

JULY 2024

AL & IL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B Bistro C2 Channel 1-2 C29 Channel 29 C3 Channel 1-3 CR Community Room GR Game Room 3rd Floor L Lobby L Library MC Memory Care P Patio R Room to Room T Theater TR 3rd Floor Training Room</p>	<p>1 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 1:00 Pet Therapy Visit w/Volunteer Karen & Dog Flora (L) 2:00 Live Entertainment: Guitarist Vinnie Rose (CR) 3:45 Bingo (CR)</p>	<p>2 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Kowalski's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)</p>	<p>3 11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 1:00 Meet Brooke's new puppy Milo (P) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)</p>	<p>4 Happy 4th of July! 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C3) 11:00 Pilate's (C3) 2:00 4th of July Trivia & Crosswords (pickup at front desk & turn in for a prize)! (L) 6:00 Living-Room Symphony (C3)</p>	<p>5 Happy Birthday Sandra! 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 3:00 Happy Hour (B)</p>	<p>6 9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 10:00 Virtual Tai Chi Class (TR) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>7 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 2:30 MacPhail Unwrap Music: Yo Yo Ma, National Treasure! (CR) 3:45 Bingo (CR)</p>	<p>8 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 1:45 Virtual Tai Chi Class (TR) 2:00 Individual Outing: Cub Foods (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)</p>	<p>9 11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Ross McLeod (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)</p>	<p>10 10:00 Bagel Break & Coffee (B) 10:30 Resident Council (CR) 10:30 Brain Training (C3) 11:00 Pilate's (C3) 11:15 Family Resident Council (CR) 1:30 Speaker Gary Hanson Topic: Lost Art-Found (CR) 6:00 Living-Room Symphony (C3)</p>	<p>11 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee (T) 3:00 Happy Hour (B)</p>	<p>12 9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 10:00 Virtual Tai Chi Class (TR) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>14 Happy Birthday Patty! 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 1:00 MacPhail Hour: The many styles of strings violinist & cello (CR) 1:00 Pet Therapy Visit w/Volunteer Karen & Dog Flora (Library) 2:45 Bingo (B) 4:00 Care Giver Support Group: Guest Speaker Nicole Will (CR)</p>	<p>15 10:00 Donut Dash & Coffee (B) 10:00 Coffee w/Chef (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 12:00 Edina First Responders Luncheon (P) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Lund's & Byerly's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)</p>	<p>16 Happy Birthday Dominic! 11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Diane Zilverberg Duo (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)</p>	<p>17 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C3) 11:00 Pilate's (C3) 11:15 Group Exercise (TR) 2:00 Group Wii Bowling (CR) 6:00 Living-Room Symphony (C3)</p>	<p>18 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee (T) 3:00 Happy Hour & Live Music The Squires Band (P)</p>	<p>19 9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 10:00 Virtual Tai Chi Class (TR) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>14 Happy Birthday Patty! 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 1:00 MacPhail Hour: The many styles of strings violinist & cello (CR) 1:00 Pet Therapy Visit w/Volunteer Karen & Dog Flora (Library) 2:45 Bingo (B) 4:00 Care Giver Support Group: Guest Speaker Nicole Will (CR)</p>	<p>15 10:00 Donut Dash & Coffee (B) 10:00 Coffee w/Chef (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 12:00 Edina First Responders Luncheon (P) 1:30 Flower Bouquets (CR) 2:00 Individual Outing: Lund's & Byerly's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)</p>	<p>16 Happy Birthday Dominic! 11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Diane Zilverberg Duo (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)</p>	<p>17 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C3) 11:00 Pilate's (C3) 11:15 Group Exercise (TR) 2:00 Group Wii Bowling (CR) 6:00 Living-Room Symphony (C3)</p>	<p>18 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee (T) 3:00 Happy Hour & Live Music The Squires Band (P)</p>	<p>20 9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Happy Birthday Michael & Peggy! 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 10:00 Virtual Tai Chi Class (TR) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)	22 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Elija Singer and Pianist (CR) 3:45 Bingo (CR)	23 Happy Birthday Richard & Shirley & Lily! 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:00 Culver's Ice Cream Cart (\$5 for residents) (P) 1:30 Flower Bouquets (CR) 1:45 Virtual Tai Chi Class (TR) 2:00 Individual Outing: Target (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)	24 Happy Birthday Joan! 11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Live Birthday Party Entertainment: Tamas Major's (CR) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)	25 10:00 Group Outing: Minnesota Candy Store *RSVP* (L) 10:00 Bagel Break & Coffee (B) 10:30 Brain Training (C3) 11:00 Pilate's (C3) 11:15 Group Exercise (TR) 6:00 Living-Room Symphony (C3)	26 10:00 Catholic Service & Communion (CR) 11:15 Group Exercise (TR) 11:20 Pilates (C3) 1:00 Movie Matinee (T) 1:30 Speaker: Mary Agnes Edina Historical Society: Women in postwar magazine illustration (CR) 3:00 Happy Hour (B)	27 9:30 Sitting or Standing Tai Chi (C3) 11:00 Livingroom Concert (C3) 1:00 Chair Yoga (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)
28 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 10:00 Virtual Tai Chi Class (TR) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)	29 Happy Birthday Marlene! 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 2:00 Live Entertainment: House of Dance Twin Cities Break Dancing Team (CR) 3:45 Bingo (CR)	30 10:00 Donut Dash & Coffee (B) 10:30 Brain Training (C3) 11:00 Chaplain Craig 1:1 Visits 11:00 Leg Exercises (C3) 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 1:45 Virtual Tai Chi Class (TR) 2:00 Individual outing: Lund's & Byerly's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)	31 11:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 Minnesota Zoo-Mobile Animals (MC) 2:00 Healing Touch (By Appointment w/Carrie) 3:30 Christian Worship (CR)	Green = TV Only Programs Blue = Performances & Special Events Red = Independent Programs		