

PRAIRIE BLUFFS

## Assisted Living and Enhanced Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Room Key</b> CMR-2 <sup>nd</sup> floor Community Room CR- 3 <sup>rd</sup> floor Craft Room ECL- 1 <sup>st</sup> floor Enhanced Care Lounge MH- Minnehaha Room -1 <sup>st</sup> floor in Independent Living ML- Main Lobby, 1 <sup>st</sup> floor AL Bldg. Pub- 2 <sup>nd</sup> floor in Independent Living P2-Puzzle Table 2 <sup>nd</sup> floor Redwood Room-on 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 first floor lobby under the main stairs 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	** <u>Pick Up Card Games</u> are for anyone who wants to play on Weds and Friday evenings. There is no leader for this activity. It is resident led. If you are interested in playing cards, please meet in the CMR at the scheduled time.**	1 2:00 Saturday Matinee – CMR Seabiscuit (starring Tobey Maguire, Jeff Bridges, Chris Cooper)
<ul> <li>2</li> <li>9:00 Grace Church Live Streaming - CMR</li> <li>2:30 One on One Prayer Visits with Chaplain John - CMR</li> <li>2:30 Coffee Chats Social - Main Lobby</li> </ul>	3 NO Open Bus Today 2:00 Bible Study – CMR 3:30 Grill & Chill Happy Hour with Manny - CMR	4 9:30 Pax Christi Catholic Prayer Service with Communion – CMR 10:00 Cardio Pump with Amber– CMR 3:30 BINGO! With Amber – CMR	5 10:00-12 Open Bus Transportation - sign up 1:00 Town Hall Meeting – CMR 2:00 Crafts with Janine – CMR 3:30 Welcome Party - CMR 6:00 Pick Up Card Games -CMR	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 3:00 Walk and Talks with Manny - meet in Lobby 3:30 Let's Play Family Feud / Trivia - CMR 6:00 Pick Up Card Games-CMR	8 10:00 Word Puzzle Packet – Delivery to your Door 2:00 Saturday Matinee – CMR Her Majesty Mrs. Brown (starring Judy Dench)
<ul> <li>9:00 Grace Church Live Streaming - CMR</li> <li>12:00 Vikings Game on TV</li> <li>2:30 One on One Prayer Visits with Chaplain John - CMR</li> <li>2:30 Coffee Chats Social - Main Lobby</li> <li>3:00 "The Gospel of Matthew" Visual Bible DVD with Chaplain John-CMR</li> <li>SUKKOT</li> </ul>	<ul> <li>10:00 -12 Open Bus Transportation - sign up</li> <li>1:00 Wellness Presentation w/Active Therapy - CMR</li> <li>2:00 Bible Study - CMR</li> <li>3:30 Columbus Day Happy Hour - CMR</li> <li>COLUMBUS DAY</li> </ul>	11 10:00 Cardio Pump – CMR 11:00 Resident Council Meeting – CMR 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 6:00 Pick Up Card Games -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>14</li> <li>10:00 Strength Training-CMR</li> <li>12:30 Pampered Hands – sign up</li> <li>2:00 Ice Cream Social- Bistro</li> <li>3:00 Walk and Talks with Manny - meet in Lobby</li> <li>3:30 Let's Play Family Feud / Trivia - CMR</li> <li>6:00 Pick Up Card Games-CMR</li> </ul>	15 <b>2:00</b> Saturday Matinee – CMR <b>Nights In Rodanthe</b> (starring Richard Gere, Diane Lane)
<ul> <li>9:00 Grace Church Live Streaming - CMR</li> <li>1:00 Vikings Game on TV</li> <li>2:30 One on One Prayer Visits with Chaplain John - CMR</li> <li>2:30 Coffee Chats Social - Main Lobby</li> </ul>	17 <b>10:00-12</b> Open Bus Transportation - sign up <b>1:00</b> Dave Solo Presents: Fraud Awareness - CMR <b>2:00</b> Bible Study - CMR <b>3:30</b> Grill & Chill Happy Hour - CMR <b>5:30</b> Family Council Meeting- 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 6:00 Pick Up Card Games -CMR	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 <b>10:00</b> Strength Training-CMR <b>12:30</b> Pampered Hands – sign up <b>2:00</b> Ice Cream Social- Bistro <b>3:00</b> Walk and Talks with Manny - meet in Lobby <b>3:30</b> Let's Play Family Feud / Trivia - CMR <b>6:00</b> Pick Up Card Games-CMR	22 10:00 Word Puzzle Packet - Delivery to your Door 2:00 Saturday Matinee – CMR The Pianist (starring Adrien Brody) **PUMPKIN DECORATING CONTEST BEGINS - PICK UP YOUR PUMPKIN IN THE CMR**
23 9:00 Grace Church Live Streaming –CMR 2:30 One on One Prayer Visits with Chaplain John - CMR 2:30 Coffee Chats Social-Main Lobby 3:00 "The Gospel of Matthew" series watch w/ Chaplain John-CMR 30 9:00 Grace Church Live Streaming– CMR 12:00 Vikings Game on TV 2:30 One on One Prayer Visits with Chaplain John - CMR 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 6:00 Pick Up Card Games -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	28 10:00 Strength Training-CMR 12:30 Pampered Hands – sign up 2:00 Ice Cream Social- Bistro 3:00 Walk and Talks with Manny - meet in Lobby 3:30 Let's Play Family Feud / Trivia - CMR 6:00 Pick Up Card Games-CMR	29 <b>2:00</b> Saturday Matinee – CMR <b>Out of Africa</b> (starring Robert Redford, Meryl Streep)

## October 2022