

JUNE 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|---|
| 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) | 1 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) 1:00 Chair Massage 1-3pm (Call to book appointment) (3rd Floor Meditation Room) 1:30 MacPhail Hour: The Lullaby of Broadway (CR) 2:00 Resident Snacks (T) 3:45 Bingo (CR) | 3 9:30 Brain Training (C3) 9:30 Resident Film Committee Meeting (B) 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: Kowalski's (Minimum of 2 for all outings) (L) 3:00 Mahjong Club (B) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 6:15 Evening Movie: The Pianist (2h 30m) (T) | 4 10:00 Full Body Exercise (C3) 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group W/Chaplain Justin (B) 2:00 Live Entertainment: The Woodwind Quintet Arthur K (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) | 5 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) 1:00 Virtual Reality Travel Passport Program (T) 2:00 Bunny Visits in Skyview Memory Care (MC) 2:15 Group Exercise: Balance (TR) 6:00 Living-Room Symphony: Andre Rieu Live in Dresden (1h 30m) (C3) | 6 Happy Birthday Allen! 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) 2:00 Resident Snacks (T) 3:00 Happy Hour w/Live Music by CODA Duo Band Hosted by English Rose 3-4pm (B) | 7 9:00 Sitting or Standing Tai Chi (C3) 10:00 Chair Yoga (C3) 11:00 Livingroom Concert: Bob Marley Live in Santa Barbara 1979 (1h 32m) (C3) 2:00 Independent Games/Puzzles/Cards Group (GR) 3:00 Classic Film or Musical: Royal Wedding with Fred Astaire 1951 (1h 32m) (C3) |
| 8 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) | 9 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 Unwrap Music: Protest Music w/Andrea L (CR) 2:00 Resident Snacks (T) 3:45 Bingo (CR) | 10 9:30 Brain Training (C3) 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: Lund's & Byerly's (Minimum of 2 for all outings) (L) 3:00 Mahjong Club (B) 3:30 Speaker: Andy Lieffort Next Generation Lions Club (Eye Glasses Donation) (CR) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 6:15 Evening Movie (T) | 11 10:00 Full Body Exercise (C3) 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group W/Chaplain Justin (B) 2:00 Live Entertainment: Pete Hofmann Accordionist (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) | 12 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 Book Club (resident led) (B) 2:00 Flower Planting Group (Patio weather permitted) (P) 6:00 Living-Room Symphony (C3) | 13 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) 1:00 David Jones Speaker: United States Flag (CR) 2:00 Resident Snacks (T) 3:00 Honoring Father's & Mother's Day Happy Hour 3-4pm (B) | 14 Flag Day 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) |
| 15 Father's Day & Happy Birthday Kathleen! 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) | 16 Happy Birthday Yvonne! 10:00 Yoga Therapeutic Stretch Class w/Laurie (TR) 10:00 Table Massage 10am-3pm (Call to book appointment) (Resident Apartment) 11:00 Upper Body Stretching (C3) 11:15 Group Exercise: Weights (TR) 1:00 Walking group w/MC (L) 1:30 MacPhail Hour: Alex (Violin) & Karl (Tronbone) (CR) 2:00 Resident Snacks (T) 2:45 Bingo (B) 4:00 Care Giver Support Group (CR) | 17 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 (Minimum of 2 for all outings) (L) 3:00 Mahjong Club (B) 3:45 Bud Vase Arrangement for Dining Room Tables (CR) 6:15 Evening Movie (T) | 18 10:00 Full Body Exercise (C3) 11:15 Group Exercise: Weights (TR) 1:00 Bible Study Group W/Chaplain Justin (B) 2:00 Live Entertainment: Becky & Debbie (Pianist & Flutist) (CR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) | 19 Juneteenth & Happy Birthday Sheila! 9:30 Brain Training (C3) 9:45 Choir Rehearsal (CR) 10:00 Bagel Break & Coffee (B) 10:00 Emergency Response Resident Roundtable (Bagels & Coffee) (B) 10:00 Tai Chi (C3) 11:00 Restaurant Group Outing: McCormick & Schmick's *RSVP* (L) 11:15 Group Exercise: Balance (TR) 2:00 Mark Johnson Funeral Service Live stream Nokomis Heights Lutheran Church (T) 6:00 Living-Room Symphony (C3) | 20 First Day of Summer & Happy Birthday Ken! 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) 1:00 Dog Pet Therapy Visit w/Milo (TR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B) | 21 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) |

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|--|---|--|--|---|--|--|
| <div>22</div> <div> 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) </div> | <div>23</div> <div> 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) 2:00 Resident Snacks (T) 3:45 Bingo (CR) </div> | <div>24</div> <div> 9:30 Brain Training (C3) 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 Foods (Minimum of 2 for all outings) (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) </div> | <div>25</div> <div> 10:00 Group Outing: Grease at Chanhassen Dinner Theatre *RSVP* (L) 10:00 Full Body Exercise (C3) 1:00 Bible Study Group W/Chaplain Justin (B) 1:30 Group Exercise: Weights w/Kathrina (TR) 2:00 Healing Touch (By Appointment w/Carrie) 2:00 Resident Snacks (T) </div> | <div>26</div> <div> 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 Wii Bowling Group (CR) 6:00 Living-Room Symphony (C3) </div> | <div>27</div> <div> 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) 1:30 Resident Talk: Migration by Ken Y (CR) 2:00 Resident Snacks (T) 3:00 Happy Hour 3-4pm (B) </div> | <div>28</div> <div> 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) </div> |
| <div>29</div> <div> Happy Birthday Barb! 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) </div> | <div>30</div> <div> 10:00 Christian Worship Service w/Chris Beckman (CR) 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) 2:00 Resident Snacks (T) 3:45 Bingo (CR) </div> | <div> 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 </div> | <div> Assisted & Independent Living Calendar Green = TV Only Programs Blue = Group Outings *RSVP* (Front Desk) (Minimum of 2 residents for all outings) Red = Independent Programs **Activities are subject to change** </div> | <div> Please contact the Life Enrichment Director Brooke Moser at 952-848-8883 with any questions or suggestions. </div> | | |