

SEPTEMBER 2024

AL & IL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Mount Olivet Worship Livestream (T)</p> <p>10:00 Danish Delight & Coffee (T)</p> <p>12:00 Our Lady of Grace Church Service (C29)</p> <p>1:00 Westminster Presbyterian Service (C29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>1 Labor Day</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Independent Chair Exercises on TV Channel 1-3 (25m) (C3)</p> <p>2:30 Labor Day Crosswords & Word Search (Pickup at front desk) (L)</p>	<p>2 Happy Birthday Marcia H!</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Chaplain Craig 1:1 Visits</p> <p>11:00 Leg Exercises (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Individual Outing: Kowalski's (L)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>3</p> <p>11:00 Full Body Exercise (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Live Entertainment: Miles Wright Jazz Music (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie)</p> <p>3:30 Christian Worship (CR)</p>	<p>4</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:30 Resident Council (CR)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Pilate's (C3)</p> <p>11:15 Family Resident Council (CR)</p> <p>2:30 Bingo (Rescheduled from Labor Day) (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>5</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>11:15 Group Exercise (TR)</p> <p>11:20 Pilates (C3)</p> <p>3:00 Happy Hour (B)</p>	<p>6</p> <p>9:30 Sitting or Standing Tai Chi (C3)</p> <p>11:00 Livingroom Concert (C3)</p> <p>1:00 Chair Yoga (C3)</p> <p>2:00 Independent Games/Puzzles/Cards Group (GR)</p> <p>3:00 Classic Film or Musical (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T)</p> <p>10:00 Danish Delight & Coffee (T)</p> <p>12:00 Our Lady of Grace Church Service (C29)</p> <p>1:00 Westminster Presbyterian Service (C29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>8</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Macphail Unwrap Music w/Andrea Leap (CR)</p> <p>3:45 Bingo (CR)</p>	<p>9</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Chaplain Craig 1:1 Visits</p> <p>11:00 Leg Exercises (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Individual Outing: Lund's & Byerly's (L)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>10 Happy Birthday Perky S & Mark J!</p> <p>11:00 Full Body Exercise (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Aurora Walking Group (L)</p> <p>2:00 Healing Touch (By Appointment w/Carrie)</p> <p>3:30 Christian Worship (CR)</p>	<p>11</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Pilate's (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Dog Visit w/Brooke's dog Milo (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>12</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>11:15 Group Exercise (TR)</p> <p>11:20 Pilates (C3)</p> <p>1:00 Speaker Layna from Hennepin County: Library Resources for Seniors (CR)</p> <p>3:00 Happy Hour (B)</p>	<p>13 Happy Birthday Marion P & Lily S!</p> <p>9:30 Sitting or Standing Tai Chi (C3)</p> <p>11:00 Livingroom Concert (C3)</p> <p>1:00 Chair Yoga (C3)</p> <p>2:00 Independent Games/Puzzles/Cards Group (GR)</p> <p>3:00 Classic Film or Musical (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T)</p> <p>10:00 Danish Delight & Coffee (T)</p> <p>12:00 Our Lady of Grace Church Service (C29)</p> <p>1:00 Westminster Presbyterian Service (C29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>15</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Cardio Drumming Group (TR)</p> <p>2:45 Bingo (B)</p> <p>4:00 Care Giver Support Group (CR)</p>	<p>16</p> <p>10:00 Donuts & Coffee w/Chef (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Chaplain Craig 1:1 Visits</p> <p>11:00 Leg Exercises (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Individual Outing: Target (L)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>17 Happy Birthday Nancy B!</p> <p>11:00 Full Body Exercise (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>12:30 Jewish High Holy Day Celebration w/Rabbi Lynn (T)</p> <p>2:00 Live Entertainment: Silver Notes Suzi Blumberg (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie)</p> <p>3:30 Christian Worship (CR)</p>	<p>18 Happy Birthday Teresa W!</p> <p>10:00 Emergency Response Resident Roundtable (Bagels & Coffee) (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Pilate's (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Wii Bowling Group (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>19</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>11:15 Group Exercise (TR)</p> <p>11:20 Pilates (C3)</p> <p>1:00 Movie Matinee (T)</p> <p>3:00 Happy Hour & Live Music by CODA Duo Band Hosted by Cornerstone Caregiving! (P)</p>	<p>20 Happy Birthday Greg B!</p> <p>9:30 Sitting or Standing Tai Chi (C3)</p> <p>11:00 Livingroom Concert (C3)</p> <p>1:00 Chair Yoga (C3)</p> <p>2:00 Independent Games/Puzzles/Cards Group (GR)</p> <p>3:00 Classic Film or Musical (C3)</p>

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<p>22</p> <p>10:00 Mount Olivet Worship Livestream (T)</p> <p>10:00 Danish Delight & Coffee (T)</p> <p>12:00 Our Lady of Grace Church Service (C29)</p> <p>1:00 Westminster Presbyterian Service (C29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>23</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>12:30 Individual Outing: Cub Foods (L)</p> <p>2:30 Macphail Hour: Alexandra Sapan Soprano & Jonathan Tauscheck Pianist & Composer (CR)</p> <p>3:45 Bingo (CR)</p>	<p>24</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Chaplain Craig 1:1 Visits</p> <p>11:00 Leg Exercises (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:00 History on the go bus tour at Fort Snelling *RSVP Front Desk* (L)</p> <p>1:30 Flower Bouquets (CR)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>25</p> <p>Happy Birthday Sue R!</p> <p>11:00 Full Body Exercise (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Live Birthday Party Entertainment: Blomington Senior Singers Patty Fransen (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie)</p> <p>3:30 Christian Worship (CR)</p>	<p>26</p> <p>Happy Birthday Lucy L!</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:30 Brain Training (C3)</p> <p>11:00 Pilate's (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>12:00 Group Restaurant Outing (L)</p> <p>3:00 Speaker Amy Jo: Paris & French Culture Trivia (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>27</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>11:15 Group Exercise (TR)</p> <p>11:20 Pilates (C3)</p> <p>1:00 Movie Matinee (T)</p> <p>3:00 Happy Hour (B)</p>	<p>28</p> <p>9:30 Sitting or Standing Tai Chi (C3)</p> <p>11:00 Livingroom Concert (C3)</p> <p>1:00 Chair Yoga (C3)</p> <p>2:00 Independent Games/Puzzles/Cards Group (GR)</p> <p>3:00 Classic Film or Musical (C3)</p>
<p>29</p> <p>10:00 Mount Olivet Worship Livestream (T)</p> <p>10:00 Danish Delight & Coffee (T)</p> <p>12:00 Our Lady of Grace Church Service (C29)</p> <p>1:00 Westminster Presbyterian Service (C29)</p> <p>2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>30</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Live Entertainment: Ballroom Dancers (Nelly Sparkman) (CR)</p> <p>3:45 Bingo (CR)</p>	<p>B Bistro</p> <p>C2 Channel 1-2</p> <p>C29 Channel 29</p> <p>C3 Channel 1-3</p> <p>CR Community Room</p> <p>GR Game Room 3rd Floor</p> <p>L Lobby</p> <p>L Library</p> <p>MC Memory Care</p> <p>P Patio</p> <p>R Room to Room</p> <p>T Theater</p> <p>TR 3rd Floor Training Room</p>	<p>Assisted & Independent Living Calendar</p> <p>Green = TV Only Programs</p> <p>Blue = Performances & Special Events</p> <p>Red = Independent Programs</p>	<p>Please contact our Life Enrichment Director Brooke Moser at 952-848-8883 with any questions or suggestions.</p>		