

MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Mount Olivet Worship Livestream (T) 30</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>10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 31</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise: Weights (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>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/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>9:00 Sitting or Standing Tai Chi (C3) 1</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) 2</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>10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 3</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise: Weights (TR)</p> <p>2:00 Resident Snacks (T)</p> <p>3:30 Girl Scout Cookie Sale (L)</p> <p>3:45 Bingo (CR)</p>	<p>9:30 Brain Training (C3) 4</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Leg Exercises (C3)</p> <p>11:15 Group Exercise: Balance (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Lund's & Byerly's (L)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>10:00 Full Body Exercise (C3) 5</p> <p>10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)</p> <p>11:15 Group Exercise: Weights (TR)</p> <p>2:00 Live Entertainment: High Water Band Fred G. (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>Happy Birthday Joseph! 6</p> <p>9:30 Brain Training (C3)</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:00 Tai Chi (C3)</p> <p>10:30 Resident Council (CR)</p> <p>11:15 Family Resident Council (CR)</p> <p>1:30 Passport Virtual Reality (Travel) (T)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>9:00 Podiatry Clinic 9-11am (TR) 7</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>10:00 Chair Yoga (C3)</p> <p>11:15 Group Exercise: Bands (CR)</p> <p>1:00 Speaker: (Bone Health & Fracture Prevention) by Matt from Osteo Strong (CR)</p> <p>2:00 Resident Snacks (T)</p> <p>3:00 Happy Hour 3-4pm (B)</p>	<p>9:00 Sitting or Standing Tai Chi (C3) 8</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>Daylight Savings Begins 9</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>10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 10</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise: Weights (TR)</p> <p>1:30 MacPhail Unwrap Music: Early Rock & Roll w/Andrea L (CR)</p> <p>2:00 Resident Snacks (T)</p> <p>3:45 Bingo (CR)</p>	<p>9:30 Brain Training (C3) 11</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Leg Exercises (C3)</p> <p>11:15 Group Exercise: Balance (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Kowalski's (L)</p> <p>2:30 Community Service Craft Project (CR)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>10:00 Full Body Exercise (C3) 12</p> <p>10:15 Games/Technology Help/Social Hour w/ Student Volunteers Breck Highschool (L)</p> <p>11:15 Group Exercise: Weights (TR)</p> <p>2:00 Live Entertainment: Chris Ryshavy (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>9:30 Brain Training (C3) 13</p> <p>10:00 Group Outing: MN Orchestra Coffee Concert Beethoven *RSVP* (L)</p> <p>10:00 Bagel Break & Coffee (B)</p> <p>10:00 Tai Chi (C3)</p> <p>11:15 Group Exercise: Balance (TR)</p> <p>1:30 Book Club (resident led) (L)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>10:00 Catholic Service & Communion (CR) 14</p> <p>10:00 Chair Yoga (C3)</p> <p>11:15 Group Exercise: Weights (TR)</p> <p>1:00 Movie Matinee (T)</p> <p>2:00 Resident Snacks (T)</p> <p>3:00 St. Patty's Happy Hour 3-4pm (CR)</p>	<p>9:00 Sitting or Standing Tai Chi (C3) 15</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>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday Beverly! 16</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>St. Patrick's Day 17</p> <p>10:00 Yoga Therapeutic Stretch Class w/Laurie (TR)</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise: Weights (TR)</p> <p>1:00 Walking Group w/MC (L)</p> <p>1:30 MacPhail Hour: Trio Monette/Jazz Trio (CR)</p> <p>2:00 Resident Snacks (T)</p> <p>2:45 Bingo (B)</p> <p>3:45 Bingo (CR)</p> <p>4:00 Care Giver Support Group (CR)</p>	<p>Happy Birthday Frankie! 18</p> <p>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>11:15 Group Exercise: Balance (TR)</p> <p>1:30 Flower Bouquets (CR)</p> <p>2:00 Grocery Outing: Target (L)</p> <p>2:30 Community Service Craft Project (CR)</p> <p>3:00 Mahjong Club (B)</p> <p>6:15 Evening Movie (T)</p>	<p>19</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: Weights (TR)</p> <p>2:00 Live Entertainment: Guitarist Vinnie Rose (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>First Day of Spring 20</p> <p>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: Balance (TR)</p> <p>12:00 Group Outing: Restaurant (L)</p> <p>3:00 Speaker: Edward Ride Share - Bill Becker (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>Happy Birthday Joanne! 21</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>10:00 Chair Yoga (C3)</p> <p>11:15 Group Exercise: Weights (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>Happy Birthday Gerry! 22</p> <p>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>23</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>24</p> <p>10:00 Yoga Therapeutic Stretch Class w/Laurie (TR)</p> <p>11:00 Upper Body Stretching (C3)</p> <p>11:15 Group Exercise: Weights (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>25</p> <p>9:30 Brain Training (C3)</p> <p>10:00 Donut Dash & Coffee (B)</p> <p>10:30 Leg Exercises (C3)</p> <p>11:15 Group Exercise: Balance (TR)</p> <p>12:00 Resident Birthday Lunch! (Dining Room)</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: Walk in Woods (Robert Redford) (T)</p>	<p>26</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: Weights (TR)</p> <p>2:00 Live Entertainment: Russel Music (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>27</p> <p>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: Balance (TR)</p> <p>2:00 Group Wii Bowling (CR)</p> <p>6:00 Living-Room Symphony (C3)</p>	<p>28</p> <p>10:00 Catholic Service & Communion (CR)</p> <p>10:00 Chair Yoga (C3)</p> <p>11:15 Group Exercise: Medicine Balls (TR)</p> <p>1:00 Resident Talk: History of Immigration by Ken Y. (CR)</p> <p>2:00 Resident Snacks (T)</p> <p>3:00 Happy Hour 3-4pm (B)</p>	<p>Happy Birthday Zona! 29</p> <p>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>