

NOVEMBER 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>	<ul style="list-style-type: none"> • Turn to Channel 1-1 on your TV to see daily activities and other announcements • 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 • Please call Concierge at 763-363-8640 to attend activities in BOLD. 	<p>1</p> <p>9:30 Strength & Motion (FC) 10:30 Target Shopping Outing 11:30 Cardio Drumming (FC) 3:00 Card Bingo (CR) 6:30 Grief Group (CR)</p>	<p>2</p> <p>9:30 Stretch & Balance (FC) 10:30 Rosary & Communion Svc. (CR) 11:00 New Resident Orientation (PB) 12:00 Resident Council Meeting (CR) 1:30 Circuit Fit (FC) 2:15 Parkinson's Exercise Group (FC) 3:00 Stronger Seniors DVD: Balance and Posture Exercises (CR) 6:30 Dime Bingo</p>	<p>3</p> <p>8:00 Strength & Motion Class (FC) 9:30 Strength & Motion Class (FC) 10:30 Sandy Sullivan Presentation: Working with Vince Lombardi & the Green Bay Packers (CR) 1:00 Cardio Drumming (FC) 2:00 Happy Hour (CR) 6:30 Yahtzee (AS)</p>	<p>4</p> <p>9:30 Stretch & Balance (FC) 10:30 Worship Service with Chaplain Kellan (CR) 11:30 Walking Group (FC) 1:00 Parkinson's Exercise Group 1:30 Ice Cream Social (PB) 2:15 Cardio Drumming (FC) 3:00 Caregiver Support Group with Chaplain Kellan (CR) 6:30 500 Card Game (AS)</p>	<p>5</p> <p>9:30 Sit and Be Fit DVD: Seated Chair Fitness for Seniors (CR) 10:00 Coffee & Conversation (MC) 11:00 Cribbage (CR) 1:30 Movie Matinee: Rescued by Ruby (CR) 3:30 Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio. 4:00 Pegs & Jokers (PB) 6:30 500 Card Game (AS)</p>
<p>6 Daylight Saving Ends</p> <p>10:30 Lord of Life Church Service - Recorded (CR) 12:00 MN Vikings vs. Washington Commanders (PB) 3:00 The Last Days Documentary (CR) 6:30 Accordion Music with Bob (CR)</p>	<p>7</p> <p>8:00 Stretch & Balance Class (FC) 10:00 Coffee & Conversation (MC) 11:00 Stretch & Balance Class (FC) 1:00 Intermediate Bridge (AS) 1:30 Exercise with Kerry (CR) 2:30 Hy-Vee Grocery Outing 6:30 500 Card Game (CR)</p>	<p>8 Election Day</p> <p>9:30 Strength & Motion (FC) 10:00 General Election Voting Transportation 2:15 Cardio Drumming (FC) 3:00 Card Bingo (CR) 6:30 Grief Group (CR)</p>	<p>9</p> <p>9:30 Stretch & Balance (FC) 10:30 Rosary & Communion Svc. (CR) 1:30 Circuit Fit (FC) 1:30 Needlework Club (AS) 2:15 Parkinson's Exercise Group (FC) 3:00 Stronger Seniors DVD: Balance and Posture Exercises (CR) 6:30 Dime Bingo</p>	<p>10</p> <p>8:00 Strength & Motion Class (FC) 9:30 Strength & Motion Class (FC) 10:00 Book Club (AS) 11:00 Bean Bag Toss (PT) 1:00 Cardio Drumming (FC) 2:00 Happy Hour (CR) 6:30 Yahtzee (AS)</p>	<p>11 Veterans Day</p> <p>9:30 Stretch & Balance (FC) 10:30 Bible Study with Chaplain Kellan (CR) 11:30 Walking Group (FC) 1:00 Parkinson's Exercise Group 2:15 Cardio Drumming (FC) 2:30 Veteran's Day Celebration (CR) 3:00 Live Music by Amy & Adams (CR) 6:30 500 Card Game (AS)</p>	<p>12</p> <p>9:30 Sit and Be Fit DVD: Seated Chair Fitness for Seniors (CR) 10:00 Coffee & Conversation (MC) 11:00 Cribbage (CR) 1:30 Movie Matinee: The Color Purple (CR) 3:30 Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio. 4:00 Pegs & Jokers (PB) 6:30 500 Card Game (AS)</p>
<p>13</p> <p>10:30 Lord of Life Church Service - Recorded (CR) 12:00 MN Vikings vs. Buffalo Bills (PB) 3:00 Julia Child: America's Favorite Chef Documentary (CR) 6:30 Accordion Music with Bob (CR)</p>	<p>14</p> <p>8:00 Stretch & Balance Class (FC) 10:00 Coffee & Conversation (MC) 11:00 Stretch & Balance Class (FC) 1:00 Intermediate Bridge (AS) 1:30 Exercise with Emma (CR) 2:30 Hy-Vee Grocery Outing 6:30 500 Card Game (CR)</p>	<p>15</p> <p>9:30 Strength & Motion (FC) 10:30 Wal-Mart Shopping Outing 2:15 Cardio Drumming (FC) 3:00 Card Bingo (CR) 6:30 Grief Group (CR)</p>	<p>16</p> <p>9:30 Stretch & Balance (FC) 10:30 Catholic Communion Svc. with Fr. Jenson (CR) 1:30 Circuit Fit (FC) 2:15 Parkinson's Exercise Group (FC) 3:00 Stronger Seniors DVD: Balance and Posture Exercises (CR) 6:30 Dime Bingo</p>	<p>17</p> <p>8:00 Strength & Motion Class (FC) 9:30 Strength & Motion Class (FC) 11:00 Bean Bag Toss (PT) 1:00 Cardio Drumming (FC) 2:00 Birthday Celebration Happy Hour (CR) 6:30 Yahtzee (AS)</p>	<p>18</p> <p>9:30 Stretch & Balance (FC) 10:30 Thanksgiving Service with Chaplain Kellan (CR) 11:30 Walking Group (FC) 1:00 Parkinson's Exercise Group 1:30 Ice Cream Social (PB) 2:15 Cardio Drumming (FC) 3:00 Live Music by Jeff Carver on Jazz Trumpet (CR) 6:30 500 Card Game (AS)</p>	<p>19</p> <p>10:00 Coffee & Conversation (MC) 11:00 Cribbage (CR) 3:30 Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio. 4:00 Pegs & Jokers (PB) 6:30 500 Card Game (AS)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>9:30 Sit and Be Fit DVD: Seated Chair Fitness for Seniors (CR)</p> <p>10:30 Lord of Life Church Service - Recorded (CR)</p> <p>1:30 The Spencer Tracy Legacy: A Tribute by Katharine Hepburn Documentary (CR)</p> <p>3:25 MN Vikings vs. Dallas Cowboys (PB)</p> <p>6:30 Accordion Music with Bob (CR)</p>	<p>21</p> <p>8:00 Stretch & Balance Class (FC)</p> <p>10:00 Coffee & Conversation (MC)</p> <p>11:00 Stretch & Balance Class (FC)</p> <p>1:00 Intermediate Bridge (AS)</p> <p>1:30 Exercise with Kerry (CR)</p> <p>2:30 Hy-Vee Grocery Outing</p> <p>6:30 500 Card Game (CR)</p>	<p>22</p> <p>9:30 Strength & Motion (FC)</p> <p>11:00 Resident Town Hall (CR)</p> <p>2:15 Cardio Drumming (FC)</p> <p>3:00 Card Bingo (CR)</p> <p>6:30 Grief Group (CR)</p>	<p>23</p> <p>9:30 Stretch & Balance (FC)</p> <p>10:30 Rosary & Communion Svc. (CR)</p> <p>1:30 Circuit Fit (FC)</p> <p>1:30 Needlework Club (AS)</p> <p>2:15 Parkinson's Exercise Group (FC)</p> <p>3:00 Stronger Seniors DVD: Balance and Posture Exercises (CR)</p> <p>6:30 Dime Bingo</p>	<p>24 Thanksgiving</p> <p>9:00 Macy's Thanksgiving Day Parade (PB)</p> <p>10:00 Coffee & Conversation (MC)</p> <p>6:30 Yahtzee (AS)</p> <p>7:20 MN Vikings vs. New England Patriots (PB)</p>	<p>25</p> <p>9:30 Stretch & Balance (FC)</p> <p>11:30 Walking Group (FC)</p> <p>1:00 Parkinson's Exercise Group</p> <p>1:30 Ice Cream Social (PB)</p> <p>2:15 Cardio Drumming (FC)</p> <p>6:30 500 Card Game (AS)</p>	<p>26</p> <p>9:30 Sit and Be Fit DVD: Seated Chair Fitness for Seniors (CR)</p> <p>10:00 Coffee & Conversation (MC)</p> <p>11:00 Cribbage (CR)</p> <p>1:30 Movie Matinee: My Best Friend - Anne Frank (CR)</p> <p>3:30 Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio.</p> <p>4:00 Pegs & Jokers (PB)</p> <p>6:30 500 Card Game (AS)</p>
<p>27</p> <p>10:30 Lord of Life Church Service - Recorded (CR)</p> <p>3:00 Becoming Documentary (CR)</p> <p>6:30 Accordion Music with Bob (CR)</p>	<p>28</p> <p>8:00 Stretch & Balance Class (FC)</p> <p>10:00 Coffee & Conversation (MC)</p> <p>11:00 Stretch & Balance Class (FC)</p> <p>1:00 Intermediate Bridge (AS)</p> <p>1:30 Exercise with Emma (CR)</p> <p>2:30 Hy-Vee Grocery Outing</p> <p>6:30 500 Card Game (CR)</p>	<p>29</p> <p>9:30 Strength & Motion (FC)</p> <p>10:00 The Original Pancake House Brunch Outing</p> <p>2:15 Cardio Drumming (FC)</p> <p>3:00 Card Bingo (CR)</p> <p>6:30 Grief Group (CR)</p>	<p>30</p> <p>9:30 Stretch & Balance (FC)</p> <p>10:30 Rosary & Communion Svc. (CR)</p> <p>10:45 Feed My Starving Children Volunteer Opportunity</p> <p>1:30 Circuit Fit (FC)</p> <p>2:15 Parkinson's Exercise Group (FC)</p> <p>3:00 Stronger Seniors DVD: Balance and Posture Exercises (CR)</p> <p>6:30 Dime Bingo</p>	<p>Birthdays</p> <p>11/2 - Tom Tomanek</p> <p>11/5 - Brenda Clary</p> <p>11/5 - Jerry Leuer</p> <p>11/7 - Gerry Giebenhain</p> <p>11/13 - Bill Sackrider</p> <p>11/22 - Sandee Draves</p> <p>11/23 - Joan Cassidy</p> <p>11/26 - John St. Cyr</p> <p>11/29 - Sue Hadley</p> <p>11/30 - Marie Wagner</p>		

Events are Subject to Change.