

1720 4th Street, White Bear Lake MN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Phone: 651-426-2048 Email: tvmanager @lanel.com					1	10:00 AM
3 ZUMBA class 4 PM- 5PM	Resident Council 6:00 PM	5	30 Minute STRETCH 1:30 – 2:00	Bring your best friend to celebrate national chocolate ice cream day	8 8:00 – 11:00 Community Room	10:00 AM
1:00-3:00 ZUMBA CLASS-4-5 PM	11	National Peanut Butter Cookie day! Bring your Cookies down with a recipe for everyone to share!	30 Minute STRETCH 1:30 – 2:00	14 Game night in the clubhouse 6:00-8:00 MARKET FEST STARTS!	15 MANITOU DAYS STARTS Cooking with Residents 6:30	16 10:00 AM
17 ZUMBA class 4 PM- 5PM	18	19	30 Minute STRETCH 1:30 – 2:00	Movie and popcorn in the clubhouse 2:00 - 4:00	22	23 10:00 AM
24 ZUMBA class 4 PM- 5PM	25	SUNLASSES AND SELFIE DAY! Send the manager your best selfie! Prize for most creative selfie with sunglasses!	30 Minute STRETCH 1:30 -2:00	28	FAMERS MARKET OPENS 8-12 PM	30 Birthday Celbration – join us for cake! 6-7 PM