



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE NOTE: Outings/programs marked with an asterisk (*) have limited space and require sign-up. Please sign up in the Life Enrichment Binder (in the lobby) where more information is provided.</p>	<p>9:30 Balance & Motion Class - CR 1 10:15 Buggy Visits with Ebenezer Infant Friends - All Floors 10:45 Brain Health & Wellness Presentation/Discussion - CR (No MacPhail Music program today) 1:00 Precious Memories Hymn Sing - CR 2:00 Happy Hour - CR 3:00 Wii Bowling - TH 6:00 Rick Steves' Travel Show: Austrian & Italian Alps - Ch 71</p>	<p>9:30 Fit Ball Strength Training 2 Class with Andrea - Ch 71 9:45 Pet Visits with Maggie & Honey 10:45 Spring Memory Game with Ebenezer Preschool Friends - CR 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Sharing Our Stories Program with Diane J. - CR 6:00 Evening (Book Club) Movie: A Man Called Otto - TH</p>	<p>9:30 Ebenezer Ridges Memorial Service - CR 3 10:45 Seated Yoga with Gabe - CR 1:00 Friendship Visits - All Floors *1:00 Galleria Floral Experience (Galleria Mall - Edina) 2:00 Featured Cocktail Hour: Gin & Tonic - CR 3:00 500 Card Game - CR 6:00 Comedy Hour - CR</p>	<p>9:30 Balance & Motion Class with Gabe - CR 4 10:45 Resident Forum - CR 1:00 Pet Visits with Carole & Scruffy - All Floors 2:00 Monthly Birthday Party - CR 3:00 TULIP Theme Bingo - CR 6:00 1950's Music with Mark & Lisa - CR</p>	<p>9:30 Balance Exercise Class - CR 5 10:15 Pet Visits with Paul & Jolie - All Floors *10:30 Manicures & Mimosas with Bobby Jo & Marian - 2nd Floor 1:00 Community Resident Ambassador Member Meeting - CH 2:00 Fresh Fruit Social - CR 3:00 Relaxing Music - Ch 71 6:00 Once is Enough Inspirational Documentary - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise DVD</i> - Ch 71 10:30 Morning Coffee Chats - CR 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Book Club with Gabe - CR</p>
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 1:00 Pokeno - CR 2:00 Afternoon Refreshments - CR 3:00 Precious Memories Hymn Sing - CR</p>	<p>9:30 Balance & Motion Class - CR 8 10:15 Buggy Visits with Ebenezer Toddler Friends - All Floors 10:45 Service of Morning Prayer with Chaplain Darin - CR 1:00 Unwrapping Music with MacPhail Center for Music - CR 2:15 Happy Hour - CR 3:00 Wii Bowling - TH 3:15 Down Memory Lane Memory Stimulation Activity - CR 6:00 Rick Steves' Travel Show: Swiss Alps - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise Class</i> - CR 9 9:45 Pet Visits with Maggie & Honey - All Floors 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Cards / Games - CR 6:00 Evening Movie: Facing the Giants - TH</p>	<p>9:30 Worship Service with Holy Communion - CR 10 10:45 <i>Art with Heart</i> with Teaching Artists Debbie & Sue - WR 1:00 TED TALKS: My Philosophy for a Happy Life - CR 2:00 Featured Cocktail Hour: <i>Lemon Drop Martini</i> - CR 3:00 Divine Mercy Chaplet / Catholic Communion / Rosary - CH 6:00 Comedy Hour - CR</p>	<p>9:30 <i>Fit Ball Strength Training Class</i> - CR 11 10:45 Friendship Visits - All Floors 1:00 Pet Visits with Carole & Scruffy - All Floors 2:00 Chef Special Social - CR 3:00 APRIL Theme Bingo - CR 6:00 Minnesota From the Road: Heartland Lakes Tour Presentation with Storyteller/ Photographer Doug Ohman - CR</p>	<p>9:30 <i>Balance Exercise Class</i> - CR 12 10:15 Pet Visits with Paul & Jolie - All Floors *11:00 Lunch Outing: House of Coates (Rosemount) 1:00 Life History Visits - All Floors 2:00 Fresh Fruit Social (with Piano Music by Grace) - CR 3:00 Relaxing Music - Ch 71 6:00 Inspirational Documentary: Gleason - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise DVD</i> - Ch 71 13 10:30 Morning Coffee Chats - CR 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 500 Card Game - CR 3:30 Friendship Visits - All Floors</p>
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 1:00 Pokeno - CR 2:00 Afternoon Refreshments - CR 3:00 Precious Memories Hymn Sing - CR</p>	<p>9:30 <i>Balance & Motion Class</i> - CR 15 10:15 Buggy Visits with Ebenezer Toddler Friends - All Floors 10:45 Brain Teasers (Trivia and Word Games for Brain Health) - CR 1:00 Unwrapping Music with MacPhail Center for Music - CR 2:15 Happy Hour - CR 3:00 Wii Bowling - TH 6:00 Rick Steves' Travel Show: French Alps and Lyon - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise Class</i> - CR 16 9:45 Pet Visits with Maggie & Honey - All Floors *10:00 Catholic Rosary/Mass - ECH 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Sharing Our Stories Program with Diane J. - CR 6:00 Evening Cocktail Hour with Andrea - CR</p>	<p>9:30 <i>Worship Service</i> - CR 17 10:45 Seated Yoga with Gabe - CR *1:00 Scenic Drive & DQ Treats: Prior Lake 2:00 Featured Cocktail Hour: <i>Tequila Sunrise</i> - CR 3:00 The Kindness Diaries Show: The Gift of Love Episode Viewing & Reflection - CR 6:00 Comedy Hour - CR</p>	<p>9:30 <i>Fit Ball Strength Training Class</i> - CR 18 10:45 Earth Day Mini Gardens with Ebenezer Preschool Friends - CR 1:00 Pet Visits with Carole & Scruffy - All Floors 2:00 Chef Special Social - CR 3:00 SPRINGTIME Theme Bingo - CR 6:00 Classic Country Music with Pete Hofmann - CR</p>	<p>9:30 <i>Balance Exercise Class</i> - CR 19 10:15 Pet Visits with Paul & Jolie - All Floors *10:30 Manicures & Mimosas with Bobby Jo & Marian - 2nd Floor *11:45 Special Lunch with Ebenezer Preschool Friends - CR 2:00 Fresh Fruit Social - CR 3:00 Relaxing Music - Ch 71 6:00 Inspirational Documentary: Happy People: A Year in the Taiga - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise DVD</i> - Ch 71 20 10:30 Morning Coffee Chats - CR 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Literary Listeners with Gabe - CR</p>
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 1:00 Pokeno - CR 2:00 Afternoon Refreshments - CR 3:00 Precious Memories Hymn Sing - CR</p>	<p>9:30 <i>Balance & Motion Class</i> - CR 22 10:15 Buggy Visits with Ebenezer Infant Friends - All Floors 10:45 Service of Morning Prayer with Chaplain Darin - CR 1:00 Unwrapping Music with MacPhail Center for Music - CR 2:15 Happy Hour - CR 2:30 - 3:30 Monthly Dakota County Library Outreach Service - TH 6:00 Rick Steves' Travel Show: Egypt's Cairo - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise Class</i> - CR 23 10:45 Global Intergenerational Week: Mix & Mingle Activity with Ebenezer Preschool Friends - CR 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Cards / Games - CR 6:00 Evening Movie: We Bought A Zoo - TH</p>	<p>9:30 <i>Worship Service</i> - CR 24 10:45 Seated Yoga with Gabe - CR 1:00 TED TALKS: 3 Steps of Anxiety Overload - And How You Can Take Back Control - CR 2:00 Featured Cocktail Hour: <i>Blue Hawaii</i> - CR 3:00 Divine Mercy Chaplet / Catholic Communion / Rosary - CH 6:00 Comedy Hour - Ch 71 <small>Administrative Professionals Day</small></p>	<p>9:30 <i>Fit Ball Strength Training Class</i> - CR 25 *11:00 Global Intergenerational Week Outing: Eagle Ridge School Visit (Timeslips / Lunch) 1:00 Pet Visits with Carole & Scruffy - All Floors 2:00 Chef Special Social - CR 3:00 Alphabet Theme Bingo: Letter T - CR 6:00 Classic Cocktail Hour - CR</p>	<p>9:30 <i>Balance Exercise Class</i> - CR 26 10:15 Pet Visits with Paul & Jolie - All Floors 10:30 Friendship Visits with Marian - All Floors 1:00 Life History Visits - All Floors 2:00 Fresh Fruit Social (with Piano Music by Grace) - CR 3:00 Relaxing Music - Ch 71 6:00 Saved for a Season Inspirational Documentary - Ch 71 <small>Arbor Day</small></p>	<p>9:30 <i>Arthritis Foundation Exercise DVD</i> - Ch 71 27 10:30 Morning Coffee Chats - CR 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 500 Card Game - CR 3:30 Friendship Visits - All Floors</p>
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 1:00 Pokeno - CR 2:00 Afternoon Refreshments - CR 3:00 Precious Memories Hymn Sing - CR</p>	<p>9:30 <i>Balance & Motion Class</i> - CR 29 10:15 Buggy Visits with Ebenezer Toddler Friends - All Floors 10:45 Brain Teasers (Trivia and Word Games for Brain Health) - CR 1:00 Unwrapping Music with MacPhail Center for Music - CR 2:15 Happy Hour - CR 3:00 Wii Bowling - TH 6:00 Rick Steves' Travel Show: Egypt's Nile, Alexandria & Luxor - Ch 71</p>	<p>9:30 <i>Arthritis Foundation Exercise DVD</i> - Ch 71 30 10:45 Morning Greetings with Ebenezer Preschool Friends - All Floors 1:00 Dime Bingo - CR 2:00 Happy Hour - CR 3:00 Cards / Games - CR *6:00 Evening Scenic Drive</p>				

April 2024

Arbors at Ridges Life Enrichment Calendar

LOCATION KEY: **Ch 71** = Arbors TV Channel 71; **CH** = Arbors Chapel (1st floor); **CR** = Community Room (1st floor); **DR** = Dining Room (1st floor); **ECH** = Ebenezer Care Center Chapel; **PDR** = Private Dining Room (1st floor); **SL** = Stoneridge Lounge (1st floor); **TH** = Theater Room (1st floor); **WR** = Wellness Room (1st floor)