

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 2024



KEY
 D Dining Area
 "Meadows Cafe and Bistro"
 F Fireside of Dining
 L Library/ Pub
 Lo Lobby
 G Gazebo
 O Outside
 W Wellness Center
 / Or () FYI
 117 Temporary Room
 TBA To Be Announced

Color Outing Specials
 \$ Need Money for Outing or Event
 \$\$ Billable Outing

BD - Brightondale
 R - Reflections
 IL - Independent Living
 AL- Assisted Living




- Independent Table Games are not listed on the Calendar unless open to all. Check Game Night on Saturday to form new groups .
- Programs subject to change. See daily sheet for current information!
- See Meal Reservation Book for serving times including theme meals.

1
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 2:00 Music by Dan Chouinard– D
 3:30 Happy Hour & Shuffleboard Games - L

2
 9:30 Scenic Drive (IL& AL)
 10:00 Music Fitness - W
 6:30 Game Night – D



3

 10:00 Music Fitness – W
 2:00 Coffee Connection – D

4
 8:00 – 11:30 Appointment Runs
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 1:00 WOW Group - L (Women of Wisdom)
 2:00 Bingo with Dean - D

5
 9-11 Hobby Time - F
 10:00 Music Fitness – W
 11:00 Balance / Strength Fitness – W
 11:30 Yoga Video Fitness – W
 12:00 – 3:00 Appointment, Voting, & Shopping Runs
 2:00 Hand Chime Practice - D



6
 10:30 Ladies Lunch Outing to Sarna's Classic Grill (IL)
 10:00 Music Fitness – W
 10:00 Blood Pressure Clinic
 1:00 Cribbage - F
 2:00 Hymn-Sing Worship – D
 3:30 Catholic Services - 117

7
 8:00 -11:30 Appointment Runs
 10:00 Music Fitness – W
 11:00 Balance & Strength Fitness – W
 11:30 Yoga Video Fitness – W
 1:00 Guys' Game Group – 117
 1:30 Public Safety Chats & Coffee - F Presented by Officer Austin
 2:00 Resident Forum - D
 6:15 Outing to "Holiday Inn" at UNW Theater (IL)

8
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 2:30 For the Love of Food - D Presented by Chef Brian
 3:30 Happy Hour & Shuffleboard Games - L

9
 9:30 Scenic Drive (IL& AL)
 10:00 Music Fitness - W
 6:30 Game Night – D

10
 10:00 Music Fitness – W
 2:00 Coffee Connection – D

11
Veterans Day
 8:00 – 11:30 Appointment Runs
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 11-1:30 Special Veterans Buffet Event -D
 1:00 Fit, Fabulous, & Female Exercise - W
 2:00 Bingo with Dean- D

12
 9-11 Hobby Time - F
 10:00 Music Fitness – W
 11:00 Balance / Strength Fitness – W
 11:30 Yoga Video Fitness – W
 12:00–3:00 Appointment & Shopping Runs Today
 12:15 Walkover to Catholic Mass with Father 12:30 at BD
 2:00 Hand Chimes Practice - D

13
 10:00 Music Fitness – W
 10:00 Blood Pressure Clinic - L
 1:00 Cribbage - F
 2:00 Worship Study on the "Beatitudes" Lead by Ron Antoine - D
 3:30 Catholic Services - 117

14
 8:00 -11:30 Appointment Runs
 10:00 Music Fitness – W
 11:00 Balance & Strength – W
 11:30 Yoga Video Fitness – W
 1:00 Guys' Game Group – 117
 11:00 \$ Scandinavia Buffet - D
 2:00 Scandinavia Adventure & Fika Presented by Su Stigney- D




15
 8:45 \$ Men's Breakfast Outing to "Rusty Cow" (IL, AL, & R)
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 2:30 Musical Ventriloquist Kevin Doely - D
 3:30 Happy Hour & Shuffleboard Games - L

16
 9:30 Scenic Drive (IL& AL)
 10:00 Music Fitness - W
 6:30 Game Night – D



17
 10:00 Music Fitness – W
 2:00 Coffee Connection – D



18
 8:00 – 11:30 Appointment Runs
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 2:00 Bingo with Dean- L
 2:15 Explore the MWS BOOKWOMEN - F

19
 9-11 Hobby Time - F
 10:00 Music Fitness – W
 11:00 Balance / Strength Fitness – W
 11:30 Yoga Video Fitness – W
 12:00 – 3:00 Appointment & Shopping Runs
 2:00 Hand Chimes Practice - D

20
 10:00 Music Fitness - W
 10:00 Blood Pressure Clinic - L
 10:30 \$ Couples' Luncheon Outing (IL) Tavern Grill in Arden Hills
 1:00 Cribbage - F
 1:00 Occupational Fitness Therapy for Incontinence Management - W
 2:00 Celebration of Life Service Event - D
 3:30 Catholic Services - 117

21
 8:00 -11:30 Appointment Runs
 10:00 Music Fitness – W
 11:00 Balance & Strength – W
 11:30 Yoga Video Fitness – W
 1:00 Guys' Game Group – 117
 2:00 Greeters Meeting – F
 2:30 New Resident Orientation - F



22
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 9 – 3 Hobby "Show & Tell" with Some "Show & Sell" Sales -D
 3:30 Happy Hour & Shuffleboard Games - L

23
 9:30 Scenic Drive (IL& AL)
 10:00 Music Fitness - W
 6:30 Game Night – D

24
 10:00 Music Fitness – W
 2:00 Coffee Connection – D

25
 8:00 – 11:30 Appointment Runs
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 1:00 Fit, Fabulous, & Female Exercise - W
 2:00 Bingo with Dean- D

26
 9-11 Hobby Time - F
 10:00 Music Fitness – W
 11:00 Balance / Strength Fitness – W
 11:30 Yoga Video Fitness – W
 12:00 to 3:00 Appointment & Shopping Runs
 2:00 Hand Chimes Practice - D

27 (All Staff 2-3)
 10:00 Music Fitness – W
 10:00 Blood Pressure Clinic
 1:00 Cribbage - F
 2:00 Worship Study Lead by Pastor Matt - D
 3:30 Catholic Services - 117

28
NO Appointment Runs
 9:30 Watch the Macy's Thanksgiving Day Parade
 10:00 Music Fitness – W
 Theme dinner "Thanksgiving" (No evening Meal served)

29
 9:00 Coffee Connection – L
 10:00 Music Fitness – W
 2:00 – Harvest Bingo with Dean - D
 >3:00 Happy Hour - D

30
 9:30 Scenic Drive (IL& AL)
 10:00 Music Fitness - W
 6:30 Game Night Party – D

