



avidor

Edina

5220 Eden Avenue • Edina, MN 55436 • (952) 658-7848

Avidor Team

Community Director Gabrielle Anderson
Assistant Community Director
Polly Marell-Speranza
Resident Experience Director Amy Egan
Lead Leasing Advisor Deena Carlson
Leasing Advisor Gina Larsen
Maintenance Director Otis Mays
Concierge Kristin Olson, Frank Toft,
Faisa Mohamoud

Meet Your Neighbors

One of the best parts about living at Avidor is the community and friendships that will come. Studies indicate that social connections boost mental and physical health. Making new friends can enrich your life. Here are some ways to connect with your new neighbors here at Avidor. *Show some enthusiasm.* Be excited about meeting new people and seeing friendly acquaintances again. *Follow up.* After a conversation or outing with someone new, follow up to say you enjoyed it. *Take an interest.* Figure out what someone's hobbies are, and then find something related to that interest. *Join a group.* Come to one of our many different groups to discuss your pastimes or passions to meet like-minded people. *Accept invitations.* Instead of watching TV, why not get out and mingle? *Keep it light.* When making a new friend, stick with neutral subjects. As you get to know people, you gradually discover their opinions about more serious issues. *Smile and wave.* Greet people you know and people you don't when you see them. A smile goes a long way! We hope you join us this month to meet new people.

March 2020

Community Director's Corner

Happy (almost) Spring!

Over the last month we welcomed several new faces to Avidor, both residents and team members! Our weekend Concierge team is full with the additions of Faisa and Frank – stop by and say Hello! We also welcomed Andre to our Maintenance Team – he will be working alongside Otis a few days per week. We are so happy we continue to be busy with tours and are filling our community with life! I've never worked in such a friendly, comfortable atmosphere, and it's because you are all so welcoming. I look forward to enhancing our lifestyle events as we learn more about each person. Please note that we have some team members on vacation this month (escaping to warmer weather like many of you do!) but as always we will do our best to continue the highest level of customer service. If you have a question or concern, please stop by or call/e-mail to set up an appointment with me or another team member.

Since it's March, I'll end with an Irish Blessing: "May your troubles be less and your blessings be more, and nothing but happiness come through your door!"

Gabrielle Anderson, Community Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
3:30 ■ CR Sunday Tea Time ☕	8:15 ■ GR Coffee Klatch 10:30 ■ FC Machine Circuit Training 2:00 ■ Room 201 Grand Opening of Room 201 3:30 ■ YS Mindful Meditation Mondays	10:00 ■ YS SilverSneakers Fitness Class 11:00 ■ DK After Workout GREEN Smoothies 1:00 ■ GR Mahjongg	10:00 ■ YS Yoga Class w/ Nicki 11:30 ■ YS Chair Yoga 1:00 ■ PD Writers Group 5:00 ■ LB Happy Hour	10:00 ■ YS SilverSneakers Fitness Class 1:00 ■ GR Bridge Club 2:00 ■ Open painting time	8:15 ■ GR Coffee Klatch 10:30 ■ MT The Great Courses - Tour Washington DC 11:00 ■ YS Tai Chi 2:00 ■ PD Chair Massage with Amy ♥ 5:00 ■ LB Happy Hour	2:00 ■ MT Matinee Movie
8	9	10	11	12	13	14
3:30 ■ CR Sunday Tea Time ☕	8:15 ■ GR Coffee Klatch 10:30 ■ FC Machine Circuit Training 1:00 ■ CR Birthday Celebration 3:30 ■ YS Mindful Meditation Mondays	10:00 ■ YS SilverSneakers Fitness Class 11:00 ■ DK After Workout GREEN Smoothies 1:00 ■ GR Mahjongg 4:00 ■ LB Yappy Hour 🐾	10:00 ■ YS Yoga Class w/ Nicki 11:30 ■ YS Chair Yoga 3:00 ■ GR Healthy Habits with Polly and Gabrielle 5:00 ■ LB Happy Hour	10:00 ■ YS SilverSneakers Fitness Class 1:00 ■ GR Bridge Club 3:00 ■ PD Apple Users Group	8:15 ■ GR Coffee Klatch 10:30 ■ MT The Great Courses - Tour Washington DC 11:00 ■ YS Tai Chi 2:00 ■ PD Chair Massage with Amy ♥ 5:00 ■ LB Happy Hour	2:00 ■ MT Matinee Movie
15	16	17	18	19	20	21
3:30 ■ CR Sunday Tea Time ☕	8:15 ■ GR Coffee Klatch 10:30 ■ FC Machine Circuit Training 3:30 ■ YS Mindful Meditation Mondays 6:00 ■ Build your own pizza night	10:00 ■ YS SilverSneakers Fitness Class 11:00 ■ DK After Workout GREEN Smoothies 1:00 ■ GR Mahjongg 5:00 ■ GR Luck of the Irish Green Beer and Bingo	10:00 ■ YS Yoga Class w/ Nicki 11:30 ■ YS Chair Yoga 1:00 ■ PD Writers Group 5:00 ■ LB New Resident Happy Hour	10:00 ■ YS SilverSneakers Fitness Class 1:00 ■ GR Bridge Club 2:00 ■ Open painting time	8:15 ■ GR Coffee Klatch 10:30 ■ MT The Great Courses - Tour Washington DC 11:00 ■ Ladies who Lunch 2:00 ■ PD Chair Massage with Amy ♥ 5:00 ■ LB Happy Hour	2:00 ■ MT Matinee Movie
22	23	24	25	26	27	28
3:30 ■ CR Sunday Tea Time ☕	8:15 ■ GR Coffee Klatch 10:30 ■ FC Machine Circuit Training 1:00 ■ MT How to use the Movie Theater 3:30 ■ YS Mindful Meditation Mondays	10:00 ■ YS SilverSneakers Fitness Class 11:00 ■ DK After Workout GREEN Smoothies 1:00 ■ GR Mahjongg 6:00 ■ Wine and Paint Nite	10:00 ■ YS Yoga Class w/ Nicki 11:30 ■ YS Chair Yoga 3:00 ■ GR Healthy Habits with Polly and Gabrielle 4:30 ■ LB Happy Hour 5:00 ■ GR Town Hall Mtg with Gabrielle 6:00 ■ GR Live Music with Mary Hall	10:00 ■ YS SilverSneakers Fitness Class 1:00 ■ GR Bridge Club 3:00 ■ PD Apple Users Group	8:15 ■ GR Coffee Klatch 10:30 ■ MT The Great Courses - Tour Washington DC 2:00 ■ PD Chair Massage with Amy ♥ 5:00 ■ LB Happy Hour	2:00 ■ MT Matinee Movie
29	30	31				
3:30 ■ CR Sunday Tea Time ☕	8:15 ■ GR Coffee Klatch 10:30 ■ FC Machine Circuit Training 3:30 ■ YS Mindful Meditation Mondays 7:00 ■ CR Book Club 📖	10:00 ■ YS SilverSneakers Fitness Class 11:00 ■ DK After Workout GREEN Smoothies 1:00 ■ GR Mahjongg				



Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

Year	Milestone
1847	The first U.S. postage stamps are issued.
1860	The Pony Express mail service begins.
1918	Airmail service between New York and Washington, D.C., takes off.
1942	Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.
1963	ZIP codes are assigned.
1971	The Post Office Department is renamed the U.S. Postal Service.
1993	A stamp featuring Elvis Presley becomes the bestselling commemorative stamp.
2007	The "forever" stamp debuts.

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.