






Life Enrichment A.L. – November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations: AS-Art Studio (2nd Floor) CR-Cambridge Room (2nd Floor) GR Game Room (3rd Floor) MC-Memory Care (1st Floor) MD-Main Dining Room (1st Floor)</p>	<p>1 9:30-12:30 Van Around Town 1:30 Country Drive 2:15 Chair Yoga w/Kim (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club</p>	<p>2 10:00 Cardio Drumming (MC) 10:00 Faith Service w/Chaplain Erin (CR) 11:15 Stories to Live By w/Chaplain Erin (CR) 1:00 Grief Group w/ Chaplain Erin (GR) 1:00 Coffee & Cookies in the Mail Cafe 2:15 Better Balance w/Kim (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club</p>	<p>3 10:00 Watercolor Painting w/Anne (AS) 11:15 Bible Study w/Colleen (CR) 1:00 Wellness Clinic (Health Services Office 2nd floor) 1:00 Culinary Meeting w/Kyle (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club (CR)</p>	<p>4 10:00 BINGO (CR) 11:15 Eaglebrook Service (CR) 1:00-4:00 Van Around Town 1:30-2:00 Exercise for Parkinson's (CR) 2:15 Better Balance w/Kim (CR) 3:00 Wii Bowling (CR) Limit 4 6:00 Crafts w/ Heather (AS)</p>	<p>5 10:15-11:00 Manicures in the (CR) Limit 4 11:00 Oral Health Demonstration with Dental Hygiene Students (CR) 1:00 Social Hour (CR) 2:15 Strength Circuits w/Kim (Fitness Center) Limit 8 3:00 Wii Bowling (CR) Limit 4 6:00 Players Choice Card Club (CR)</p>	<p>6 10:00 Wii Bowling (CR) Limit 4 11:15 BINGO w/ Becky (CR) 1:00 Wii Bowling (CR) Limit 4 6:00 Players Choice Card Club</p>
<p>7 11:00 Live Church Broadcast on Channel 1-2 (CR) 1:00 Wii Bowling (CR) Limit 4 6:00 Players Choice Card Club (CR)</p>	<p>8 9:30-12:30 Van Around Town 11:00 Forest Lake Pine City Medical Supply Mobility Show (CR) 1:30 Country Drive 2:15 Chair Yoga w/Kim (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club</p>	<p>9 10:00 Cardio Drumming (MC) 11:15 Stories to Live By w/Chaplain Erin (CR) 1:00 Grief Group w/ Chaplain Erin (GR) 1:00 Coffee & Cookies in the Mail Cafe 1:00 Show & Share w/Mary (CR) 2:15 Better Balance w/Kim (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club (CR)</p>	<p>10 10:00 Watercolor Painting w/Anne (AS) 11:15 Bible Study w/Colleen (CR) 1:00 Wellness Clinic (Health Services Office 2nd floor) 1:00-2:00 Community Update Meeting (CR) 3:00 BINGO (CR) 6:00 Players Choice Card Club (CR)</p>	<p>11 Veterans Day 10:00 BINGO (CR) 11:15 Faith Service w/ Chaplain Erin (CR) 1:00-4:00 Van Around Town 1:30-2:00 Exercise for Parkinson's (CR) 2:00 Veteran's Day Pinning Ceremony (MD) 2:15 Better Balance w/Kim (CR) 3:00 Wii Bowling (CR) Limit 4 6:00 Players Choice Card Club (CR)</p>	<p>12 10:15-11:15 Manicures in the CR Limit 4 11:15 Wii Bowling (CR) 1:00 Social Hour (CR) 2:15 Strength Circuits w/Kim (Fitness Center) Limit 8 6:00 Players Choice Card Club (CR)</p>	<p>13 9:30-11:45 Bus to Operation Christmas Child @ New Hope Church 11:15 Wii Bowling (CR) Limit 4 1:00 BINGO (CR) 2:00 Wii Bowling (CR) Limit 4 6:00 Players Choice Card Club (CR)</p>
<p>14 8:00 Van to Church (Must sign up @ concierge) 11:00 Live Church Broadcast on Channel 1-2 (CR) 1:00 Wii Bowling (CR) Limit 4 6:00 Players Choice Card Club (CR)</p>	<p>15 9:30-12:30 Van Around Town 1:30 Country Drive 2:15 Chair Yoga w/Kim (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club</p>	<p>16 10:00 Cardio Drumming (MC) 11:15 Stories to Live By w/Chaplain Erin (CR) 1:00 Grief Group w/ Chaplain Erin (GR) 1:00 Coffee & Cookies in the Mail Cafe 2:15 Better Balance w/Kim (CR) 3:15 BINGO (CR) 6:00 Players Choice Card Club (CR)</p>	<p>17 10:00 Watercolor Painting w/ Anne (AS) 11:15 Bible Study w/Colleen (CR) 1:00 Wellness Clinic (Health Services Office 2nd floor) 1:00 Resident Birthday Celebration w/entertainment from Joanne Bolles (MD) 3:00 BINGO (CR) 6:00 Players Choice Card Club (CR)</p>	<p>18 11:15 Faith Service w/First Baptist Church (CR) (CR) 1:00-2:30 Parkinsons Support Group (CR) 1:00-4:00 Van Around Town 3:30 BINGO (CR) 6:00 Crafts w/ Heather (AS)</p>	<p>19 10:15-11:15 Manicures in the CR Limit 4 11:15 Wii Bowling (CR) Limit 4 1:00 Social Hour (CR) 2:15 Strength Circuits w/Kim (Fitness Center) Limit 8 6:00 Players Choice Card Club (CR)</p>	<p>20 10:00 Wii Bowling (CR) Limit 4 11:15 BINGO w/ Becky (CR) 1:00 Movie Matinee and Popcorn Movie: Dreamer 1 Hr. 46 mins. (CR) 6:00 Players Choice Card Club</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21 11:00 Live Church Broadcast on Channel 1-2 (CR)</p> <p>1:00 Wii Bowling (CR) Limit 4</p> <p>6:00 Players Choice Card Club</p>	<p>22 9:30-12:30 Van Around Town</p> <p>1:30 Country Drive</p> <p>2:15 Chair Yoga w/Kim (CR)</p> <p>3:15 BINGO (CR)</p> <p>6:00 Players Choice Card Club</p>	<p>23 10:00 Cardio Drumming (MC)</p> <p>10:00 Grief Group w/ Chaplain Erin (GR)</p> <p>11:15 Stories to Live By w/ Chaplain Erin (CR)</p> <p>1:00 Coffee & Cookies in the Mail Café</p> <p>3:45 Wii Bowling (CR)</p> <p>6:00 Players Choice Card Club (CR)</p>	<p>24 11:15 Bible Study w/Colleen (CR)</p> <p>1:00 Wellness Clinic (Health Services Office 2nd floor)</p> <p>1:00-4:00 Van Around Town</p> <p>3:15 Wii Bowling (CR) Limit 4</p> <p>6:00 Players Choice Card Club (CR)</p>	<p>25 Thanksgiving Day </p> <p>10:30 Thanksgiving Chapel Broadcast Ch. 1-2 (CR)</p> <p>11:15 Guitar w/Olivia (CR)</p> <p>1:00 BINGO</p> <p>3:00 Wii Bowling (CR) Limit 4</p> <p>6:00 Players Choice Card Club (CR)</p>	<p>26 10:15-11:15 Manicures in the CR Limit 4</p> <p>11:15 BINGO (CR)</p> <p>1:00 Social Hour (CR)</p> <p>2:15 No fitness classes FOB access only</p> <p>6:00 Players Choice Card Club (CR)</p>	<p>27 10:00 Wii Bowling (CR) Limit 4</p> <p>11:15 BINGO w/ Olivia (CR)</p> <p>1:00 Wii Bowling (CR) Limit 4</p> <p>6:00 Players Choice Card Club (CR)</p>
<p>28 8:00 Van to Church (Must sign up @ concierge)</p> <p>11:00 Live Church Broadcast on Channel 1-2 (CR)</p> <p>1:00 Wii Bowling (CR) Limit 4</p> <p>6:00 Players Choice Card Club</p>	<p>29 9:30-12:30 Van Around Town</p> <p>1:30 Country Drive</p> <p>2:15 Chair Yoga w/Kim (CR)</p> <p>3:15 BINGO (CR)</p> <p>6:00 Players Choice Card Club</p>	<p>30 10:00 Cardio Drumming (MC)</p> <p>11:15 Stories to Live By (CR)</p> <p>1:00 Hymns of Hope & Strength w/Malcolm (CR)</p> <p>1:00 Coffee & Cookies in the Mail Cafe</p> <p>2:15 Better Balance w/ Kim (CR)</p> <p>3:15 Wii Bowling (CR) Limit 4</p> <p>6:00 Players Choice Card Club (CR)</p>				



Special notes for November:

- ❖ Please be sure to sign up with the concierge for all **HIGHLIGHTED** activities.
- ❖ Join us in the Cambridge Room on Wednesday, November 3rd at 1:00PM for a Culinary Meeting w/ Kyle.
- ❖ You don't want to miss Watercolor Painting class w/Anne McFaul-Reed in the Art Studio, Wednesday's at 10:00 AM. **NO CLASS WEDNESDAY NOV. 24th.**
- ❖ Join us in the Cambridge Room for the Community Update meeting (formerly the resident meeting) on Wednesday, November 10th from 1:00-2:00 PM
- ❖ Come and honor our veterans on Thursday, November 11th at the Veterans Day Pinning Ceremony in the Main Dining Room at 2:00 PM, by St Croix Hospice.
- ❖ Celebrate the November Birthdays on Wednesday, November 17th at 1:00PM in the Main Dining Room with entertainment from Joanne Bolles.
- ❖ Listen to beautiful hymns by Malcolm on Tuesday, November 30th at 1:00PM in the Cambridge Room.

Van Around Town will run 9:30AM-12:30 PM on Monday's and 1:00PM-4:00 PM on Thursday's.

Please sign up at the front desk for all Van trips. Thank you!

Please note that the Live church broadcast will now start at 11:00 AM On Channel 1-2