

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

BD -Brightondale AL  
D - Dining Area/Veranda  
C - Craft / Card Room  
E - Exercise Room  
L - Library Room  
O - Out Front  
/ - Or  
- Outing or Specials  
TBA - To Be Announced  
P - Patio Lo - Lobby

( ) FYI  
\$ - Need Money for  
Outing or Event  
\$\$ - Billable Outing  
R - Reflection  
IL - Independent Living  
AL - Assisted Living

**KEY**

# January 2022



MEADOWOOD SHORES  
A SILVERCREST COMMUNITY

**1** **HAPPY**  
*New Year*

10:00 Music Fitness - E  
11:30 Holiday Meal - D  
6:30 Game Night - D

**2**  
10:00 Music Fitness - E  
2:00 Coffee Social - D

**3**  
8:00 – 11:30 Appointment Runs  
10:00 Music Fitness - E  
10:30 Coffee Social - D  
1:00 Bingo - D  
2:00 Guys' Group - D

**4** **Set-up Un-Decorating**  
10:00 Music Fitness – E  
10:30 Coffee with the Cops – D  
11:30 Balance & Strength Fitness-E  
12:00 – 3:00 Appointment Runs  
1:30 Educational Session – D  
*"What to do about GOALS in 2022"*  
Presented by Su

**5**  
**Holiday Un-Decorating Day**  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
3:30 Catholic Services – E

**6**  
**Holiday Un-Decorating Day**  
8:00-11:30 Appointment Runs  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
11:30 Balance & Strength Fitness-E  
1:00 Residents Forum –D  
2:00 Guys' Group – D/O

**7**  
**Holiday Un-Decorating Day**  
10:00 Music Fitness - E  
10:00 Blood Pressure Clinic - D  
10:30 Coffee Social - D  
2:00 Happy Hour - D

**8**  
9:45 Scenic Drive  
"Driver Choice" (MWS & BD)  
10:00 Music Fitness – E  
2:00 Chimes – D  
6:30 Game Night – D

**9**  
10:00 Music Fitness - E  
2:00 Coffee Social - D

**10**  
8:00 – 11:30 Appointment Runs  
10:00 Music Fitness - E  
10:30 Coffee Social - D  
1:00 Bingo - D  
2:00 Guys' Group - D

**11**  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
11:30 Balance & Strength Fitness-E  
12:00–3:00 Appointment Runs  
12:45 Walk Over to BD for  
MONTHLY MASS at 1:00  
1:30 Educational Session – D  
*"Technology Training"* Presented by Su

**12**  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
10:00 Ladies Lunch Outing (IL)  
2:00 Worship – D  
(Study, Faith, Song & Prayers)  
3:30 Catholic Services – E

**13**  
8:00-11:30 Appointment Runs  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
11:30 Balance & Strength Fitness-E  
1:00 WOW Group  
Women of Wisdom Chats – D  
2:00 Guys' Group – D/O

**14**  
8:45 \$ Men's Breakfast Outing  
10:00 Music Fitness - E  
10:00 Blood Pressure Clinic - D  
10:30 Coffee Social - D  
2:30 Guitar Music by  
Kent Appeldoorn - D

**15**  
9:45 Social Distance Scenic Drive  
"Driver Choice" (MWS & BD)  
10:00 Music Fitness – E  
2:00 Chimes – D  
6:30 Game Night – D

**16**  
10:00 Music Fitness - E  
2:00 Coffee Social - D

**17**  
8:00 – 11:30 Appointment Runs  
10:00 Music Fitness - E  
10:30 Coffee Social - D  
1:00 Bingo - D  
2:00 Guys' Group - D

**18**  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
11:30 Balance & Strength Fitness-E  
12:00 – 3:00 Appointment Runs  
1:30 Educational Session – D  
*"Tips on Better Sleep"* Presented by Su

**19**  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
1:00 Como Outing Winter  
Flower Show (IL)  
3:30 Catholic Services – E  
5:00 Birthday Theme Dinner - D

**20**  
8:00-11:30 Appointment Runs  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
11:30 Balance & Strength Fitness-E  
1:00 Residents' Orientation– D  
2:00 Guys' Group – D  
3:15 Greeters' Committee Meeting – C

**21**  
10:00 Music Fitness - E  
10:00 Blood Pressure Clinic - D  
10:30 Coffee Social - D  
2:00 Happy Hour  
"Treat & Tales of Blizzards"

**22**  
9:45 Scenic Drive  
"Driver Choice" (MWS & BD)  
10:00 Music Fitness – E  
2:00 Chimes – D  
6:30 Game Night – D

**23**  
10:00 Music Fitness - E  
2:00 Coffee Social - D

**24**  
8:00 – 11:30 Appointment Runs  
10:00 Music Fitness - E  
10:30 Coffee Social - D  
1:00 Bingo - D  
2:00 Guys' Group - D

**25**  
10:00 Music Fitness - E  
10:30 Coffee Social - D  
11:30 Balance & Strength Fitness-E  
12:00 – 3:00 Appointment Runs  
1:30 Educational Session – D  
*"Technology Training"*  
Presented by Su

**26**  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
12:00 Class of 2021 Event - D  
2:00 Worship Study  
lead by Pastor Matt – D  
(Study Faith, Song & Prayers)  
3:30 Catholic Services – E

**27**  
8:00-11:30 Appointment Runs  
10:00 Music Fitness – E  
10:30 Coffee Social – D  
11:30 Balance & Strength Fitness-E  
1:00 WOW Group  
Women of Wisdom Chats – D  
2:00 Guys' Group – D

**28**  
10:00 Music Fitness - E  
10:00 Blood Pressure Clinic - D  
10:30 Coffee Social - D  
2:30 "Churches of MN"  
Presentation by Photographer  
Doug Ohman - D

**29**  
9:45 Scenic Drive  
"Ice Sculptures Rice Park" (MWS)  
10:00 Music Fitness – E  
2:00 Chimes – D  
6:30 Game Night – D

**30**  
10:00 Music Fitness - E  
2:00 Coffee Social - D

**31**  
8:00 – 11:30 Appointment Runs  
10:00 Music Fitness - E  
10:30 Coffee Social - D  
1:00 Bingo - D  
2:00 Guys' Group - D

**Currently ... With all events, & groups, we are still required to use safety protocols and signing in for sessions as required.**

**Questions see Su Stigney, Director of Programs.**

**Independent Games & other small sessions by reservation only!**

Available DAILY, in the Game Room & Library

- See clipboard for times & locations available
- Signup sheets will be posted for the current week
- See programming for cleaning and other safety protocols