

| Sunday                                                                        | Monday                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                                      | Saturday                                                                                                                                                                                          |
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| <div>SAMPLE CALENDAR</div>                                                    |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                 | Coffee Available<br><br><b>7am—4pm Everyday</b><br><br>FR—Fireside Room<br>LB—Lobby<br>AR—Activity Room<br>ER—Exercise Room<br>DR—Dining Room                                                                                                                                                                                                                                                                                   | <div>FRONT DESK HOURS</div> <div>8:00am to 8:00 pm<br/>Monday—Friday</div> <div>8:00 am to 5:00 pm<br/>Saturday &amp; Sunday</div>                                                                                                                                                                                                                                                             | <div>10:00 Exercise w/L2BH-ER 1</div> <div>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</div> <div>1:00Van Departs for Cub Foods, Target and Trader Joe'sh</div> <div>1:00 Mahjong-AR</div> <div>2:00 Book Lover's Trivia Game-AR</div> <div>3:15 Ice Cream Sandwiches-AR</div> <div>6:30 Bingo - AR</div>                                                           | <div>2</div> <div>10:00 Cribbage-AR</div> <div>1:00 Bridge (sign up needed)-AR</div> <div>1:00 MexicanTrain Dominoes</div> <div>1:30 Movie Matinee-FR</div>                                       |
| <div>3</div> <div>1:30 Movie Matinee-ER</div>                                 | <div>4</div> <div>8-12VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:15 This Week in History-AR</div> <div>1:00 500-AR</div> <div>1:00 Rummikub-AR</div> <div>2:00 Group crossword</div> <div>3:15 Walking Group-meet in lobby</div> <div>6:30 Game Night-AR</div> | <div>5</div> <div>9:30 Shopping at Grandview and Jerry's Foods Area</div> <div>10:00 Exercise with Sonja-ER</div> <div>11:15What do you know about Canada? -AR</div> <div>11:30 Van departs for lunch at Wildfire Grill</div> <div>2:00 Activity planning and outing meeting-AR</div> <div>3:15 Cookies-FR</div> <div>6:30 Bridge (signup needed)-AR</div>                                      | <div>6</div> <div>8-12 VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:15 What do you know about medical innovations-history and the top of 2025?-AR</div> <div>11:30 –2:00 Shopping at Chosen Threads (Taylor Marie)-FR &amp;ER</div> <div>12:00 Fashion Show-DR</div> <div>2:00 Jeopardy-AR</div> <div>3:15 Treat Bingo-AR</div> <div>6:30 Evening Sing Along w/ Kelly</div> <div>7:00 Movie- FR</div> | <div>7</div> <div>9:30Van Departs for Dollar Tree, Aldis, Target, TJ Maxx and Kohl's</div> <div>10:00 Exercise with Sonja-ER</div> <div>11:30 Creative Corner-AR</div> <div>1:15 Worship with Reverand Chris Beckman-AR</div> <div>2:00 Jazz Singer Niny-LB</div> <div>3:15 Birthday Party-AR</div> <div>7:00 Movie-FR</div>                                                                   | <div>8</div> <div>10:00 Exercise w/L2BH-ER</div> <div>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</div> <div>11:15 What do you know about American Artists?</div> <div>1:00 Mahjong-AR</div> <div>2:00 Men's Group-AR</div> <div>3:15 Popcorn-FR</div> <div>6:30 Bingo - AR</div>                                                                                   | <div>9</div> <div>10:00 Cribbage-AR</div> <div>11:00 Play Reading-AR</div> <div>1:00 Bridge (sign up needed)- AR</div> <div>1:00 Mexican Train dominoes-AR</div> <div>1:30 Movie Matinee-FR</div> |
| <div>10</div> <div>11:00 Sing Along-LB</div> <div>1:30 Movie Matinee-ER</div> | <div>11</div> <div>8-12VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:15 This Week in history-AR</div> <div>1:00 500-AR</div> <div>1:00 Rummikub-AR</div> <div>2:00 Group Crossword-ER</div> <div>3:15 You Be The Judge-ER</div> <div>6:30 Dice Games-AR</div>     | <div>12</div> <div>9:30 Shopping at Grandview and Jerry's Foods Area</div> <div>10:00 Exercise with Sonja-ER</div> <div>11:15 What do you know about Ecuador( Ecuadorian Independence Day)?-AR</div> <div>12:00 Van departs for lunch at Hazelwood</div> <div>2:00 Monthly Resident Meeting-DR</div> <div>3:00 Ice Cream Flavor of the Month-FR</div> <div>6:30 Bridge (signup needed)-AR</div> | <div>13</div> <div>8-12 VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>10:00 4th Floor Coffee- AR</div> <div>11:15 Creative Corner- AR</div> <div>2:00 Walking Group-Meet in Lobby</div> <div>3:00 Dairy Queen Blizzard Bingo-AR</div> <div>7:00 Movie-FR</div>                                                                                                                                            | <div>14</div> <div>9:30 Van Departs for Cub Foods, Target &amp; trader Joe's</div> <div>10:00 Exercise with Sonja-ER</div> <div>10:00 Bible Study with Christ Presbyterian-AR</div> <div>11:30 Van departs for picnic at Minnehaha Falls</div> <div>1:15 Worship -ER</div> <div>2:00 Music appreciation with Dr. Marc Jaros-ERd</div> <div>3:00 Happy Hour-FR</div> <div>7: 00 Movie- FR</div> | <div>15</div> <div>10:00 Exercise w/L2BH-ER</div> <div>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</div> <div>11:15 What do you know about the Mall of America and Rise and Fall of Malls?</div> <div>1:00 Mahjong-AR</div> <div>1:30 Van departs for Dairy Queen to redeem coupons from Blizzard Bingo</div> <div>3:15 Cookies-FR</div> <div>6:30 Bingo - AR</div> | <div>16</div> <div>10:00 Cribbage-AR</div> <div>1:00 Bridge (sign up needed)-AR</div> <div>1:00 MexicanTrain Dominoes</div> <div>1:30 Movie Matinee-FR</div>                                      |
| <div>17</div> <div>1:30 Movie Matinee-ER</div>                                | <div>18</div> <div>8-12VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:15 This week in history- AR</div> <div>1:00 500-AR</div> <div>1:00 Rummikub-AR</div> <div>2:00 Group Crossword-ER</div> <div>3:15 Random Trivia-AR</div> <div>6:30 Game Night-AR</div>       | <div>19</div> <div>9:30 Shopping at and Jerry's Foods Area</div> <div>10:00 Exercise with Sonja – ER</div> <div>11:15 What do you know about best films from the last 100years-AR</div> <div>11:30 Van Departs for Lunch at La Casita</div> <div>2:00 Fire Spice Band-LB</div> <div>3:15 Guess the Year game-AR</div> <div>6:30 Bridge (signup needed)-AR</div>                                 | <div>20</div> <div>8-12 VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:00 Blood Pressure Checks -AR</div> <div>11:15 What do you know about Elephants?-AR</div> <div>1:15 Catholic Communion-ER</div> <div>2:00 Poetry Group-AR</div> <div>3:15 Treat Bingo-AR</div> <div>6:30 Evening Sing Along w/Jim -LB</div> <div>7:00 Movie-FR</div>                                                              | <div>21</div> <div>9:30 Van Departs for Dollar Tree, Aldis, Target, TJ Maxx and Kohl's</div> <div>10:00 Exercise with Sonja-ER</div> <div>11:30 Creative Corner-AR</div> <div>1:15 Worship with Reverand Chris Beckman-AR</div> <div>2:45 Van departs for Farmer's Market at Centennial Lakes</div> <div>3:00 cookies-FR</div> <div>7: 00 Movie- FR</div>                                      | <div>22</div> <div>10:00 Exercise w/L2BH-ER</div> <div>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</div> <div>11:15 What do you know about Puerto Rico ?-AR</div> <div>1:00 Mahjong-AR</div> <div>2:00 Craft Group-AR</div> <div>3:15 Watermelon--FR</div> <div>6:30 Bingo - AR</div>                                                                               | <div>23</div> <div>10:00 Cribbage-AR</div> <div>11:00 Arm chair Travel-ER</div> <div>1:00 Bridge (sign up needed)-AR</div> <div>1:00 Mexican Train dominos</div> <div>1:30 Movie Matinee-FR</div> |
| <div>24</div> <div>11:00 Sing Along-LB</div> <div>1:30 Movie Matinee-FR</div> | <div>25</div> <div>8-12VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:15 This Week in history-AR</div> <div>1:00 500-AR</div> <div>1:00 Rummikub-AR</div> <div>2:00 Group Crossword-ER</div> <div>3:15 You Be the Judge-AR</div> <div>6:30 Dice Games-AR</div>     | <div>26</div> <div>9:30 Shopping at Grandview and Jerry's Foods Area</div> <div>10:00 Exercise with Sonja-ER</div> <div>11:15 Creative Corner-AR</div> <div>11:30Van departs for lunch at Culvers</div> <div>2:00 Book Club-AR</div> <div>3:15 Cookies-FR</div> <div>4:00 Care Partners Support Group Sara Michel Speaker–FR</div> <div>6:30 Bridge (signup needed)-AR</div>                    | <div>27</div> <div>8-12 VT Bus to Med/Dental</div> <div>10:00 Exercise w/L2BH-ER</div> <div>11:15 what do you know about American Sign Language ?-AR</div> <div>12:45 Van Departs for show at the Planetarium</div> <div>1:15 Catholic Communion-ER</div> <div>2:00 Chef Demo-AR</div> <div>3:15 Treat Bingo-AR</div> <div>7:00 Movie-FR</div>                                                                                  | <div>28</div> <div>10:00 Exercise Video 2-ER</div> <div>11:30 Reminiscing about growing up in Mpls-AR</div> <div>1:15 Worship with Reverand Chris Beckman-AR</div> <div>3:15Needlecrafter's Group-AR</div> <div>7: 00 Movie- FR</div>                                                                                                                                                          | <div>29</div> <div>10:00 Exercise w/L2BH-ER</div> <div>10:30 Shopping at Grandview, Jerry's Foods area &amp; Edina Library</div> <div>11:15 What do you know about the US Open ?-AR</div> <div>1:00 Mahjong-AR</div> <div>2:00 Coloring group-AR</div> <div>3:15 Popcorn-FRf</div> <div>6:30 Bingo - AR</div>                                                                               | <div>30</div> <div>10:00 Cribbage-AR</div> <div>1:00 Bridge (sign up needed)-AR</div> <div>1:00 MexicanTrain Dominoes</div> <div>1:30 Movie Matinee-FR</div>                                      |

**Lunch at Las Casita**

Everyone is invited to have lunch at this Mexican restaurant at the Colombia Heights location. They offer many authentic entrees.

**Tuesday August 19th**  
**Departure: 11:30 am**  
*Sign up by Mon. August 18th*

**Farmer’s Market at Centennial Lakes**

Everyone is invited to check out this weekly market in the parking lot of Centennial Lakes. There are many vendors selling a variety of items in addition to fruits and vegetables.

**Thursday August 21st**  
**Departure: 2:45pm**  
*Sign up by Wednesday Aug. 20th*

**Lunch at Culver’s**

Everyone is invited to the Bloomington location of this favorite fast food restaurant of some. Have a butter burger and finish with the custard of the day.

**Tuesday August 26th**  
**Departure: 11:30am**  
*Sign up by Monday August 25th*

**Planetarium Show- Minnesota Skies**

Everyone is invited to the Planetarium at the Bell Museum. The show takes a look at the sky above Minnesota, including seasonal constellations, the moon and visible planets. There’s something in the sky for everyone.

**Wednesday August 27th**  
**Departure: 12:45 pm**  
**Cost:\$9.00**

Please make check payable to Vernon Terrace when signing  
*Sign up by Tuesday Aug. 26th*

**Ice Cream Flavor of the Month**

Everyone is invited to come and have a dish of a special flavor of ice cream after the Resident Meeting.

**Tuesday August 12th**  
**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, August 13th**  
**Time: 10:00 am Activity Room**

**Dairy Queen Blizzard Bingo**

Dairy Queen returns this month to host Blizzard Bingo! Once again when you win, you’ll be able to personalize the coupon for whatever ice cream treat you would like!

**Wednesday August 13th**  
**Time: 3:00pm Activity Room**

**Bible Study with Christ Presbyterian**

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

**Thursday August 14th**  
**Time: 10:00am Activity Room**

**Music Appreciation with Dr. Marc Jaros**

Dr. Marc Jaros, professor of music and choral conductor at Normandale Community College will be returning and presenting his program on violin music.

**Thursday August 14th**  
**Time: 2:00 pm Exercise Room**

**Happy Hour**

Everyone is invited to a Vernon Terrace sponsored happy hour with drinks and appetizers. Come and enjoy the drinks and socializing!

**Thursday August 14th**  
**Time: 3:00 pm Fireside Room**

**Fire Spice Band**

Everyone is invited to come and hear this band of three people that play hits from the 50’s on including the Beatles to Buddy Holly.

**Tuesday August 19th**  
**Time: 2:00 pm Lobby**

**Blood Pressure Check**

Come down for this free monthly check by our staff.

**Wednesday August 20th**  
**Time: 11:00am Activity Room**

**Poetry group**

Everyone is invited to come and bring a favorite poem or two. Even if you like to just listen, all are encouraged to come!

**Wednesday August 20th**  
**Time: 2:00pm Activity Room**

**Craft Group**

Everyone is invited to come and make a fall door decoration for your door! All supplies provided

**Friday August 22nd**  
**Time: 2:00 pm 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 after the July meeting. Even if you haven’t read the book, you are invited to come for some interesting discussions.

**Tuesday August 26th**  
**Time: 2:00 pm Activity Room**

**Chef Demo**

Everyone is invited to join Chef Paige as she shows you some fun techniques and information about a certain food and the preparation of it! Samples provided!

**Wednesday August 27th**  
**Time: 2:00 pm 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 August 28th**  
**Time: 3:15 pm Activity Room**

**2025**

***August***

**Lunch at Wildfire Grill**

Everyone is invited to have lunch at this Eden Prairie restaurant that specializes in steaks, chops and seafood.

**Tuesday August 5th**  
**Departure: 11:30am**  
*Sign up by Mon. August 4th*

**Lunch at Hazelwood**

Everyone is invited to eat at this St. Louis Park location. Entrees include sandwiches such as meatloaf and walleye, burgers pasta and classics.

**Tuesday August 12th**  
**Departure: 12:00pm**  
*Sign up by Monday August 11th*

**Picnic at**

**Minnehaha Falls**

Everyone is invited to enjoy a picnic lunch and enjoy the falls. Lunch is provided by our kitchen and this will count as a lunch. You have the choice of deli turkey or ham sandwich. Please indicate on sign up sheet which type you would like.

**Thursday August 14th**  
**Departure: 11:30 am**  
*Sign up by Wednesday August 13th*

**Trip to Dairy Queen**

Everyone is invited to this longtime favorite! If you have a coupon you earned at Blizzard Bingo, you are welcome to use it or treat yourself to some ice cream!

**Friday August 15th**  
**Departure: 1:30 pm**  
*Sign up by Thursday August 14th*

**Ice Cream Sandwiches**

Everyone is invited to come and celebrate the first day of August with an ice cream sandwich!

**Friday August 1st**  
**Time: 3:15 pm Fireside Room**

**Activity & Outing Planning Meeting**

Everyone is welcome to come with your ideas and give input to the outings and activities for the September calendar and the fall. Everyone’s input is welcomed! If you have any ideas, and unable to make the meeting, please submit ideas to Sonja.

**Tuesday August 5th**  
**Time: 2:00 pm Activity Room**

**Chosen Threads (Formerly Taylor Marie)**

Everyone is invited to check out this shopping experience! Clothes are brought in and are available to buy. There will be a fashion show and turkey salad luncheon at noon. We need models for the fashion show! If interested, please sign up at front desk or please contact Sonja with questions.

**Wednesday August 6th**  
**Time: 11:30 am-2 pm**  
**Shopping in Exercise room and Fireside**  
**Fashion show 12:00 pm Dining Room**

**Jeopardy**

Everyone is invited to come and try your hand at Vernon Terrace’s version of this popular game show. If you watch the show and think I could do that, come and join us!

**Wednesday August 6th**  
**Time: 2 pm Activity Room**

**Evening Sing Along with Kelly & Jim**

Everyone is invited to come to this sing along after dinner. You are welcome to sing or just come and listen to the music. Enjoy a wide variety of music!

**Wednesday August 6th & 20th**  
**Time: 6:30 pm Lobby**

**Ecumenical Church Service with Reverand Chris Beckman**

All are invited to come and join Reverand Chris Beckman, Ebenezer Corporate Director of Spiritual Care, for a weekly service.

**Thursdays in August**  
**Time: 1:15pm Activity Room**  
**August 14th services will be in the Exercise Room**

**Niny-Jazz Singer**

Everyone is invited to hear this singer who can sign in four different languages! She will have a sing a long portion in her program and sing songs from the Great American Song book. Come and listen to this versatile singer!

**Thursday August 7th**  
**Time: 2:00pm Lobby**

**Birthday Party**

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

**Thursday August 7th**  
**Time: 3:15 pm Activity Room**

**Men’s Group**

All men are invited to come and get to know the other men in the building. We will also be talking about upcoming ideas for the group. If you have ideas but are unable to make it, please let Sonja know.

**Friday August 8th**  
**Time: 2:00 pm Activity Room**

**Sunday 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 a variety of songs.

**Sundays August 10th and 24th**  
**Time: 11:00am Lobby**

**Monthly Resident Meeting**

All are invited to this monthly meeting led by our Executive Director Vicki Tobroxen. Come and learn what is new in the community as well as upcoming events. Updates from all of the departments will be given.

**Tuesday August 12th**  
**Time: 2:00 pm Dining Room**