



Life Enrichment Programs October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Key CR = Community Room DI = Deli TP = Tonka Porch CL = Club Room DR = Dining Room TH = Theater FC = Fitness Center DP = Dining Room Patio FP = Front Fitness Patio</p>	<p>Programs Subject to Change. Please call Kelsey Lindahl, Director of Life Enrichment, at 952.209.1407 with any questions!</p>				<p>1 Happy Birthday MaryClaire R. 10:15 Catholic Communion CR 11:00 Ladies Knitting Group CL 1:00 Chinese Checkers CL 2:00 Happy Hour CL</p>	<p>2 1:00 500 Card Game CR 1:30 Movie TH 5:00 Movie TH</p>
<p>3 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH 5:00 Movie TH</p>	<p>4 10:00 Men's Coffee CL 10:30 No Parkinson's Group Exercise FC 11:00 Yahtzee CL 3:00 Bridge CL 3:00 Documentary: "Bob Ross: Happy Accidents, Betrayal & Greed" TH</p>	<p>5 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:30 Balance + Strength FC 2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "How to Find Peace with Loss Through Music" TH</p>	<p>6 Happy Birthday Smokey N. 10:30 Parkinson's Group Exercise FC 1:00 Spiritual Conversations CR 2:00 Dime Bingo CR 3:00 Netflix Series: The Crown TH 3:00 Parkinson's Support Group TP 7:00 Mexican Train Dominoes CR</p>	<p>7 **9:15 Shopping Outing: Target 10:30 Coffee, Cookies & Conversation CL 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:30 Balance + Strength FC 2:30 Cardio Drumming FC 3:00 Concert with Bobby & Christine CR 7:00 Cribbage CL</p>	<p>8 10:15 Catholic Communion CR 11:00 Ladies Knitting Group CL 1:00 Chinese Checkers CL 2:00 Happy Hour CL</p>	<p>9 Happy Birthday JoAnn W. 1:00 500 Card Game CR 1:30 Movie TH 5:00 Movie TH</p>
<p>10 Happy Birthday Marilyn G. 10:00 Virtual Church with Normandale Lutheran CR 1-4 Manicures with Renee DI 1:30 Movie TH 5:00 Movie TH</p>	<p>11 10:00 Men's Coffee CL 10:30 Parkinson's Group Exercise FC 11:00 Yahtzee CL 3:00 Documentary: "Secrets of the Saqqara Tomb" TH 3:00 Bridge Group CL</p>	<p>12 Flu shot clinic day 10:00 Community Update Meeting CR 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:30 Balance + Motion FC 2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "Can We Create New Senses for Humans?" TH</p>	<p>13 10:30 Parkinson's Group Exercise FC 10:30 Outing: Arboretum Fall Color Drive and Lunch at Culver's 11:00 Worship with Chaplain David CR 1:00 Spiritual Conversations CR 2:00 Dime Bingo CR 3:00 Netflix Series: The Crown TH 3:00 Parkinson's Support Group TP 7:00 Mexican Train Dominoes CR</p>	<p>14 **9:15 Shopping Outing: Cub Foods 10:30 Coffee, Cookies & Annual Enrollment Medicare Information CR 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:00 Outing: Minnetonka Library Shuttle 1:30 Balance + Strength FC 2:30 Cardio Drumming FC 3:15 Documentary: Sinatra 7:00 Cribbage CL</p>	<p>15 10:00 Confession with Father John TH 10:15 Songs & Prayer and Catholic Communion CR 11:00 Ladies Knitting Group CL 1:00 Chinese Checkers CL 2:00 Oktoberfest Happy Hour with Entertainment from Bill Koncar CR</p>	<p>16 Happy Birthday Janice W. 1:00 500 Card Game CR 1:30 Movie TH 5:00 Movie TH</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Happy Birthday Dorothy T. 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH 5:00 Movie TH	18 10:00 Men's Coffee CL 10:30 Parkinson's Group Exercise FC 11:00 Yahtzee CL 1:00 Book Club Tonka Porch 3:00 Documentary: "7 Yards: The Chris Norton Story" TH 3:00 Bridge CL	19 10:00 Craft Corner: Pumpkin Painting with Renee 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:30 Balance + Strength FC 2:00 Birthday Party with Colleen Woldt Heibeler CR 2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "Meet Spot, the Robot Dog that can Run, Hop and Open Doors" TH	20**10:00 Ladies Brunch DR 10:30 Parkinson's Group Exercise FC 1:00 Spiritual Conversations CR 2:00 Dime Bingo CR 3:00 Netflix Series: The Crown TH 3:00 Parkinson's Support Group TP 7:00 Mexican Train Dominoes CR	21**9:15 Shopping Outing: Target 10:30 Coffee, Cookies & Conversation CL 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:30 Balance + Strength FC 2:30 Cardio Drumming FC 3:15 Noah's Ark, Fact or Fiction with Al Heitkamp CR 7:00 Cribbage CL	22 10:15 Catholic Communion CR 11:00 Ladies Knitting Group CL 1:00 Chinese Checkers CL 2:00 Happy Hour CL	23 1:00 500 Card Game CR 1:30 Movie TH 5:00 Movie TH
24 10:00 Virtual Church with Normandale Lutheran CR 1-4 Manicures with Renee DI 1:30 Movie TH 5:00 Movie TH	25 10:00 Men's Coffee Chat CL 10:30 Parkinson's Group Exercise FC 11:00 Yahtzee CL 3:00 Documentary: "Misha & the Wolves" TH 3:00 Bridge Group CL	26 11:00 Balance Circuit FC 11:30 Balance + Strength FC 1:30 Balance + Strength FC 2:00 Piano Music with Tara B. CR 2:30 Yoga/Tai Chi FC 3:00 Ted Talk Tuesday: "How Boredom Can Lead to Your Most Brilliant Ideas" TH	27 10:30 Parkinson's Group Exercise FC 11:00 Communion with Chaplain David CR 1:00 Spiritual Conversations CR 2:00 Dime Bingo CR 3:00 Netflix Series: The Crown TH 3:00 Parkinson's Support Group TP 7:00 Mexican Train Dominoes CR	28 **9:15 Shopping Outing: Cub Foods 10:30 Coffee, Cookies & Conversation CL 11:00 Balance Circuit FC 11:30 Balance + Strength FC 12:35 Outing: Old Log Theater "The Play that Goes Wrong" 1:30 Balance + Strength FC 2:30 Cardio Drumming FC 7:00 Cribbage CL	29 Happy Birthday Monte P. 10:15 Catholic Communion CR 11:00 Ladies Knitting Group CL 1:00 Chinese Checkers CL 2:00 HALLOWEEN Happy Hour & Costume Contest CR	30 1:00 500 Card Game CR 1:30 Movie TH 5:00 Movie TH
31 Halloween Happy Birthday Dee Y. & Elmer K 10:00 Virtual Church with Normandale Lutheran CR 1:30 Movie TH 5:00 Movie TH						

Key

**Must Sign Up for these Activities.
Call the Concierge at 952-209-1440



October Birthdays!

Residents

MaryClaire R. 10/1
 Smokey N. 10/6
 JoAnn W. 10/9
 Marilyn G. 10/10
 Janice W. 10/16
 Dorothy T. 10/17
 Monte P. 10/29
 Elmer K. 10/31
 Dee Y. 10/31

Employees

Mildred M. Nursing 10/4
 Elmelda O. Nursing 10/7
 Sonja K. Marketing 10/8
 Lauren S. Nursing 10/10
 Alex N. Nursing 10/15
 Vane M. Nursing 10/24