY	TUESDAY	WEDNES	THURDAY	FRIDAY
9:30 Seated Yoga	9:30 Seated Yoga	9:30 Seated Yoga	9:30 Seated Yoga	9:30 Seated Yoga
10:00 Chair 2	10:00 HiLiit	10:00 Chair 2	10:00 HiLiit	10:00 Chair 2
10:30 Balance	10:30 Tai Chi	10:30 Balance	10:30 Tai Chi	10:30 Balance
10:45 Chair 1	11:15 Yoga-stand & sit	10:45 Chair 1	11:15 Yoga-stand & sit	10:45 Chair 1
11:15 Chair 1A		11:15 Chair 1A		11:15 Chair 1A

Woody’s Warriors Terrace Ping Pong

Group Play is now open and scheduled:

Friday 4-5pm, Saturday 11am-1pm, Sunday 2-4pm



Please follow the sanitizing/socialization protocol outlined below.

1. Masks are to be worn to and from Ping Pong. **Masks are required while playing**
2. Please sign in and out at the fitness desk.
3. Sanitize hands before entering aerobic room to play
4. Please maintain a **distance of 6 feet.**
5. We recommend bringing your own paddle but will supply both paddles and balls.
6. Paddles and balls **MUST** be sanitized before and after play. Sanitizing spray and towel will be provided.
7. Sanitize hands when you leave.

Ping Pong will be on a first come first serve basis. Please be considerate of the other residents.

Due to MDH COVID-19 restrictions only IL residents can utilize the Wellness Center and Ping Pong: no Assisted Living Residents please.

Driving Class & Craft Room Update

Defensive Driving Class (Senior Driver Improvement)

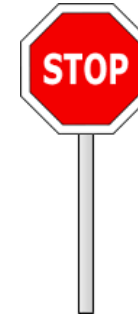
Next Class:

Wednesday, May 19
9:00 am-1:00 pm
Folkestone Theater

To register for class or learn more, contact:
www.mnsafetycenter.org
or call toll free:
1-888-234-1294

You must register in advance for this course!

Course is taught by:
Gary Zitzlesperger



Terrace Coffee Hour

A group of Terrace women started a coffee group to meet new people and get to know some of their neighbors. Please join us for a chat, cup of coffee and to enjoy the company of other Folkestone women.

**Every Thursday at 10:00 am
Superior Shores Club Room**

Bring your own coffee

All women are welcome!

Terrace Art & Craft Room Update

We have determined that the best space to designate a Craft Room would be the 5th floor Hearth Conference Room in the Terrace North Building. Now we need Terrace residents who are interested in serving on the Art and Craft Club Committee! We would very much appreciate your input on the following items:

- What types of art and crafts are Folkestone residents interested in?
- What types of supplies should we stock?
- How many workspaces will we have?
- Who is willing to help organize and design the room?
- Who will monitor when supplies need to be replenished?
- Would residents like to donate supplies or give a monetary donation to this cause?

*If you are interested in the new club and would like to offer your input and join our committee, please **join us for an initial meeting on:***

Thursday, May 27 at 12:30 pm in the Auditorium

Questions? Please email Danessa at dweiss@preshomes.org or call 952-249-2430 and leave a message.



Terrace Outings

Terrace Shopping Bus to Lunds/Byerly's, Target, Trader Joe's, Ridgedale

- Thursday, May 6, 13, 20 & 27 @ 10:30 am
- Monday, May 3, 17 & 24 @ 1:30 pm
- Monday, May 10 @ 10:30 am

Meet at the Town Center Main Entrance (limit of 7)

Please call the front desk at *2400 to reserve your spot



No Shopping on Memorial Day

Terrace Outings

Wednesday, May 5: Arboretum
Depart 1:30 pm, Return 4-4:30 pm*

Tuesday, May 11: Arboretum
Depart 2:00 pm, Return 4:00-4:30 pm*

**Tuesday, May 18 AND
Wednesday, May 26:
Ben & Jerry's Outing by the Lake**
Depart 1:30 pm, Return 2:00-4:00 pm**

Please sign up by calling the front desk at *2400. *There is a limit of 7 passengers per trip.* Please reserve a slot on the wait list because there are usually cancellations the day before the outing.

*Arboretum: The bus will drop you off to walk around if you request to

**Ben & Jerry's: Feel free to sit by the lake downtown. Greg can make multiple trips back and forth.

Arbor, Commons, Gables & Hearth Outings

Shopping to Lund's, Target, Trader Joe's, Ridgedale

Commons & Hearth Only



Tuesday May 4 & 18 @ 10:30 am

Meet at the Town Center Main Entrance

(Limit of 7 passengers)

Please call the front desk at *2400 or stop to reserve your spot

Tuesday, May 4: Hearth Ben & Jerry's and Scenic Drive
Depart 2:00 pm, Return 3:30-4:00 pm

Thursday, May 6: Commons Arboretum Outing
Depart 1:30 pm, Return 3:00-3:30 pm

Monday, May 17: Arbor Scenic Drive Outing
Depart 10:30 am, Return 11:30 am

Thursday, May 20: Commons Ben & Jerry's Outing
Depart 2:30 pm, Return 3:30-4:00 pm

Tuesday, May 25: Hearth Arboretum Outing
Depart 1:30 pm, Return 3:30-4:00 pm

Thursday, May 27: Gables Scenic Drive
Depart 1:30 pm, Return 3:00-3:30 pm

Friday, May 28: Arbor Ben & Jerry's Outing
Depart 2:00 pm, Return 3:00-3:30 pm

Up to 7 allowed on bus at one time.

If you would like to sign up with the receptionist ahead of time, please call *2400

Education Programs



China and Africa

How has Africa's historical relationship with Europe shaped its relationship with China? Why have U.S. efforts to stop African cooperation with China been largely unsuccessful? Are there ways to redefine the way the U.S. approaches the issue?

View the video of China in Africa:
Wednesday, May 19 at 2:00 pm in the Auditorium or on channel 995 or 16-10

Hear our guest speaker Henry Berman:
Thursday, May 20 at 2:00 pm in the Auditorium or on channel 995 or 16-10

Henry Berman, one of our favorite speakers is returning in PERSON to help us understand China's projects in Africa and what this might mean for the U.S. You are encouraged to come to the auditorium in PERSON to hear him.

*Please reserve your spot in the auditorium by calling *2400. Limit of 24.*

Supported by the Bay Center Speaker Fund

FINDING SOLUTIONS FOR CLIMATE CHANGE

An Interactive presentation Rod Fisher, with Climate Interactive and Citizens' Climate Lobby, will be using EN-ROADS, a powerful computer model in an interactive presentation which will help us understand how to avoid the worst effects of climate change.

WHEN: 2:00 pm on Thursday, May 27
WHERE: Auditorium

Rod Fisher grew up as a farm boy and graduated from Iowa State University with a degree in engineering. He served on the faculty at the University of Washington, researching and teaching chemical and bioprocessing engineering. After 18 years managing technology for new businesses at Cargill, he spent 11 "wonderful" years teaching high school science and coaching robotics. Rod's retirement career is to address climate change with practical and bipartisan solutions.

Folkestone Residents are encouraged to attend this interactive presentation in person.

*There is a limit of 24 that can attend in person. To request a seat in the auditorium, please call the front desk at *2400. You can also view live on Channel 995 or 16-10*

Supported by the Bay Center Speaker Fund

Why Immigrants Chose MN w/ Doug Ohman

Thursday, May 6
2:00 pm
Auditorium OR Channel 16-10 or 995



What drew them to the North Star state? Doug Ohman will highlight the stories and history from many of the immigrant groups that chose to make MN their home. This is a 2-part series. The May date will focus on immigration after 1865.

*There is a limit of 24 that can attend in person. To request a seat in the auditorium, please call the front desk at *2400.*

Supported by the Bay Center Speaker Fund

Next Education Committee Meeting:

Wednesday, May 5
at 11am in Northern Lights Club Room
Wear a mask, sanitize your hands and please sign in (Note room change)



See next page for special Book Group sponsored by the Education Committee!

Education Programs

A SPECIAL BOOK DISCUSSION GROUP SPONSORED BY THE EDUCATION COMMITTEE

Caste: The Origins of our Discontents

by Isabel Wilkerson

Discussion leaders: Becky and Tom von Fischer

A New York Times reviewer calls this book “an instant American classic and almost certainly the key-note nonfiction book of the American century thus far.” It’s about how brutal misperceptions about race have disfigured the American experiment. In her book, this Pulitzer Prize-winning journalist avoids words like “white” and “race” and “racism” in favor of terms like “dominant caste,” “favored caste,” “upper caste” and “lower caste.” An elegant and persuasive writer, she has put together a challenging read, full of powerful stories that makes it an Oprah’s Book Club pick.

If you tend toward “yes” in response to the following questions, we think you’d appreciate being part of this discussion:

- Do you think of yourself as open to new ways of seeing old issues?
- Are you willing to take time to understand why a person thinks and reacts the way they do?
- Have you found yourself wondering what needs to change to bring about racial healing?

These questions emerge from one of our favorite quotes in her book:

“Radical empathy means putting in the work to educate oneself and to listen with a humble heart to understand another’s experience from their perspective, not as we imagine we would feel.”

We are looking forward to engaging you in “humble hearted” conversation.

We are new to Folkestone, having moving into 501N last November from our home in south Minneapolis. We served as co-pastors at Calvary Lutheran Church at 39th and Chicago, 1 block from the site of where George Floyd was murdered. Although we retired in 2008, this remains ‘our beloved community,’ a perspective we bring to this conversation.

**We will gather for four Wednesday sessions:
June 9 and 23 and July 7 and 21
2:00 p.m. in the Northern Lights Club Room**

Please register in advance by calling the front desk (*2400).
Limit 15 persons.

If you have any questions, feel free to email us at tomvonfischer@yahoo.com or call *2673.

We hope you will consider being part of this important conversation.
Becky and Tom von Fischer



Terrace Wood Shop

Wood Shop News

ATTENTION RESIDENTS: Yes, Folkestone does have a well-equipped woodshop and an active team of resident workers who make a number of items for personal use or for sale to the residents at the Wood Shop’s annual Christmas Sale or through the Gift Shop the rest of the year. The shop team also can fix broken items, help assemble furniture that comes in a box that requires hand tools to put it together, hang shelves, make a board a little shorter-you get the idea. We can make custom items if you can’t find the just right item in the stores.

Once you have been here a little while, you become aware that new residents are continually arriving at Folkestone as longer term residents depart for a variety of reasons. If you are a new arrival and have enjoyed wood work, consider joining the team. We would be glad to show you our facilities. All you have to do is to give one of us a call.



George Ritzinger *6151	Marilyn Zastrow *8159
Bob Rupp *6098	Pat Nolan *8564
Joan Erickson *2762	Neil Collins *6078
Rod Sanders *8562	Tom von Fischer *2673

Piano Music

Mondays: (Off May 26-31)

3:00 pm in Arbor Living Room

Tuesdays:

2:00 pm in Gables Activity Room

3:00 pm in Hearth Living Room

Wednesdays:

11:00 am in Commons Dining Room

1:30 pm in Arbor Living Room

Thursdays:

2:00 pm in Gables Activity Room

3:00 pm in Arbor Living Room

Piano Hymns With Karla Keller

Arbor:

Fridays at 11:00 am in living room

Gables:

Fridays at 1:00 pm in activity room

Commons:

Fridays at 2:30 pm on 2nd floor by the piano

Hearth:

Fridays at 4:00 pm in living room



Mneme Therapy

Arbor: Wednesday, May 5 & 19

9:00 am-12:00 pm

Arbor Conference Room

Gables: Wednesday, May 5 & 19

1:00-4:00 pm

Gables Activity Room



The therapy sessions are done one-to-one with Larry, the therapist and patient. A typical session consists of an intro, hand holding, singing a familiar song with prompting for the patient to join in, simple instructional arm movements, figuring out if the patient is left or right handed, beginning directed painting and asking questions to prompt memories. This therapy is specifically for those with memory-loss and dementia and has proven to be a truly rewarding experience for our residents. We encourage residents to participate once per month to allow others the chance to have a turn. Sign up by contacting Bonnie (Gables) or Melanie (Arbor).