

# DECEMBER 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"> <li>• Turn to Channel 1-1 on your TV to see daily activities and other announcements</li> <li>• 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</li> <li>• Please call Concierge at 763-363-8640 to attend activities in BOLD.</li> </ul>	<p><b>Birthdays</b> 12/1 - Carole Ethen 12/5 - Mary Ann Carlson 12/11 - Joe Lavelly 12/15 - Peter Perri 12/16 - Rose Goebel 12/21 - Jim Monteith 12/26 - Maureen Holland 12/27 - Russ Stoneback 12/29 - Marlene Hanson 12/31 - Marge Lundeen</p>		1	2	3
4	5	6	7	8	9	10
<p><b>10:30</b> Lord of Life Church Service - Recorded (CR) <b>12:00</b> MN Vikings vs. New York Jets (PB) <b>3:30</b> Julia Child: America's Favorite Chef Documentary (CR) <b>6:30</b> Accordion Music with Bob (CR)</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> Hy-Vee Grocery Outing <b>3:00</b> Cardio Club (FC) <b>6:30</b> 500 Card Game (CR)</p>	<p><b>9:30</b> Strength &amp; Motion (FC) <b>10:30</b> Target Shopping Outing <b>11:30</b> Cardio Drumming (FC) <b>3:00</b> Card Bingo (CR) <b>6:30</b> Grief Group (CR)</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>11:30</b> Walking Group (FC) <b>12:00</b> Resident Council Meeting (CR) <b>2:15</b> Parkinson's Exercise Group (FC) <b>3:00</b> Stronger Seniors DVD: Balance and Posture Exercises (CR) <b>6:30</b> Dime Bingo</p>	<p><b>8:00</b> Strength &amp; Motion Class (FC) <b>9:30</b> Strength &amp; Motion Class (FC) <b>10:30</b> Hobby Lobby Shopping Outing <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>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Worship Service with Chaplain Kellan (CR) <b>1:00</b> Parkinson's Exercise Group <b>1:30</b> Ice Cream Social (PB) <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Caregiver Support Group with Chaplain Kellan (CR) <b>6:30</b> 500 Card Game (AS)</p>	<p><b>9:30</b> Seated Chair Fitness for Seniors (CR) <b>10:00</b> Coffee &amp; Conversation (MC) <b>10:30</b> Hand &amp; Foot Card Game (AS) <b>3:30</b> Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio. <b>4:00</b> Pegs &amp; Jokers (PB) <b>6:30</b> 500 Card Game (AS)</p>
11	12	13	14	15	16	17
<p><b>10:30</b> Lord of Life Church Service - Recorded (CR) <b>12:00</b> MN Vikings vs. Detroit Lions (PB) <b>3:30</b> Rooting for Roona Documentary (CR) <b>6:30</b> Accordion Music with Bob (CR)</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>12:00</b> COVID Booster Clinic (Beauty Salon) <b>1:00</b> Intermediate Bridge (AS) <b>1:30</b> Exercise with Emma (CR) <b>2:30</b> Hy-Vee Grocery Outing <b>3:00</b> Cardio Club (FC) <b>6:30</b> 500 Card Game (CR)</p>	<p><b>9:30</b> Strength &amp; Motion (FC) <b>10:30</b> Wal-Mart Shopping Outing <b>1:30</b> Kindred Hospice Q&amp;A (CR) <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Card Bingo (CR) <b>6:30</b> Grief Group (CR)</p>	<p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:00</b> Mystic Lake Casino &amp; Lunch Outing <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>3:00</b> Stronger Seniors DVD: Balance and Posture Exercises (CR) <b>6:30</b> Dime Bingo</p>	<p><b>8:00</b> Strength &amp; Motion Class (FC) <b>9:30</b> Strength &amp; Motion Class (FC) <b>11:00</b> Complimentary Holiday Luncheon (DR) <b>1:00</b> Complimentary Holiday Luncheon (DR) <b>2:45</b> Cardio Drumming (FC) <b>5:30</b> Tour of Christmas Lights <b>6:30</b> Yahtzee (AS) <b>6:30</b> Tour of Christmas Lights</p>	<p><b>9:30</b> Stretch &amp; Balance (FC) <b>10:30</b> Bible Study with Chaplain Kellan (CR) <b>1:00</b> Parkinson's Exercise Group <b>1:30</b> Christmas &amp; Hot Cocoa with the Lindemeier and Tronson Families (CR) <b>2:15</b> Cardio Drumming (FC) <b>6:30</b> 500 Card Game (AS)</p>	<p><b>9:30</b> Seated Chair Fitness for Seniors (CR) <b>10:00</b> Coffee &amp; Conversation (MC) <b>10:30</b> Hand &amp; Foot Card Game (AS) <b>3:30</b> Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio. <b>4:00</b> Pegs &amp; Jokers (PB) <b>6:30</b> 500 Card Game (AS)</p>

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>18</b>	<b>Hanukkah Begins</b>	<b>19</b>		<b>20</b>		<b>21</b>	<b>Winter Begins</b>	<b>22</b>		<b>23</b>		<b>24</b>	<b>Christmas Eve</b>
<b>10:30</b> Lord of Life Church Service - Recorded (CR) <b>1:00</b> MN Vikings vs. Indianapolis Colts (PB) <b>3:00</b> The River Runner (CR) <b>6:30</b> Accordion Music with Bob (CR)	<b>8:00</b> Stretch & Balance Class (FC) <b>10:00</b> Coffee & Conversation (MC) <b>11:00</b> Stretch & Balance Class (FC) <b>1:00</b> Intermediate Bridge (AS) <b>1:30</b> Exercise with Kerry (CR) <b>2:30</b> Hy-Vee Grocery Outing <b>3:00</b> Cardio Club (FC) <b>6:30</b> 500 Card Game (CR)	<b>9:30</b> Strength & Motion (FC) <b>11:00</b> Resident Town Hall (CR) <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Card Bingo (CR) <b>6:30</b> Grief Group (CR)	<b>9:30</b> Stretch & Balance (FC) <b>10:30</b> Rosary & Communion Svc. (CR) <b>11:30</b> Walking Group (FC) <b>2:15</b> Parkinson's Exercise Group (FC) <b>3:00</b> Stronger Seniors DVD: Balance and Posture Exercises (CR) <b>3:00</b> Book Club (AS) <b>6:30</b> Dime Bingo	<b>8:00</b> Strength & Motion Class (FC) <b>9:30</b> Strength & Motion Class (FC) <b>10:30</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)	<b>10:30</b> Christmas Worship Service with Chaplain Kellan (CR) <b>1:30</b> Holiday Sing-A-Long with Village Life Enrichment Manager, Lauren (CR) <b>6:30</b> 500 Card Game (AS)	<b>9:30</b> Seated Chair Fitness for Seniors (CR) <b>10:00</b> Coffee & Conversation (MC) <b>10:30</b> Hand & Foot Card Game (AS) <b>12:00</b> MN Vikings vs. New York Giants (PB) <b>1:30</b> Movie Matinee: A Christmas Story (CR) <b>3:30</b> Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio.							
<b>25</b>	<b>Christmas Day</b>	<b>26</b>	<b>Kwanzaa Begins</b>	<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>	<b>New Year's Eve</b>
<b>9:00</b> Disney Parks Magical Christmas Day Parade (PB) <b>10:30</b> Lord of Life Church Service - Recorded (CR) <b>3:00</b> Rudolph the Red Nosed Reindeer 1964 Classic (CR) <b>6:30</b> Accordion Music with Bob (CR)	<b>10:00</b> Coffee & Conversation (MC) <b>1:00</b> Intermediate Bridge (AS) <b>3:00</b> Cardio Club (FC) <b>3:00</b> Athlete A Documentary (CR) <b>6:30</b> 500 Card Game (CR)	<b>9:30</b> Strength & Motion (FC) <b>11:00</b> Bean Bag Toss (DR) <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> Card Bingo (CR) <b>6:30</b> Grief Group (CR)	<b>9:30</b> Stretch & Balance (FC) <b>10:00</b> <b>Como Conservatory Holiday Flower Show &amp; Lunch Outing</b> <b>10:30</b> Rosary & 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>3:00</b> Stronger Seniors DVD: Balance and Posture Exercises (CR) <b>6:30</b> Dime Bingo	<b>8:00</b> Strength & Motion Class (FC) <b>9:30</b> Strength & Motion Class (FC) <b>10:30</b> Hy-Vee Grocery Outing <b>1:00</b> Cardio Drumming (FC) <b>2:00</b> New Year's Eve Happy Hour (CR) <b>6:30</b> Yahtzee (AS)	<b>9:30</b> Stretch & Balance (FC) <b>10:30</b> Bible Study with Chaplain Kellan (CR) <b>1:00</b> Parkinson's Exercise Group <b>1:30</b> Ice Cream Social (PB) <b>2:15</b> Cardio Drumming (FC) <b>3:00</b> The Turtle Doves Holiday Music Show (CR) <b>6:30</b> 500 Card Game (AS)	<b>9:30</b> Seated Chair Fitness for Seniors (CR) <b>10:00</b> Coffee & Conversation (MC) <b>10:30</b> Hand & Foot Card Game (AS) <b>1:30</b> Movie Matinee: Miracle on 34th Street (CR) <b>3:30</b> Coloring with Norma (AS) *Supplies are located in the drawers in the Art Studio. <b>4:00</b> Pegs & Jokers (PB) <b>6:30</b> 500 Card Game (AS)							

Events are Subject to Change.