

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B Bistro C2 Channel 1-2 C29 Channel 29 C3 Channel 1-3 CR Community Room GR Game Room 3rd Floor L Lobby L Library MC Memory Care P Patio R Room to Room T Theater TR 3rd Floor Training Room</p>	<p>Assisted & Independent Living Calendar</p> <p>Green = TV Only Programs</p> <p>Blue = Performances/ Special Events/Group Outings *RSVP* (Front Desk)</p> <p>Red = Independent Programs</p> <p>**Activities are subject to change**</p>	<p>Please contact the Life Enrichment Director Brooke Moser at 952-848-8883 with any questions or suggestions.</p>	<p><i>New Year's Day!</i> 10:00 Full Body Exercise (C3) 11:15 Group Exercise (TR) 2:00 New Year Crosswords & Word Searches (pickup 1st floor magazine rack) (West elevators 1st floor) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)</p>	<p>1 9:30 Brain Training (C3) 10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 10:30 Resident Council (CR) 11:15 Family Resident Council (CR) 2:15 Group Exercise (TR) 6:00 Living-Room Symphony (C3)</p>	<p>2 10:00 Catholic Service & Communion (CR) 10:00 Chair Yoga (C3) 11:15 Group Exercise (TR) 1:00 Movie Matinee (T) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)</p>	<p>3 9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T) 5 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>6 10:00 Yoga Therapy Class (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 1:00 Walking Group w/MC (L) 2:00 Resident Snacks (T) 3:45 Bingo (CR)</p>	<p>7 9:30 Brain Training (C3) 10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 11:00 Chaplain Craig 1:1 Visits 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Lund's & Byerly's (L) 3:00 Mount Olivet Lutheran Service (CR) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)</p>	<p>8 10:00 Full Body Exercise (C3) 10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Edina Senior Singers Dale Borgenson (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)</p>	<p>9 Happy Birthday Bob A & Peter L! 9:30 Brain Training (C3) 10:00 Bagels & Coffee Emergency Response Resident Roundtable (B) 10:00 Tai Chi (C3) 11:15 Group Exercise (TR) 2:00 Painting Group: Winter Canvas Painting (CR) 6:00 Living-Room Symphony (C3)</p>	<p>10 10:00 Catholic Service & Communion (CR) 10:00 Chair Yoga (C3) 11:15 Group Exercise (TR) 1:00 Speaker: The Importance of Health, Wellness, & Hydration for Seniors by Stacy Lemmer (CR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)</p>	<p>11 9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>
<p>12 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight & Coffee (T) 12:00 Our Lady of Grace Church Service (C29) 1:00 Westminster Presbyterian Service (C29) 2:00 Contemporary Lutheran Worship St. Andrews Church (C29)</p>	<p>13 10:00 Yoga Therapy Class (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise (TR) 1:00 Walking Group w/MC (L) 1:30 MacPhail Unwrap Music: Early Country Ballads : Hank Williams and The Carter Family w/Andrea L (CR) 2:00 Resident Snacks (T) 3:45 Bingo (CR)</p>	<p>14 Happy Birthday Donna D & Sherri M! 9:30 Brain Training (C3) 10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 11:00 Chaplain Craig 1:1 Visits 11:15 Group Exercise (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Kowalski's (L) 3:00 Mahjong Club (B) 6:15 Evening Movie (T)</p>	<p>15 Happy Birthday Patrick J! 10:00 Full Body Exercise (C3) 10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L) 11:15 Group Exercise (TR) 2:00 Live Entertainment: Malt Shop Melodies 50's Music (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)</p>	<p>16 9:30 Brain Training (C3) 10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 11:00 Group Outing: Restaurant (L) 11:15 Group Exercise (TR) 2:00 Wii Bowling Group (CR) 6:00 Living-Room Symphony (C3)</p>	<p>17 10:00 Catholic Service & Communion (CR) 10:00 Chair Yoga (C3) 11:15 Group Exercise (TR) 1:00 Movie Matinee (T) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)</p>	<p>18 9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical (C3)</p>

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<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>19 Happy Birthday Kathleen S!</p> <p>10:00 Yoga Therapy Class (TR)</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:00 Walking Group w/MC (L)</p> <p>1:30 MacPhail Hour: Ashley Ng, violin The Seasons in Music (CR)</p> <p>2:00 Resident Snacks (T)</p> <p>2:45 Bingo (B)</p> <p>4:00 Care Giver Support Group (CR)</p>	<p>20 9:30 Brain Training (C3)</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:00 Coffee w/Chef (B)</p> <p>10:30 Leg Exercises (C3)</p> <p>11:00 Chaplain Craig 1:1 Visits</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Target (L)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>21 10:00 Full Body Exercise (C3)</p> <p>10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Live Entertainment: Sweet 70's Songs Singer & Acoustic Guitarist Richard Keller (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie)</p> <p>2:00 Resident Snacks (T)</p> <p>3:30 Christian Worship (CR)</p>	<p>22 9:30 Brain Training (C3)</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:00 Tai Chi (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>12:15 Group Outing: American Swedish Institute Museum *RSVP* (L)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>23 10:00 Catholic Service & Communion (CR)</p> <p>10:00 Chair Yoga (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:00 Movie Matinee (T)</p> <p>2:00 Resident Snacks (T)</p> <p>3:00 Happy Hour 3-4pm (B)</p>	<p>24 9:00 Sitting or Standing Tai Chi (C3)</p> <p>10:00 Chair Yoga (C3)</p> <p>11:00 Livingroom Concert (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>26 10:00 Yoga Therapy Class (TR)</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:00 Walking Group w/MC (L)</p> <p>2:00 Resident Snacks (T)</p> <p>3:45 Bingo (CR)</p>	<p>27 9:30 Brain Training (C3)</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Leg Exercises (C3)</p> <p>11:00 Chaplain Craig 1:1 Visits</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Cub Foods (L)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>28 Lunar New Year! Happy Birthday Richard R & Charles W!</p> <p>10:00 Full Body Exercise (C3)</p> <p>10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 January Birthday Live Entertainment: Pianist James Shaw (CR)</p> <p>2:00 Healing Touch (By Appointment w/Carrie)</p> <p>2:00 Resident Snacks (T)</p> <p>3:30 Christian Worship (CR)</p>	<p>29 9:30 Brain Training (C3)</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:00 Tai Chi (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>2:00 Craft Group: Grocery Tote Bags (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>30 10:00 Catholic Service & Communion (CR)</p> <p>10:00 Chair Yoga (C3)</p> <p>11:15 Group Exercise (TR)</p> <p>1:30 Resident Talk: Ken Y. Topic: Depopulation (T)</p> <p>2:00 Resident Snacks (T)</p> <p>3:00 Happy Hour 3-4pm (B)</p>	