


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day >>>NO Appointment Runs 10:00 Music Fitness - 231 11:30 New Year's Day Dinner (delivered)	2 10:00 Music Fitness –231 <u>10:00 - 12 :00 Model Train Display - L</u> 11:30 Balance & Strength Fitness - 231 <u>12:00 – 3:00 Appointment & Shopping Run</u> 2:00 Explore Fun with Food - 232	3 <u>10:00 Shopping Runs Rosedale and More (IL)</u> 10:00 Music Fitness – 231 10:00 Blood Pressure Clinic - L 2:00 Hymn-Sing Worship – 233 3:30 Catholic Services – 231	4 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 >Residents' Department Forum by Leadership Team- F 1st floor at 1:30 - L 2nd floor at 2:00 - L 3rd floor at 2:30 - L	5 10:00 Music Fitness - 231 10:30 Coffee Social Event - L 11:30 Education Session - L "Grief Loss & Sadness" Presented by Gretta Sullwold 2:00 Happy Hour with Sharing Ideas for 2024 - L	6 <u>9:30 Scenic Drive (IL& AL)</u> 10:00 Music Fitness – 231 6:30 Game Night – 232 & 233
7 10:00 Music Fitness - 231	8 Un-Decorating Days <u>8:00 – 11:30 Appointment Runs</u> 10:00 Music Fitness - 231 1:00 Bingo - 233 2:00 Guys' Group - L	9 Un-Decorating Days 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 <u>12:00 – 3:00 Appointment & Shopping Run</u> <u>12:45 Walkover to Catholic Mass with Father at BD</u>	10 10:00 Music Fitness – 231 10:00 Blood Pressure Clinic - L 2:00 Worship Study on the "Beatitudes" Lead by Ron Antoine – 233 <u>3:15 \$Outing to New Brighton Farmer Market -(IL&AL)</u> 3:30 Catholic Services – 231	11 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 1:00 Balance Bingo - 232 Fun Educational Session Presented by Ascend Rehabilitation	12 10:00 Music Fitness - 231 <u>11:15 Schubert Club Outing To Westminster Hall (IL)</u> 1:30 Happy Hour - 232 & 233 2:15 Silver Notes Community Sing - 232 or 233	13 <u>9:30 Scenic Drive (IL& AL)</u> 10:00 Music Fitness – 231 11:00–12:00 Residents join ROSE'S 90's – 232 & 233 6:30 Game Night – 232 & 233
14 10:00 Music Fitness - 231	15 <u>8:00 – 11:30 Appointment Runs</u> 10:00 Music Fitness - 231 1:00 Bingo - 233 2:00 Guys' Group - L	16 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 <u>12:00 – 3:00 Appointment & Shopping Runs</u> 2:00 Explore & Join the Green Team - 232	17 10:00 Music Fitness – 231 10:00 Blood Pressure Clinic - L 2:00 Hymn-Sing Worship – 233 3:30 Catholic Services – 231 5:00 Birthday Theme Dinner (delivered)	18 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 1:00 Educational Session – L "Super Food" Presented by Su 2:00 Welcome Committee Meeting - 232	19 <u>8:45 \$ Men's Breakfast Outing to Perkin's Forest Lake (IL,AL & R)</u> 10:00 Music Fitness - 231 1:30 ICE CREAM Social – TBA 2:30 Accordion Music by Ilya Freyter - TBA	20 <u>11:15 \$\$ LUTEFISK Dinner (IL& AL)</u> 10:00 Music Fitness – 231 6:30 Game Night – 232 & 233
21 10:00 Music Fitness - 231	22 <u>8:00 – 11:30 Appointment Runs</u> 10:00 Music Fitness - 231 1:00 Bingo - 233 2:00 Guys' Group - L	23 <u>9:15 \$ Women Breakfast Outing To "Panera" (IL)</u> 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 <u>12:00 – 3:00 Appointment & Shopping Runs</u> 2:00 Explore Readers' Theatre - 232	24 All Staff 2-3 10:00 Blood Pressure Clinic - L 10:00 Coffee with the Cops – L >10:30 Music Fitness – 231 2:00 Worship Study Lead by Pastor Matt – 233 3:30 Catholic Services – 231	25 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 1:00 Educational Session – 231 Educational Session – L "Technology" Presented by Su	26 10:00 Music Fitness - 231 10:30 Coffee Social - 232 & 233 1:30 A Taste of... "Chai" Event The Spice of India Social Hour – TBA 2:15 Silver Notes Community Sing - TBA	27 <u>9:30 Scenic Drive By the Winter Carnival Snow & Ice (IL& AL)</u> 10:00 Music Fitness – 231 6:30 Game Night – 232 & 233
28 10:00 Music Fitness - 231	29 <u>8:00 – 11:30 Appointment Runs</u> 10:00 Music Fitness - 231 1:00 Bingo - 233 2:00 Guys' Group - L	30 10:00 Music Fitness – 231 11:30 Balance & Strength Fitness - 231 <u>12:00 – 3:00 Appointment & Shopping Runs</u> 2:00 Explore Drumming - 232	31 <u>9:45 Outing Tour U of M Campuses with a Stop at the Weisman Museum (IL)</u> 10:00 Music Fitness – 231 10:00 Blood Pressure Clinic - L 2:30 New Resident Orientation & Welcome - L Presented by Welcome Committee 3:30 Catholic Services – 231	KEY D _ Dining Area F _ Fitness Center / Club L _ Lib/ Pub / _ Or () FYI 231, 232, 233 _ the Temporary Activity Room TBA To Be Announced OU _ Out Front _ Outing _ _ _ _ _ _ _ _ _ _ \$ _ Need Money for Outing or Event \$\$ _ Billable Outing BD _ Brightondale R - Reflections IL - Independent Living AL- Assisted Living		Independent Groups Games & other small private sessions locations available with reservation • See clipboard for times & available locations • Signup sheets will be posted for the current week • >>>Library / Pub area will be temporarily open without reservations until all construction work in complete

January 2024



Reminder: During remodeling, Programs times, dates & locations are subject to change, see daily sheet for current update information!