

SEPTEMBER 2021 LIFE ENRICHMENT*

*Calendar is subject to change







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p><i>NO Ageless Beauty Today!</i></p> <p>10:00 Great Courses (AR) An educational video on Experiencing America: A Smithsonian Tour through American History: Emancipation and the Civil War & Gold, Guns, and Grandeur—The West</p> <p>10:30 Stretch and Smile (FC)</p> <p>11:15 Better Balance (FC)</p> <p>1:30 Chair Yoga Plus (FC)</p> <p>1:00 Grace Harkness Sing-a-long (LLA) Join our lovely resident and Char play classic hits to sing-a-long to; we have the songbooks—now you just bring yourself!</p> <p>1:30 Blood Pressure Clinic (COL) Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM.</p> <p>2:00 City Charter for Change: Amendment Presentation Followed by Q&A and Discussion (AR) A local presentation on seeking a just, safe and well-managed city. You're invited to a discussion on a topic important to all people who live and work in Minneapolis led by retired Minneapolis city council members.</p> <p>3:30 Happy Hour! (BAL) (Drink of the Week: Blueberry Acai Truly) Come have some snacks, a drink and chat with your neighbors!</p> <p>5:00 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p>	<p>2</p> <p>Bus Outing Day!</p> <p>10:00 Headlines in History (AR) Learn about this date in history.</p> <p>10:00 Uptown Loop Maximum of four people may sign-up for this ride. If full—put your name on the waiting list.</p> <p>10:30 Strength and Stability (FC)</p> <p>11:15 Chair Aerobics (FC)</p> <p>1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents!</p> <p>1:00 Walking Group Outing (Lake Harriet) Take a short ride on the bus to Lake Harriet to walk outdoors and get some sunshine while you make your heart healthier and stronger! Bus seating priority will be given to Fitness Center members. Maximum of four people can sign-up.</p> <p>BUS LEAVES AT 12:45PM</p> <p>2:00 YMCA Open Swim Go swimming at the Blaisdell YMCA. It is required to have a YMCA membership to swim. Please sign-up by Monday, Aug. 30th so reservations can be made for you to swim. Maximum of four people can sign-up.</p> <p>Bus leaves at 1:45 PM</p> <p>2:00 Popcorn Social: Floor 2 See you for a salty afternoon snack by the elevators!</p> <p>2:45 Popcorn Social: Floor 3 See you for a salty afternoon snack by the elevators!</p> <p>3:30 Bible Study w/Rev. Cobb (AR) Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</p>	<p>3</p> <p>Bus Outing Day!</p> <p>10:00 Southdale Loop Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list.</p> <p>10:15 Poetry w/ Rev. Cobb (CH. 1-2) Classic and contemporary poems read aloud around a weekly theme.</p> <p>10:30 Stretch and Smile (FC)</p> <p>11:15 Better Balance (FC)</p> <p>12:00 Southdale Loop Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list.</p> <p>1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents!</p> <p>1:30 Chair Yoga (FC)</p> <p>2:00 Poetry Art Class with Zoe Bird (AR) Come create poetry using all five-senses. All are welcome—no experience necessary! Go out of your comfort zone and come be creative with other Walker Community Members!</p> <p>6:30 Movie (AR) Django Unchained (2012) Starring Jamie Foxx, Christoph Waltz & Leonardo DiCaprio. With the help of a German bounty-hunter, a freed slave sets out to rescue his wife from a brutal plantation-owner in Mississippi. Running Time: 2h & 45m</p>	<p>4</p> <p>11:00 Stretch and Smile (AR) Slow movements from head to toe that stretch and strengthen your body with an emphasis on breathing. This is a seated exercise class.</p> <p>1:30 Are you Smarter than a Fifth Grader? It's back to school time! Come compete against fellow residents to determine if you are smarter than a fifth grader; there will be several trivia questions that have been proven to be known by someone in the fifth grade. Winner will receive a \$25 gift card to a place of their choosing!</p> <p>3:30 Movie Matinee (AR) Django Unchained (2012) Starring Jamie Foxx, Christoph Waltz & Leonardo DiCaprio. Running Time: 2h & 45m</p>  <p>6:30 Movie (AR) Yes Man! (2008) Starring Jim Carrey & Zooey Deschanel. Synopsis: After a bitter divorce, a loan officers falls under the sway of a self-help guru who urges him to say yes to everything that comes his way for a year. Running time: 1h & 44m</p>

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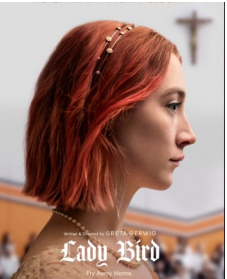


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>11:00 Sunday Worship IN-PERSON (CH) or in your Apartment (CH 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p>1:30 Rosary (Ch 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p>6:30 Classic Movie Night (AR) SEVEN BRIDES FOR SEVEN BROTHERS w/ Howard Keel & Jane Powell. Synopsis: A musical of a new bride teaching her husband's six ill-mannered brothers proper behavior and how to court a woman. Running time: 1h & 43m</p> 	<p>6</p> <p>Labor Day</p>  <p>10:00 Issues of Today LED BY Bill Boquist—our retired bus driver! (AR) Bring ONE news article (from magazines, online, the newspaper etc.) that interests you to spark up a discussion.</p> <p>1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents!</p> <p>5:00 Bridge Night (AR) It's a classic! With a strong group of players each week—come join!</p> <p>6:30 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p>	<p>7</p> <p>Bus Outing Day! Personal Requests/ Appointment(s) <i>By Request Only. Request must be made by Thursday, September 2nd at 4:30 PM.</i></p> <p>10:00 Good Reads (AR) Listen, experience and discuss poetry, short stories and/or short essays. Discover and appreciate information about the authors of these thought-provoking pieces of work.</p> <p>10:30 Strength and Stability (FC)</p> <p>11:15 Chair Aerobics (FC)</p> <p>2:00 Bingo and Beer! (BAL) Play your favorite game but this week we're hosting it on the second floor balcony and serving delicious cold beverages* to enjoy while you play! *Beer and Pop will be served.</p> <p>3:30 Spiritual Conversations (AR) We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</p> <p>Happy Birthday Syb Woutat!</p> 	<p>8</p> <p>Ageless Beauty Open Today</p> <p>10:00 Great Courses (AR) An educational video on Experiencing America: A Smithsonian Tour through American History: The First Americans—Then and Now & Planes, Trains, Automobiles ... and Wagons</p> <p>10:00 Resident Council Meeting (COL)</p> <p>10:30 Stretch and Smile (FC)</p> <p>11:15 Better Balance (FC)</p> <p>1:30 Chair Yoga Plus (FC)</p> <p>1:00 Grace Harkness Sing-a-long (LLA) Join our lovely resident and Char play classic hits to sing-a-long to; we have the songbooks—now you just bring yourself!</p> <p>1:30 Blood Pressure Clinic (COL) Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM.</p> <p>3:00 Art Connections (AR) Come for the continuation of the discussion of the Bauhaus group with focus on Paul Klee.</p> <p>5:00 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p> <p>Happy Birthday John Cummins!</p>	<p>9</p> <p>Bus Outing Day!</p> <p>10:00 Hearing of America (COL) Sign-up for an appt. with Dr. Jerry Zhou for all your hearing-aid service needs.</p> <p>10:00 Uptown Loop Maximum of four people may sign-up for this ride. If full—put your name on the waiting list.</p> <p>10:30 Strength and Stability (FC)</p> <p>11:15 Chair Aerobics (FC)</p> <p>1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents!</p> <p>1:00 Walking Group Outing (Lake Harriet) Take a short ride on the bus to Lake Harriet to walk outdoors and get some sunshine while you make your heart healthier and stronger! Bus seating priority will be given to Fitness Center members. Maximum of four people can sign-up.</p> <p>BUS LEAVES AT 12:45PM</p> <p>2:00 YMCA Open Swim Go swimming at the Blaisdell YMCA. It is required to have a YMCA membership to swim. Please sign-up by Monday, Sept. 6th so reservations can be made for you to swim. Maximum of four people can sign-up.</p> <p>Bus leaves at 1:45 PM</p> <p>2:00 Popcorn Social: Floor 4 See you for a salty afternoon snack by the elevators!</p> <p>2:45 Popcorn Social: Floor 5 See you for a salty afternoon snack by the elevators!</p> <p>3:30 Bible Study w/Rev. Cobb (AR) Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</p> <p>7:00 Social Justice Group (AR) Meet your City Council Candidates for Ward 10</p> <p>Happy Birthday Joe Benigni!</p>	<p>10</p> <p>Bus Outing Day!</p> <p>10:00 Southdale Loop Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list.</p> <p>10:15 Poetry w/ Rev. Cobb (CH. 1-2) Classic and contemporary poems read aloud around a weekly theme.</p> <p>10:30 Stretch and Smile (FC)</p> <p>11:15 Better Balance (FC)</p> <p>12:00 Southdale Loop Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list.</p> <p>1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents!</p> <p>1:30 Chair Yoga (FC)</p> <p>2:00 Happy Hour! (MDR) Drink of the Week: Black Cherry Truly—Come have some snacks, a drink and chat with your neighbors!</p> <p>6:30 Movie (AR) Hillbilly Elegy (2020) Starring Amy Adams & Glenn Close. Synopsis: An urgent phone call pulls a Yale Law Student back to his Ohio hometown, where he reflects on three generations of family history and his own future. Running time 1h & 57m</p> <p>Happy Birthday Nancy Bjork!</p> 	<p>11</p> <p>11:00 Stretch and Smile (AR) Slow movements from head to toe that stretch and strengthen your body with an emphasis on breathing. This is a seated exercise class.</p> <p>1:30 Outdoor Games (FOP) Come try the new yard games that Walker Place has! Such as Yahtzee, Farkle, Pig, Stuck in the Mud and countless more!</p> <p>3:30 Movie Matinee (AR) Hillbilly Elegy (2020) Starring Amy Adams & Glenn Close. Running time 1h & 57m</p>  <p>6:30 Movie (AR) Ferris Bueller's Day Off (1986) Starring Matthew Broderick, Alan Ruck & Mia Sara. Synopsis: After faking an illness to skip school, popular teen Ferris Bueller enjoys a fun-filled day in Chicago with his girlfriend and his uptight best friend. Running time: 1h & 43m</p> 

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<p>12 11:00 Sunday Worship IN-PERSON (CH) or in your Apartment (CH 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i> 1:30 Rosary (Ch 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i> 6:30 Classic Movie Night (AR) NY Metropolitan Opera 1977 Puccini's LA BOHEME. Synopsis: A tragic love story of Mimi and Rodolfo, set in Paris in the year 1830. Running time: 2h & 3m</p> 	<p>13 Outing Today! 10:00 Issues of Today LED BY Bill Boquist! (AR) Bring ONE news article (from magazines, online, the newspaper etc.) that interests you to spark up a discussion. 10:30 Stretch and Smile (FC) 11:00 OUTING Walker Sculpture Garden: Group 1 (Maximum of 4 people) Modern and Contemporary art in the setting of an urban park. If list is full—put your name on the waiting list and Life Enrichment can plan another outing in the future to visit. 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents! 1:30 Yoga (FC) 2:00 OUTING Walker Sculpture Garden: Group 2 (Maximum of 4 people) Modern and Contemporary art in the setting of an urban park. If list is full—put your name on the waiting list and Life Enrichment can plan another outing in the future to visit. 5:00 Bridge Night (AR) It's a classic! With a strong group of players each week—come join! 6:30 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p>	<p>14 Bus Outing Day! Personal Requests/ Appointment(s) By Request Only. Request must be made by Thursday, September 9th at 4:30 PM. 9:30 Art and Coffee Gathering (AR) This month's topic is poetry! Bring a poem or two to share with the group; ALL ARE WELCOME! Life Enrichment can send you the Zoom link, via request, if you prefer to attend from your apartment—otherwise, see you in the Activity Room! 10:30 Strength and Stability (FC) 11:15 Chair Aerobics (FC) 1:30 Sip n' Dip with Concierge Laura (AR) Drinking wine and painting with Concierge Laura! Everyone can follow along to create the same design. For our more daring artists – you may start with a blank canvas. For those who would like a little more guidance – you may request a pre-outlined canvas of the design you'll be painting. No experience necessary! 3:30 Spiritual Conversations (AR) We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</p>	<p>15 Ageless Beauty Open Today 10:00 Great Courses (AR) An educational video on Experiencing America: A Smithsonian Tour through American History: Communications—From Telegraph to Television & Immigrant Dreams and Immigrant Struggles 10:30 Stretch and Smile (FC) 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 1:00 Grace Harkness Sing-a-long (LLA) Join our lovely resident and Char play classic hits to sing-a-long to; we have the songbooks—now you just bring yourself! 1:30 Blood Pressure Clinic (COL) Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM. 2:00 Method Rehab Therapy Meet and Greet (AR) Meet the rehab group that works in THIS building! They provide home care therapy powered by LifeSprk and also see outpatients in their pop-up clinic in Apartment 419. A general meet n' greet to introduce their new therapist Jeremy and List, learn about the services they provide and to receive a FREE therapy screen! 3:30 Technology Forum with Betts Zerby (AR) Learn how to use your cellphone, laptop, computers, word, etc. from one of our gifted residents! Bringing your devices is encouraged. 5:00 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p>	<p>16 Bus Outing Day! 10:00 Documentary (AR) Fidel Castro 10:00 Uptown Loop Maximum of four people may sign-up for this ride. If full—put your name on the waiting list. 10:30 Strength and Stability (FC) 11:15 Chair Aerobics (FC) 1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents! 1:00 Walking Group Outing (Lake Harriet) Take a short ride on the bus to Lake Harriet to walk outdoors and get some sunshine while you make your heart healthier and stronger! Bus seating priority will be given to Fitness Center members. Maximum of four people can sign-up. BUS LEAVES AT 12:45PM 2:00 YMCA Open Swim Go swimming at the Blaisdell YMCA. It is required to have a YMCA membership to swim. Please sign-up by Monday, Sept. 13th so reservations can be made for you to swim. Maximum of four people can sign-up. Bus leaves at 1:45 PM 2:00 Book Club (AR) This month's book is Winter's Bone by Daniel Woodrell. This page turner follows Ree Dolly (16) who is caring for her mentally ill mother and two younger brothers; she must find her missing father to protect her family from eviction. 3:30 Bible Study w/Rev. Cobb (AR) Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</p>	<p>17 Bus Outing Day! 10:00 Southdale Loop Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list. 10:15 Poetry w/ Rev. Cobb (CH. 1-2) Classic and contemporary poems read aloud around a weekly theme. 10:30 Stretch and Smile (FC) 11:15 Better Balance (FC) 12:00 Southdale Loop Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list. 1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents! 1:30 Chair Yoga (FC) 2:00 Poetry Art Class with Zoe Bird (AR) Come create poetry using all five-senses. All are welcome— no experience necessary! Go out of your comfort zone and come be creative with other Walker Community Members! 6:30 Movie (AR) Lady Bird (2017) Starring Saoirse Ronan & Laurie Metcalf. Synopsis: An intrepid high schooler in Sacramento undergoes the trials of love, family and self-discovery as she dreams of escaping to college on the East Coast. Running Time: 1h & 33m</p> 	<p>18 11:00 Stretch and Smile (AR) Slow movements from head to toe that stretch and strengthen your body with an emphasis on breathing. This is a seated exercise class. 1:30 Horse Racing: Bring your Dimes! (AR) This is a game for you who like to gamble! This is a board game where you bet on two horses (one dime per horse) and the person who picked the winning horse in the end gets the jackpot! 3:30 Movie Matinee (AR) Lady Bird (2017) Starring Saoirse Ronan & Laurie Metcalf. Running Time: 1h & 33m</p>  <p>6:30 Movie (AR) The Last Letter from Your Lover (2021) Starring Shailene Woodley & Felicity Jones. Synopsis: After finding a trove of love letters from 1965, a reporter sets out to solve the mystery of a secret affair—while embarking on a romance of her own. Running time 1h & 50m</p> 

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<p>19 11:00 Sunday Worship IN-PERSON (CH) or in your Apartment (CH 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i> 1:30 Rosary (Ch 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i> 6:30 Classic Movie Night (AR) 1965 DOCTOR ZHIVAGO w/ Omar Shariff & Julie Christie (part 1). <i>Synopsis: An epic romantic drama about the life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship during WWI and then the October Revolution. Running Time: 3h & 20m</i></p> 	<p>20 Outing Today! 9:00 Welcoming Committee Meeting (COL) 10:00 Issues of Today LED BY Bill Boquist—our retired bus driver! (AR) <i>Bring ONE news article (from magazines, online, the newspaper etc.) that interests you to spark up a discussion.</i> 10:30 Stretch and Smile (FC) 11:00 OUTING: Tiny Diner <i>A menu created with as many local foods as possible! A menu will be posted in the sign-up binder for your convenience.</i> 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) <i>Come for a relaxing hour of music led by one of our incredibly talented residents!</i> 1:00 Activities Committee Meeting (COL) 1:30 Yoga (FC) 2:00 SPEAKER Kannan Solayappan: Global Supply Chains and National Security (AR) <i>Come listen and learn about the first topic in the Great Decisions Series. ALL ARE WELCOME!</i> 5:00 Bridge Night (AR) <i>It's a classic! With a strong group of players each week—come join!</i> 6:30 Game Night (AR) <i>Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</i> </p>	<p>21 Bus Outing Day! Personal Requests/ Appointment(s) <i>By Request Only. Request must be made by Thursday, September 16th at 4:30 PM.</i> 10:00 Good Reads (AR) <i>Listen, experience and discuss poetry, short stories and/or short essays.</i> <i>Discover and appreciate information about the authors of these thought-provoking pieces of work.</i> 10:30 Strength and Stability (FC) 11:15 Chair Aerobics (FC) 2:00 Bingo and Beer! (BAL) <i>Play your favorite game but this week we're hosting it on the second floor balcony and serving delicious cold beverages* to enjoy while you play! *Beer and Pop will be served.</i> 3:30 Spiritual Conversations (AR) <i>We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</i></p>	<p>22 Ageless Beauty Open Today 10:00 Great Courses (AR) <i>An educational video on Experiencing America: A Smithsonian Tour through American History: User Friendly—Democratizing Technology & Extinction and Conservation</i> 10:30 Stretch and Smile (FC) 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 1:00 Grace Harkness Sing-a-long (LLA) <i>Join our lovely resident and Char play classic hits to sing-a-long to; we have the songbooks—now you just bring yourself!</i> 1:30 Blood Pressure Clinic (COL) <i>Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM.</i> 3:00 All-Resident Birthday Party: Steve Clarke (CH) <i>Let's celebrate all of our September birthdays here at Walker Place with a delicious treat and listening to a guitar and saxophone duet!</i> 5:00 Game Night (AR) <i>Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</i></p>	<p>23 Bus Outing Day! 10:00 Headlines in History (AR) <i>Learn about this date in history.</i> 10:00 Uptown Loop <i>Maximum of four people may sign-up for this ride. If full—put your name on the waiting list.</i> 10:30 Strength and Stability (FC) 11:15 Chair Aerobics (FC) 1:00 Chuck McCreary Piano Concert (LLA) <i>Come for a relaxing hour of music led by one of our incredibly talented residents!</i> 1:00 Walking Group Outing (Lake Harriet) <i>Take a short ride on the bus to Lake Harriet to walk outdoors and get some sunshine while you make your heart healthier and stronger! Bus seating priority will be given to Fitness Center members. Maximum of four people can sign-up.</i> BUS LEAVES AT 12:45 PM 2:00 YMCA Open Swim <i>Go swimming at the Blaisdell YMCA. It is required to have a YMCA membership to swim. Please sign-up by Monday, Sept. 20th so reservations can be made for you to swim. Maximum of four people can sign-up.</i> Bus leaves at 1:45 PM 2:00 Book Club (AR) MOVIE SHOWING—Winter's Bone <i>You've read the book—now come see the motion picture (2010) and determine if you like book for movie better! Starring Jennifer Lawrence & John Hawkes.</i> 3:30 Bible Study w/Rev. Cobb (COL) <i>Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</i></p>	<p>24 Bus Outing Day! 10:00 Southdale Loop <i>Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list.</i> 10:00 Resident Association Meeting (AR) <i>Come voice your opinion(s) with the Resident Council and staff members who are requested to attend. Hear the updates for the month from the Resident Council Members/Chairs of Committees.</i> 10:15 Poetry w/ Rev. Cobb (CH. 1-2) <i>Classic and contemporary poems read aloud around a weekly theme.</i> 10:30 Stretch and Smile (FC) 11:15 Better Balance (FC) 12:00 Southdale Loop <i>Maximum of four people may sign-up for this shopping outing. If full—put your name on the waiting list.</i> 1:00 Chuck McCreary Piano Concert (LLA) <i>Come for a relaxing hour of music led by one of our incredibly talented residents!</i> 1:30 Chair Yoga (FC) 2:00 Poetry Art Class with Zoe Bird (AR) 3:00 Poetry Reading by Walker Place Residents (AR) <i>Indulge in wine, cheese and crackers while you hear the poetry created by our Walker residents during their time in Zoe's poetry class!</i> 6:30 Movie (AR) Bird Box (2018). <i>Starring Sandra Bullock, Trevante Rhodes & John Malkovich. Synopsis: Five years after an ominous unseen presence drives most of society to suicide, a survivor and her two children make a desperate bid to reach safety. Running time: 2h & 4m</i></p>	<p>25 11:00 Stretch and Smile (AR) <i>Slow movements from head to toe that stretch and strengthen your body with an emphasis on breathing. This is a seated exercise class.</i> 1:30 Arnold Palmer Appreciation Social! (BAL) <i>Today in history, is a day marked for honoring the life of the famous golfer Arnie Palmer—who is also widely known for his creation of a popular drink made of lemonade and iced tea. Come have this delicious drink and socialize with your neighbors!</i> 3:30 Movie Matinee (AR) Bird Box (2018). <i>Starring Sandra Bullock, Trevante Rhodes & John Malkovich. Running time: 2h & 4m</i></p>  <p>6:30 Movie (AR) My Girl (1991). <i>Starring Dan Aykroyd, Jamie Lee, Macaulay Culkin & Anna Chlumsky. Synopsis: A coming-of-age charmer follows a summer in the life of an 11-year-old girl who learns about love and loss as she grapples with profound changes. Running time: 1h & 42m</i></p> 

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<p>26 11:00 Sunday Worship IN-PERSON (CH) or in your Apartment (CH 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i> 1:30 Rosary (Ch 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i> 6:30 Classic Movie Night (AR) 1965 DOCTOR ZHIVAGO w/ Omar Shariff & Julie Christie (part 1). <i>Synopsis: An epic romantic drama about the life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship during WWI and then the October Revolution. Running Time: 3h & 20m</i></p> 	<p>27 Outing Today! 9:00 Brew Crew (LLA) <i>Breakfast treats and coffee with Executive Director Paula Castle and Resident Services Manager Kasey Gray. Come get to know the staff better here at Place!</i> 10:00 Issues of Today LED BY Bill Boquist—our retired bus driver! (AR) Bring ONE news article (from magazines, online, the newspaper etc.) that interests you to spark up a discussion. 10:30 Stretch and Smile (FC) 11:00 Vo's Vietnamese <i>We're supporting local businesses this month! Come try Vo's delicious, authentic, Vietnamese food. The menu will be posted in the binder for your convenience.</i> 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents! 1:30 Yoga (FC) 2:00 SPEAKER—Gary Prevost: Persian Gulf Security Issues (AR) Come listen and learn about the second topic in the Great Decisions Series. ALL ARE WELCOME! 5:00 Bridge Night (AR) It's a classic! With a strong group of players each week—come join! 6:30 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p> <p>Happy Birthday Ruth Ann Cioci!</p> 	<p>28 Bus Outing Day! Personal Requests/ Appointment(s) <i>By Request Only. Request must be made by Thursday, September 23rd at 4:30 PM.</i> 10:00 Good Reads (AR) <i>Listen, experience and discuss poetry, short stories and/or short essays. Discover and appreciate information about the authors of these thought-provoking pieces of work.</i> 10:30 Strength and Stability (FC) 11:15 Chair Aerobics (FC) 2:00 Resident Speaker: Barbara Ziegenhagen (AR) Hear a resident's story of how they came to be who they are in life! 3:30 Spiritual Conversations (AR) We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</p> <p>Happy Birthday Lori Rohovit!</p> 	<p>29 Ageless Beauty Open Today 10:00 Great Courses (AR) <i>An educational video on Experiencing America: A Smithsonian Tour through American History: Kitty Hawk to Tranquility—Innovation and Flight & Cold War—Red Badges, bombs, and the Berlin Wall</i> 10:00 Resident Council Meeting (COL) 10:30 Stretch and Smile (FC) 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 1:00 Grace Harkness Sing-a-long (LLA) Join our lovely resident and Char play classic hits to sing-a-long to; we have the songbooks—now you just bring yourself! 1:30 Blood Pressure Clinic (COL) Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM. 2:00 Presentation on Thomas Barlow (T.B) Walker Family History (AR) Learn about the TB Walker Family Influence in our Community; TB was the founder of the Minneapolis Public Library and Walker Art Center. The presentation will be given by Cathy Schutt (Walker Foundation) and Laurie Thompson (Walker Corp. Project/Emergency Preparedness Manager) 3:30 Vern Maetzold Piano Concert (CH) Listen to our ever so gifted residents play an arrangement of music just for you! 5:00 Game Night (AR) Board games, bridge, cards—we have it all! Grab your neighbor and come play for an hour or two!</p>	<p>30 Bus Outing Day! 10:00 Documentary (AR) <i>Edison: The Father of Invention</i> 10:00 Uptown Loop Maximum of four people may sign-up for this ride. If full—put your name on the waiting list. 10:30 Strength and Stability (FC) 11:15 Chair Aerobics (FC) 1:00 Chuck McCreary Piano Concert (LLA) Come for a relaxing hour of music led by one of our incredibly talented residents! 1:00 Walking Group Outing (Lake Harriet) Take a short ride on the bus to Lake Harriet to walk outdoors and get some sunshine while you make your heart healthier and stronger! Bus seating priority will be given to Fitness Center members. Maximum of four people can sign-up. BUS LEAVES AT 12:45PM 2:00 YMCA Open Swim <i>Go swimming at the Blaisdell YMCA. It is required to have a YMCA membership to swim. Please sign-up by Monday, Sept. 27th, so reservations can be made for you to swim. Maximum of four people can sign-up.</i> Bus leaves at 1:45 PM 2:00 Popcorn Social: Floor 6 <i>See you for a salty afternoon snack by the elevators!</i> 2:30 Popcorn Social: Floor 7 <i>See you for a salty afternoon snack by the elevators!</i> 3:00 Popcorn Social: Floor 8 <i>See you for a salty afternoon snack by the elevators!</i> 3:30 Bible Study w/ Rev. Cobb (AR) Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</p> <p>Happy Birthday Vern Maetzold!</p> 		