

The Landing Page



YOUR RESOURCE FOR WHAT IS HAPPENING AT LEXINGTON LANDING

MAY 2024

Special Programs/Events

May Day Flower Bouquet w/ Cora & Elly

Wednesday, May 1 at 1 p.m. in CAR

Garden Committee Meeting

Wednesday, May 1 at 3 p.m. in T2 CR

Garden Mosaic Balls

Thursday, May 2 at 11 a.m. in CAR

Crepe Paper Rose w/ Elly

Saturday, May 4 at 1 p.m. in CAR

TED Talk: Let Your Garden Grow Wild

Monday, May 6 at 2:15 p.m. in MPR

Tuesday, May 7 at 1 p.m. in Terrace II MPR

Mother's Day Tea

Friday, May 10 at 2 p.m. in BISTRO

Parkinson Support Group

Monday, May 13 at 10 a.m. in LIB

Praying Hands Ministry Meeting

Monday, May 13 at 10 a.m. in CL

Caregiver Support Group w/ Kate & Pastor Lin

Tuesday, May 14 at 1 p.m. in LIB

Cooking Class: Finger Sandwiches w/ Cora & Elly

Wednesday, May 15 at 1 p.m. in CAR

Resident Ambassador Committee

Wednesday, May 15 at 2:30 p.m. in CL

Monet Inspired Sponge Painting w/ Cora

Thursday, May 16 at 11 a.m. in CAR

May Birthday Party

Friday, May 17 at 2 p.m. in MPR

Seed Garden Marker w/ Elly

Saturday, May 18 at 1 p.m. in CAR

Popcorn & Karaoke

Tuesday, May 21 at 2 p.m. in MPR

Poppy Bouquet Craft

Wednesday, May 22 at 1 p.m. in CAR

Paper Succulents

Thursday, May 30 at 11 a.m. in CAR

*Please note: if you would like to see a picture of the craft, see Wellzesta.

Outings



Sidekick Theater

Wednesday, May 15 at 10:45 a.m.

COST: \$49/per ticket (Preregistered)

We are headed to the Sidekick Theater in Bloomington. We will be seeing The Fabulous Lipitones. This outing was preregistered. You should have already signed up with the front desk to attend. You may check in with the front desk to see if there is a spot available.

El Burrito Mercado

Thursday, May 30 at 11:30 a.m.

COST: TBD



Join your neighbors in a lunch outing! We will be heading to El Burrito Mercado. They are a Mexican restaurant and grocery store. Enjoy lunch and shop for a few grocery items afterwards! **There are 12-14 spots available.**

Garden Committee

Do you love to garden? Come join Garden Committee. But also learn about our garden plots that you can rent out each season at Terrace II on Wednesday, May 1 at 3 p.m. in Terrace II Club Room.

Miscellaneous

Second Wednesday Book Club

Wednesday, May 8
10:30 a.m. in Club Lounge
New readers welcome.

Neither Wolf Nor Dog
by Kent Nerburn

Resident Ambassadors!

We are looking for Resident Ambassadors. Resident Ambassadors are here to support any new residents with questions during their transition at Lexington Landing.

Educational Presentations

Thursday, May 2 at 2 p.m., MPR

Educational presentation by Dot Landis

Advance Care Planning: Making Your Choices About Health Care Known

Advance Care Planning is the process of thinking through and making decisions about the kind of care you want to have if you need medical care at a time when you are unable to speak for yourself. Learn about health care directives, potential medical issues/choices to consider, choosing a health care agent, POLST forms, and more. Resources will be provided. Dot is a retired psychotherapist who worked in Palliative Care at the University of Minnesota Medical Center. She has educated many patients and family members, as well as other medical professionals, about issues related to advance care planning.



Thursday, May 9 at 2 p.m., MPR

Educational Presentation by Frank Sach

“The Origins of American Flight”

The first 25 years. We will begin by examining the ancient origins of flight and see how three enterprising Americans, of humble background named Orville, Wilber and Charles took aviation to its logical conclusion. And how in doing so they captured the attention and imagination of not just the nation, but of the world, with their exploration in the air as they achieved and mastered flight.

Thursday, May 23 at 2 p.m., MPR

Educational Presentation by Kathy

Days for Girls International— Answers to Period Poverty

At Days for Girls International (DfG), we envision a world where periods are never a problem. We work to eliminate the stigma and limitations associated with menstruation so that people with periods have improved health, education and livelihoods.



Monday Terrace I	Tuesday Terrace II	Wednesday Terrace I	Thursday Terrace I	Friday Terrace II
Yoga Fitness Center 8:30-9 am	Pickleball w/Joe Sport Court 1-1:30pm	Personal Training Orientations 8-10 am	Full Body Stretching Fitness Center 1:15-1:45 pm	Yoga Sport Court 8:30-9 am
Chair Mix Fitness Center 9:15-9:45 am	Line Dancing Sport Court 1:30-2 pm	Arbor 10:30-11 am	Arbor 2:30-3:00 pm	Balance Sport Court 9:15-9:45 am
Arbor 11-11:30 am	Strength Sport Court 2:15-2:45 pm	Balance Fitness Center 1:15-1:45 pm	AL Open Gym 3:15-4:15 pm	Chair Mix Sport Court 10-10:30 am
	Personal Training Orientations 3-4:15 pm	Strength Fitness Center 2-2:30 pm		Personal Training Orientations 10:30am-12 pm
		AL Open Gym 3:15-4 pm		

Fitness Schedule

A beneficiary with benefits

Leaving a legacy that extends kindness to your community beyond your lifetime doesn't have to be complicated nor require an attorney's involvement. You can make an impact when you designate Presbyterian Homes Foundation or your own community as a beneficiary of one or more of your assets. This is one of the simplest ways you can secure your financial affairs and leave a gift that reflects your values. It expresses deep appreciation for your community and makes a difference in the future of your neighbors.

Naming a beneficiary on a retirement account, life insurance policy, bank account, or other investment ensures that your resources continue to serve the needs of those around you. It's usually as straightforward as completing a form from your insurer/custodian or, if you prefer, you may complete a form online. Please give us a call at (651) 631-6418 or 651-631-6408 if you would like assistance with this.



Did you know that you can name both individuals and charities as beneficiaries on the same accounts? For example, you may choose to give 80% to family members and 20% to charities. It's also possible to specify a certain dollar amount that you would like to leave. And, if a primary beneficiary becomes deceased, a charitable organization could be named as a contingent beneficiary. If you already have a donor-advised fund set up, the distribution of investment funds may also be managed for years to come.

Naming a charity as a beneficiary brings flexibility to your financial plans so that assets are available during your lifetime. It also enables you to sow seeds of kindness and compassion that will bear fruit into the future, demonstrating gratitude for blessings and ongoing care for our loved ones. Thank you for considering taking the step to designate your community or Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!