

## Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Room Key</b> CMR-Community Room, 2 <sup>nd</sup> floor CR- Craft Room, 3 <sup>rd</sup> floor ECL- 1 <sup>st</sup> floor Enhanced Care Lounge G- Gym in AL Basement HW 1,2,3,4- Hallways 1,2,3,4 <sup>th</sup> Floors MH- Minnehaha Room, 1 <sup>st</sup> floor ML- Main Lobby, 1 <sup>st</sup> floor AL Bldg. MT- Movie Theater, 4 <sup>th</sup> floor Pub-2 <sup>nd</sup> Floor Pub Redwood Room-3 <sup>rd</sup> floor	Properly worn masks are required for all programs! Except for while eating. Thank you!	Sign Up Sheets are only needed for open transportation and outings. Sign-up sheets will be placed in the Communications Room every Friday evening.	Always Open for your enjoyment: Craft Room - 3 <sup>rd</sup> Floor Exercise Fitness Room - AL Basement Puzzle Tables on every floor	Programs and times are subject to change. If you have any questions, please contact Janine Bergstrom at 952-213-6255		<ul> <li>2:00 Saturday Matinee – CMR Seabiscuit (starring Tobey Maguire, Jeff Bridges, Chris Cooper)</li> <li>3:00 Pick Up Card Games – Minnehaha Room</li> </ul>
2 9:00 Grace Church Live Streaming - CMR 2:30 Coffee Chats Social - Main Lobby	3 NO Open Bus Today 2:00 Bible Study – CMR 3:30 Grill & Chill Happy Hour with Manny - CMR	<ul> <li>4</li> <li>9:30 Pax Christi Catholic Prayer Service with Communion - CMR</li> <li>10:00 Cardio Pump w/Amber - CMR</li> <li>1:30 Women's Coffee Group with Julie - MH</li> <li>3:00 Women's Coffee Group with Julie - MH</li> <li>3:30 BINGO! - CMR</li> </ul>	5 <b>10:00-12</b> Open Bus Transportation - sign up <b>1:00 Town Hall Meeting –</b> CMR <b>2:00</b> Crafts with Janine – CMR <b>3:30 Welcome Party</b> - CMR <b>7:00</b> Mexican Train Dominoes- MH	6 9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Lyndon - CMR 3:30 Grill & Chill Happy Hour - CMR	7 10:00 Strength Training-CMR 11:00 Lunch Outing - The Original Pancake House – sign up 2:00 Ice Cream Social-Bistro 3:30 Let's Play Family Feud / Trivia - CMR	<ul> <li>8</li> <li>10:00 Puzzle Packets – Pick up in the IL Communications Room</li> <li>2:00 Saturday Matinee – CMR Her Majesty Mrs. Brown (starring Judy Dench)</li> <li>3:00 Pick Up Card Games – Minnehaha Room</li> </ul>
9 9:00 Grace Church Live Streaming – CMR 12:00 Vikings Game on TV 2:30 Coffee Chats Social - Main Lobby 3:00 "The Gospel of Matthew" The visual Bible with Chaplain John -CMR SUKKOT	10 10:00 -12 Open Bus Transportation - sign up 1:00 Wellness Presentation w/Active Therapy –CMR 2:00 Bible Study – CMR 3:30 Columbus Day Happy Hour - CMR COLUMBUS DAY	11 10:00 Cardio Pump – CMR 11:00 Resident Council Meeting – CMR 1:30 Women's Coffee Group with Julie - MH 3:00 Women's Coffee Group with Julie - MH 3:30 BINGO! - CMR	12 10:00-12 Open Bus Transportation - sign up 10:00 Gretchen Teaches Bridge -ECL 1:00 Outing: MN's Largest Candy Store - sign up 4:00 NOV Calendar Planning – CMR	13 9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Mary Franz - CMR 3:30 Grill & Chill Happy Hour – CMR	<ul> <li>10:00 Strength Training - CMR</li> <li>2:00 Ice Cream Social - Bistro</li> <li>3:30 Let's Play Family Feud / Trivia - CMR</li> </ul>	<ul> <li>15</li> <li>2:00 Saturday Matinee – CMR Nights In Rodanthe (starring Richard Gere, Diane Lane)</li> <li>3:00 Pick Up Card Games – Minnehaha Room</li> </ul>
<ul> <li>16</li> <li>9:00 Grace Church Live Streaming - CMR</li> <li>1:00 Vikings Game on TV</li> <li>2:30 Coffee Chats Social - Main Lobby</li> </ul>	17 10:00-12 Open Bus Transportation - sign up 1:00 Dave Solo Presents: Fraud Awareness - CMR 2:00 Bible Study - CMR 3:30 Grill & Chill Happy Hour - CMR	<ul> <li>18</li> <li>9:30 Pax Christi Catholic Prayer Service with Communion - CMR</li> <li>10:00 Cardio Pump - CMR</li> <li>10:45 Coffee &amp; Crossword - CMR</li> <li>1:30 Crafts with Janine - CMR</li> <li>3:30 BINGO! - CMR</li> </ul>	19 10:00-12 Open Bus Transportation-sign up 1:00 Outing: Minnesota ARB Pumpkin Patch and Apple House - sign up 3:30 Halloween Cookie Decorating - CMR 7:00 Mexican Train Dominoes- MH	20 9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Andy Steinfeldt - CMR 3:30 Grill & Chill Happy Hour - CMR	21 10:00 Strength Training - CMR 2:00 Ice Cream Social-Bistro 3:30 Let's Play Family Feud / Trivia - CMR	22 <b>10:00</b> Puzzle Packets – Pick up in the IL Communications Room <b>2:00</b> Saturday Matinee – CMR <b>The Pianist</b> (starring Adrien Brody) <b>3:00</b> Pick Up Card Games – Minnehaha Room <b>**PUMPKIN DECORATING</b> <b>CONTEST BEGINS - PICK UP</b> <b>YOUR PUMPKIN IN THE CMR**</b>
23 9:00 Grace Church Live Streaming – CMR 2:30 Coffee Chats Social - Main Lobby 3:00 "The Gospel of Matthew" The visual Bible with Chaplain John -CMR 30 9:00 Grace Church Live Streaming – CMR 12:00 Vikings Game on TV 2:30 Coffee Chats Social -Main Lobby	24 10:00-12 Open Bus Trans sign up 10:00 Fall Prevention Class w/Active Therapy - CMR 1:00 Using Your Brain for Confidence/Happiness: Bryan-CMR 2:00 Bible Study - CMR 3:30 Grill & Chill Happy Hour - CMR 31 10:00-12 Open Bus Trans sign up 10:00 Fall Prevention Class w/Active Therapy - CMR 2:00 Bible Study - CMR 3:30 HALLOWEEN PARTY - CMR	25 10:00 Cardio Pump – CMR 10:45 Coffee and Crossword – CMR 3:30 BINGO! - CMR	26 10:00-12 Open Bus Transportation - sign up 10:00 Gretchen Teaches Bridge -ECL 1:00 Town Hall Meeting – CMR 3:00 OCTOBER Birthday Party - CMR	27 9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Jim Kirkendall – CMR 3:30 Grill & Chill Happy Hour - CMR	<ul> <li>28</li> <li>10:00 Strength Training - CMR</li> <li>2:00 Ice Cream Social-Bistro</li> <li>3:30 Let's Play Family Feud / Trivia - CMR</li> </ul>	29 <b>2:00</b> Saturday Matinee – CMR <b>Out of Africa</b> (starring Robert Redford, Meryl Streep) <b>3:00</b> Pick Up Card Games – Minnehaha Room

## October