

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Arbors at Ridges August 2024

## Life Enrichment Calendar

<p><b>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71</b></p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p><b>2:30 Music &amp; Memories with Heidi - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:30 Buggy Visits with Ebenezer Toddler Friends - All Floors</p> <p><b>10:45 Service of Morning Prayer with Chaplain Darin - CR</b></p> <p><b>1:00 Unwrapping Music with MacPhail Center for Music - CR</b></p> <p>2:15 Happy Hour - CR</p> <p>3:00 Wii Bowling - TH</p> <p><b>6:00 Monday Musical: Saturday Night Fever - Ch 71</b></p>	<p><b>8:00 Special Breakfast - DR</b></p> <p>9:30 <i>Arthritis Foundation</i> Exercise - CR</p> <p><b>*11:45 Pizza Lunch with Ebenezer Preschool Friends - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p>(No Happy Hour today)</p> <p><b>*2:30 Ebenezer Ridges National Night Out Campus Event (Live Music &amp; Root Beer Floats) - Care Center Patio</b></p> <p><b>6:00 Evening Movie: On Fire - TH</b></p>	<p><b>9:30 Ebenezer Ridges Memorial Service - CR</b></p> <p>10:45 Seated Yoga with Gabe - CR</p> <p><b>*11:00 Lunch Outing: Mad Cow Burgers &amp; Brews (Eagan)</b></p> <p>1:00 Community Resident Ambassadors Meeting - CH</p> <p><b>2:00 Meet &amp; Greet with Ebenezer Ridges Campus Administrator Jackson Bires - CR</b></p> <p><b>3:00 Precious Memories Hymn Sing - CR</b></p> <p>6:00 Classic Comedy Hour - Ch 71</p>	<p>9:30 <i>Fit Ball Strength</i> Training Class - CR</p> <p><b>10:45 Resident Forum - CR</b></p> <p>1:00 Friendship Visits - All Floors</p> <p><b>2:00 Monthly Birthday Party - CR</b></p> <p>3:30 SUMMERTIME Theme Bingo - CR</p> <p><b>*6:00 Evening Scenic Drive</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:15 Pet Visits with Paul &amp; Jolie - All Floors</p> <p><b>10:45 Northern Clay Center Pottery Class with Ebenezer Childcare Friends - WR</b></p> <p>2:00 Ice Cream Social - CR</p> <p><b>2:30 Piano Music with Heidi - CR</b></p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p><b>6:00 Inspirational Documentary: Heal - Ch 71</b></p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71</p> <p><b>10:30 Morning Coffee Chats - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p><b>2:00 Happy Hour - CR</b></p> <p>3:30 Friendship Visits - All Floors</p>
<p><b>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71</b></p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p><b>2:30 Music &amp; Memories with Heidi - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:30 Buggy Visits with Ebenezer Toddler Friends - All Floors</p> <p><b>10:45 Service of Morning Prayer with Chaplain Darin - CR</b></p> <p><b>1:00 Unwrapping Music with MacPhail Center for Music - CR</b></p> <p>2:15 Happy Hour - CR</p> <p>3:00 Wii Bowling - TH</p> <p><b>6:00 Monday Musical: Saturday Night Fever - Ch 71</b></p>	<p><b>8:00 Special Breakfast - DR</b></p> <p>9:30 <i>Arthritis Foundation</i> Exercise - CR</p> <p><b>*11:45 Pizza Lunch with Ebenezer Preschool Friends - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p>(No Happy Hour today)</p> <p><b>*2:30 Ebenezer Ridges National Night Out Campus Event (Live Music &amp; Root Beer Floats) - Care Center Patio</b></p> <p><b>6:00 Evening Movie: On Fire - TH</b></p>	<p><b>9:30 Ebenezer Ridges Memorial Service - CR</b></p> <p>10:45 Seated Yoga with Gabe - CR</p> <p><b>*11:00 Lunch Outing: Mad Cow Burgers &amp; Brews (Eagan)</b></p> <p>1:00 Community Resident Ambassadors Meeting - CH</p> <p><b>2:00 Meet &amp; Greet with Ebenezer Ridges Campus Administrator Jackson Bires - CR</b></p> <p><b>3:00 Precious Memories Hymn Sing - CR</b></p> <p>6:00 Classic Comedy Hour - Ch 71</p>	<p><b>9:00 - 11:00 Miracle Ear Hearing Clinic - CH</b></p> <p>9:30 <i>Fit Ball Strength</i> Class - CR</p> <p><b>*12:00 Wood Fire Pizza Food Truck</b> - Arbor Lane Parking Lot</p> <p><b>1:00 Cranium Crunches - CR</b> (Word Games for Brain Health)</p> <p><b>2:00 County Fair Themed Social: Mini Corn Dogs - CR</b></p> <p>3:00 AUGUST Theme Bingo - CR</p> <p><b>6:00 Piano/Vocal Music with Robert Boziach - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:15 Pet Visits with Paul &amp; Jolie</p> <p><b>10:45 Sharing Stories with Ebenezer Childcare Friends - CR</b></p> <p><b>*11:00 County Fair Month Classic Car Show - Care Center Parking Lot</b></p> <p>2:00 Ice Cream Social - CR</p> <p><b>2:30 Piano Music with Heidi - CR</b></p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p><b>6:00 Inspirational Documentary: Wildcat - Ch 71</b></p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71</p> <p><b>10:30 Morning Coffee Chats - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p><b>2:00 National S'mores Day Social - CR</b></p> <p>3:30 Friendship Visits - All Floors</p>
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p><b>2:45 Precious Memories Hymn Sing - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:15 Buggy Visits with Ebenezer Infant Friends - All Floors (No MacPhail Music Program today)</p> <p><b>1:00 Sound Bowl Emersion for Relaxation - CR</b></p> <p>2:00 Happy Hour - CR</p> <p>3:00 Wii Bowling - TH</p> <p><b>6:00 Monday Music: Lawrence Welk - God Bless America - TH</b></p>	<p>9:30 Music &amp; Movement Exercise Class with Rachel - CR</p> <p><b>*10:30 Manicures &amp; Mimosas with Bobby Jo &amp; Rachel - WR</b></p> <p><b>*12:00 Waffle Bar Food Truck</b> - Arbor Lane Parking Lot</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Happy Hour - CR</p> <p><b>3:00 Summertime Fun with Ebenezer Childcare Friends</b> - Front Parking Lot</p> <p><b>*6:00 Evening Scenic Drive</b></p>	<p>9:30 Worship Service with Holy Communion - CR</p> <p><b>10:45 Art with Heart Project with Debbie &amp; Sue - CR</b></p> <p>1:00 Friendship Visits - All Floors</p> <p><b>2:00 County Fair Month Bingo Hall - DR</b></p> <p><b>3:00 Divine Mercy Chaplet / Catholic Communion / Rosary - CH</b></p> <p>6:00 Classic Comedy Hour - Ch 71</p>	<p>9:30 <i>Super Stretch Seated Yoga</i> with Ebenezer Childcare Friends - CR</p> <p><b>*10:45 County Fair Month Campus Event: Rosy the Pony / Petting Zoo</b> - Arbor Lane Parking Lot</p> <p><b>*1:45 pm County Fair Month Campus Event: International Bazaar - ECH</b></p> <p>2:00 County Fair Themed Social: <i>Cheese Curds</i> - CR</p> <p>3:00 Friendship Visits - All Floors</p> <p>6:00 Classic Cocktail Hour - CR</p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:15 Pet Visits with Paul &amp; Jolie - All Floors</p> <p><b>10:45 Northern Clay Center Pottery Class with Ebenezer Childcare Friends - WR</b></p> <p>2:00 Ice Cream Social - CR</p> <p><b>2:30 Piano Music with Heidi - CR</b></p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p><b>6:00 Inspirational Documentary: Kindness Matters - Ch 71</b></p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71</p> <p><b>10:30 Morning Coffee Chats - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p><b>2:00 Happy Hour - CR</b></p> <p>3:30 Friendship Visits - All Floors</p>
<p><b>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71</b></p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p><b>2:30 Music &amp; Memories with Heidi - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:30 Buggy Visits with Ebenezer Toddler Friends - All Floors</p> <p><b>10:45 Service of Morning Prayer with Chaplain Darin - CR</b></p> <p>(No MacPhail Music Program today)</p> <p><b>1:00 Summer Fun Craft with Ebenezer School-Age Friends - CR</b></p> <p>2:00 Happy Hour - CR</p> <p>3:00 Wii Bowling - TH</p> <p><b>6:00 Monday Musical: The Greatest Showman - Ch 71</b></p>	<p>9:30 <i>Arthritis Foundation</i> Exercise - CR</p> <p><b>*10:00 Catholic Rosary/Mass - ECH</b></p> <p><b>*11:00 County Fair Month Campus Food Event: Ridges on a Stick</b> - Arbor Lane Patio</p> <p>1:00 Dime Bingo - CR</p> <p><b>2:00 National Lemonade Day Social - CR</b></p> <p>2:30 Music Program with Heidi - CR</p> <p><b>6:00 Evening (Book Club) Movie: The Guernsey Literary &amp; Potato Peel Pie Society - TH</b></p>	<p>9:30 Worship Service - CR</p> <p><b>10:30 Caregiver Spotlight: Becki K. (Sales &amp; Outreach Dir.) - CR</b></p> <p><b>*11:45 KFC Lunch with Ebenezer Preschool Friends - CR</b></p> <p>1:00 Friendship Visits - All Floors</p> <p>2:00 Featured Drink Social: <i>Vodka Sunrise</i> - CR</p> <p><b>2:45 Precious Memories Hymn Sing - CR</b></p> <p>5:30 Baseball on the Big Screen: <i>Twins vs. San Diego Padres</i> - TH</p>	<p>9:30 <i>Stretch Exercise Class</i> - Ch 71</p> <p><b>*10:00 County Fair Month Campus Event: Dazzling Dave Yo-Yo Performance - ECH</b></p> <p><b>*1:30 Let's Go Fishing Trip: Lake Riley (Eden Prairie)</b></p> <p><b>2:00 County Fair Themed Social: Sweet Martha's Cookies - CR</b></p> <p>3:00 Friendship Visits - All Floors</p> <p><b>6:00 Minnesota From the Road Presentation with Doug Ohman: Scenic River Bluff Tour - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:15 Pet Visits with Paul &amp; Jolie - All Floors</p> <p><b>10:45 Sharing Stories with Ebenezer Childcare Friends - CR</b></p> <p>2:00 Ice Cream Social - CR</p> <p><b>2:30 Piano Music with Heidi - CR</b></p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p><b>6:00 Inspirational Documentary: Edie - Ch 71</b></p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71</p> <p><b>10:30 Morning Coffee Chats - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p><b>2:00 Happy Hour - CR</b></p> <p>3:30 Friendship Visits - All Floors</p>
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p><b>2:45 Precious Memories Hymn Sing - CR</b></p>	<p><b>9:30 Balance &amp; Motion Class - CR</b></p> <p>10:15 Buggy Visits with Ebenezer Infant Friends - All Floors</p> <p><b>10:45 National Dog Day Red Carpet Fashion Show - CR</b> (No MacPhail Music Program today)</p> <p><b>1:00 Book Club with Gabe - CR</b></p> <p>2:00 Happy Hour - CR</p> <p><b>2:30 - 3:30 Monthly Dakota County Library Outreach Service TH</b></p> <p>6:00 Monday Musical: <i>Mama Mia!</i> - Ch 71</p>	<p>9:30 <i>Arthritis Foundation</i> Exercise Class - CR</p> <p><b>*11:00 Picnic Outing: Minnehaha Falls (Minneapolis)</b></p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Happy Hour - CR</p> <p><b>3:00 Summertime Fun with Ebenezer Childcare Friends</b> - Front Parking Lot</p> <p><b>6:00 Evening Movie: Fried Green Tomatoes - TH</b></p>	<p>9:30 Worship Service - CR</p> <p><b>*9:30 Intergenerational Campus Outing: Bowling at Cedarvale Lanes (Eagan)</b></p> <p><b>*10:30 Manicures &amp; Mimosas with Bobby Jo - WR</b></p> <p>2:00 Featured Drink Social: <i>Summertime Cocktail</i> - CR</p> <p><b>3:00 Divine Mercy Chaplet / Catholic Communion / Rosary - CH</b></p> <p>6:30 Baseball on the Big Screen: <i>Twins vs. Atlanta Braves</i> - TH</p>	<p>(No 9:30 am Exercise class today)</p> <p>9:30 Morning Coffee Chats - CR</p> <p><b>10:30 Super Stretch Seated Yoga with Ebenezer Childcare Friends - CR</b></p> <p>1:00 Friendship Visits - All Floors</p> <p><b>2:00 County Fair Themed Social: Novelty Popcorn - CR</b></p> <p>3:00 DOG DAYS OF SUMMER Theme Bingo - CR</p> <p><b>6:00 Music and Humor with Colleen Heibeler - CR</b></p>	<p>9:30 <i>Stretch Exercise Class</i> - Ch 71</p> <p>10:15 Pet Visits with Paul &amp; Jolie - All Floors</p> <p><b>10:45 Northern Clay Center Pottery Class with Ebenezer Childcare Friends - WR</b></p> <p>2:00 Ice Cream Social - CR</p> <p><b>2:30 Piano Music with Heidi - CR</b></p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p><b>6:00 Inspirational Documentary: The Music of Silence - Ch 71</b></p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71</p> <p><b>10:30 Morning Coffee Chats - CR</b></p> <p>1:00 Dime Bingo - CR</p> <p><b>2:00 Happy Hour - CR</b></p> <p>3:30 Friendship Visits - All Floors</p>

LOCATION KEY: Ch 71 = Arbors TV Channel 71; CH = Arbors Chapel (1<sup>st</sup> floor); CR = Community Room (1<sup>st</sup> floor); DR = Dining Room (1<sup>st</sup> floor);

ECH = Ebenezer Care Center Chapel; PDR = Private Dining Room (1<sup>st</sup> floor); SL = Stone Ridge Lounge (1st floor); TH = Theater Room (1<sup>st</sup> floor); WR = Wellness Room (1<sup>st</sup> floor)