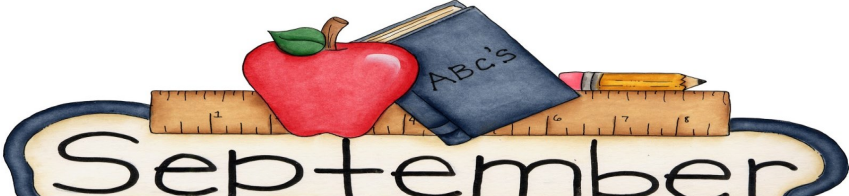


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Labor Day No Mail Front Desk closes at 5:00pm No Van Service	2 Labor Day No Mail Front Desk closes at 5:00pm No Van Service	3 9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise Video 1-ER 10:15 Walking Group-meet in LB 11:15 This Week in History -AR 11:45 Van departs for brunch at Hope Breakfast Bar 2:00 Jeopardy-AR 3:15 Ice Cream Flavor of the Month -FR 6:30 Bridge (signup needed)-AR	4 8-12 VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 11:15 What do you know about VJ Day? -AR 1:15 Catholic Communion Service-ER 2:00 Activity Planning and Outing 3:15 Treat Bingo-AR 7:00 Movie FR	5 9:30 Van departs for the DollarStore, Aldis, Kohl's and TJ Maxx 10:00 Exercise Video 2-ER 11:15 What do you know about Jim Abbott and other pro athletes who have disabilities?-AR 1:00 Yelloh! (Formerly Schwan's) -LB 2:30 James Shaw-LB 2:45 Van departs for Centennial Lakes Farmer's Market 7:00 Movie FR	6 Wear your favorite football team's shirt or colors! 10:00 Exercise w/L2BH-ER 10:30 Shopping at Grandview and Jerry's Foods area and Edina Library 11:15 What do you know about Terry Bradshaw and Greatest moments in football history?-AR 1:00 Mahjong-AR 2:00 Football Trivia-AR 3:15 Popcorn-FR 6:30 Bingo - AR	7 10:00 Cribbage-AR 12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-FR
8 Grandparent's Day! 1:00 Homemade Ice cream sandwiches-LB 1:30 Movie Matinee-FR	9 8-12VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 11:15 Everything to know about Jamaica-AR 1:00 500-AR 2:00 Group Crossword-ER 2:00 Rummikub-AR 3:00 Jamaican Snack and social hour-AR	10 9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise Video 1-ER 11:15 What do you know about Thailand? -AR 2:00 Monthly Resident Meeting-DR 3:00 Thai snack and social Hour-AR 6:30 Bridge (signup needed)-AR	11 8-12 VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 10:00 5th Floor Coffee- AR 11:00 Greek snack & Social Hour -AR 1:15 Catholic Communion Service-ER 2:00 What do you know about Greece?-AR 3:15 Treat Bingo-AR 7:00 Movie- FR	12 9:30 Van Departs for Cub Foods, Kowalskis, Target & Trader Joe's 10:00 Exercise Video 2-ER 11:15 What do you know about Mexico?-AR 11:45 Van departs for picnic lunch at Landscape Arboretum 2:00 Entertainer Jeff Brueske--LB 3:00 Mexican Snack and social hour-AR 7:00 MovieFR	14 10:00 Exercise w/L2BH-ER 10:30 Shopping at Grandview and Jerry's Foods area and Edina Library 11:15 Hawaiian snack and Social Hour-AR 12:00 Van departs for Lunch at Mill Valley Kitchen 1:00 Mahjong-AR 2:00 What do you know about Hawaii? 3:15 Current Events-AR 6:30 Bingo - AR	14 10:00 Cribbage-AR 12:45 Bridge (sign up needed)- AR 1:30 Movie Matinee-FR
15 1:30 Movie Matinee-FR	16 8-12VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 11:15 This Week in History-AR 1:00 500-AR 2:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 All 6 Dice Game-AR	17 9:30 Shopping at Grandview And Jerry's Foods Area 10:00 Exercise Video 1-ER 11:15 What do you know about mums and the history of other flowers?-AR 2:00 Salt Tasting with Chef Dan 3:15 Cookies-FR 6:30 Bridge (signup needed)-AR	18 8-12 VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 10:00 Bible Study- AR 11:00 Blood Pressure Checks-AR 11:15 What do you know about 50 women who made American political History?- AR 3:15 Treat Bingo-AR 7:00 Movie-FR	19 9:30 Van departs for the DollarStore, Aldis, Kohl's and TJ Maxx 10:00 Exercise Video 2-ER 11:15 coffee and conversation-AR 1:00 Yelloh! (Formerly Schwan's) -LB 1:00 Card Crafts-AR 2:00 Chef Chat-AR 7:00 Movie- FR	20 10:00 Exercise w/L2BH-ER 10:00 Van departs for St. Paul Chamber Orchestra Concert at Wooddale 10:30 Shopping at Grandview and Jerry's Foods area and Edina Library 11:15 What do you know about 17 things you didn't know about the Airforce?-AR 1:00 Mahjong-AR 2:00 Entertainer Red Gallagher- -LB 3:15 Birthday Party--AR 6:30 Bingo - AR	21 10:00 Cribbage-AR 12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-ER 5:00 Happy Hour-FR
22 1:30 Movie Matinee-FR	23 10:00 Exercise w/L2BH-ER 11:15 This Week in History-AR 1:00 500-AR 2:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 Sevens Dice Game-AR	24 9:30 Shopping at Grandview And Jerry's Foods Area 10:00 Exercise Video 1- ER 10:15 Walking Group-LB 11:15 What do you know about humming birds? 2:00 Book Club-AR 3:15 Cookies-FR 4-5 Care Partners Support Group-FR 6:30 Bridge (signup needed)-AR	25 8-12 VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 10:00 Bible Study- AR 11:00 Blood Pressure Checks-AR 11:15 What do you know about Red Pandas?-ARs 1:15 Catholic communion-ER 2:00 Music Appreciation with Dr. Marc Jaros-ER 3:15 Treat Bingo- AR 7:00 Movie-FR	26 9:30 Van Departs for Cub Foods, Kowalskis, Target & Trader Joe's 10:00 Exercise Video 2-ER 11:15 What Do you know about the History of Inventions Quiz? AR 1:00 Van departs for Minneapolis Institute of Arts 3:15 Guess the Year-AR 3:30 Needlecrafters group-AR 7:00 Movie- FR	28 10:00 Exercise w/L2BH-ER 10:30 Shopping at Grandview and Jerry's Foods area and Edina Library 11:15 What do you know about 50 Famous first inTV History? 12:00 Van departs for Lunch at Convention Grill 1:00 Mahjong-AR 2:00 Craft Group-AR 3:15 Apples with caramel to celebrate Fall-FR 6:30 Bingo - AR	28 10:00 Cribbage-AR 12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-FR
29 1:30 Movie Matinee-FR	30 8-12 VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 11:15 This Week in History-AR 1:00 500-AR 2:00 Group Crossword-ER 2:00 Rummikub-AR 3:15 Left Center Right-AR	9	FRONT DESK HOURS 8:00am to 8:00 pm Monday—Friday 8:00 am to 5:00 pm Saturday and Sun	 September		Coffee Available 7am-4pm everyday FR-Fireside Room LB-Lobby AR-Activity Room ER-Exercise Room DR-Dining Room

Picnic at U of MN Landscape Arboretum

We'll try a picnic again! Come and enjoy the Arboretum with a picnic lunch from our kitchen. This will count as a meal. We'll take in the scenic drive and then stop at the Red Barn with our picnic.

Thursday September 12th
Departure: 11:45 am

Sign up by
Wednesday September 11th

St. Paul Chamber Orchestra Concert at Wooddale Church

Join us to see the Orchestra at Wooddale church. This concert will feature pieces for strings from Haydn, Mozart and Beethoven..

Friday, September 20th

Departure: 1:00pm

Cost \$13.00 please make checks payable to Vernon Terrace

Sign up by Thursday September 19th

Lunch at Convention Grill

Join us as we go to this restaurant that has been closed for a couple of years. It has reopened and is the same as it was before it closed with its hamburgers, sandwiches and malts.

Friday September 27th
Departure: 12:30pm

Sign up by
Thursday September 26th

Salt Tasting

This month Chef Dan will have different types of salt to try and learn about. There are many more salts than just the table variety!

Tuesday September 17th
Time: 2:00 pm Activity Room

Bible Study

Our volunteers, Barb and James, from Christ Presbyterian will be here for this monthly time of fellowship and study.

Wednesday September 18th
Time: 10:00am Activity Room

Blood Pressure Check

Come down for this free monthly check by our nursing staff.

Wednesday September 18th
Time: 11:00am Activity Room



Chat with the Chef

Everyone is invited to hear what's new in the Dining Room this month!

Thursday September 19th
Time: 2:00pm Activity Room

Entertainer Red Gallagher

Guitarist Red Gallagher will be here for his annual visit to MN! Come and be entertained by songs of the 50's and 60's!

Friday September 20th
Time: 2:00pm Lobby

Docent Led Tour of the Mpls Institute of Art

Join us as we return to this favorite art museum of many! Bev. H's daughter in law will again lead us and this time the theme will be impressionism. They do have wheel chairs available at the museum if you would prefer. Please let Sonja know if you would like one.

Thursday September 26th
Departure: 1:00 pm

Please sign up by
Wednesday September 25th

Birthday Party

Everyone is invited to celebrate the September birthdays after the entertainment!

Friday September 20th
Time: 3:15pm

Book Club

Our volunteer, Marybeth, a former college librarian, will be here to lead the discussion of the book. The book is available in the Activity Room or see Sonja if you would like to join. Even if you haven't read the book, you are invited to come.

Tuesday September 24th
Time: 2:00 pm
Activity Room

Music Appreciation with Dr. Marc Jaros

Dr Marc Jaros, a professor of music at Normandale Community College will return to talk to us about another piece of classical music.

Wednesday September 25th
Time: 2:00 pm
Activity Room

Needle Crafter's Group

Everyone is invited to bring any hand craft including knitting, crocheting, needlepoint, or anything artistic. Join our Outreach and Sales Director, Karen, for creating and conversing.

Thursday September 26th
Time: 3:30 pm Activity Room

Craft Group

Everyone is invited to join us to make a craft for your door. All supplies are provided! Even if you haven't crafted much, come and join the fun!

Friday, September 27th
Time: 2:00 pm Activity Room

Apples with Caramel to Celebrate Fall

Everyone is invited to enjoy cut up apples with caramel to celebrate the first full week of fall!

Friday, September 27th
Time: 3:15 pm Activity Room

2024

Brunch at Hope Breakfast Bar

Everyone is invited to try the new Edina location of this popular restaurant. They have sandwiches and breakfast favorites including eggs, pancakes and waffles including pina colada French toast and banana bread pancakes.

Tuesday Sept. 3rd
Departure: 11:30 am

Sign up by
Monday September 2nd

Farmer's Market At Centennial Lakes

Join us to go to the market for another trip this summer. In addition to produce there is honey, sauces, spices and chocolate among other vendors. You may find some apples now as well!

Thursday September 5th
Departure: 2:45 pm

Sign up by
Wednesday September 4th

Lunch at Mill Valley Kitchen

Join us to have lunch at this St. Louis Park restaurant that offers California-inspired cuisine in a relaxed setting. They offer sandwiches, flat breads and entrees such as shrimp tacos and fish.

Friday September 13th
Departure: 12:00pm

Sign up by
Thursday September 12th

Ice Cream flavor of the month

Everyone is invited to come and have a dish of a special flavor of ice cream.



Tuesday, September 3rd
Time: 3:15 pm
Fireside Room

Activity & Outing Planning Meeting

Everyone is invited to come with your ideas and give input to the outings and activities for the October calendar.

Wednesday, September 4th
Time: 2:00 pm Activity Room

Yello! Formerly Schwan's

The driver from Yello will be here the 1st and 3rd Thursdays. You can order ahead of time or buy off what he has on the truck.

Thursdays September 5th and 19th
Time: 1:00pm Lobby

Pianist James Shaw

Everyone is invited to come and be entertained by this piano player and singer who plays a wide variety of songs.

Thursday, September 5th
Time: 2:45 pm Fireside Room

Celebrate the opening of Football Season

Residents and staff are encouraged to wear their favorite football teams shirts or colors. There will be football themed programming throughout the day including football trivia and popcorn. Please check calendar for times.

Friday September 6th

Homemade Ice Cream Sandwiches for Grandparents Day

Even if you aren't a grandparent, come and celebrate the grandparents in the group and have a homemade ice cream sandwich!

Sunday, September 8th
Time: 1:00 pm Fireside Room

Assisted Living Week Begins!

Each day of the week, we'll be traveling to a different country and sample food from each country! Jamaica is first with a snack and social hour!

Monday September 9th
Time: 3:00 pm

Monthly Resident Meeting

All are invited to this monthly meeting led by our Executive Director Vicki Tobroxen and updates from all of the departments.

Tuesday September 10th
Time: 2:00 pm

Thai Snack and Social Hour

We'll be sampling a snack from Thailand! Come and learn a little about the country at 11:15am.

Tuesday September 10th
Time: 3:00 pm

5th Floor Coffee

All 5th floor residents are welcome to come for a pastry and coffee and to get to know their neighbors better.

Wednesday, September 11th
Time: 10:00 am Activity Room

Greek Snack & Social Hour

Come for a Greek pastry and socialize with your friends! Come and learn about the country at 2:00 pm!

Wednesday, September 11th
Time: 11:00 am Activity Room

Entertainer Jeff Brueske

Come down to enjoy guitarist and singer Jeff Brueske entertain you with old time favorites as well as songs from the 70s,

Thursday September 12th
Time: 2:00 pm Lobby

Mexican Snack and Social Hour

After the entertainment, some to the Activity Room for a snack from Mexico and some socializing with your friends!

Thursday September 12th
Time: 3:00 pm Activity Room

Hawaiian Snack and Social Hour

Come down for the last day of our trip around the world to sample a snack from Hawaii! !

Friday September 13th
Time: 11:15am Activity Room

[Continues on the Back Page](#)