

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Activities calendar for Assisted and Independent Living

Exercise is on Direct TV Channel 1-2 on your TV at 11 am, 2 pm and 6 pm | **Sign up is required**

B = Bistro | C = Community Room | D= Dining Room | F = Fireside Lounge | FD = Private Dining Room | G = Gathering Room| GM = Game Room | GN = Garden | L = Lobby | P = Patio | RL = Resident Led| T = Theater

				<p>1 10:00 am – Exercise/ Centrex-Tracy – C 1:30 pm – Music – Jon DeVall - Pick Your Song - C 3:00 pm – Paint Paper Scissors – G</p>	<p>2 10:00 – 10:45 am – Putting on the Green with the Director - B 1:30 pm – Church with Chaplin Craig – C 3:00 pm – Happy Hour - D</p>	<p>3 10:30 am – Social Coffee – R/ L – B 1:30 pm – Movie – T 3:00 pm – Games – G – R/L 6:00 pm – Movie - T</p>
<p>4 1:10 pm – Beers & Baseball – Twins vs Chicago White Sox -F 3:00 pm – Games – G/RL 6:00 pm – Movie - T</p>	<p>5 10:00 am – Exercise - C 1:30 pm - Movie - T 3:00 pm – Music – Jamel Pettiford – Performing Labor Day Music - C 6:00 pm – Movie- T</p>	<p>6 10:00 am– Exercise / Centrex – Bob – C 1:30 PM - Veterans Support Group - F 2:00 pm – MAH Jongg - R/L – G 3:00 pm – Game – Sequence – R/ – G 3:00 PM - Hopkins Crossroads - Trader Joes, Bed Bath & Beyond, Lands End - L</p>	<p>7 10:00 am – Exercise - C 1:30 pm - Wii Bowling - F 3:00 pm – Rummikub – G /RL 6:30 pm – Bridge Club - G /RL</p>	<p>8 10:00 am – Exercise/ Centrex-Tracy – C 1:30 – 3:30 pm – Art - Compass - G 3:00 pm – Resident Council – C 6:30 pm – Book Club - F</p>	<p>9 10:00 am – Trip to Walker Art Center Sculpture Garden - L 1:30 pm – Church with Chaplin Craig – C 3:00 pm – Happy Hour - D</p>	<p>10 10:30 am – Social Coffee – R/ L – B 1:30 pm – Yoga with Chloe - C 3:00 pm – Games – G – R/L 6:00 pm – Movie - T</p>
<p>11 1:10 pm – Beers & Baseball- Twins vs Cleveland Guardians - F 1:30 pm - Bean Bag Toss – P / C – depending on weather 3:00 pm – Games – G/RL</p>	<p>12 10:00 am – Exercise - C 1:30 pm -Music - Debbie Briggs - C 3:00 pm - Bingo - C 6:00 pm – Movie- T</p>	<p>13 10:00 am – Exercise / Centrex – Bob – C 11:00-12:00 Sing for Life Choir - C 1:30 PM – Woodwind Quartet – Patio 2:00 pm – MAH Jongg - R/L – G 3:00 pm – Game – Sequence – R/ – G 3:00 PM - Ridgehaven Shopping Area –Target, Ulta, Lunds &Byerles –L</p>	<p>14 10:00 am – Exercise - C 1:30 pm - Wii Bowling - F 3:00 pm – Rummikub – G /RL 3:00 pm - Music – Pegg& Dorrie Flute Duo – MC 4-5 pm – Walk for Remembrance ALZ Association Fundraiser 5-7 pm – Dinner, Music and Putt Putt Fundraiser and Apple Hunt</p>	<p>15 9:00 am – Bible Study with Joyce – FD/RL 10:00 am – Exercise/ Centrex-Tracy – C 1:30 – 3:30 pm – Art - Compass - G 3:00 pm – Birthday Party with Musical Guest</p>	<p>16 9:30 am – Arboretum Tour - L 1:30 pm – Church with Chaplin Craig – C 3:00 pm – Happy Hour - D</p>	<p>17 10:30 am – Social Coffee – R/ L – B 2:30 pm - MN Gophers vs Colorado College Football – T 3:00 pm – Games – G – R/L 6:00 pm – Movie - T</p>
<p>18 12:40 pm – Beers & Baseball – Twins vs Cleveland Guardians - F 1:30 pm - Bean Bag Toss – P / C – depending on weather 3:00 pm – Games – G/RL 6:00 pm – Movie - T</p>	<p>19 10:00 am – Exercise - C 1:30 pm - Holiday Service with JFS – Cantor Deb 3:00 pm - Bingo - C 7:30 pm – Monday Night Football Vikings vs Eagles</p>	<p>20 10:00 – Exercise / Centrex – Bob – C 11:00-12:00 Sing for Life Choir - C 2:00 pm – MAH Jongg - R/L – G 3:00 pm – Hopkins Crossroads - Trader Joes, Bed Bath & Beyond, Lands End - L 3:00 pm – Game – Sequence – R/ – G</p>	<p>21 10:00 am – Exercise - C 1:30 pm - Wii Bowling - F 3:00 pm – Rummikub – G /RL 6:30 pm – Bridge Club - G /RL</p>	<p>22 9:00 am – Bible Study with Joyce – FD/RL 10:00 am – Exercise/ Centrex-Tracy – C 1:30 – 3:30 pm – Art - Compass – G 1:30 pm - McPhail Presents 3:00 pm – Low Vision Support Group - FD</p>	<p>23 10:00 am Hot Seat: Nursing – Come to get clarification on Nursing Concerns or Questions 1:30 pm – Church with Chaplin Craig – C 3:00 pm – Happy Hour - D</p>	<p>24 10:30 am – Social Coffee – R/ L – B 1:30 pm – Yoga with Chloe - C 3:00 pm – Games – G – R/L 6:00 pm – Movie - T</p>
<p>25 12:00 pm – Vikings vs Lions - F 1:30 pm - Bean Bag Toss – P / C – depending on weather 3:00 pm – Games – G/RL 6:00 pm – Movie - T</p>	<p>26 10:00 am – Exercise - C 1:30 pm - Bingo - C 3:00 pm – Speaker – Susan Baar - Speaks about Chile 6:00 pm – Movie- T</p>	<p>27 10:00 am – Exercise / Centrex – Bob 11:00-12:00 Sing for Life Choir - C 1:00 Normandale Japanese Garden - L 2:00 pm – MAH Jongg - R/L – G 3:00 pm – 3:00 pm – Game – Sequence – R/ – G</p>	<p>28 10:00 am – Exercise - C 1:30 pm - Wii Bowling - F 3:00 pm – Rummikub – G /RL 6:30 pm – Bridge Club - G /RL Flu Clinic 8 am – 12 pm</p>	<p>29 9:00 am – Bible Study with Joyce – FD/RL 10:00 am – Exercise/ Centrex-Tracy – C 1:30 – 3:30 pm – Art - Compass - G 3:00 pm – Ridgehaven Shopping Area –Target, Ulta, Lunds &Byerles –L</p>	<p>30 10:00 am – Shabbat Services with Cantor Deb from JFS 1:30 pm – Church with Chaplin Craig – C 3:00 pm – Happy Hour - D</p>	