

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

Check Channel 1-2 for daily updates to schedule

<p>9:00 Stretch DVD, TV 5 10:30 Christ Lutheran Church Service TV 11:00 Discussion Group T 12:00 Vikings @ Atlanta T 2:00 Strengthening TV 3:30 Women's Group P</p>	<p>9:00 Stretch DVD, TV 6 9:30 Men's Group FP 10:30 Chair Yoga T 1:00 Card/game group P 1:30 Movie Matinee T 2:00 Strengthening TV 4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 7 10:00-10:30 Bank SR 11:00 BINGO TV or P 1:00 Massage T 1:30 Veteran Presentation P 2:00 Exercise Class MC DR 2:00 Strengthening TV 4:00 Women's Group P</p>	<p>9:00 Stretch DVD, TV 1 10:00 Catholic Mass TV 1:00 Tell me your story P 2:00 Happy Hour with Phil Kitz P 3:00 Strengthening TV 3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 2 11:00 BINGO TV or P 1:30 Volleyball Court Tour 2:00 Strengthening TV 2:00 Exercise Class MC DR 4:00 Card Making P</p>	<p>9:00 Stretch DVD, TV 3 9:30 Chair Yoga T 10:00 Bible Study P 11:00 Church Service T 2:00 Strengthening TV 4:00 Game Night</p>	<p>8:00 Men's Group FP 4 9:00 Stretch DVD, TV 10:30 Manicures P 1:30 Movie Matinee T 2:00 Strengthening TV 3:30 Women's Group P</p>
<p>9:00 Stretch DVD, TV 5 10:30 Christ Lutheran Church Service TV 11:00 Discussion Group T 12:00 Vikings @ Atlanta T 2:00 Strengthening TV 3:30 Women's Group P</p>	<p>9:00 Stretch DVD, TV 6 9:30 Men's Group FP 10:30 Chair Yoga T 1:00 Card/game group P 1:30 Movie Matinee T 2:00 Strengthening TV 4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 7 10:00-10:30 Bank SR 11:00 BINGO TV or P 1:00 Massage T 1:30 Veteran Presentation P 2:00 Exercise Class MC DR 2:00 Strengthening TV 4:00 Women's Group P</p>	<p>9:00 Stretch DVD, TV 8 10:00 Catholic Mass TV 10:00-11:00 Wellness Clinic T 11:00 Drama Club T 1:00 Tell me your story P 2:00 Happy Hour with Michael Zieghan P 3:00 Strengthening TV 3:30 Historical Veterans Trivia T</p>	<p>9:00 Stretch DVD, TV 9 11:00 BINGO TV or P 1:30 Tech Hour P 2:00 Strengthening TV 2:00 Exercise Class MC DR 4:00 Book Club P</p>	<p>9:00 Stretch DVD, TV 10 9:30 Chair Yoga T 10:00 Bible Study P 11:00 Church Service T 2:00 Strengthening TV 3:00 Veterans Day Ceremony TV or T 4:00 Game Night</p>	<p>8:00 Men's Group FP 11 9:00 Stretch DVD, TV 10:30 Manicures P 1:30 Movie Matinee T 2:00 Strengthening TV 3:30 Women's Group P</p> <p style="text-align: right;"><small>Veterans Day Remembrance Day (Canada)</small></p>
<p>9:00 Stretch DVD, TV 12 10:30 Christ Lutheran Church Service TV 11:00 Creative Writing P 12:00 Vikings vs New Orleans T 2:00 Strengthening TV 3:30 Women's Group P</p> <p style="text-align: center;"><small>Diwali (Hindi)</small></p>	<p>9:00 Stretch DVD, TV 13 9:30 Men's Group FP 10:30 Chair Yoga T 1:00 Target shopping 1:30 Movie Matinee T 2:00 Strengthening TV 4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 14 9:45 Wunder Years Visit P 11:00 BINGO TV or P 1:00 Ask a Master Gardner P 2:00 Exercise Class MC DR 2:00 Strengthening TV 4:00 Watercolor Class P</p>	<p>9:00 Stretch DVD, TV 15 10:00 Catholic Mass TV 11:00 Drama Club T 1:00 Tell me your story P 2:00 Happy Hour with the Bandan-AHHHs P 3:00 Strengthening TV 3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 16 11:00 BINGO TV or P 1:00 Drawing Class P 2:00 Strengthening TV 2:00 Exercise Class MC DR 4:00 Book Club P</p>	<p>9:00 Stretch DVD, TV 17 9:30 Chair Yoga T 10:00 Bible Study P 11:00 Church Service T 11:45 Lake Elmo Inn Lunch 2:00 Strengthening TV 4:00 Game Night</p>	<p>8:00 Men's Group FP 18 9:00 Stretch DVD, TV 10:30 Manicures P 1:30 Movie Matinee T 2:00 Strengthening TV 3:30 Women's Group P</p>
<p>9:00 Stretch DVD, TV 19 10:30 Christ Lutheran Church Service TV 11:00 Discussion Group T 2:00 Strengthening TV 3:30 Women's Group P 7:20 Vikings @ Denver T</p>	<p>9:00 Stretch DVD, TV 20 9:30 Men's Group FP 10:00 Catholic Communion Offering 1:00 Card/game group P 1:30 Movie Matinee T 2:00 Strengthening TV 4:00 Sticker Art P</p>	<p>9:00 Stretch DVD, TV 21 10:00-10:30 Bank SR 11:00 BINGO TV or P 1:00 Massage T 2:00 Exercise Class MC DR 2:00 Strengthening TV 4:00 Women's Group P</p>	<p>9:00 Stretch DVD, TV 22 10:00 Catholic Mass TV 11:00 Drama Club T 1:00 Tell me your story P 2:00 Happy Hour with Ross McLeod P 3:00 Strengthening TV 3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 23 11:00 Turkey BINGO TV or P 2:00 Strengthening TV 4:00 Women's Group P</p> <p style="text-align: center;"><small>Thanksgiving Day (US)</small></p>	<p>9:00 Stretch DVD, TV 24 9:30 Chair Yoga T 10:00 Bible Study P 11:00 Church Service T 2:00 Strengthening TV 4:00 Game Night</p>	<p>8:00 Men's Group FP 25 9:00 Stretch DVD, TV 10:30 Manicures P 1:30 Movie Matinee T 2:00 Strengthening TV 3:30 Women's Group P</p>
<p>9:00 Stretch DVD, TV 26 10:30 Christ Lutheran Church Service TV 11:00 Creative Writing P 2:00 Strengthening TV 3:30 Women's Group P</p>	<p>9:00 Stretch DVD, TV 27 9:30 Men's Group FP 10:30 Chair Yoga T 1:00 Card/game group P 1:30 Movie Matinee T 2:00 Strengthening TV 4:00 Sticker Art P 7:15 Vikings vs Chicago T</p>	<p>9:00 Stretch DVD, TV 28 9:45 Wunder Years Visit P 11:00 BINGO TV or P 1:00 Gardening Group P 2:00 Exercise Class MC DR 2:00 Strengthening TV 2:30 Musical Christmas Program P 4:00 Watercolor Class P</p>	<p>9:00 Stretch DVD, TV 29 10:00 Catholic Mass TV 11:00 Drama Club T 1:00 Tell me your story P 2:00 Birthday Happy Hour P 3:00 Strengthening TV 3:30 Historical Trivia T</p>	<p>9:00 Stretch DVD, TV 30 11:00 BINGO TV or P 2:00 Strengthening TV 1:30 Resident Council P 2:00 Exercise Class MC DR 4:00 Card Making P</p>	<p>FP - 1st floor fireplace P- 2nd floor Pub TV- Channel 1-2 DR- Dining Room T- Theater Room MC DR – Memory Care Dining Room PL – Parking Lot GH – Green House F – The Fields</p>	