

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|--|---|--|---|--|
| <p><u>LOCATION LEGEND</u></p> <p>GP= Grand Parlor<br/>P= Patio<br/>SLR= Silver Lake Room/Cinema<br/>DR= Legacy Dining Room<br/>WC= Wellness Center (LL)</p>  | <p><u>LOCATION LEGEND (cont.)</u></p> <p>VR= Village Room (LL)<br/>B= Bistro<br/>L= Library<br/>CH= Chapel<br/>TH= Town Hall<br/>CS= Care Suites</p>         | <p>• <b>REMINDER... ACTIVITIES THAT HAVE AN ASTERICK (*) PLEASE REMEMBER TO GO TO THE RECEPTIONIST TO SIGN UP 24 HOURS IN ADVANCE.</b></p> <p><b>SEPTEMBER 2023</b></p>  |   | <p>2540 Kenzie Terrace,<br/>St. Anthony, MN 55418<br/>Ph: 612-843-3700</p>   | <p>1</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM WASHER TOSS (GP)<br/>2:00 PM PAY TO PLAY BINGO (TH)<br/>6:00 PM MOVIE (SLR)</p>                                | <p>2 <b>1:00 PM BOOK CLUB (L)</b><br/>BOREDOM BUSTERS (TH)<br/>4:15 PM CHURCH BUS TO ST. CHARLES*<br/>6:00 PM MOVIE (SLR)</p>  |
| <p>3</p> <p><b>WALKING CLUB —AT YOUR OWN PACE</b></p> <p>10:10AM CHURCH BUS TO NATIVITY LUTHERAN*<br/>6:00PM MOVIE (SLR)</p>   | <p>4 <b>LABOR DAY</b></p> <p>10:30 AM CHAIR YOGA (GP)<br/>2:00 PM <b>LEARN HOW TO PLAY THE CARD VERSION OF SHUT THE BOX (TH)</b><br/>6:00 PM MOVIE (SLR)</p> | <p>5</p> <p>9:00 AM-12:00PM <b>ERRAND BUS*</b><br/>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM BEAN BAG CHALLENGE (GP)<br/>1:00 PM ROSARY (CH)<br/>2:00 PM GROUP CROSSWORD (SLR)<br/>6:00 PM MOVIE (SLR)</p>                                      | <p>6</p> <p>10:30 AM CRAFT GROUP (TH)<br/>1:15 PM <b>FOX THERAPY EXERCISE CLASS (VR)</b><br/>2:00 PM NAIL MAGIC (TH)<br/>3:00 PM BIBLE STUDY (TH)<br/>6:00 PM MOVIE (SLR)</p>   | <p>7</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM LADDER BALL (GP)<br/>12:30 PM-3:30PM APPT BUS*<br/>1:30 PM CATHOLIC MASS (CH)<br/>2:00 PM <b>COOKING GROUP (TH)</b><br/>6:00 PM MOVIE (SLR)</p>                 | <p>8</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM WASHER TOSS (GP)<br/>2:00 PM PAY TO PLAY BINGO (TH)<br/>6:00 PM MOVIE (SLR)</p>                                | <p>9</p> <p><b>CARE GIVERS SUPPORT GROUP- 1:30</b><br/>10:30 AM CHAIR YOGA (GP)<br/>BOREDOM BUSTERS (TH)<br/>4:15 PM CHURCH BUS TO ST. CHARLES*<br/>6:00 PM MOVIE (SLR)</p>  |
| <p>10 <b>GRAND PARENTS DAY</b></p> <p><b>WALKING CLUB —AT YOUR OWN PACE</b></p> <p>10:10AM CHURCH BUS TO NATIVITY LUTHERAN*<br/>6:00PM MOVIE (SLR)</p> <p><b>NATIONAL ASSISTED LIVING WEEK</b></p> | <p>11</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM HYMN SING (TH)<br/>2:00 PM <b>CONCERT (GP)</b><br/>6:00 PM MOVIE (SLR)</p>                                 | <p>12</p> <p>9:00 AM-12:00PM <b>ERRAND BUS*</b><br/>9:30 AM CHAIR YOGA (GP)<br/>10:30 AM <b>RESIDENT COUNCIL (TH)</b><br/>1:00 PM ROSARY (CH)<br/>2:00 PM GROUP CROSSWORD (SLR)<br/>6:00 PM MOVIE (SLR)</p>                                | <p>13 <b>HAPPY BIRTHDAY BOB G.</b></p> <p>10:30 AM CRAFT GROUP (TH)<br/><b>LUNCH WITH LAFAWN</b><br/>1:15 PM <b>FOX THERAPY EXERCISE CLASS (VR)</b><br/>2:00 PM <b>TONY BENNETTE &amp; LADY GAGA IN CONCERT (SLR )</b><br/>3:00 PM BIBLE STUDY (TH)<br/>6:00 PM MOVIE (SLR)</p> | <p>14</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM LADDER BALL (GP)<br/>2:30 PM-3:30PM APPT BUS*<br/>1:30 PM CATHOLIC COMMUNION (CH)<br/>2:00 PM <b>BIRTHDAY PARTY ( DR)</b><br/>6:00 PM MOVIE (SLR)</p>          | <p>15 <b>HAPPY BIRTHDAY JEAN S.</b></p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM WASHER TOSS (GP)<br/>2:00 PM PAY TO PLAY BINGO (TH)<br/>6:00 PM MOVIE (SLR)</p> | <p>16 <b>1:00 PM BOOK CLUB (L)</b><br/>BOREDOM BUSTERS (TH)<br/>4:15 PM CHURCH BUS TO ST. CHARLES*<br/>6:00 PM MOVIE (SLR)</p>   |
| <p>17</p> <p><b>WALKING CLUB —AT YOUR OWN PACE</b></p> <p>10:10AM CHURCH BUS TO NATIVITY LUTHERAN*<br/>6:00PM MOVIE (SLR)</p>  | <p>18</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM HYMN SING (TH)<br/>2:00 PM <b>JACK POT (TH)</b><br/>3:00 PM NAIL MAGIC (TH)<br/>6:00 PM MOVIE (SLR)</p>    | <p>19</p> <p>9:00AM-12:00 PM <b>ERRAND BUS*</b><br/>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM BEAN BAG CHALLENGE (GP)<br/>1:00 PM ROSARY (CH)<br/>2:00 PM GROUP CROSSWORD (SLR)<br/>6:00 PM MOVIE (SLR)</p>                                     | <p>20</p> <p>10:30AM CRAFT GROUP (TH)<br/>1:15 PM <b>FOX THERAPY EXERCISE CLASS (VR)</b><br/>2:00 PM <b>CHEF CHAT (GP)</b><br/>6:00 PM MOVIE (SLR)</p>  | <p>21</p> <p><b>BBQ LUNCH</b><br/>12:30 PM-3:30PM APPT BUS*<br/>1:30 PM CATHOLIC COMMUNION (CH)<br/>2:00 PM <b>TEA TASTING (TH)</b><br/>6:00 PM MOVIE (SLR)</p>  | <p>22 <b>HAPPY BIRTHDAY JOAN L.</b></p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM WASHER TOSS (GP)<br/>2:00 PM PAY TO PLAY BINGO (TH)<br/>6:00 PM MOVIE (SLR)</p> | <p>23 <b>10:30 AM CHAIR YOGA (GP)</b></p> <p><b>REFRESHMENTS WILL BE SERVED AFTER YOGA , OUTSIDE IN THE FRONT OF THE BUILDING</b></p> <p>4:15 PM CHURCH BUS TO ST. CHARLES*<br/>6:00 PM MOVIE (SLR)<br/>BOREDOM BUSTERS (TH)</p> |
| <p>24 <b>HAPPY BIRTHDAY LOIS B.</b></p> <p><b>WALKING CLUB —AT YOUR OWN PACE</b></p> <p>10:10AM CHURCH BUS TO NATIVITY LUTHERAN*<br/>6:00PM MOVIE (SLR)</p>  | <p>25</p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM HYMN SING (TH)<br/>2:00 PM <b>JEOPARDY (TH)</b><br/>3:00 PM NAIL MAGIC (TH)<br/>6:00 PM MOVIE (SLR)</p>    | <p>26 <b>PODIATRY 9:00 AM TO 11:00 AM</b></p> <p>9:00 AM-12:00PM <b>ERRAND BUS*</b><br/>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM BEAN BAG CHALLENGE (GP)<br/>1:00 PM ROSARY (CH)<br/>2:00 PM GROUP CROSSWORD (SLR)<br/>6:00 PM MOVIE (SLR)</p> | <p>27</p> <p>10:30 AM CRAFT GROUP (TH)<br/>1:15 PM <b>FOX THERAPY EXERCISE CLASS (VR)</b><br/>2:00 PM <b>CHEF DEMO (GP)</b><br/>6:00 PM MOVIE (SLR)</p>   | <p>28</p> <p>9:30 AM CHAIR YOGA &amp; MORE (GP)<br/>10:15 AM LADDER BALL (GP)<br/>12:30 PM-3:30PM APPT BUS*<br/>1:30 PM CATHOLIC COMMUNION (CH)<br/>2:00 PM <b>GARDEN GROUP (TH)</b><br/>6:00 PM MOVIE (SLR)</p> | <p>29 <b>FIRST DAY OF FALL</b></p> <p>9:30 AM CHAIR YOGA (GP)<br/>10:15 AM WASHER TOSS (GP)<br/>2:00 PM PAY TO PLAY BINGO (TH)<br/>6:00 PM MOVIE (SLR)</p>      | <p>30 <b>HAPPY BIRTHDAY LORRAINE S.</b></p> <p><b>1:00 PM BOOK CLUB (L)</b><br/>BOREDOM BUSTERS (TH)<br/>4:15 PM CHURCH BUS TO ST. CHARLES*<br/>6:00 PM MOVIE (SLR)</p>  |