

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p align="center"><b>FRONT DESK HOURS</b></p> <p align="center">8:00am to 8:00 pm Monday—Friday</p> <p align="center">8:00 am to 5:00 pm</p>	<p align="center"><b>Coffee Available</b></p> <p align="center">7am—4pm Everyday</p>	FR—Fireside Room LB—Lobby AR—Activity Room ER—Exercise Room DR—Dining Room		<b>1</b> 10:00 Cribbage-AR 12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-FR
<b>Groundhog Day 2</b> 1:30 Movie Matinee-ER	<b>3</b> <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 <b>3:15 Ecumenical Church service with Reverend Chris Beckman-ER</b>	<b>4</b> 9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise with Sonja-ER 11:15 What do you know about the history of candy?-AR <b>2:00 Pianist James Shaw-LB</b> <b>3:00 Birthday Party-AR</b> 6:30 Bridge (signup needed)-AR	<b>5</b> <b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 What do you know about inspiring female athletes and female firsts in sports?-AR <b>1:15 Catholic Communion Service-ER</b> <b>2:00 Remembering 70's- AR</b> 3:15 Treat Bingo-AR <b>6:30 Evening Sing Along with Kelly-LB</b> 7:00 Movie- FR	<b>6</b> 9:30 Van Departs for Dollar Tree, Aldis, Target, TJ Maxx and Kohl's <b>10:00 Bible Study-AR</b> 10:00 Exercise with Sonja-ER 11:15 What do you know about Norman Rockwell ?-AR <b>1-4 Odom One Step Clinic Open House-ER</b> 2:00 Jeopardy-AR <b>3:15 Activity and outing planning meeting-AR</b> 7:00 Movie-FR	<b>7</b> <b>10:00 Exercise w/L2BH-ER</b> <b>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</b> 11:15 What do you know about Hank Aaron other baseball facts?-AR <b>1:15 Van departs for the Museum of Russian Art</b> 1:00 Mahjong-AR <b>2:00 Men's Group-AR</b> 3:15 Popcorn-FR 6:30 Bingo - AR	<b>8</b> <b>10:00 Cribbage-AR</b> <b>11:00 Arm chair Travel-ER</b> 12:45 Bridge (sign up needed)- AR 1:30 Movie Matinee-ER
<b>9</b> <b>11:00 Sing Along-LB</b> 1:30 Movie Matinee-FR <b>5:00 Superbowl Party-FR</b>	<b>10</b> <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>	<b>11</b> 9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise with Sonja-ER 11:15 What do you know about Laura Ingalls Wilder ? <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>12</b> <b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> <b>10:00 4th Floor Coffee- AR</b> 11:15 What do you know about Grant Wood ?- AR 1:15 Catholic Communion-AR <b>2:00 Remembering how I met my spouse -AR</b> 3:15 Treat Bingo-AR 7:00 Movie-FR	<b>13</b> 9:30 Van Departs for Cub Foods, Target & trader Joe's 10:00 Exercise with Sonja-ER 11:15 What do You know about Ferris Wheel and history of old fashioned amusement park rides ?-AR <b>11:45 Van departs for Scoreboard</b> 1:00 Card Crafts-AR <b>2:00 Red Wine Tasting-AR</b> 3:15 Fill or bust game-AR 7:00 Movie- FR	<b>14</b> <b>Valentine's Day</b> <b>10:00 Exercise w/L2BH-ER</b> <b>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</b> 11:15 What do you know about Valentine's Day?-AR 1:00 Mahjong-AR <b>2:00 Edina Singing Seniors-LB</b> <b>3:15 Valentine's Happy Hour-FR</b> 	<b>15</b> <b>10:00 Cribbage-AR</b> 12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-ER 5:00 Happy Hour-FR
<b>16</b> 1:30 Movie Matinee-FR	<b>17</b> <b>President's 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 George Washington and Abraham Lincoln?- AR 1:00 500-AR 1:00 Rummikub-AR 2:00 Group Crossword-ER 3:15 Presidents and First Ladies Trivia-AR	<b>18</b> 9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise with Sonja- ER 11:15 This Week in History-AR <b>2:00 Music Appreciation with Dr. Marc Jaros-ER</b> 3:15 Disconnected Game-AR 6:30 Bridge (signup needed)-AR	<b>19</b> <b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> <b>11:00 Blood Pressure Checks -AR</b> 11:15 What do you know about most popular snackfoods of the past 10 years?- AR 1:15 Catholic Communion-AR <b>2:00 Remembering the Twin Cities-40's-todayAR</b> 3:15 Treat Bingo-AR <b>6:30 Evening Sing Along with Kelly-LB</b> 7:00 Movie-FR	<b>20</b> 9:30 Van Departs for Dollar Tree, Aldis, Target, TJ Maxx and Kohl's 10:00 Exercise with Sonja-ER 11:15 What do you know about hippos and other animals native to Africa-AR <b>11:45 Van departs for North Coop</b> 2:00 Opposites Word Game-AR <b>3:00 Needlecrafters Group-AR</b> 7:00 Movie- FR	<b>21</b> <b>10:00 Exercise w/L2BH-ER</b> <b>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</b> 11:15 what do you know about First Ladies ?-AR 1:00 Mahjong-AR <b>2:00Craft Group-AR</b> <b>3:15 Popcorn-AR</b> 6:30 Bingo - AR	<b>22</b> <b>10:00 Cribbage-AR</b> <b>11:00 Arm Chair Travel-ER</b> 12:45 Bridge (sign up needed)-AR 1:30 Movie Matinee-FR
<b>23</b> <b>11:00 Sing Along-LB</b> 1:30 Movie Matinee-FR	<b>24</b> <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>	<b>25</b> 9:30 Shopping at Grandview and Jerry's Foods Area 10:00 Exercise with Sonja- ER 11:15 What do you know about Yellowstone and history of US National Park System-AR <b>12:00Van departs for Heather's Minnetonka</b> <b>2:00 Mt Olivet Communion-ER</b> <b>2:00 Book Club-AR</b> <b>4:00 Care Partners Support Group-FR</b> 6:30 Bridge (signup needed)-AR	<b>26</b> <b>8-12 VT Bus to Med/Dental</b> <b>10:00 Exercise w/L2BH-ER</b> 11:15 What do you know about history of banking?- AR <b>1:15 Catholic Communion -ER</b> <b>2:00 Remembering high school years -AR</b> 3:15 Treat Bingo-AR 7:00 Movie-FR	<b>27</b> 9:30 Van Departs for Cub Foods, Target & trader Joe's 10:00 Exercise with Sonja-ER 11:15 What do you know about Polar Bears?-AR 2:00 Current Events-AR <b>3:15 Highland Elementary Kids Club Visits-AR</b> 7:00 Movie-FR	<b>28</b> <b>10:00 Exercise w/L2BH-ER</b> <b>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</b> 11:15 What do you know about wedding trends? AR <b>1:00 Van Departs for U of MN landscape Arboretum Flower Show</b> 1:00 Mahjong-AR <b>3:15 Popcorn-FR</b> 6:30 Bingo - AR	

### **Lunch at Heather's Minnetonka**

Everyone is invited to go to this restaurant that serves breakfast all day with entrees including orange caramel peach French toast and steak and eggs. Lunch entrees such as pasta, burgers and sandwiches are also available.

**Tuesday  
February 25th  
Departure: 12:00pm**

Sign up by **Monday  
February 24th**

### **U of MN Landscape Arboretum Flower Show**

Everyone is invited to enjoy a "breath of spring time" with the Arboretum flower show: "Enchanted Spring Gardens"

Throughout the flower there will be a variety of birds in sculpture form.  
**Friday February 28th  
Departure: 1:00pm**

Sign up by **Thursday  
February 27th**

### **St. Paul Chamber Orchestra Concert**

Everyone is invited to go to this concert series at Wooddale Church. This concert will feature Piazzolla's The Four Seasons with a violin soloist and Pyot Ilyich Tchaikovsky.

**Friday, March 7th  
Departure: 10:00 am  
Cost:\$13 payable to  
Vernon Terrace**

Sign up by **Wednesday  
March 5th**

### **Ice Cream Flavor of the Month**

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

**Tuesday, February 11th  
Time: 3:00 pm Fireside Room**

### **4th Floor Coffee**

All 4th floor residents are welcome to come for a pastry and coffee and to get to know their neighbors better.

**Wednesday, February 12th  
Time: 10:00 am Activity Room**

### **How I met my spouse**

All are invited to this fun time of reminiscing and learn how your friends at Vernon Terrace met their spouses.

**Wednesday February 12th  
Time: 2:00 pm Activity Room**

### **Red Wine Tasting**

All are invited to come and sample a few different red wines and learn the basics from Chef Dan.

**Thursday February 13th  
Time: 2:00 pm Activity Room**

### **Edina Singing Seniors**

Everyone is invited to come and be entertained by this group of seniors from the Edina Senior Center. Three of our own residents are part of this dynamic group!

**Friday February 14th  
Time: 2:00 pm Lobby**

### **Valentine's Day Happy Hour**

Everyone is invited to celebrate this holiday after the entertainment. We'll be providing a drink and appetizer there may be a surprise or two!

**Friday February 14th  
Time: 3:15 pm  
Fireside Room**



### **Music Appreciation with Dr. Marc Jaros**

Everyone is invited to hear this professor from Normandale Community College focus on a piece of classical music. Come and learn while you enjoy the beautiful music.

**Tuesday February 18th  
Time: 2:00 pm Exercise Room**

### **Blood Pressure Check**

Come down for this free monthly check by our staff.

**Wednesday February 19th  
Time: 11:00am 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 February 20th  
Time: 3:00 pm Activity Room**

### **Craft Group**

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

**Friday February 21st  
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. Even if you haven't read the book, you are invited to come.

**Tuesday February 25th  
Time: 2:00 pm  
Activity Room**



### **Mt. Olivet Communion**

The ministers of Mt. Olivet are inviting all residents, even if you aren't a member of the church, to come to this service and receive communion.

**Tuesday February 25th  
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.

**Thursday February 27th  
Time: 3:15pm Activity Room**



2025

**FEBRUARY**

### **Museum of Russian Art**

Everyone is invited to join us to go this smaller museum to see two exhibits: A Thousand Nesting Dolls and Russia's Native Mushrooms: Botanical Watercolors. The exhibit of nesting dolls is the largest in the country and includes some of the earliest dolls ever created.

**Friday February 7th  
Departure: 1:15 pm  
Cost: \$12.00 payable  
at the museum**

Sign up by  
**Thursday February 6th**

### **Lunch at Scoreboard**

Everyone is invited to eat at this Minnetonka Restaurant that we've visited several times through the years. They have weekly specials but also serve burgers, sandwiches and other main entrees.

**Thursday February  
13th  
Departure: 11:45 am**

Sign up by  
**Wednesday February 12th**

### **Lunch at North Coop**

Everyone is invited to this Excelsior restaurant that serves southern inspired food from scratch. Entrees include but not limited to wraps, tacos, sandwiches, chicken, ribs and salads.

**Thursday February  
20th  
Departure: 11:45 am**

Sign up by  
**Wednesday February 19th**

### **Ecumenical Worship Service**

Reverend Chris Beckman will be here to lead this service which will become a monthly occurrence.

**Monday February 3rd  
Time: 3:15 pm Exercise Room**

### **Pianist James Shaw**

All are invited to hear pianist James Shaw perform.

**Tuesday February 4th  
Time: 2:00 pm Lobby**



### **Birthday Party**

Everyone is invited to celebrate our residents with February birthdays. Come for cake, coffee and conversation after the entertainment!

**Tuesday February 4th  
Time: 3:00pm Activity Room**

### **Evening Sing Along with Kelly**

Everyone is invited to come to this sing along after dinner and join other people who enjoy singing as well. Sing some of your old time favorites.

**Wednesdays February 5th and 19th  
Time:6:30pm**

### **Bible Study**

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

**Thursday February 6th  
Time: 10:00am Activity Room**

### **Odom One Step Clinic Open House**

Everyone is invited to come down and take part in this innovative program. Physical therapists will identify mobility and falls risk for each person and then meet with you individually to read your results and learn ways to stay safer

**Thursday February 6th  
Time: 1-4 pm Exercise Room**

### **Activity & Outing Planning Meeting**

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

**Thursday February 6th  
Time: 3:15 pm Activity Room**

### **Men's Group**

All men are invited to this monthly group as a chance to get to meet and get to know the other men here. Even if you were unable to make the first meeting, come and join the conversation.

**Friday, February 7th  
Time: 2:00 pm Activity Room**

### **Arm Chair Travel**

Everyone is invited to try this new activity. Come to journey to somewhere that you've always wanted to go or have been many times. You don't even have to pack a bag!

**Saturdays February 8th & 22nd  
Time: 11:00am Exercise Room**

### **Sing Along with Kelly**

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

**Sundays February 9th and 23rd  
Time: 11:00am Lobby**

### **Superbowl Party**

Everyone is invited to watch the "Big Game" with your friends and make some new ones! Please bring your own drink and a snack to share.

**Sunday February 9th  
Time: 5-9:30 pm Fireside Room**

### **Game Night**

Everyone is invited to join Kelly, our 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 February 10th and 24th  
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 February 11th  
Time: 2:00 pm Dining Room**

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