

# MAY 2023

## Assisted and Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B Bistro</b> <b>C Channel 1-3</b> <b>CR Community Room</b> <b>GR Game Room</b> <b>L Lobby</b> <b>M Meditation Room</b> <b>P Patio</b> <b>T Theater</b> <b>TR 3rd Floor Training Room</b>	<b>1</b> 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 2:00 1:1 Meeting w/Activities Staff Brooke & Nate (B) 3:45 Bingo (B)	<b>2</b> 10:00 Coffee & Donut Social Hour (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Room Visit (To be added to list see Brooke) (Rooms) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Cub or Walgreen's (L) 6:00 Evening Movie (T)	<b>3</b> 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Pianist James Shaw (CR) 2:00 Healing Touch (By Appointment w/Carrie) (M) 3:30 Christian Worship (CR)	<b>4</b> <b>Happy Birthday John M!</b> 10:00 Coffee & Cookie Social Hour (B) 10:30 Resident Council Meeting (CR) 10:30 Brain Training (C) 11:00 Pilate's (C) 11:15 Family Resident Council (CR) 2:00 Group Outing: Ebenezer Art Gallery (L) 6:00 Living-Room Symphony (C)	<b>5</b> 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Movie Matinee (T) 3:00 Happy Hour (B)	<b>6</b> 9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)
10:00 Mount Olivet Worship Livestream (CR) 10:00 Coffee & Pastry Social Hour (CR) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	<b>7</b> 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 2:30 MacPhail Unwrap Music: Italian Baroque: Vivaldi, Scarlatti, & the Invention of the Piano (CR) 3:45 Bingo (CR)	<b>8</b> <b>Happy Birthday Lewis S!</b> 10:00 Coffee & Donut Social Hour (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Room Visit (To be added to list see Brooke) (Rooms) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Lund's & Byerly's (L) 3:00 Twin Citites Pain Clinic Seminar (CR) 6:00 Evening Movie (T)	<b>9</b> 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Healing Touch (By Appointment w/Carrie) (M) 3:30 Christian Worship (CR)	<b>10</b> 10:00 Coffee & Cookie Social Hour (B) 10:30 Brain Training (C) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 2:00 Spring Painting Group w/Cheers Pablo (CR) 6:00 Living-Room Symphony (C)	<b>11</b> 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Gardening Group (P) 3:00 Happy Hour (B)	<b>12</b> 9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)
<b>Mother's Day</b> 10:00 Mount Olivet Worship Livestream (CR) 10:00 Coffee & Pastry Social Hour (CR) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	<b>14</b> <b>Happy Birthday Shirley H &amp; Peggy K!</b> 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 1:00 MacPhail Hour: Yonathan Bekure, songwriter and bass player (CR) 2:30 Mother's Day Tea Party (B) 4:00 Care Partner Support Group (CR)	<b>15</b> 10:00 Coffee & Donut Social Hour (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Room Visit (To be added to list see Brooke) (Rooms) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Target (L) 6:00 Evening Movie (T)	<b>16</b> 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Russel & Skippin Stones Lite/Soft Rock, classic, and Americana hits (CR) 2:00 Healing Touch (By Appointment w/Carrie) (M) 3:30 Christian Worship (CR)	<b>17</b> 10:00 Coffee & Cookie Social Hour (B) 10:30 Brain Training (C) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 2:00 Group Dollar Tree Outing (L) 6:00 Living-Room Symphony (C)	<b>18</b> 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Movie Matinee (T) 3:00 Happy Hour (B)	<b>19</b> 9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)
<b>20</b> 10:00 Mount Olivet Worship Livestream (CR) 10:00 Coffee & Pastry Social Hour (CR) 12:00 Our Lady of Grace Church Service (Channel 29) 1:00 Westminster Presbyterian Service (Channel 29) 2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)	<b>20</b> 11:00 Upper Body Stretching (C) 11:15 Group Exercise (TR) 1:00 MacPhail Hour: Yonathan Bekure, songwriter and bass player (CR) 2:30 Mother's Day Tea Party (B) 4:00 Care Partner Support Group (CR)	<b>20</b> 10:00 Coffee & Donut Social Hour (B) 10:30 Brain Training (C) 11:00 Leg Exercises (C) 11:00 Chaplain Craig 1:1 Room Visit (To be added to list see Brooke) (Rooms) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Target (L) 6:00 Evening Movie (T)	<b>20</b> 11:00 Full Body Exercise (C) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Russel & Skippin Stones Lite/Soft Rock, classic, and Americana hits (CR) 2:00 Healing Touch (By Appointment w/Carrie) (M) 3:30 Christian Worship (CR)	<b>20</b> 10:00 Coffee & Cookie Social Hour (B) 10:30 Brain Training (C) 11:00 Pilate's (C) 11:15 Group Exercise (TR) 2:00 Group Dollar Tree Outing (L) 6:00 Living-Room Symphony (C)	<b>20</b> 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C) 1:00 Movie Matinee (T) 3:00 Happy Hour (B)	<b>20</b> 9:30 Sitting or Standing Tai Chi (C) 11:00 Livingroom Concert (C) 1:00 Chair Yoga (C) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>21</b></p> <p>10:00 Mount Olivet Worship Livestream (CR)</p> <p>10:00 Coffee &amp; Pastry Social Hour (CR)</p> <p>12:00 Our Lady of Grace Church Service (Channel 29)</p> <p>1:00 Westminster Presbyterian Service (Channel 29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)</p>	<p><b>22</b></p> <p>10:00 Nice Guy Technology Group (CR)</p> <p>11:00 Upper Body Stretching (C)</p> <p>11:15 Group Exercise (TR)</p> <p>3:45 Bingo (CR)</p>	<p><b>23</b></p> <p>10:00 Coffee &amp; Donut Social Hour (B)</p> <p>10:30 Brain Training (C)</p> <p>11:00 Leg Exercises (C)</p> <p>11:00 Chaplain Craig 1:1 Room Visit (To be added to list see Brooke) (Rooms)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Lund's &amp; Byerly's (L)</p> <p>6:00 Evening Movie (T)</p>	<p><b>24</b></p> <p>Happy Birthday Martha M!</p> <p>11:00 Full Body Exercise (C)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 House Plant Coaching Group by Mother Earth Gardens (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie) (M)</p> <p>3:30 Christian Worship (CR)</p>	<p><b>25</b></p> <p>10:00 Coffee &amp; Cookie Social Hour (B)</p> <p>10:30 Brain Training (C)</p> <p>11:00 Pilate's (C)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Wii Bowling Group w/Nate (CR)</p> <p>6:00 Living-Room Symphony (C)</p>	<p><b>26</b></p> <p>Happy Birthday Violet D!</p> <p>10:00 Catholic Service &amp; Communion (CR)</p> <p>11:15 Group Exercise (TR)</p> <p>11:20 Pilates (C)</p> <p>1:00 Gardening Group (P)</p> <p>3:00 Happy Hour (B)</p>	<p><b>27</b></p> <p>9:30 Sitting or Standing Tai Chi (C)</p> <p>11:00 Livingroom Concert (C)</p> <p>1:00 Chair Yoga (C)</p> <p>2:00 Independent Games/Puzzles/Cards Group (GR)</p> <p>3:00 Classic Film or Musical (C)</p>
<p><b>28</b></p> <p>10:00 Mount Olivet Worship Livestream (CR)</p> <p>10:00 Coffee &amp; Pastry Social Hour (CR)</p> <p>12:00 Our Lady of Grace Church Service (Channel 29)</p> <p>1:00 Westminster Presbyterian Service (Channel 29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (Channel 29)</p>	<p><b>29</b></p> <p>Memorial Day</p> <p>11:00 Upper Body Stretching (C)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Llama Visits (P)</p> <p>3:45 Bingo (CR)</p>	<p><b>30</b></p> <p>10:00 Coffee &amp; Donut Social Hour (B)</p> <p>10:30 Brain Training (C)</p> <p>11:00 Leg Exercises (C)</p> <p>11:00 Chaplain Craig 1:1 Room Visit (To be added to list see Brooke) (Rooms)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Cub Foods (L)</p> <p>6:00 Evening Movie (T)</p>	<p><b>31</b></p> <p>Happy Birthday John R!</p> <p>11:00 Full Body Exercise (C)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Birthday Party Live Entertainment: Pianist James Christenson (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie) (M)</p> <p>3:30 Christian Worship (CR)</p>	<p><b>31</b></p> <p>Green = TV Only Programs</p> <p>Blue = Performances &amp; Special Events</p> <p>Red = Independent Programs</p>		