



Highlights of Parkshore and Parkwood

- Thurs. May 1, 1:45pm Gershwin Movie (PR)
- Sun. May 4, 9am-12pm Pancake Breakfast (Atrium)
- Mon. May 5, 2:30pm Gershwin Music Performance (PR)
- Tues. May 6, 2:30pm Stevie Ray Improv Class (PR)
- Tues. May 6, 12:00pm Outing Sign Up (See Page 6)
- Wed. May 7, 10:30am PW Resident Meeting (COM)
- Wed. May 7, 1:00pm PS Resident Meeting (PR)
- Thurs. May 8, 3pm Birthday Party (PR)
- Fri. May 9, 2:30pm Fall Prevention Tip/Walking Presentation (PR)
- Mon. May 12, Lunch Outing to Los Andes (See Page 6)
- Mon. May 12, 2:30pm Mothers Day Celebration (PR)
- Tues. May 14, 2:30pm PLATO (PR)
- May Fri. 16, 2pm Jazz on the Patio
- Mon, May 19, 2:30pm Amazon "Mouth of the River" Travelogue (PR)
- Tues., May 20, Como Zoo Outing (See Page 6)
- Tues. May 14, 10:30am New Resident Orientation (PR)
- Fri. Jazz on the Patio (Parkshore)
- Wed. April 21, 1:30pm Parkinson's Support Group (CR)
- Thurs. May 22, River Cruise Outing (See Page 6)
- Fri, May 23, 1:30 Special Performance (COM)
- Tues. May 27, 2:30pm, PLATO (PR)
- Wed. May 28, Memorial Day Performance (PR)
- Fri, May 30, 2pm Fishing with Steve (Meet on Dock)



WELCOME, NEW RESIDENTS

Welcome, New Residents

We look forward to getting to know you!

Please join us for a program orientation on Tuesday May 13th See you in the Parkshore Performance Room

Theresa Vertuno

Richard Pardo

Join us for the monthly meeting on the first Wednesday of the month May 7th — at 1:00 PM in the Performance Room at Parkshore and at 10:30 AM in the Community Room at Parkwood.

We've also placed a shredding box in the Atrium and another in the Parkwood lobby. Everyone is welcome to use it.



2 Kathy Aagard

3 Rosemary Murphy

4 Mary Javurek

10 Chares Horwitz

13 Rodger Thuras

17 Carol Peterson

18 Elsie Olsen

19 David Thompson

23 Louis Melbye

24 Jonathan Freidman

24 Jan Lloyd

26 Don Mertz

28 Madiline Thornson

28 Michael Schneider

30 Jane Caldwell

Happy Birthday! We hope that you have a special day!

If you would prefer not to have your name published on the birthday list, please let the front desk know. We do our best to get the birthday information correct, but if you have been missed or if you notice a mistake, we will be sure to make a correction.

MESSAGE FROM WILLIAM

WILLIAM HUSEONICA, EXECUTIVE DIRECTOR

Greetings Parkshore Campus,

Happy spring, everyone! By the time the newsletters come out, we will hopefully have had our last significant snowfall of the year, and Easter will have already passed us by! Here at Parkshore we are so proud and honored to have residents from varying backgrounds and religious identifications. I hope that each and everyone of you feels supported and valued. Whether you are Jewish, Christian, Hindu, Buddhist, or atheist, all are welcome here! You all make us a better community. A global community!

We have had some fun events in April including "The Art of Story Telling", "Meditation for Brain Health", and a visit from baby goats! (pictured below). May will bring a jazz concert and one of my favorite events, is our annual Pancakes in the Park fundraiser with live music. This is open to all, so please tell a friend, especially one that you would like to have move to Parkshore! Wellness has us "Walking along the Amazon," and I have been tracking my steps. Hope you have been able to join in the fun.

We are very excited to announce new staff that joined us in April. One essential role that was filled last month was the role of co-lead receptionist at the Parkshore/Parkwood front desks. Mid-April Rochelle Lash joined our team. Rochelle comes to us with loads of experience and has been catching on so quickly. Please take a moment to introduce yourself to Rochelle and welcome her as only the great folks of Parkshore and Parkwood can!!

Blessings to all, happy spring and be safe!

William



THE CLUB

AMANDA COLE, WELLNESS TEAM



The Adventure has begun.

Our brave trekkers and swimmers started their journey on April 21 at the headwaters of the Amazon high in the Andes of Peru and will continue onward through May 31 on our quest to the mouth of the river the Atlantic in Brazil.

Currently we have over **90 residents and staff** signed up to cover the 4000+ miles through the Amazon Jungle, leaving only footprints, one by one, tasting local cuisine, and learning about this amazing ecosystem, the animals, and people who inhabit the area.

*There will be Bistro Buck drawings every two weeks for all who turn in their tracking sheets during those two weeks.

*Plus... a final drawing for a \$25 gift certificate for everyone who turns in their tracking sheet every week!

It's not too late to join in and make your workouts count toward our group mileage as we make our way with us through the jungle. The Club can assist you in keeping track of your mileage. Or you can track your own. Come talk to one of the staff!

Upcoming Events—ALL RESIDENTS WELCOME

Saturday, May 3, 1:30 Movie - "Jungle Cruise" (COM)

Friday, May 9, 2:30 - "Fall Prevention/ Benefits of Walking" by Herself Health (PR)

Monday, May 12 - Los Andes Outing (see page 6)

Monday, May 19 - 10:30am Travelogue Amazon: Mouth of the River with Dan & Sue Eikenberry (PR)

Monday, May 20—Como Zoo Outing (see page 6)

Thursday, May 22 - Mississippi River Cruise (see page 6)

Friday, May 30, 2pm - Fishing with Steve (Wolfe Lake)

Monday, June 2, 2:30pm - Amazon Walk FINALE (PR)



SILVER ADVANTAGE LETTER OF THE MONTH

KATRINA FREESE

Greetings, Parkshore residents! "C" is the SilverAdvantage letter of the month for May. It stands for our Community and how we always strive to keep a homelike atmosphere. Spring and Summer is a wonderful time for outdoor projects, and I can't help but notice the beginnings of our beautiful flower garden. What a fantastic job! And it's not our staff who maintain them, it's our resident volunteers who donate their time to make Parkshore look great and feel like home.

I have another exceptional story of a resident pitching in to help when we need it! About a month ago we had an umbrella fly out of its holder only to crash land several feet away. Its flight was probably comparable to the Wright brothers, in duration and distance, but the crash landing caused some stitches to need repairing. My first thought was, "I bet we have a resident or two who would love to help with this." Of course, we do.

Volunteers do so much more than help Parkshore save time and money and they give Parkshore a sense of community, pride, and provides a belonging to something more. Kudos to those who regularly volunteer their time and services.



LET US KNOW WHEN YOU'RE AWAY

TINA MONSOUR, DIRECTOR OF RESIDENT SERVICES

With the arrival of spring, many of you will head out on vacation, visiting family, or spending time at the cabin. As part of our community, it's helpful for us to know when you'll be away from campus for a few days or more.

Please let the front desk know if you plan to be out of the building for an extended period of time, no matter the reason. If you receive a newspaper, consider pausing delivery while you're gone. You may also want to have your mail held at the post office or temporarily stopped.

When you return, we'd appreciate a quick call to the front desk to let us know you're back.

If your time away is due to a medical reason and you think you may need extra support or resources when you return, please don't hesitate to reach out to me directly at **952-848-5842**. I'm always happy to help.

Thank you!
Tina



PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of Outing	Departure	Return Time	Event & Location	Cost	Sign Up Date
5/6	10am	1:30pm	Arboretum Trip	Free	5/3
5/12	11am	1pm	Los Andes Outing	Bring Money for Lunch	5/3
5/19	1pm	4:30pm	Como Zoo Outing	Free - Donations Encouraged	5/3
5/22	11am	2:30pm	Mississippi River Outing	\$60	5/3

Outing Reminders

Please plan to arrive a few minutes early, as the bus will depart promptly at the scheduled time. We will wait no more than 5 minutes past the departure time before heading to our destination. Thank you for your understanding and helping us stay on schedule!

PLATO

Parkshore Learning And Teaching
Organization

Gail Coffler, organizer/moderator

Tues., May 13

Presenter: Carol Rudie, Lead Docent
The Museum of Russian and Ukrainian Art
Russian East in Color
2:30pm -4pm Performance Room

Tues., May 27

Presenter: Karen Knowlton
Resident Musicologist
Topic: Jazz
2:30pm -4pm Performance Room

Mississippi River Cruise Thursday May 22nd

Jump on to our Mississippi River Cruise since we can't fly to the Amazon River.

Our narrated cruises will take you along the southern trails of the Grand Rounds Scenic Byway and Heritage Trail, along the U of M Campus river front, under the stunning 35W Bridge, showcasing views of the St. Anthony Falls, the historic Stone Arch Bridge, amazing river bluffs with views of the amazing downtown Minneapolis skyline as we show you the best Mississippi River has to offer!

Lunch will be an assortment of Chicken Salad, Turkey Breast & Baked Ham Sandwiches, served with homemade coleslaw, fresh fruit, potato chips, pickle chips, and cookies.

Harp Music for Remembrance

May 26th 3pm PR

Join us for a Memorial Day performance with May Keithahn and special guests.

Los Andes Outing

Monday May 12th 11am

Join Us for Lunch on the Amazon River Walk!

We're heading to a unique, family-owned small business inspired by the great Andes Mountains that stretch through South America.

This charming restaurant offers a variety of delicious dishes, specializing in the vibrant cuisines of **Ecuador, Peru, and Colombia**. Enjoy an authentic culinary experience along with a selection of beer and wine.

Don't miss this flavorful adventure!

Como Zoo

Monday May 19th 1pm

There will be programming staff available to escort residents, but this is not a guided trip. We will leave the building at 1:00 PM, and residents will have the opportunity to explore the zoo on their own. Be sure to check out the Amazon River Connections while you're there!

Events at Como during our visit:

- **1:00 PM:** Gardener Chat in the Conservatory
- **1:30 PM:** Gorilla Program in the Gorilla Forest
- **2:30 PM:** Seals and Sea Lions Talk in the Amphitheater/ Como harbor

Monthly Floor Parties with the Programming Team

I forgot floor parties for the past couple of months—I'm making it up to you in May! Please see below for the upcoming 3rd, 4th, and 5th floor parties:

- **3rd Floor** – May 30th at 2:30 PM in the PR stage side
- **4th Floor** – May 30th at 2:30 PM in the PR kitchen side
- **5th Floor** – May 29th at 3:00 PM in the PR

We typically host one floor party each month, led by the programming team. January is for the 1st floor, February for the 2nd, and so on. If you see other floors listed on the calendar every month, or during a month that isn't their usual turn, it's because a floor host is organizing that party.

If you'd like to host a party for your floor, please stop by the Programming Office or give us a call!

MESSAGE FROM CARD CUTTERS

The Card Cutters and the Library Committee would like to thank the anonymous donors who have given so generously above and beyond the cost of individual greeting cards.

One gentlemen shared, "I don't send cards anymore, but I appreciate and frequent the Parkshore Library"

Our Library has a great reputation thanks to all of the Parkshore residents who continue to carry on that tradition.

Sunday	Monday	Tuesday	Wednesday
<div> May Shuttle Bus Schedule Any unexpected cancelation of shuttle service alternate transportation will be provided Contact Katrina 952-848-5806 if you have any questions </div>			
<div>4</div> No Shuttle Bus	<div>5</div> Pick up at 11am and 2:30pm	<div>6</div> Arboretum Outing Pick up at 2:30pm	Shuttle Bus 12pm-4pm
<div>11</div> No Shuttle Bus	<div>12</div> Shuttle Bus 9:30am-4pm	<div>13</div> 9:30am-12pm Como Zoo	Shuttle Bus 9:30am-4pm
<div>18</div> No Shuttle Bus	<div>19</div> Shuttle Bus 12pm-4pm	<div>20</div> Shuttle Bus 9:30am-12pm Como Zoo Outing	Shuttle Bus 9:30am-4pm 9:30am Costco Parking
<div>25</div> No Shuttle Bus	<div>26</div> No Shuttle Bus Holiday	<div>27</div> No Shuttle Bus	No Shuttle Bus

Day	Thursday	Friday	Saturday
	1 Shuttle Bus 9::30am-4pm	2 Shuttle Bus 9::30am-4pm	3 No Shuttle Bus
7 Bus pm	8 Shuttle Bus 9:30am-4pm 9:30am Costco Run Only	9 Shuttle Bus 12pm-4pm	10 No Shuttle Bus
14 Bus 4pm	15 Shuttle Bus 9:30am-4pm	16 Shuttle Bus 9:30am-4pm	17 No Shuttle Bus
21 Bus 4pm Run Only	22 No Shuttle Bus River Outing	23 Shuttle Bus 9:30am-4pm	24 No Shuttle Bus
28 e Bus	29 No Shuttle Bus	30 No Shuttle Bus	31 No Shuttle Bus

DEMENTIA CAREGIVER SUPPORT GROUP

Tuesday, May 6th, 6pm In the Performance Room

Are you taking care of or supporting someone with Alzheimer's disease or another dementia? You are invited to join us to share experiences and support, to discuss concerns, stressors, and other topics, and build a compassionate community with other caregivers.

We will be meeting every 1st Tuesday of the month at 6pm.

*Want to join us, or have questions? Contact Reflections Director, Destine

DFlores@parkshorecampus.com or ***952-848-5889***

A SECOND MASSAGE THERAPIST

Open to Parkshore and Parkwood residents and staff!

Introducing Tammy Bain, Licensed Massage Therapist. Tammy has over 1000 hours of training: she went to Center Point Massage and Shiatsu School and Clinic . She has worked for Massage Envy and a few different chiropractors, in addition to currently running her own massage studio in New Hope, MN.

Tammy's favorite thing about being a massage therapist is helping people feel better, have less pain, as well as helping them understand the muscles and how they work.

From Tammy: "I know that some therapists use pressure to work through tight knotted muscles. I use a technique called cross fiber friction, that lets me use less pressure, and in some cases gives better results. One of the best things about getting massages is that if you get them on a regular basis you can actually reduce your chances of catching colds and the flu by 30%. I will work with each person to customize their sessions to meet their needs."

On a personal note, I love horses and I grew up around them. I am an avid Dungeons and Dragons fan, and even though I haven't played in a while, I plan on getting back to it soon. I am also writing in the fiction werewolf genre. I am 60 years young, and look forward to working with everyone at Parkshore.

Are you ready to schedule a massage with Tammy? Contact Amanda Cole, Wellness Director at 952-848-5841. Hours: Monday's and Tuesdays: 10am-6pm, starting on Monday, May 26th. Cost: \$76 for 60 minute massage, \$60 for 45 minutes, or \$44 for 30 minutes.

Other questions? Contact Tammy, 612-581-9273 or
email: tammy@betterhealthconcepts.com

NEW MONTHLY SHUTTLE CALENDAR & REMINDERS

You may have noticed that we're introducing a monthly calendar for the Parkshore Shuttle schedule! As we roll out this new organizational tool, it's a great time to also share a few reminders about how the shuttle works and what to expect.

Shuttle Schedule

The Parkshore Shuttle typically runs Monday through Friday, pickups scheduled at:

9:30 AM 11:00 AM 12:30 PM 2:30 PM

Please note that these times may vary depending on scheduled outings and driver availability. When you are picked up, the driver will coordinate a return time with you at the drop-off location.

Important Guidelines

If your appointment is on a day when the shuttle is unavailable (for example, due to an outing or the driver is gone), **Parkshore will not provide an alternate ride.**

- If the shuttle is **canceled unexpectedly**, Parkshore will provide alternate transportation **for medical appointments only**.
- The shuttle travels to destinations **within a 10-mile radius**. If your appointment is farther, please contact the Programming Office to discuss options.
- **You must sign up at least one day in advance**. Same-day sign-ups are not guaranteed.
- **Assisted Living Residents** may use the shuttle if they are independent. The driver cannot enter buildings to look for riders or assist with transfers in or out of the vehicle.
- **All Residents** must be able to get on and off the shuttle without assistance from the driver. A lift is available for those who are unable to use the shuttle steps independently.
- **Walkers and Wheelchairs** will be loaded and secured by the driver.
- Please **keep track of your own bags** and offer help if you're able to load your own groceries. If you are unable please ask the driver for help.
- **Do not bring extra baggage, furniture, or large grocery hauls** on the shuttle. This is a shared transportation service, not a personal moving or delivery service. If you plan to pick up large items, please make alternate transportation arrangements.
- Any concerns or issues during a shuttle ride should be reported to the Program Director.

Be On Time

Residents must be in the lobby at least 5 minutes before their scheduled pick-up. The shuttle will wait only 5 minutes past the pick-up time before departing. While the driver may inform the front desk, they may not have time to call late residents. It is each resident's responsibility to be on time.

Orchestra Hall Lottery For Tickets 2025-2026

If you are interested in attending Orchestra Hall **with the Parkshore bus** during the upcoming season, this is how it works:

1. **Sign up** for the lottery drawing in the Parkshore library or Parkwood reception desk Thursday May 8th. Just to be clear, by signing up for the lottery, **you are NOT guaranteed a spot/tickets**. Tickets are only assigned after the sign up is complete. **Names are drawn on May 23rd**.
2. **We have 18 tickets to raffle off**. Space is limited. We will not give priority to anyone including residents that had tickets in previous years. The drawing will be random. Some of you will not get tickets to go on the Parkshore bus.
3. **Note: an escort is not going to attend**. Therefore, you must be able to independently navigate the Orchestra Hall venue from curbside drop-off and pick-ups to the seating area.
4. **The drawing will take place on Friday morning, May 23rd**. The names of the winning ticketholders will be posted, along with those on the waiting list. Once posted, Programming will send the final list to billing to pay for your tickets. The lists will be posted on the program office door, Parkwood lobby, and Parkshore library.

TICKET DETAILS: IF YOUR NAME IS DRAWN

Cost: **\$216** total (will be billed to your apt. in June, no refund)

Concert details are on Orchestra Hall's Website.

Coffee Prelude Series 11am, 7 concerts 2025-2026

Sept. 18th– Sondergard, DiDonato, and Strauss

Oct. 30th– David Afkham Returns

Dec. 4th– Dvorak New World Symphony

Jan 1st (2pm)- New Year's Celebration

April 23rd– Brahms Symphony No. 4

May 28th– Hindoyan and Rieppel

June 4th– Sondergard, Barton, and Prokofiev

**Questions, please call or email
Katrina: 952-848-5806 or
kfreese@parkshorecampus.com**

All tickets are non-refundable, but transferable. Ticket holders are responsible for finding their own replacement. The program department will not handle any money exchanges. The program department will hold on to event tickets and distribute them prior to each concert.

Gershwin Festival

A SALUTE TO GEORGE GERSHWIN! Celebrating America's Great Composer and Songwriter

Thursday May 1st— Popcorn and a Movie

1:00pm Enjoy popcorn and live Gershwin Music by Richard Haines.

1:45pm Watch "Porgy and Bess" Gershwin's only opera in the PR

Monday, May 5, 2:30 – PR - A live concert Gershwin songs by your friends at Parkshore: David Bach, Jan Dees, Dan Eikenberry, William Huseonica, Sharon Kaplan, Mary Keithahn, Karen Knowlton, Jane Plumhoff, plus guest Sarah Knowlton.

TRASH TALK BY DRAWDOWN COMMITTEE

ST LOUIS PARK/ PARKSHORE CLEAN UP DAY IS SATURDAY, MAY 17TH.

Your PARKSHORE CLEAN UP DAY FLYER is in your cubby next to mail boxes. Read the flyer carefully as it explains the event.

The Parkshore Drawdown Committee has arranged to have some Red Target Carts in the Atrium on that special day, May 17th from 10-11, so you can bring your items down and they will be taken away by some wonderful volunteers.

Convenient for you!!!

Healthy for the planet!!!

The Drawdown Committee wants to have enough carts on May 17th, so please fill out your form and leave it at the Parkshore Front Desk by Wednesday, May 14. But, if you find something at the last minute that is on the list we can probably accept it.

OUR NEXT DRAWDOWN MEETING IS MONDAY MAY 12 AT 1:15 PM IN THE CARD ROOM

REUSE

REDUCE

RECYCLE

REMEMBER

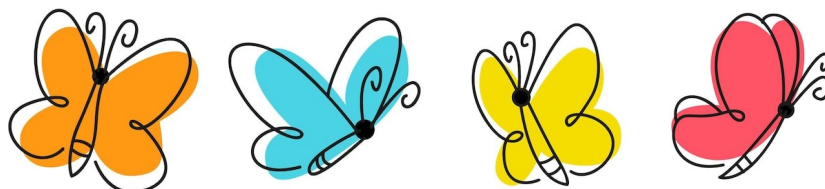
Calling All Gardeners

Each year, we have 20 small garden plots available, allocated by lottery. If you're interested in a plot, please sign-up in the Parkshore Library or Parkwood Front Desk. **The sign up will be available on April 28th through 10am on Friday, May 9th.** We will have two sign up sheets, one for tomato plots and one for flowers/ other vegetables that are under 2 feet tall. **Do not plant any perennials or any kind of grass.** If your plot overruns other plots during the season, we will have to cut down your plants. The plots will be assigned by the end of day May 9th and will be posted at PW front desk, PS library, and on the programing office door. **Please remember, signing up does not mean that you have secured a plot.**

We will limit 6 plots specifically for growing only tomatoes in one of the raised flower beds. Only 1 tomato plant per plot. The other 14 plots will be for any other plants that will not grow above 2 feet. If you receive a plot, you are responsible for watering, weeding, and clean-up in the fall. Plants must stay inside your plot and not block walkways. If the Director of Programs determines that a plot is not being attended or cared for, the plot may be reassigned.

This year, we will be upgrading to rain barrels at the back of Parkshore and Parkwood to conserve water thanks to the money raised from last years' garage sale. We will have them in place by May 9th.

Thank you and happy gardening!!



WANT TO GET STRONGER? CLUB CLASSES ARE FOR YOU!!

Hmm, What Classes Should I Take?

<i>Class</i>	<i>Description</i>	<i>Great for:</i>
<u>Movement Matters</u> ♦ Tuesdays & Thursdays ♦ 9:30–10:00am Performance Room / Zoom	This class consists of basic cardio, strength, flexibility, and range of motion exercises. Special focus on balance in standing portion of class.	.General fitness .Bone health .Balance
<u>Balance Class</u> ♦ Wednesdays ♦ 9:00-9:30am Performance Room /Zoom	Classes consist of basic balance training techniques to help reprogram and strengthen the body - mind connection.	.General fitness .Balance
<u>Strength & Balance</u> <i>(intermediate level class)</i> • Mondays & Fridays ♦ 9:00-9:30am Performance Room/ Zoom	Challenge your balance and increase your strength and endurance with basic cardio, use of dumbbells and body weight for a stronger, sturdier you	.General fitness .Bone health .Balance
<i>Pool Classes</i>	<i>Description</i>	<i>Great for:</i>
<u>Stretch & Strengthen</u> ♦ Tuesdays & Thursdays ♦ 1:00—1:45pm	Utilize body weight, water resistance, full body stretching, and a variety of aquatic exercise equipment for gently building strength, increasing range of motion and improving mobility.	. Arthritis / pain management . Balance . Flexibility
<u>Water Aerobics</u> ♦ Mondays, Wednesdays & Fridays ♦ 10:00-10:45am	Elevate both your energy level and heart rate. Each class will challenge you progressively as the week goes on while utilizing exercise patterns and time intervals.	. Cardiovascular fitness . Balance . Power Movements

Specialty Classes

Class	Description	Great for:
<u>Mindfulness Meditation</u> <ul style="list-style-type: none"> • Mondays • 12:30-12:55pm • Card Room + Zoom 	Calming, meditative practices, and mindfulness techniques to quiet the mind and nurture body and soul.	<ul style="list-style-type: none"> . Managing Stress . Blood pressure control
<u>Chair Yoga</u> <ul style="list-style-type: none"> • Mondays & Fridays • 1:00-1:40pm • Performance Room + Zoom 	Gentle stretching, strengthening, and balance postures adapted from traditional yoga. Relaxation techniques begin and end the class.	<ul style="list-style-type: none"> . Pain / arthritis management . Increased flexibility . Balance
<u>Mat Yoga*</u> <i>(intermediate level class)</i> <ul style="list-style-type: none"> • Tuesdays • 1:30-2:20pm • Card Room only 	Exercise both mind and body, practice balance, and melt away stress with gentle stretches, strengthening, and relaxation poses from traditional yoga. <i>* Must be able to get up and down from the floor independently.</i>	<ul style="list-style-type: none"> . Pain / arthritis management . Increased flexibility . Balance . Spatial/body awareness
<u>Tai Chi for Arthritis and Fall Prevention</u> <u>Wednesdays</u> (except 2nd weds) <ul style="list-style-type: none"> • 1:00-1:45pm • Performance Room 	Tai Chi is an ancient practice from China, a form of mind-body exercise that includes a series of movements, weight shifting, and energy awareness.	Mobility . Posture . Gentle Strengthening Balance
<u>Exercise for Parkinson's</u> . Wednesday (except 2nd Weds) <ul style="list-style-type: none"> • 2:00-2:45pm • Card Room 	Focus on large movements and loud voices using power moves along with strength and balance exercises.	For those with Parkinson's "Parkinsonian" symptoms, and related movement disorders Build Flexibility

Exercise at Parkwood

Class	Description	Great for:
<u>Actively Seated</u> <ul style="list-style-type: none"> • Tuesdays /Thursdays • 11:00-11:30am • Community Room 	This class combines gentle stretching, range of motion, strength training, and seated cardio endurance exercises.	<ul style="list-style-type: none"> . General fitness

PARKSHORE CONNECTIONS

PARKSHORE SENIOR COMMUNITY

Apartments

3663 Park Center Blvd.
St. Louis Park, MN 55416
952-925-6231

Assisted Living

3633 Park Center Blvd.
St. Louis Park, MN 55416
952-924-0400



www.parkshorecampus.com

Get Connected to Your Neighbors

Join the 150+ people on the
Parkshore Resident email chain.



- The list is run by residents for residents.
- Send and receive Parkshore community news.

Send your email address and apartment number
to the Listmaster,
Stuart Webb, at stuwbb066@gmail.com
and he will add you to the
Parkshore Resident email chain.

Parkshore Senior Community Phone List

William Huseonica	Executive Director	WHuseonica@parkshorecampus.com	952-848-5803
Carrie Puterbaugh	Assistant Executive Director	CPuterbaugh@parkshorecampus.com	952-848-5823
Tina Monsour	Director of Resident Services	TMonsour@parkshorecampus.com	952-848-5842
Doreen Kleinpaste	Director of Marketing	DKleinpaste@parkshorecampus.com	952-848-5804
Heather Moody	Marketing Associate	HMoody@parkshorecampus.com	952-848-5819
Destinee Flores	Director of Reflections	DFlores@parkshorecampus.com	952-848-5889
Olivia Eliason	Housekeeping Supervisor	OELiason@parkshorecampus.com	952-848-5805
Amanda Cole	Director of Wellness	ACole@parkshorecampus.com	952-848-5841
Joseph Crawford	Dining Services Dir. & Catering	JCrawford@parkshorecampus.com	952-848-5830
Katrina Freese	Director of Programs	KFreese@parkshorecampus.com	952-848-5806
GuGu Matherne	Director of Administrative Services	NMatherne@parkshorecampus.com	952-848-5802
	Resident Care Coordinator		952-848-5833
Danielle Amdahl	Silvercare Clinical Director	damdahl@silvercrestproperties.com	952-848-5832
	Silvercare RA Assisted Living Parkwood		952-769-4105
	Silvercare RA Reflections		952-846-8976
	Assisted Living Front Desk		952-924-0400
	Apartment Front Desk Parkshore		952-925-6231
	Mail In and Mail Out		952-848-5801
Jane and Steve	Wellness Coordinators - Club		952-848-5840
	Comcast Bulk Support-Cable & Internet		1-855-307-4896
Julie Ottis	Certified Massage Therapist		612-314-0025
Julie Smith	Beauty Shop		952-848-5807