



avidor

Edina

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Avidor Team

Community Director

Gabrielle Langan

Resident Experience Director

Amy Egan

Concierge

Kristin Olson

Helena Pham

Lifestyle Advisor

Jeanne Schilz

Move-In Coordinator

Polly Marell-Speranza

Maintenance Director

Otis Mays

July Events

- Sun 4:00 Sunday Social
- Mon-Sat 8:00 Continental Breakfast
- M/F 9:30 Yoga Stretching
- M/F 11:00 Coffee Clutch
- T/TH Sat/Sun 7:30 Walking Club
- T/TH 9:30 Zumba Gold
- July 4-7 PGA 3M Open on the big screen
- July 24-27 Minneapolis Aquatennial
- Mondays 7:30 Game Night
- Tuesdays 7:30 Netflix Documentaries
- Wednesdays 9:30 Tai Chi: Beginners
- 2:00 Activity Interest Meeting
- 4:00 Wine Down Wednesday
- Thursdays July 11, 25 Men's Poker Night
- July 18 Themed Trivia Night

July 2019



Trivia Night

Trivia night will be held Thursday, July 18th, in the Lobby bar area. Join us for light snacks, beverages and a night of themed trivia.

Need a Ride? We Can Help!

Heading to a show or the movies at nights and you don't want to drive? Use Lyft. We can teach you to schedule your own ride on your own, or we can schedule a pickup and drop off for you. Talk to Amy at the concierge desk for more information.

Have an Idea? Pass It on!

The events and activities planned in this newsletter are aimed to reflect what you like and want to participate in. Any ideas or events that you would like to see echoed in the monthly newsletter or added to the calendar, can be shared with the Resident Experience Director, Amy. She can be found at the concierge desk most days or at any scheduled activity on the calendar.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 7:30 Game Night	2 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 7:30 Netflix Documentaries	3 8:00 Continental Breakfast 9:30 Tai Chi: Beginners♥ 2:00 Activity Interest Group 4:00 Wine Down Wednesday 7:00 MN United Soccer	4 Independence Day 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 2:00 3M OPEN 3:00 Chair Yoga♥	5 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 2:00 3M OPEN 4:00 Happy Hour 7:10 Twins vs Rangers	6 7:30 Walking Club 8:00 Continental Breakfast 1:10 Twins vs Rangers 2:00 3M OPEN
7 7:30 Walking Club 1:10 Twins vs Rangers 2:00 3M OPEN 4:00 Sunday Social	8 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 7:30 Game Night	9 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 6:30 All-Star Baseball Game	10 8:00 Continental Breakfast 9:30 Tai Chi: Beginners♥ 2:00 Activity Interest Meeting 4:00 Wine Down Wednesday	11 National Mojito Day* 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 3:00 Chair Yoga♥ 7:00 Men's Poker Night	12 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 4:00 Happy Hour	13 7:30 Walking Club 8:00 Continental Breakfast 2:00 Afternoon Matinee
14 7:30 Walking Club 4:00 Sunday Social	15 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 7:30 Game Night	16 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 1:00 Telling their Story* ♪ 7:10 Twins vs Mets 7:30 Netflix Documentaries	17 8:00 Continental Breakfast 9:30 Tai Chi: Beginners♥ 12:10 Twins vs Mets 2:00 Activity Interest Group 4:00 Wine Down Wednesday	18 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 3:00 Chair Yoga♥ 7:00 Trivia Night	19 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 4:00 Happy Hour	20 7:30 Walking Club 8:00 Continental Breakfast 2:00 Afternoon Matinee
21 7:30 Walking Club 4:00 Sunday Social	22 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 7:30 Game Night	23 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 7:30 Netflix Documentaries	24 Minneapolis Aquatennial 8:00 Continental Breakfast 9:30 Tai Chi: Beginners♥ 2:00 Activity Interest Group 4:00 Wine Down Wednesday 8:30 Torchlight Parade*	25 Minneapolis Aquatennial 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 3:00 Chair Yoga♥ 7:00 Men's Poker Night	26 Minneapolis Aquatennial 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 4:00 Happy Hour	27 Minneapolis Aquatennial 7:30 Walking Club 8:00 Continental Breakfast 2:00 Afternoon Matinee
28 7:30 Walking Club 4:00 Sunday Social	29 8:00 Continental Breakfast 9:30 Yoga stretching♥ 11:00 Coffee Clutch 7:30 Book Club📖 7:30 Game Night	30 7:30 Walking Club 8:00 Continental Breakfast 9:30 Zumba Gold♥ 7:30 Netflix Documentaries	31 8:00 Continental Breakfast 9:30 Tai Chi: Beginners♥ 2:00 Activity Interest Group 4:00 Wine Down Wednesday	*Telling their Story: A Performance by the 204th Army Band *Torchlight Parade directions available at concierge desk	Come down and meet your neighbors at Coffee Clutch in the Great Room. *Join us for a Mojito this afternoon.	

Community Director Corner:

Greetings, residents and friends of Avidor!

We have officially been open for one month! The time is flying and summer is in full swing. I hope that you have some fun vacations planned; I just got back from Las Vegas and have a few other long weekends planned while the weather is cooperating.

July will bring many more move-ins, social events, and continuing to help you become familiar with our processes here, including using our app to see what's on the calendar, and signing up for our resident portal for monthly payments and work orders needed. We will also start sending out resident surveys, typically about a month after move in—please be on the lookout for an e-mail or mailing about this from Polly, our Move-In Coordinator. Your feedback and responses are important to us as we look to enhance your experience at Avidor, and continuously improve our move-in process.

As always, my door is always open to residents at Avidor. Between baseball games and pool time, cabin weekends and spending time with family, come say hello or stop for a chat. I can also be reached at 651-328-9710 or glangan@avidorliving.com. Please contact me if I can be of assistance or you have a great idea you would like to share.

Best regards,
Gabrielle

"This Month In History" JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a best-seller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball's All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.