

# Amira Bloomington Activity Calendar – Sample

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<i>Amira</i>	<b>9:30</b> Wake & Workout Exercise <b>11:30</b> Knitter's Club <b>1:00</b> Art Class <b>1:00</b> Bridge <b>3:00</b> Travel Club <b>6:30</b> Virtual Cardio & Weight Training Exercise Class	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>1:00</b> Mahjong <b>2:00</b> Walking Group <b>4:00</b> Scrabble <b>5:00</b> Social Hour in the GR <b>6:30</b> Card Game Night <b>7:00</b> Music at the Normandale Lake Bandshell	<b>8:30</b> Virtual Stretching Exercises <b>9:30</b> Instructional Tai Chi <b>1:30</b> Bingo <b>3:00</b> Library Committee <b>7:00</b> Cribbage	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>1:30</b> Creative Arts Club <b>2:00</b> Cribbage <b>3:30</b> Rummikub <b>4:00</b> Genealogy Club <b>6:30</b> Virtual Ballet Inspired Barre	<b>9:30</b> Wake & Workout Exercise <b>11:30</b> Go Green Club <b>1:00</b> Pool/Billiards Group <b>4:00</b> Happy Hour	<b>9:30</b> Virtual Mat Yoga <b>11:00</b> Virtual Chair Yoga <b>6:30</b> Card Game Night
7	8	9	10	11	12	13
<b>12:00</b> Vikings Game <b>2:00</b> Mah Jongg	<b>9:30</b> Wake & Workout Exercise <b>11:00</b> Presentation: "How To Stay Safe at Home" <b>1:00</b> Newsletter Committee <b>1:00</b> Bridge <b>6:30</b> Virtual Pilates	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>1:00</b> Mahjong <b>2:00</b> Walking Group <b>4:00</b> Scrabble <b>5:00</b> Social Hour in the GR <b>6:30</b> Card Game Night <b>7:00</b> Music at the Normandale Lake Bandshell	<b>8:30</b> Virtual Stretching Exercises <b>9:30</b> Instructional Tai Chi <b>1:30</b> Bingo <b>3:00</b> Library Committee <b>7:00</b> Cribbage	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>11:30</b> Culinary Club <b>1:30</b> Photography Group <b>2:00</b> Cribbage <b>3:30</b> Rummikub <b>6:30</b> Virtual Barre	<b>9:30</b> Wake & Workout Exercise <b>10:30</b> Water Aerobics - Pool <b>11:30</b> Coffee Meet & Greet <b>1:00</b> Pool/Billiards Group <b>2:00</b> Movie Club <b>4:30</b> Resident Led Floor Happy Hour	<b>9:30</b> Virtual Mat Yoga <b>11:00</b> Virtual Chair Yoga <b>6:30</b> Card Game Night
14	15	16	17	18	19	20
<b>2:00</b> Mah Jongg <b>6:00</b> Shakespeare in the Park at the Normandale Lake Bandshell	<b>9:30</b> Wake & Workout Exercise <b>1:00</b> Cooking Class <b>1:00</b> Bridge <b>4:00</b> Live Music <b>6:30</b> Virtual Cardio & Weight Training	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>11:30</b> Book Club <b>1:00</b> Mahjong <b>2:00</b> Walking Group <b>4:00</b> Scrabble <b>5:00</b> Social Hour in the GR <b>6:30</b> Card Game Night	<b>8:30</b> Virtual Stretching Exercises <b>9:30</b> Instructional Tai Chi <b>1:30</b> Bingo <b>3:00</b> Library Committee <b>7:00</b> Cribbage	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>12:30</b> Mini'app'les Meeting <b>1:30</b> Creative Arts Club <b>2:00</b> Cribbage <b>3:30</b> Rummikub <b>6:30</b> Virtual Ballet Inspired Barre	<b>9:30</b> Wake & Workout Exercise <b>12:30</b> Movie Matinee <b>1:00</b> Pool/Billiards Group <b>5:00</b> Themed Potluck	<b>9:30</b> Virtual Mat Yoga <b>11:00</b> Virtual Chair Yoga <b>6:30</b> Card Game Night
21	22	23	24	25	26	27
<b>4:00</b> Vikings Game <b>2:00</b> Mah Jongg	<b>9:30</b> Wake & Workout Exercise <b>1:00</b> Bridge <b>3:00</b> Volunteer/Community Outreach Committee <b>6:30</b> Virtual Pilates	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>1:00</b> Mahjong <b>2:00</b> Walking Group <b>4:00</b> Scrabble <b>5:00</b> Social Hour in the GR <b>6:30</b> Card Game Night <b>7:00</b> Music at the Normandale Lake Bandshell	<b>8:30</b> Virtual Stretching Exercises <b>9:30</b> Instructional Tai Chi <b>1:30</b> Bingo <b>3:00</b> Library Committee <b>7:00</b> Cribbage	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>1:30</b> Creative Arts Club/Art Enthusiast Meeting <b>2:00</b> Cribbage <b>3:30</b> Rummikub <b>5:00</b> Restaurant Outing <b>6:30</b> Virtual Barre	<b>9:30</b> Wake & Workout Exercise <b>10:30</b> Water Aerobics - Pool <b>11:00</b> Coffee & Conversation <b>1:00</b> Pool/Billiards Group <b>4:00</b> Happy Hour/Monthly Birthday Party	<b>9:30</b> Virtual Mat Yoga <b>11:00</b> Virtual Chair Yoga <b>6:30</b> Card Game Night
28	29	30				
<b>2:00</b> Mah Jongg	<b>9:30</b> Wake & Workout Exercise <b>1:00</b> Bridge <b>6:30</b> Virtual Cardio & Weight Training	<b>9:30</b> Mat Yoga <b>10:15</b> Chair Yoga <b>1:00</b> Mahjong <b>2:00</b> Walking Group <b>4:00</b> Scrabble <b>5:00</b> Social Hour in the GR <b>6:30</b> Card Game Night				<b>Resident led activities are RED</b>