

# The Landing Page



YOUR RESOURCE FOR WHAT IS HAPPENING AT LEXINGTON LANDING

**JULY 2024**

## Special Programs/Events

### Praying Hands Ministry Meeting

Tuesday, July 2 at 10 a.m. in LIB

### Paper Chain USA Flag w/ Cora & Elly

Wednesday, July 3 at 1 p.m. in CAR

### Calla Lily Paper Flowers

Thursday, July 4 at 11 a.m. in CAR

### Olympic Team USA Craft w/Elly

Saturday, July 6 at 1 p.m. in CAR

### Parkinson Support Group

Monday, July 8 at 10 a.m. in LIB

### Caregiver Support Group w/Kate & Pastor Lin

Tuesday, July 9 at 1 p.m. in LIB

### Fairy Jars w/Cora

Thursday, July 11 at 11 a.m. in CAR

### TED Talk: What is AI Anyway?

Monday, July 15 at 2:15 p.m. in MPR

Tuesday, July 16 at 1 p.m. in Terrace II MPR

### Mid-Summer Nights Gourmet Dinner

Wednesday, July 17 at 5 p.m. in DR

### Floral Tea Lights w/Cora

Thursday, July 18 at 11 a.m. in CAR

### July Birthday Party

Friday, July 19 at 2 p.m. in MPR

### Crostini Cooking Class w/Cora

Saturday, July 20 at 1 p.m. in BISTRO

### Zorongo Flamenco Presentation

Tuesday, July 23 at 2:30 p.m. in MPR

### Starry Night Painting

Thursday, July 25 at 11 a.m. in CAR

### PHS Scholars: The Buzz About Bees: Why We Should Care

Monday, July 29 at 2:15 p.m. in MPR

### All Campus Resident Meeting

Wednesday, July 31 at 2 p.m. in MPR/Ch.991

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

## Outings



### Let's Go Fishing!

Tuesday, July 16 at 5 p.m.

COST: Free

We are headed to the Lake Riley for fishing! This is free of charge and hosted by Let's Go Fishing. We will be on a pontoon. The bus leaves at 5 p.m. to ensure enough time to board the boat. Weather permitting.

**There are 10 spots available.**

### The Dock

Wednesday, July 24 at 11:30 a.m.

COST: TBD



Join your neighbors in lunch downtown Stillwater at The Dock. We will have a great view of the river and the Stillwater bridge. You don't want to miss it! The bus will load at 11:30 a.m.

**There are 12-14 spots available.**

### Midsummer Nights Gourmet Dinner

On Wednesday, July 17 at 5 p.m. we will have a gourmet dinner. Reservations are a MUST. There are 60 spots available. The cost is \$35/per person. Sign-up on Wellzesta or front desk.

## Miscellaneous

### Second Wednesday Book Club

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

*A Tale For The Time Being*  
by Ruth Ozeki

### Popcorn & Karaoke!

Join the fun on Tuesday, July 9 at 2 p.m. in the MPR. If you have any requests, feel free to reach out to the Life Enrichment Team!

# Educational Presentations

## Thursday, July 11 at 2 p.m., MPR

Educational presentation by Bailey  
**Neighborhood House**



“When families & individuals in St. Paul want to make a change in their lives, Neighborhood House is here to help. We are a multi-service agency, providing wrap-around services for people when they need it most. Neighborhood House helps people with basic needs, education, multiple youth programs, & health & well-being. All of our programs are offered for free to participants.”

## Thursday, July 18 at 2 p.m., MPR

Educational Presentation by Frank Sachs



### The Next 50 Years of Flight, 1927-1977

Come learn how Ameillia, Howard and a host of other aviators helped not just conquer the air but led us into space. There will be time for questions and answers.

## Thursday, July 25 at 2 p.m., MPR

Educational Presentation by  
Mary Rummel



### Writing Our Lives

Mary Kay Rummel and Norita Dittberner-Jax are two widely published and well known Minnesota poets. They have both recently published collections of new and selected poems from a lifetime of writing. They will read what they call the St. Paul poems that tell of their lives growing up in the city...a combination of history, recent experiences and humor.

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

## Fitness Schedule

## Using Words of Wisdom

Having a well-designed estate plan is important for everyone and, with clarity about your wishes, you will reduce the burden for your family. It can also save administrative costs or reduce taxes, preserving more of your estate for your beneficiaries.

Standard wording that might be useful is as follows:

**Gift of Specific Dollar Amount:** “I hereby give to Presbyterian Homes Foundation located in Roseville, Minnesota, the sum of \$\_\_\_\_\_.”

**Gift of Specific Percentage of Estate:** “I hereby give \_\_\_ percentage of my estate (or “my trust assets” if using a trust) to Presbyterian Homes Foundation located in Roseville, Minnesota.

**Bequest with Presbyterian Homes Foundation as Contingent Beneficiary:** “In the event any of my above-named beneficiaries have not survived me, I hereby direct their shares to be distributed to Presbyterian Homes Foundation located in Roseville, Minnesota.”

**Please tell us how you would like your gift used:** “This gift is to be used for [name of fund, specific community, or both].”

When you include Presbyterian Homes Foundation in your will, your attorney may need to know the correct address and that Presbyterian Homes Foundation is a 501(c)3.

**Please provide the following:**

Presbyterian Homes Foundation  
2845 Hamline Avenue North  
Roseville, MN 551113



Clear and precise wording ensures your wishes are honored and the Foundation can better fulfill your objectives. The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about estate planning and answer questions you may have regarding your individual goals. For more information, please contact us at 651-631-6408 or 651-631-6418 or visit [preshomes.planningyourlegacy.org](http://preshomes.planningyourlegacy.org).