

SEPTEMBER 2022

Life Enrichment Programs August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CR: Community Room CO: Conference Room DI: Deli TP: Tonka Porch CL: Club Room DI: Dining Room TH: Theatre FC: Fitness Center</p>	<p>Birthdays: Marcella H. 9/1 Richard R. 9/9 Karen D. 9/16 Carol T. 9/28</p>	<p>** Stared activities have sign-ups at the front desk</p>	<p>Want to know more? Event details will be on the Peek of The Week! Call Leah at 952-209-1407 with questions.</p>	<p>1 PR 9:15 **Shopping Outing: Target SO 10:30 Coffee, Cookies, & Conversations CL CO 2:00 Bridge CL SE 3:00 Dessert Sampling CR</p>	<p>2 PY 8:30 Stretching & Breathing FC SP 10:15 Songs, Prayer & Catholic Communion CR SO 11:00 Ladies Knitting CL SE 11:00 Smoothies DI PY 11:30 Seated Exercise CR SO 2:00 Chinese Checkers CL PR 2:00 Parkinson's Support Group CR PY 2:30 Yoga/Tai Chi FC</p>	<p>3 SO 10:00 Donuts and Coffee CL SO 1:00 500 Card Game CR 1:30 Movie TH</p>
<p>4 SP 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH</p>	<p>5 Labor Day PY 8:30 Stretching & Breathing FC SO 10:00 Men's Coffee CL PY 10:30 Parkinson's Class FC SO 11:00 Yahtzee DI SO 2:00 Bridge CL PY 2:00 Sit n' Fit FC E 3:00 Documentary TH</p>	<p>6 PY 10:00 Balance + Strength FC SO 10:30 **Original Pancake House Outing SO 12:00 Cribbage DI PY 12:00 Yoga/Tai Chi FC E 2:30 Inspirational Piano w/Malcolm CR PY 3:00 Cardio Drumming FC</p>	<p>7 PY 8:30 Stretching & Breathing FC PR 10:00 **Manicures DI PY 10:30 Parkinson's Class FC SP 1:00 Spiritual Conversation CR SO 2:00 Dime Bingo CR PY 2:00 Sit n' Fit FC E 2:30 Grief Group CR PY 2:30 Standing Body Weight Class FC PY 3:00 Wii Sports SO 7:00 Mexican Train</p>	<p>8 PR 9:15 **Shopping Outing: Cub PY 10:00 Balance + Strength FC SO 10:30 Coffee, Cookies, & Conversations CL 12:00 Zumba FC CO 2:00 Bridge CL PY 3:00 Cardio Drumming FC CO 3:00 One Day University: The Four Stages of Retirement</p>	<p>9 PY 8:30 Stretching & Breathing FC SP 10:15 Songs, Prayer & Catholic Communion CR PY 10:30 Walking Club FC I 11:00 Grandparents Day Celebration Lunch SO 11:00 Ladies Knitting CL SO 2:00 Chinese Checkers CL PR 2:00 Parkinson's Support Group CR PY 2:00 Sit n' Fit FC</p>	<p>10 SO 10:00 Donuts and Coffee CL SO 1:00 500 Card Game CR 1:30 Movie TH</p>
<p>11 Grandparent's Day SP 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH</p>	<p>12 Joyful Moments with Food Day PY 8:30 Stretching & Breathing FC SO 10:00 Men's Coffee CL PY 10:30 Parkinson's Class FC SO 11:00 Yahtzee DI SO 2:00 Bridge CL PY 2:00 Sit n' Fit FC E 3:00 Documentary TH SE 3:30 Cheese and Meat Tasting CR</p>	<p>13 Joyful Moments with Milestone Memories Day PY 10:00 Balance + Strength FC PR 10:00 Community Update Meeting CR SO 12:00 Cribbage DI PY 12:00 Yoga/Tai Chi FC E 2:00 Milestone Memories Discussion Group CR PY 3:00 Cardio Drumming FC</p>	<p>14 Joyful Moments through Art Day PY 8:30 Stretching & Breathing FC PY 10:30 Parkinson's Class FC CR 11:00 Paint & Sip CR SP 1:00 Spiritual Conversation CR SO 2:00 Dime Bingo CR PY 2:00 Sit n' Fit FC PY 2:30 Standing Body Weight Class FC SE 3:00 Joey Stephan's</p>	<p>15 Joyful Moments Enjoying Nature Day 9:15 **Shopping Outing: Target PY 10:00 Balance + Strength FC SO 10:30 Coffee, Cookies, & Conversations CL 11:30 **Picnic at French Regional Park 12:00 Zumba FC CO 2:00 Bridge CL PY 3:00 Cardio Drumming</p>	<p>16 Joyful Moments through Music Day PY 8:30 Stretching & Breathing FC SP 10:15 Songs, Prayer & Catholic Communion CR PY 10:30 Walking Club FC SO 11:00 Ladies Knitting CL SO 2:00 Chinese Checkers CL PR 2:00 Parkinson's Support Group CR PY 2:00 Sit n' Fit FC</p>	<p>17 Citizenship Day Joyful Moments with You Day SO 10:00 Donuts and Coffee CL PR 10:30 Guess the Baby Pictures CR SO 1:00 500 Card Game CR 1:30 Movie TH</p>

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18 SP 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH	19 PY 8:30 Stretching & Breathing FC SO 10:00 Men's Coffee CL PY 10:30 Parkinson's Class FC SO 11:00 Yahtzee DI SO 2:00 Bridge CL PY 2:00 Sit n' Fit FC E 3:00 Documentary TH CO 3:30 Book Swap CR	20 PY 10:00 Balance + Strength FC PR 10:00 Resident Council CL SO 12:00 Cribbage DI PY 12:00 Yoga/Tai Chi FC PR 1:00 **Minnesota's Largest Candy Store Outing PY 3:00 Cardio Drumming FC	21 PY 8:30 Stretching & Breathing FC PY 10:30 Parkinson's Class FC SP 1:00 Spiritual Conversation CR SO 2:00 Dime Bingo CR PY 2:00 Sit n' Fit FC PR 2:30 Bake Sale DI E 2:30 Grief Group CR PY 2:30 Standing Body Weight Class FC PY 3:00 Volleyball in Lobby SO 7:00 Mexican Train	22 Fall Begins PR 9:15 **Shopping Outing: Cub PY 10:00 Balance + Strength FC SO 10:30 Coffee, Cookies, & Conversations CL 12:00 Zumba FC CO 2:00 Bridge CL PY 3:00 Cardio Drumming FC SE 4:00 Keehun Nam - Orchestra Sampling from the Artistic Director of	23 Native American Day PY 8:30 Stretching & Breathing FC SP 10:15 Songs, Prayer & Catholic Communion CR PY 10:30 Walking Club FC SO 11:00 Ladies Knitting CL SE 1:00 Fall Tasting Event CR SO 2:00 Chinese Checkers CL PR 2:00 Parkinson's Support Group CR PY 2:00 Sit n' Fit FC	24 SO 10:00 Donuts and Coffee CL SO 1:00 500 Card Game CR 1:30 Movie TH
25 Rosh Hashanah Begins SP 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH	26 PY 8:30 Stretching & Breathing FC SO 10:00 Men's Coffee CL PY 10:30 Parkinson's Class FC SO 11:00 Yahtzee DI SO 2:00 Bridge CL PY 2:00 Sit n' Fit FC E 3:00 Documentary TH PR 10:00 Monthly Dining Committee w/Sandie DI	27 PY 10:00 Balance + Strength FC PY 11:00 Wii Sports CR SO 12:00 Cribbage DI PY 12:00 Yoga/Tai Chi FC PR 1:30 **Snuffy's Outing PY 3:00 Cardio Drumming FC	28 PY 8:30 Stretching & Breathing FC PY 10:30 Parkinson's Class FC SP 1:00 Spiritual Conversation CR SO 2:00 Dime Bingo CR PY 2:00 Sit n' Fit FC E 2:30 Grief Group CR PY 2:30 Standing Body Weight Class FC SE 3:00 Birthday Party w/Tara CR SO 7:00 Mexican Train	29 PR 9:15 **Shopping Outing: Target PY 10:00 Balance + Strength FC SO 10:30 Coffee, Cookies, & Conversations CL 12:00 Zumba FC CO 2:00 Bridge CL PY 3:00 Cardio Drumming FC CR 3:00 Paint & Sip CR	30 PY 8:30 Stretching & Breathing FC SP 10:15 Songs, Prayer & Catholic Communion CR SE 10:30 **Apple Jacks Orchard Outing PY 10:30 Walking Club FC SO 11:00 Ladies Knitting CL SO 2:00 Chinese Checkers CL PR 2:00 Parkinson's Support Group CR PY 2:00 Sit n' Fit FC	

Events are Subject to Change.