

# AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Key: CR = Community Room on 2nd Floor PB = Fish Lake Pub on 1st Floor FC = Fitness Center on 1st Floor AS = Art Studio on 2nd Floor GS = Golf Simulator (Press - 1 on Elevator 1) TG=The Grill (Dining Room on 1st Floor) MC = Mail Café by Deli</p>	<p><b>1</b></p> <p><b>8:00</b> Stretch &amp; Balance Class (FC) <b>10:00</b> Coffee &amp; Conversation (MC) <b>11:00</b> Stretch &amp; Balance Class (FC) <b>1:00</b> Intermediate Bridge (AS) <b>1:30</b> Exercise with Kerry (CR) <b>2:30</b> <b>Hy-Vee Grocery Outing</b> <b>6:30</b> Perfect Bid Documentary (CR)</p>	<p><b>2</b></p> <p><b>9:30</b> Strength &amp; Motion (FC) <b>2:15</b> Cardio Drumming (FC) <b>4:00</b> National Night Out Celebration <b>6:30</b> Grief Group (CR)</p>	<p><b>3</b></p> <p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Rosary &amp; Communion Svc. (CR) <b>11:00</b> New Resident Orientation (PB) <b>12:00</b> Resident Council Meeting (CR) <b>1:30</b> Tai Chi (FC) <b>2:15</b> Parkinson's Exercise Group (FC) <b>3:00</b> Inspirational Music with Malcolm (CR) <b>6:30</b> Dime Bingo</p>	<p><b>4</b></p> <p><b>8:00</b> Strength &amp; Motion Class (FC) <b>9:30</b> Strength &amp; Motion Class (FC) <b>11:00</b> Bean Bag Toss (PT) <b>1:00</b> Cardio Drumming (FC) <b>2:00</b> Happy Hour (CR) <b>6:30</b> Yahtzee (AS)</p>	<p><b>5</b></p> <p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Worship Service with Chaplain Kellan (CR) <b>11:30</b> Walking Group (FC) <b>1:00</b> Parkinson's Exercise Group <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Chaplain Chat (PB) <b>6:30</b> 500 Card Game (AS)</p>	<p><b>6</b></p> <p><b>10:00</b> Coffee &amp; Conversation (MC) <b>11:00</b> Cribbage (CR) <b>1:30</b> Movie Matinee: The Great Outdoors (CR) <b>3:30</b> Adult Coloring (AS) *Supplies are located in the drawers in the Art Studio. <b>4:00</b> Pegs &amp; Jokers (PB)</p>
<p><b>7</b></p> <p><b>10:30</b> Lord of Life Church Service - Recorded (CR) <b>1:10</b> MN Twins vs. Toronto Blue Jays (PB) <b>3:00</b> 500 Card Game (AS) <b>6:30</b> Accordion Music with Bob (CR)</p>	<p><b>8</b></p> <p><b>8:00</b> Stretch &amp; Balance Class (FC) <b>10:00</b> Coffee &amp; Conversation (MC) <b>11:00</b> Stretch &amp; Balance Class (FC) <b>1:00</b> Intermediate Bridge (AS) <b>1:30</b> Exercise with Emma (CR) <b>2:30</b> <b>Hy-Vee Grocery Outing</b> <b>6:30</b> 100 Days with TATA Documentary (CR)</p>	<p><b>9</b></p> <p><b>9:30</b> Strength &amp; Motion (FC) <b>10:00</b> <b>Primary Election Transportation</b> <b>11:30</b> Cardio Drumming (FC) <b>3:00</b> Card Bingo (CR) <b>6:30</b> Grief Group (CR)</p>	<p><b>10</b></p> <p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:00</b> <b>Mystic Lake Casino and Lunch Outing</b> <b>10:30</b> Rosary &amp; Communion Svc. (CR) <b>11:30</b> Walking Group (FC) <b>1:30</b> Needlework Club (AS) <b>2:15</b> Parkinson's Exercise Group (FC) <b>6:30</b> Dime Bingo</p>	<p><b>11</b></p> <p><b>8:00</b> Strength &amp; Motion Class (FC) <b>9:30</b> Strength &amp; Motion Class (FC) <b>10:00</b> <b>Target Shopping Outing</b> <b>1:00</b> Cardio Drumming (FC) <b>2:00</b> Happy Hour (CR) <b>6:30</b> Yahtzee (AS)</p>	<p><b>12</b></p> <p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Bible Study with Chaplain Kellan (CR) <b>11:30</b> Walking Group (FC) <b>1:00</b> Parkinson's Exercise Group <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Milkshake Shoppe Social (PB) <b>6:30</b> 500 Card Game (AS)</p>	<p><b>13</b></p> <p><b>10:00</b> Coffee &amp; Conversation (MC) <b>11:00</b> Cribbage (CR) <b>1:30</b> Movie Matinee: For Richer or Poorer (CR) <b>3:30</b> Adult Coloring (AS) *Supplies are located in the drawers in the Art Studio. <b>4:00</b> Pegs &amp; Jokers (PB)</p>
<p><b>14</b></p> <p><b>10:30</b> Lord of Life Church Service - Recorded (CR) <b>3:00</b> 500 Card Game (AS) <b>3:05</b> MN Twins vs. Los Angeles Angels (PB) <b>6:30</b> Accordion Music with Bob (CR)</p>	<p><b>15</b></p> <p><b>8:00</b> Stretch &amp; Balance Class (FC) <b>10:00</b> Coffee &amp; Conversation (MC) <b>11:00</b> Stretch &amp; Balance Class (FC) <b>1:00</b> Intermediate Bridge (AS) <b>1:30</b> Exercise with Kerry (CR) <b>2:30</b> <b>Hy-Vee Grocery Outing</b> <b>6:30</b> Found Documentary (CR)</p>	<p><b>16</b></p> <p><b>9:30</b> Strength &amp; Motion (FC) <b>10:00</b> <b>Minneapolis Institute of Art and Lunch Outing</b> <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Card Bingo (CR) <b>6:30</b> Grief Group (CR)</p>	<p><b>17</b></p> <p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Catholic Communion Svc. with Fr. Jenson (CR) <b>1:00</b> <b>Ben &amp; Jerry's Ice Cream Outing</b> <b>1:30</b> Tai Chi (FC) <b>2:15</b> Parkinson's Exercise Group (FC) <b>6:30</b> Dime Bingo</p>	<p><b>18</b></p> <p><b>8:00</b> Strength &amp; Motion Class (FC) <b>9:30</b> Strength &amp; Motion Class (FC) <b>11:00</b> Bean Bag Toss (PT) <b>1:00</b> Cardio Drumming (FC) <b>2:00</b> Birthday Celebration Happy Hour (CR) <b>6:30</b> Yahtzee (AS)</p>	<p><b>19</b></p> <p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Worship Service with Chaplain Kellan (CR) <b>11:30</b> Walking Group (FC) <b>1:00</b> Parkinson's Exercise Group <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Chaplain Chat (PB) <b>6:30</b> 500 Card Game (AS)</p>	<p><b>20</b></p> <p><b>10:00</b> Coffee &amp; Conversation (MC) <b>11:00</b> Cribbage (CR) <b>1:30</b> Movie Matinee: New In Town (CR) <b>3:30</b> Adult Coloring (AS) *Supplies are located in the drawers in the Art Studio. <b>4:00</b> Pegs &amp; Jokers (PB)</p>

# AUGUST 2022



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
21	Senior Citizen's Day	22		23		24		25		26		27	
<div>10:30 Lord of Life Church Service - Recorded (CR)</div> <div>1:10 MN Twins vs. Texas Rangers (PB)</div> <div>3:00 500 Card Game (AS)</div> <div>6:30 Accordion Music with Bob (CR)</div>		<div>8:00 Stretch &amp; Balance Class (FC)</div> <div>10:00 Coffee &amp; Conversation (MC)</div> <div>11:00 Stretch &amp; Balance Class (FC)</div> <div>1:00 Intermediate Bridge (AS)</div> <div>1:30 Exercise with Emma (CR)</div> <div>2:30 Hy-Vee Grocery Outing</div> <div>6:30 Martha Mitchell Effect Documentary (CR)</div>		<div>9:30 Strength &amp; Motion (FC)</div> <div>11:00 Resident Town Hall Meeting (CR)</div> <div>2:15 Cardio Drumming (FC)</div> <div>3:00 Card Bingo (CR)</div> <div>6:30 Grief Group (CR)</div>		<div>9:30 Stretch &amp; Balance (FC)</div> <div>10:30 Rosary &amp; Communion Svc. (CR)</div> <div>11:30 Walking Group (FC)</div> <div>1:30 Needlework Club</div> <div>2:00 Plymouth Farmer's Market Outing</div> <div>2:15 Parkinson's Exercise Group (FC)</div> <div>6:30 Dime Bingo</div>		<div>8:00 Strength &amp; Motion Class (FC)</div> <div>9:30 Strength &amp; Motion Class (FC)</div> <div>10:00 Wal-Mart Shopping Outing</div> <div>1:00 Cardio Drumming (FC)</div> <div>2:00 Happy Hour (CR)</div> <div>6:30 Yahtzee (AS)</div>		<div>9:30 Stretch &amp; Balance (FC)</div> <div>10:30 Bible Study with Chaplain Kellan (CR)</div> <div>11:30 Walking Group (FC)</div> <div>1:00 Parkinson's Exercise Group</div> <div>2:15 Cardio Drumming (FC)</div> <div>3:00 Smoothies in the Pub (PB)</div> <div>6:30 500 Card Game (AS)</div>		<div>10:00 Coffee &amp; Conversation (MC)</div> <div>11:00 Cribbage (CR)</div> <div>1:30 Movie Matinee: Julie &amp; Julia (CR)</div> <div>3:30 Adult Coloring (AS)</div> <div>*Supplies are located in the drawers in the Art Studio.</div> <div>4:00 Pegs &amp; Jokers (PB)</div>	
28		29		30		31							
<div>10:30 Lord of Life Church Service - Recorded (CR)</div> <div>1:10 MN Twins vs. San Francisco Giants (PB)</div> <div>3:00 500 Card Game (AS)</div> <div>6:30 Accordion Music with Bob (CR)</div>		<div>8:00 Stretch &amp; Balance Class (FC)</div> <div>10:00 Coffee &amp; Conversation (MC)</div> <div>11:00 Stretch &amp; Balance Class (FC)</div> <div>1:00 Intermediate Bridge (AS)</div> <div>1:30 Exercise with Kerry (CR)</div> <div>3:00 Taste of the Fair (PB)</div> <div>6:30 Brace Blue World Documentary (CR)</div>		<div>9:30 Strength &amp; Motion (FC)</div> <div>10:00 Barnyard Buddies Petting Zoo with New Creations Daycare</div> <div>2:15 Cardio Drumming (FC)</div> <div>3:00 Card Bingo (CR)</div> <div>6:30 Grief Group (CR)</div>		<div>9:30 Stretch &amp; Balance (FC)</div> <div>10:30 Rosary &amp; Communion Svc. (CR)</div> <div>1:30 Tai Chi (FC)</div> <div>2:00 Games on the Midway (CR)</div> <div>2:15 Parkinson's Exercise Group (FC)</div> <div>6:30 Dime Bingo</div>		<div>• Turn to Channel 1-1 on your TV to see daily activities and other announcements</div> <div>• If you would like to attend any fitness class, please sign-up with Kerry in the Fitness Center or call her at 763-363-8650</div> <div>• Please call Concierge at 763-363-8640 to attend activities in BOLD.</div>		<div>Birthdays</div> <div>8/2 - Pam Carroll</div> <div>8/3 - Anne Monteith</div> <div>8/7 - Mary DeWitt</div> <div>8/7 - Nancy Jorgenson</div> <div>8/9 - John Mathews</div> <div>8/13 - Judy Back</div> <div>8/17 - Dorothy Holst</div> <div>8/19 - Harry Moe</div> <div>8/24 - Marilee Swanson</div> <div>8/29 - Mel Winge</div>			

Events are Subject to Change.