

# MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>B</b> Bistro <b>C2</b> Channel 1-2 <b>C3</b> Channel 29 <b>C3</b> Channel 1-3 <b>CR</b> Community Room <b>GR</b> Game Room 3rd Floor <b>L</b> Lobby <b>L</b> Library <b>MC</b> Memory Care <b>P</b> Patio <b>R</b> Room to Room <b>T</b> Theater <b>TR</b> 3rd Floor Training Room</p>	<p>Assisted &amp; Independent Living Calendar</p> <p>Green = TV Only Programs</p> <p>Blue = Group Outings *RSVP* (Front Desk)</p> <p>Red = Independent Programs</p> <p>**Activities are subject to change**</p>	<p><b>Please contact the Life Enrichment Director Brooke Moser at 952-848-8883 with any questions or suggestions.</b></p>		<p>9:30 Brain Training (C3) <b>1</b> 10:00 Bagel Break &amp; Coffee (B) 10:00 Tai Chi (C3) 10:30 Resident Council (CR) 11:15 Family Resident Council (CR) 1:00 Virtual Reality Travel Passport Program (T) 2:15 Group Exercise (TR) 6:00 Living-Room Symphony: Beethoven Symphony No. 9 (1h) (C3)</p>	<p>10:00 Catholic Service &amp; Communion (CR) <b>2</b> 10:00 Chair Yoga (C3) 10:00 Clover Ride Transportation 10am-3pm Optional Ride Service *Must Call to setup* (L) 11:15 Group Exercise: Resistance Bands (TR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)</p>	<p>9:00 Sitting or Standing Tai Chi (C3) <b>3</b> 10:00 Chair Yoga (C3) 11:00 Livingroom Concert: James Taylor Live at the Nice Jazz Festival 1999 (1h) (C3) 1:30 Weekend Movie: Conclave (T) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical: Shirley Temple in The Little Princess 1939 (1h 33m) (C3)</p>
<p>10:00 Mount Olivet Worship Livestream (T) <b>4</b> 10:00 Danish Delight &amp; 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) 2:00 Mahjong Club (B)</p>	<p>10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) <b>5</b> 11:00 Upper Body Stretching (C3) 11:15 Group Exercise: Weights (TR) 1:00 Walking group w/MC (L) 1:30 Speaker: Danyelle from Bridging Organization (CR) 2:00 Resident Snacks (T) 3:45 Bingo (CR)</p>	<p>Happy Birthday Lorraine J! <b>6</b> 9:30 Brain Training (C3) 10:00 Meet and Greet with ODOM Rehab (CR) 10:00 Donut Dash &amp; Coffee (B) 10:30 Leg Exercises (C3) 11:15 Group Exercise: Balance (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Kowalski's (L) 3:00 Mahjong Club (B) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 6:15 Evening Movie (T)</p>	<p>10:00 Full Body Exercise (C3) <b>7</b> 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group (Resident led) (B) 2:00 Live Entertainment: Michael Larson Accordionist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Virtual Christian Worship (Justin is off) (T)</p>	<p>Happy Birthday Izumi Y! <b>8</b> 9:30 Brain Training (C3) 9:45 Choir Rehearsal (CR) 10:00 Group Outing: MN Orchestra Hall Sondergaard Mozart Piano Concert *RSVP* (L) 10:00 Bagel Break &amp; Coffee (B) 10:00 Tai Chi (C3) 11:15 Group Exercise: Balance (TR) 1:30 Book Club (resident led) (B) 6:00 Living-Room Symphony (C3)</p>	<p>10:00 Catholic Service &amp; Communion (CR) <b>9</b> 10:00 Chair Yoga (C3) 10:00 Clover Ride Transportation 10am-3pm Optional Ride Service *Must Call to setup* (L) 11:15 Group Exercise: Weights (TR) 1:00 Speaker: Hearing Loss by Justine Hammer from Starkey (CR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)</p>	<p>9:00 Sitting or Standing Tai Chi (C3) <b>10</b> 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>Mothers Day <b>11</b> 10:00 Mount Olivet Worship Livestream (T) 10:00 Danish Delight &amp; 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) 2:00 Mahjong Club (B) 3:15 Mothers Day Flower Pot Painting Group (CR)</p>	<p>Happy Birthday John B! <b>12</b> 10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise: Weights (TR) 1:00 Walking group w/MC (L) 1:30 MacPhail Unwrap Music: Songwriters for Film w/Andrea L (CR) 2:00 Resident Snacks (T) 3:00 Speaker: Gayle from Gifts of Healing Massage Therapy (T) 3:45 Bingo (CR)</p>	<p>9:30 Brain Training (C3) <b>13</b> 10:00 Donut Dash &amp; Coffee (B) 10:30 Leg Exercises (C3) 11:15 Group Exercise: Balance (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Lund's &amp; Byerly's (L) 3:00 Mother's Day Flower Pot Painting Group (CR) 3:00 Mahjong Club (B) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 6:15 Evening Movie (T)</p>	<p>10:00 Full Body Exercise (C3) <b>14</b> 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group (Resident led) (B) 2:00 Live Entertainment: James Shaw Pianist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship w/Chris Beckman (CR)</p>	<p>Happy Birthday Glen K &amp; Donna W! <b>15</b> 9:30 Brain Training (C3) 9:45 Choir Rehearsal (CR) 10:00 Bagel Break &amp; Coffee (B) 10:00 Tai Chi (C3) 11:00 Restaurant Group Outing: Tavern on France (L) 11:15 Group Exercise: Balance (TR) 2:00 Resident Ambassador Club Meeting (Aurora Guidebook) (CR) 6:00 Living-Room Symphony (C3)</p>	<p>10:00 Catholic Service &amp; Communion (CR) <b>16</b> 10:00 Chair Yoga (C3) 10:00 Clover Ride Transportation 10am-3pm Optional Ride Service *Must Call to setup* (L) 11:15 Group Exercise: Weights (TR) 1:00 Author/Speaker: Marlene Johnson (First woman Lieutenant Governor of MN) (CR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)</p>	<p>9:00 Sitting or Standing Tai Chi (C3) <b>17</b> 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>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> Happy Birthday Sally N! 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) 2:00 Mahjong Club (B)	<b>19</b> 10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise: Weights (TR) 1:00 MacPhail Hour (CR) 1:00 Walking group w/MC (L) 1:30 Resident Talk: Medical Doctor Rick Simmons (CR) 2:00 Resident Snacks (T) 2:45 Bingo (B) 4:00 Care Giver Support Group (CR)	<b>20</b> 9:30 Brain Training (C3) 10:00 Donut Dash & Coffee (B) 10:00 Coffee w/Chef (B) 10:30 Leg Exercises (C3) 11:15 Group Exercise: Balance (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Target (L) 3:00 Mahjong Club (B) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 6:15 Evening Movie (T)	<b>21</b> 10:00 Full Body Exercise (C3) 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group (Resident led) (B) 2:00 Live Entertainment: Elijah Land Pianist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)	<b>22</b> 9:30 Brain Training (C3) 9:45 Choir Rehearsal (CR) 10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 11:15 Group Exercise: Balance (TR) 1:30 Group Outing: MN Arboretum Tulip Garden *RSVP* (L) 6:00 Living-Room Symphony (C3)	<b>23</b> 10:00 Catholic Service & Communion (CR) 10:00 Chair Yoga (C3) 10:00 Clover Ride Transportation 10am-3pm Optional Ride Service *Must Call to setup* (L) 11:15 Group Exercise: Weights (TR) 12:00 Bake Sale 10-3pm (L) 1:00 Movie Matinee: Great Courses Life in Our Universe Part 2 (T) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)	<b>24</b> 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)
<b>25</b> 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) 2:00 Mahjong Club (B)	<b>26</b> Memorial Day & Happy Birthday Violet D! 10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise: Weights (TR) 1:00 Independent Walking group (L) 2:00 Resident Snacks (T)	<b>27</b> 9:30 Brain Training (C3) 10:00 ODOM Balance Clinic (TR) 10:00 Donut Dash & Coffee (B) 10:30 Leg Exercises (C3) 11:15 Group Exercise: Balance (TR) 1:30 Flower Bouquets (CR) 2:00 Grocery Outing: Cub Food's (L) 3:00 Mahjong Club (B) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 5:00 Resident Birthday Dinner! *RSVP Front Desk* (Dining Room) 6:15 Evening Movie (T)	<b>28</b> 10:00 Full Body Exercise (C3) 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group (Resident led) (B) 2:00 Dog Trainer Presentation: Scott Wenzel (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) 3:30 Christian Worship (CR)	<b>29</b> 9:30 Brain Training (C3) 9:45 Choir Rehearsal (CR) 10:00 Bagel Break & Coffee (B) 10:00 Tai Chi (C3) 11:15 Group Exercise: Balance (TR) 2:00 Group Wii Bowling (CR) 6:00 Living-Room Symphony (C3)	<b>30</b> 10:00 Catholic Service & Communion (CR) 10:00 Chair Yoga (C3) 10:00 Clover Ride Transportation 10am-3pm Optional Ride Service *Must Call to setup* (L) 11:15 Group Exercise: Medicine Balls (TR) 1:00 Resident Talk: Bob Rafidal Catholic & Greek Orthodox Split (CR) 1:15 Resident Talk: (CR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B)	<b>31</b> Happy Birthday Dave R & Norma S! 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)