


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FRONT DESK HOURS</p> <p>8:00am to 8:00 pm Monday—Friday</p> <p>8:00 am to 5:00 pm Saturday & Sunday</p>	<p>Coffee Available 7am—4pm Everyday</p> <p>FR—Fireside Room LB—Lobby AR—Activity Room ER—Exercise Room DR—Dining Room</p>	<p>9:30 Shopping at Grandview and Jerry's Foods Area 1</p> <p>10:00 Exercise Video 1-ER 10:15 Walking Group-meet in LB 11:15 What do you know about Babe Ruth? -AR 2:00 Activity Planning & Outing-AR 2:00-3:30 Balance clinic with Odom-ER (signup at the Front Desk) 3:15 Cookies-FR 6:30 Bridge (signup needed)-AR</p>	<p>8-12 VT Bus to Med/Dental 2</p> <p>10:00 Exercise w/L2BH-ER 11:15 What do you know about Yosemite? -AR 1:15 Catholic Communion Service-ER 2:00 Guess the year-AR 3:15 Treat Bingo-AR 7:00 Movie -FR</p>	<p>9:30 Van departs for the Dollar Store, Aldis, Kohl's & TJ Maxx 3</p> <p>10:00 Exercise Video 2-ER 11:15 What do you know about Orient Express?-AR 11:30 Shopping with Taylor Marie and Fashion show starts at 12:15pm 1:00 Yelloh! (Formerly Schwan's)-LB 2:00 Current Events-AR 3:00 Would You Rather Game-AR 7:00 Movie FR</p>	<p>10:00 Exercise w/L2BH-ER 4</p> <p>10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about Italy?-AR 12:00 Van departs for Fall Color Ride and Lunch at the U of MN Arboretum 1:00 Mahjong-AR 3:15 Popcorn-FR 6:30 Bingo - AR</p>	<p>10:00 Cribbage-AR 5</p> <p>12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-FR</p>
<p>6</p> <p>1:30 Movie Matinee-ER</p>	<p>8-12VT Bus to Med/Dental 7</p> <p>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 3:00 Dice Game-AR</p>	<p>9:30 Shopping at Grandview and Jerry's Foods Area 8</p> <p>10:00 Exercise Video 1-ER 11:15 What do you know about 7 greatest unsolved mysteries of the world?-AR 2:00 Monthly Resident Meeting-DR 3:15 Ice Cream Flavor of the Month-FR 6:30 Bridge (signup needed)-AR</p>	<p>8-12 VT Bus to Med/Dental 9</p> <p>10:00 Exercise w/L2BH-ER 10:00 1st & 6th Floor Coffee- AR 11:15 What do you know about Leif Erickson?-AR 1:15 Catholic Communion Service-ER 3:30 Octoberfest –Common Areas 7:00 Movie- FR</p>	<p>9:30 Van Departs for Cub Foods, Kowalskis, Target & Trader Joe's 10</p> <p>10:00 Exercise Video 2-ER 11:15 What do you know about Astronomy?-AR 2:30 Memorial Service-LB 7:00 Movie-FR</p>	<p>10:00 Exercise w/L2BH-ER 11</p> <p>10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about Margaret Thatcher & 25 most powerful Women of the Past Century-AR 1:00 Mahjong-AR 2:00 Coffee Tasting-AR 3:15 Cookies 6:30 Bingo - AR</p>	<p>10:00 Cribbage-AR 12</p> <p>12:45 Bridge (sign up needed)- AR 1:30 Movie Matinee-ER</p>
<p>13</p> <p>1:30 Movie Matinee-FR</p>	<p>Indigenous People Day 14 No Mail</p> <p>8-12VT Bus to Med/Dental 10:00 Exercise w/L2BH-ER 11:15 What do you know about Columbus and Indigenous People day-AR 1:00 500-AR 2:00 Rummikub-AR 2:00 Group Crossword-ER 3:00 Van departs for Edina senior Center Author Matt Goldman Event</p>	<p>9:30 Shopping at Grandview and Jerry's Foods Area 15</p> <p>10:00 Exercise Video 1-ER 11:15 This Week in History-AR 11:30 Van departs for Tavern 4&5 2:00 Jeopardy-AR 3:15 Cookies-FR 6:30 Bridge (signup needed)-AR</p>	<p>8-12 VT Bus to Med/Dental 16</p> <p>10:00 Exercise w/L2BH-ER 10:00 Bible Study- AR 11:00 Blood Pressure Checks -AR 11:15 What do you know about Yom Kippur and Sukkot?- AR 1:15 Catholic Communion Service-ER 2:00 Bring your favorite poem-AR 3:15 Treat Bingo-AR 7:00 Movie-FR</p>	<p>9:30 Van departs for the Dollar Store, Aldis, Kohl's and TJ Maxx 17</p> <p>10:00 Exercise Video 2-ER 11:15 What do You know about famous people with vision impairments?-AR 1:00 Yelloh! (Formerly Schwan's)-LB 1:00 Card Crafts-AR 2:00 NASA Presentation-ER 3:15 Current Events-AR 7:00 Movie- FR</p>	<p>10:00 Exercise w/L2BH-ER 18</p> <p>10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about the Airforce?-AR 1:00 Mahjong-AR 1:15 Van Departs for Grandpa Joe's Candy Shop 2:00 Chat with the Chef -AR 3:15 Pumpkin cookies-FR 6:30 Bingo - AR</p>	<p>10:00 Cribbage-AR 19</p> <p>12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-ER 5:00 Happy Hour-FR</p>
<p>20</p> <p>1:30 Movie Matinee-FR</p>	<p>10:00 Exercise w/L2BH-ER 21</p> <p>11:15 This Week in History-AR 1:00 500-AR 2:00 Rummikub-AR 2:00 Entertainer Bill Cagley-LB 3:15 Birthday Party-AR</p>	<p>9:30 Shopping at Grandview and Jerry's Foods Area 22</p> <p>10:00 Exercise Video 1- ER 10:15 Walking Group-LB 11:15 What do you know about Mae Jemison and other female trailblazers? 11:30 Van departs for Hazelwood 2:00 Current Events-AR 3:15 Cookies-FR 6:30 Bridge (signup needed)-AR</p>	<p>8-12 VT Bus to Med/Dental 23</p> <p>10:00 Exercise w/L2BH-ER 11:15 What do you know about bats?-AR 1:15 Catholic Communion Service-ER 3:15 Treat Bingo- AR 7:00 Movie-FR</p>	<p>9:30 Van Departs for Cub Foods, Kowalskis, Target & Trader Joe's 24</p> <p>10:00 Exercise Video 2-ER 11:15 What do you know about Princeton and the 10 oldest colleges- AR 1:30-4 Flu Shots-AR 2:00 Group Crossword-ER 7:00 Movie- FR</p>	<p>10:00 Exercise w/L2BH-ER 25</p> <p>10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about the Navy? 12:15 Van departs for Good Day cafe 1:00 Mahjong-AR 2:00 Craft Group-AR 6:30 Bingo - AR</p>	<p>10:00 Cribbage-AR 26</p> <p>12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-FR</p>
<p>27</p> <p>1:30 Movie Matinee-FR</p>	<p>8-12 VT Bus to Med/ Dental 28</p> <p>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</p>	<p>9:30 Shopping at Grandview and Jerry's Foods Area 29</p> <p>10:00 Exercise Video 1- ER 10:15 Walking Group-LB 11:15 What do you know about Denali-Festival of Lights? 2:00 Book Club-AR 3:15 Highland Elementary Kids Club Visit-AR 4-5 Care Partners Support Group-FR 6:30 Bridge (signup needed)-AR</p>	<p>8-12 VT Bus to Med/Dental 30</p> <p>10:00 Exercise w/L2BH-ER 11:15 What do you know about the Navy?-AR 1:15 Catholic Communion Service-ER 2:00 Current Events-AR 3:15 Treat Bingo- AR 7:00 Movie-FR</p>	<p>9:30 Van departs for the Dollar Store, Aldis, Kohl's and TJ Maxx 31</p> <p>10:00 Exercise Video 2-ER 11:15 What do you know about the history of photography?- AR 2:00 Halloween Party-FR 3:30 Needlecrafters Group-AR 7:00 Movie- FR</p>	 <p>2024 OCTOBER</p>	

Grandpa Joe's Candy Shop

Join us to go this newly opened candy store in Bloomington. They have an extensive collection including 250 candy bars, bulk and retro candies, and old fashioned soda.

**Friday
October 18th
Departure: 1:15pm**

Sign up by
Thursday October 17th

Lunch at Hazelwood

Join us as to go to this St. Louis Park Location of this restaurant. Their menu offers sandwiches, a variety of interesting burgers including a blackberry brie burger, pasta and fish including walleye and salmon.

**Tuesday October 22nd
Departure: 11:30am**

Please sign up by
Monday October 21st

Lunch at Good Day Cafe

Join us to go to this restaurant that's been in business for over 15 years! The menu offers a variety of salads, soups, sandwiches and breakfast favorites including eggs, omelettes and eggs benedict.

**Friday, October 25th
Departure: 12:15 pm**

Sign up by Thursday
October 24th

Bring your Favorite Poem

Everyone is invited to come and bring their favorite poem. If you don't have a favorite, there will be a few poems that we can discuss.

**Wednesday October 16th
Time: 2:00pm Activity Room**

NASA Presentation

Peter B's brother and sister in law Amy and Tom will be here from the University of New Mexico. Over the past several decades satellite imagery has become commonplace on TV programs and the evening news. Amy and Tom have been using satellite imagery for a wide variety of applications for 30 years at the University of New Mexico. Come and learn more about what this imagery can do!

**Thursday October 17th
Time: 2:00pm Exercise Room**

Chat with the Chef

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

**Friday October 18th
Time: 2:00pm Activity Room**

Pumpkin Cookies

Everyone is invited to enjoy a treat perfect for an October day! Come and have a cookie and coffee and enjoy the conversation!

**Friday October 18th
Time: 3:15pm Fireside Room**

Entertainer Bill Cagley

Guitarist Bill Cagley returns to sing and play folk, country songs and old time favorites that will entertain us all!

**Monday October 21st
Time: 2:00 pm Lobby**

Birthday Party

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

**Monday October 21st
Time: 3:15pm Activity Room**

Flu & COVID Shots

Flu and COVID shots are being offered again this year! Sign up is needed at the front desk to get a time assigned and fill out the paperwork.

**Tuesday September 24th
Time: 2:00 pm
Activity room**

Craft Group

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

**Friday, October 25th
Time: 2:00 pm Activity Room**

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 October 29th
Time: 2:00 pm
Activity Room**

Highland Elementary Students Visit

Students from the afterschool program will be doing some Halloween themed activities. Come and join the fun and get to know these kids who come on a monthly basis.

**Tuesday October 29th
Time: 3:15pm
Exercise Room**

Halloween Party

Everyone is a kid at Halloween! Come and join the spooky fun for tricks and treats!

**Thursday, October 31st
Time: 2:00 pm Fireside 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 October 31st
Time: 3:30 pm Activity Room**



Fall Color Ride & Lunch at the U of MN Landscape Arboretum

Everyone is invited to join us for a fall color ride. We'll stop at the Arboretum for lunch and the three mile drive. We'll then continue on to the U of MN Apple House to do some shopping if you wish to do so.

**Friday October 4th
Departure: 12:00 pm**

Sign up by
Thursday October 3rd

Author Matt Goldman Event at Edina Senior Center

You're invited to hear this favorite local author of many interviewed by Laura Westlund. This event is sponsored by Friends of the Edina Library and Big Hill Books. If you would like to go, in addition to signing up please contact Sonja if you need a spot reserved at the Edina Senior Center.

**Monday
October 14th
Departure: 3:00 pm**

Sign up by
Sunday October 12th

Lunch at Tavern 4 & 5

Everyone is invited to go to this Centennial Lakes restaurant that serves pizzas, burgers, sandwiches and tavern classics.

**Tuesday October 15th
Departure: 11:30 am**

Sign up by
Monday October 14th

ODOM sponsored Balance Clinic

There will be an Occupational or Physical Therapist will meet with you individually for a 15 minute session to evaluate your balance. Sign up is needed and is available at the front desk.

**Tuesday October 1st
Time: 2:00-3:30 pm Activity 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.

**Tuesday October 1st
Time: 2:00 pm Activity Room**

Yelloh! Formerly Schwan's

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

**Thursdays October 3rd and 17th
Time: 1:00pm Lobby**

Shopping and Fashion Show with Taylor Marie

Taylor Marie is a mobile retail clothing service that provide fashionable women's clothing and accessories from respected high quality brands. There will be a fashion show at lunch with shopping beginning at 11:30am. If you are interested in modeling, please see Sonja. Models do receive a discount!

**Thursday, October 3rd
Time: Shopping: 11:30 am Exercise and Fireside Room
Fashion Show 12:15 pm**

Monthly Resident Meeting

All are invited to this monthly meeting led by our Executive Director Vicki Tobroxen. Updates from all of the departments. Will be given.

**Tuesday October 8th
Time: 2:00 pm**

Ice Cream Flavor of the Month

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

**Tuesday, October 8th
Time: 3:15 pm
Fireside Room**



1st and 6th Floor Coffee

All 1st and 6th floor residents are welcome to come for a pastry and coffee and to get to know their neighbors better.

**Wednesday, October 9th
Time: 10:00 am Activity Room**

Octoberfest

Come and celebrate with beer and other authentic Octoberfest food! We'll have a 3 piece band made up of accordion, tuba and drums dressed in lederhosen!

**Wednesday, October 9
Time: 3:30pm-6 Dining Room**

Memorial Service

Reverend Chris Beckman, Director of Spiritual Care for Ebenezer will be here to conduct a service to remember all of our residents who have passed away this year. Come and join us for this special time of remembrance.

**Thursday October 10th
Time: 2:00 pm Lobby**



Coffee Tasting

This month Chef Dan will have different varieties of coffee to try. Come and learn about coffee and which variety you like the best!

**Friday October 11th
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 October 16th
Time: 10:00am Activity Room**

Blood Pressure Check

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

**Wednesday October 16th
Time: 11:00am Activity Room**



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