Independent Living

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Grace Church Live Streaming – CMR 2:30 Coffee Chats Social – ML 3:25 Vikings Game on TV NEW YEARS DAY	10:00 -12 NO Open Bus Transportation Today 1:00 Arm Chair Travel to the Alps of Switzerland and France - CMR 2:30 Bible Study w/ Bryan-CMR 3:30 PBSL Happy Hour - CMR	9:30 Pax Christi Catholic Prayer Service with Communion - CMR 10:00 Cardio Pump - CMR 10:45 Coffee & Crossword- CMR 12:30 Ask A Therapist - ML 1:30 & 3:00 Women's Coffee Group (no Julie) - MH 5:00 Potluck - sign up - MH 3:30 BINGO! - CMR 6:00 Introduction to Mahjong - MH	10:00-12 Open Bus Transportation - sign up 1:00 Town Hall Meeting - CMR 3:00 Crafts with Janine - CMR 7:00 Mexican Train Dominoes - MH	9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: High Water Band - CMR 3:30 PBSL Happy Hour - CMR	10:00 Strength Training - CMR 11:00 Lunch Outing - sign up Zeke's Place 2:00 Ice Cream Social - Bistro 3:30 Family Feud/Trivia - CMR	1:00 BINGO! – CMR 2:30 Saturday Matinee – CMR My All American (starring Aaron Eckhart, Finn Wittrock, Robin Tunney) 3:00 Pick Up Card Games – MH
9:00 Grace Church Live Streaming – CMR TBD Vikings Game on TV 2:30 Coffee Chats Social - ML 3:00 – 4:00 One on One Prayer Visits with Chaplain John - CMR	9 10:00 -12 Open Bus Transportation - sign up 1:00 Estate Planning: Wills & Trusts with John Culbert - CMR 2:30 Bible Study - CMR 3:30 PBSL Happy Hour - CMR	10:00 Cardio Pump – CMR 11:00 Resident Council Mtg-CMR 1:30 & 3:00 Women's Coffee Group (no Julie) - MH 3:30 BINGO! – CMR 6:00 Introduction to Mahjong With Diane H - MH	10:00-12 Open Bus Transportation - sign up 10:00 Gretchen Teaches Bridge -ECL 1:30 Noodle Hockey - CMR 3:30 Calendar Planning - CMR	9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Patrick Rasmussen - CMR 3:30 PBSL Happy Hour - CMR	13 10:00 Strength Training - CMR 2:00 Ice Cream Social - Bistro 3:30 Sing-A-Long - CMR	Word Puzzle Packet Delivery 1:00 BINGO! - CMR 2:30 Saturday Matinee - CMR One Man's Hero (starring Tom Berrenger) 3:00 Pick Up Card Games -MH
9:00 Grace Church Live Streaming – CMR 2:30 Coffee Chats Social – ML 3:00 – 4:00 One on One Prayer Visits w/Chaplain John-CMR TBD NFL Playoffs Games on TV	10:00-12 Open Bus Transportation - sign up 1:00 Active Therapy Wellness Presentation - CMR 2:30 Bible Study - CMR 3:30 PBSL Happy Hour - CMR MARTIN LUTHER KING JR DAY	9:30 Pax Christi Catholic Prayer Service/Communion 10:00 Cardio Pump - CMR 10:45 Coffee & Crossword- CMR 12:30 Ask A Therapist - ML 1:00 BUS Outing TBD: sign up 1:30 & 3:00 Women's Coffee Group (no Julie) - MH 3:30 BINGO! - CMR 6:00 Introduction to Mahjong -MH	10:00-12 Open Bus Transportation - sign up 1:30 Corn Hole/Bags - CMR 3:00 JANUARY Birthday Party - CMR 7:00 Mexican Train Dominoes-MH	9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Lyndon - CMR 3:30 PBSL Happy Hour - CMR	10:00 Strength Training with Amber- CMR 2:00 Ice Cream Social - Bistro 3:30 Family Feud/Trivia - CMR	1:00 BINGO! - CMR 2:30 Saturday Matinee - CMR The Tomorrow Man (starring John Lithgow and Blythe Danner) 3:00 Pick Up Card Games - MH
9:00 Grace Church Live Streaming – CMR 2:30 Coffee Chats Social - ML 3:00 – 4:00 One on One Prayer Visits with Chaplain John - CMR TBD NFL Playoffs Games on TV	10:00-12 NO Open Bus Transportation Today 1:30 David Jones Historical Presentation - CMR 2:30 Bible Study w/Bryan-CMR 3:30 PBSL Happy Hour - CMR	10:00 Cardio Pump – CMR 10:45 Coffee & Crossword-CMR 1:30 & 3:00 Women's Coffee Group with Julie - MH 3:30 BINGO! – CMR 6:00 Introduction to Mahjong With Diane H - MH	10:00-12 Open Bus Transportation - sign up 10:00 Gretchen Teaches Bridge -ECL 1:30 Noodle Hockey - CMR 3:00 Crafts with Janine - CMR	9:00-4 Essential Beauty Salon Open 10:00 Morning Stretch -CMR 10:45 Devotions -CMR 1:30 Musical Entertainment: Matthew Schmitz-CMR 3:30 PBSL Happy Hour - CMR	10:00 Strength Training - CMR 2:00 Ice Cream Sundae Bar Social - Bistro 3:30 Sing-A-Long - CMR	Word Puzzle Packet Delivery 1:00 BINGO! - CMR 2:30 Saturday Matinee - CMR Nicholas Nickleby (starring Jamie Bell, Anne Hathaway, Charlie Hunnam, Nathan Lane) 3:00 Pick Up Card Games - MH
9:00 Grace Church Live Streaming – CMR 2:30 Coffee Chats Social - ML 3:00 – 4:00 One on One Prayer Visits with Chaplain John - CMR TBD NFL Playoffs Games on TV	10:00-12 Open Bus Transportation - sign up 10:00 Book Club Intro - CMR 1:00 Kenya Presentation by Manny - CMR 2:30 Bible Study - CMR 3:30 PBSL Happy Hour - CMR	10:00 Cardio Pump – CMR 10:45 Coffee & Crossword-CMR 1:00 BUS Outing TBD: sign up 1:30 & 3:00 Women's Coffee Group with Julie - MH 3:30 BINGO! - CMR 6:00 Introduction to Mahjong With Diane H - MH		Always Open for your enjoyment: Craft Room - 3 rd 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	Room Key CMR-Community Room, 2 nd floor CR- Craft Room, 3 rd floor ECL- 1 st floor Enhanced Care Lounge G- Gym in AL Basement HW 1,2,3,4- Hallways 1,2,3,4 th Floors MH- Minnehaha Room, 1 st floor ML- Main Lobby, 1 st floor AL Bldg. MT- Movie Theater, 4 th floor Pub-2 nd Floor Pub Redwood Room-3 rd floor	Sign Up Sheets are only needed for open transportation and outings. Sign-up sheets will be placed in the Communications Room every Friday evening.