

“Haven” Sample Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
| 11:00 Eagle Brook Virtual Worship Service 12:30 Rest and Relaxation 2:30 Snack and Social | 10:00 Sensory* 11:30 Exercise and Daily Chronicles 12:30 Rest and Relaxation 1:30 Table Games 2:30 Snack and Social 4:30 Spirit for the Soul | 10:00 Music and Massage* 11:30 Exercise and Daily Chronicles 12:30 Rest and Relaxation 1:30 Rosary (AL) 2:30 Taste Test Tuesday 4:30 Trivia with Kya | 10:00 Sensory* 11:30 EZ Does It 12:30 Rest and Relaxation 2:00 Entertainment (AL) 3:00 Snack and Social 4:30 Music and Movement | 10:00 Weekly Devotions 11:30 Exercise and Daily Chronicles 12:30 Rest and Relaxation 2:00 Monthly Birthday Party 4:00 MacPhail “Music for Life” with Wu | 10:30 Book Club: Audio Book Short Stories (RA led) 12:30 Rest and Relaxation 1:30 Creative Arts 2:30 Snack and Social 3:30 Resident Choice 4:30 Music and Movement | 12:30 Rest and Relaxation 2:30 Snack and Social 6:00 Lawrence Welk – Channel 17 |
| 11:00 Eagle Brook Virtual Worship Service 12:30 Rest and Relaxation 2:30 Snack and Social | 10:00 Sensory* 11:00 Music with Annie 12:30 Rest and Relaxation 1:30 Bingo 2:30 Snack and Social 4:30 Spirit for the Soul | 10:00 Music and Massage* 11:30 Exercise and Daily Chronicles 12:30 Rest and Relaxation 1:30 Rosary (AL) 2:30 Taste Test Tuesday 4:30 Trivia with Kya | 10:00 Sensory* 11:30 EZ Does IT 12:30 Rest and Relaxation 2:00 Entertainment (AL) 3:00 Snack and Social 4:30 Music and Movement | 10:00 Weekly Devotions 11:30 Exercise and Daily Chronicles 12:30 Rest and Relaxation 1:30 Baking/Cooking Club 2:30 Snack and Social 4:00 MacPhail “Music for Life” with Wu | 10:30 Book Club: Audio Book Short Stories 12:30 Rest and Relaxation 1:30 Creative Arts 2:30 Snack and Social 3:30 Resident Choice 4:30 Music and Movement | 12:30 Rest and Relaxation 2:30 Snack and Social 6:00 Lawrence Welk – Channel 17 |
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Sanctuary at West St Paul –

1746 Oakdale Avenue, West St Paul

Dimensions Manager: Cheryl Steiner, CTRS

952-666-2740

NOTES

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Small specialized group activity for residents with similar needs and interests. Small groups are by invite only.

Subject to Change

Our calendar is subject to change based on events, resident needs and individual requests.

One to One's

One to one visits take place at scheduled and unscheduled times based on residents needs and requests.