

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>FRONT DESK HOURS</b> 8:00am to 8:00 pm Monday—Friday  8:00 am to 5:00 pm Saturday & Sunday	<b>Happy New Year!</b> <b>No Mail Service</b> <b>Front Desk Closes at 5:00pm</b>  8-10 Rosebowl Parade Televised - FR 1:30 Movie Matinee	9:45Van Departs for Cub Foods, Target & trader Joe's 10:00 Exercise Video 2-FsR 11:15 What do you now about 50 greatest Bowl moments in College Football History?-AR <b>1:15 Van departs for Galleria to look at decorations and shop</b> 3:15 Activity & outing planning-AR 7:00 Movie-FR	<b>10:00 Exercise w/L2BH-ER</b> 10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about Australia?-AR 1:00 Mahjong-AR <b>2:30 All about Tea &amp; tasting-AR</b> 6:30 Bingo - AR	<b>10:00 Cribbage-AR</b> 12:45 Bridge (sign up needed)-AR  1:30 Movie Matinee-FR
1:30 Movie Matinee-ER	<b>8-12VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 This Week in History-AR 1:00 500-AR 1:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 Bunco-AR	9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise Video 1-ER 11:15 What do you know about stories behind favorite toys?-AR <b>11:45 Van departs for Parkway Pizza</b> <b>2:00 Guitarist Scott Beaumont-LB</b> <b>3:00 Birthday Party-AR</b> 6:30 Bridge (signup needed)-AR	<b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> <b>10:00 3rd Floor Coffee- AR</b> 11:15 What do you know about Fanny Jackson?-AR <b>1:15 Catholic Communion Service-ER</b> <b>2:00 Remembering the 30's-AR</b> 3:15 Treat Bingo-AR 7:00 Movie- FR	9:45 Van Departs for Dollar Tree, Aldis, Target, TJ Maxx and Kohl's 10:00 Exercise Video 2-ER 11:15 What do you know about Dear Abby ?-AR 2:00 Jeopardy-AR 3:15 Fill or Bust dice game-AR 7:00 Movie-FR	<b>10:00 Exercise w/L2BH-ER</b> 10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about the 50 greatest screenwriters? -AR <b>1:00 Van departs for the Tomte exhibit at Swedish institute</b> 1:00 Mahjong-AR <b>2:00 Men's Group-AR</b> 3:15 Popcorn-FR 6:30 Bingo - AR	<b>10:00 Cribbage-AR</b>  <b>11:00 Balloon Volleyball-ER</b> 12:45 Bridge (sign up needed)- AR  1:30 Movie Matinee-ER
<b>11:00 Sing Along-LB</b>  1:30 Movie Matinee-FR	<b>8-12VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 This Week in history-AR 1:00 500-AR 1:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 You be the Judge-AR <b>6:30 Game night-AR</b>	9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise Video 1-ER 11:15 What do you know about Fanny Jackson? <b>2:00 Monthly Resident Meeting-DR</b> <b>3:00 Ice Cream Flavor of the Month</b> 6:30 Bridge (signup needed)-AR	<b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 What do you know about Ben Franklin & his inventions?- AR <b>11:00 Blood Pressure Checks -AR</b> 1:15 Catholic Communion-AR <b>2:00 Remembering the 40's-AR</b> 3:15 Treat Bingo-AR <b>6:30 Open sing along-AR</b> 7:00 Movie-FR	9:45 Van Departs for Cub Foods, Target & trader Joe's 10:00 Exercise Video 2-ER 11:15 What do You know about 20 most significant inventions of all time?-AR <b>11:45 Van departs for Cherokee Steak House</b> 1:00 Card Crafts-AR <b>2:00 Presentation by Odom-AR</b> 3:15 Current Events 7:00 Movie- FR	<b>10:00 Exercise w/L2BH-ER</b> 10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 What do you know about Hawaii?-AR 1:00 Mahjong-AR 2:00 Guess the Movie by the song-Trivia 3:15 Popcorn-FR 6:30 Bingo - AR	<b>10:00 Cribbage-AR</b> 12:45 Bridge (sign up needed)-AR  1:30 Movie Matinee-ER  5:00 Happy Hour-FR
1:30 Movie Matinee-FR	<b>Martin Luther King Jr Day</b> <b>No Mail Service.</b> <b>8-12VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 What do you know about Martin Luther King Jr. - AR 1:00 500-AR 1:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 Martin Luther King Jeopardy-AR	9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise Video 1- ER 11:15 This Week in History-AR <b>2:00 Gary Hansen presents 3 American male Artists-ER</b> <b>3:15 Highland Elementary Kids club Visits-AR</b> 6:30 Bridge (signup needed)-AR	<b>8-12 VT Bus to Med/Dental</b> <b>10:00 Bible Study-AR</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 What do you know about Antartica?- AR 1:15 Catholic Communion-AR <b>2:00 Remembering the 50's-AR</b> 3:15 Treat Bingo-AR 7:00 Movie-FR	9:45 Van Departs for Dollar Tree, Aldis, Target, TJ Maxx and Kohl's 10:00 Exercise Video 2-ER 11:15 What do you know about Amazing Facts about Squirrels-AR <b>11:45 Van departs for Perkins</b> <b>2:30 Ariel the Violinist-classical and Fiddling –A Musical Journey</b> <b>3:30 Needlecrafters Group-AR</b> 7:00 Movie- FR	<b>10:00 Exercise w/L2BH-ER</b> 10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 what do you know about the movie Casablanca-AR 1:00 Mahjong-AR <b>2:00Craft Group-AR</b> <b>3:15 Popcorn-AR</b> 6:30 Bingo - AR	<b>10:00 Cribbage-AR</b> <b>11:00 Balloon Volleyball-ER</b>  12:45 Bridge (sign up needed)-AR  1:30 Movie Matinee-FR
1:30 Movie Matinee-FR	<b>8-12 VT Bus to Med/ Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 This Week in History-AR 1:00 500-AR 1:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 Left Center Right-AR <b>6:30 Game Night</b>	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 Elizabeth Blackwell& famous female firsts-AR <b>2:00 Book Club-AR</b> <b>3:00 Chinese New Year Happy Hour-AR</b> <b>4:00 Care Partners Support Group-FR</b> 6:30 Bridge (signup needed)-AR	<b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 What do you know about Chinese New Year?- AR <b>1:15 Catholic Communion -ER</b> <b>2:00 Remembering the 60's-AR</b> 3:15 Treat Bingo-AR <b>6:30 Open sing along-AR</b> 7:00 Movie-FR	9:45Van Departs for Cub Foods, Kowalskis, Target & trader Joe's 10:00 Exercise Video 2-ER 11:15 What do you know about Bessie Coleman-AR 2:00Current Events-AR 3:15 Cookies-FR 7:00 Movie-FR	<b>10:00 Exercise w/L2BH-ER</b> 10:30 Shopping at Grandview, Jerry's Foods area & Edina Library 11:15 Coffee & conversation-AR <b>12:30 Van departs for Zeke's</b> 1:00 Mahjong-AR <b>2:30 History you learned in school that's not accurate today with Chef Dan-AR</b> 6:30 Bingo - AR	<b>Coffee Available 7am—4pm Everyday</b>  FR—Fireside Room LB—Lobby AR—Activity Room ER—Exercise Room DR—Dining Room
<b>11:00 Sing Along-LB</b>  1:30 Movie Matinee-FR						

### Lunch at Cherokee Steak House

Everyone is invited to go to this Eagan Restaurant.

They have a lunch special of 5 oz. sirloin steak with 1 side for **\$13.99**. They also have a regular menu.

**Thursday January 16th**  
Departure: 11:45am

Sign up by  
Wednesday January 15th

### Lunch at Perkins

Everyone is invited to go to this favorite restaurant of some for breakfast or lunch at the Bloomington location.

**Thursday January 23rd**  
Departure: 1:15pm

Sign up by Wednesday  
January 22nd

### Lunch at Zeke's Place

Everyone is invited to go to this Bloomington grill.

They are well known for their burgers but also have sandwiches including French Dip, Philly cheese steak and steak sandwich

**Friday, January 31st**  
Departure: 12:30pm

Sign up by Thursday  
January 30th

### Blood Pressure Check

Come down for this free monthly check by Steven, our Resident Services Coordinator.

**Wednesday January 15**  
Time: 11:00am Activity Room

### Odom Presentation

Michaela, an Occupational Therapist from Odom will be here to educate people about dementia and the best way to approach people with dementia.

**Thursday January 16th**  
Time: 5:00pm  
Lobby & Dining Room

### Gary Hansen Presents 3 American Male Artists

Art Historian Gary Hansen will be back this time to present Three American Male Artists. He will have brief bios and selected works of Frederic Remington, Charles Russell and Norman Rockwell.

**Tuesday January 21st**  
Time: 2:00 pm Exercise Room

### Highland Elementary Students Visit

Third– fifth grade students from the afterschool program will be here to play games and do a craft with us. Come and join the fun and get to know these kids who come on a monthly basis.

**Tuesday January 21st**  
Time: 3:15pm Activity Room

### Bible Study

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

**Wednesday January 22nd**  
Time: 10:00am Activity Room

### Ariel the Violinist

Everyone is invited to hear this violinist play a concert of classical music and fiddling. Her program is titled Musical Journey.

**Thursday January 23rd**  
Time: 2:00 pm Lobby

### 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 January 23rd**  
Time: 3:30 pm Activity Room

### Craft Group

Everyone is invited to join us to make a decoration for your door in February. All supplies are provided! Come and join the fun!

**Friday January 24th**  
Time: 2:00 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 January 28th**  
Time: 2:00 pm  
Activity Room

### Chinese New Year Happy Hour

Everyone is invited to come and celebrate the Year of the Snake! We will be having a Chinese appetizer and drinks. Come and meet your neighbors and celebrate this special holiday!

**Tuesday January 28th**  
Time: 3:00 pm  
Activity Room

### History You Learned in School That's Not Accurate Today with Chef Dan

Everyone is invited to come to this program led by Chef Dan. Come and learn about things you learned in school that you thought were true but are no longer accurate. You may be surprised by what you find out!

**Friday January 31st**  
Time: 2:30pm  
Activity Room



### Galleria to look at decorations and shop

Everyone is invited to join us to look at the holiday decorations and shop at stores including Chico's, Coach and Pottery Barn.

**Thursday January 2nd**  
Departure: 1:15 pm

Sign up by  
Wednesday January 1st

### Lunch at Parkway Pizza

Everyone is invited to eat at the St. Louis park location of this restaurant.

In addition to the regular pizza toppings, they also have artichoke, southwest chicken Ranch, Veggie and carnivore. They have a size that is appropriate for 1 person.

**Tuesday January 7th**  
Departure: 11:45 am

Sign up by  
Monday January 6th

### Tomte: the Gnome, the Myth, the Legend at the American Swedish Institute

Everyone is invited to join us for the 74th annual exhibit at the Swedish Institute. Tomtes are known for their red cap and long beard but there's so much more to them than that. Whether you know Tomte or not, come and learn about him.

**Friday January 11th**  
Cost: \$18.00 payable at the museum  
Departure: 1:00 pm

Sign up by  
Thursday January 10th

### Activity & Outing Planning Meeting

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

**Thursday January 2nd**  
Time: 3:15 pm Activity Room

### Tea Tasting and All About Tea

Everyone is invited to taste some exotic and interesting teas. Come and learn some things about tea you may not know.

**Friday January 3rd**  
Time: 2:30pm Activity Room

### Guitarist Scott Beaumont

All are invited to hear guitarist Scott Beaumont perform.

**Tuesday January 7th**  
Time: 2:00 pm Lobby



### Birthday Party

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

**Tuesday January 7th**  
Time: 3:00pm Activity Room



### 3rd Floor Coffee

All 3rd floor residents are welcome to come for a pastry and coffee and to get to know their neighbors better.

**Wednesday, January 8th**  
Time: 10:00 am Activity Room

### Remembering the 30's, 40's, 50's and 60's

Each week we will be remembering a different decade beginning with the 1930's continuing through to the 1960's.

**Wednesdays in January beginning Jan. 8th**  
Time: 2:00 pm Activity Room

### Men's Group

All men are invited to this monthly group as a chance to get to know one another. At the initial meeting we will talk about the best day and time for everyone so if you're unable to make it, please let Sonja know if you're interested.

**Friday, January 10th**  
Time: 2:00 pm Activity Room

### Balloon Volleyball

Everyone is invited to try this new activity. The purpose is to keep the balloon in the air while getting some light exercise in midst of the fun!

**Saturdays January 11th & 25th**  
Time: 11:00am Exercise Room

### Sing Along with Kelly

Everyone is invited to join Kelly, our new Life Enrichment Assistant, as she plays the guitar and leads a sing along of some of the old time favorite songs.

**Sundays January 12th & 26th**  
Time: 11:00am Lobby

### Game Night

Everyone is invited to join Kelly, our new Life Enrichment Assistant for game night! You can come and learn the dice game Bunco or try another card or board game! If you have a game you think others would be interested in, please bring it.

**Mondays January 13th and 27th**  
Time: 6:30 pm Activity Room

### 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 January 14th**  
Time: 2:00 pm Dining Room

### Ice Cream Flavor of the Month

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

**Tuesday, January 14th**  
Time: 3:00 pm  
Fireside Room



### Open Sing Along

This is a time for people who like to sing to gather and sing a couple of times per month. A variety of songs are played including old time songs such as "Home on the Range" accompanied by guitar.

**Wednesdays January 15 and 29th**  
Time: 6:30pm  
Activity room

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