


September 2020

- Art Path
- Encore
- Lifelong Learning
- World Tour
- Ageless Allies
- Creative Cooking
- Sharing & Caring
- Life's Path
- Victory Gardens
- Viva! Vitality

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Daily Schedule</p> <p>Meal Times 8:00-9:00 am 12:00-1:00 pm 5:00-6:00 pm</p> <p>Hydration & Refreshment Viva! Cart 11:00 am-12:00 pm 2:00-4:00 pm 8:00-9:00 pm</p>	1	2	3	4	5
<p>10:30 After Church Bible Study & Outdoor Discussion</p> <p>2:00 ■ LHWTH: Art Lesson (See Daily Schedule for Details)</p> <p>3:30 ■ Outdoor Walking Club & Birders</p>	7	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ Zoom Trivia Tuesday with Coon Rapids Senior Services</p> <p>2:00 ■ Decorating for Fall</p> <p>3:30 Yard Games - West Entrance</p>	<p>9:45 ■ Outdoor Walking Club</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Support Group: Grief & Loss</p> <p>4:00 ■ LHWTA: Zoom Trivia (See Daily Schedule for Topic)</p>	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ Pen Pal Collages</p> <p>2:00 ■ Debate: Then vs. Now</p> <p>3:30 ■ Cardio through Dance (1960s Dance Moves)</p>	<p>9:45 ■ Chair Exercises with Light Cardio</p> <p>10:30 Christian Church Service with Pastor Bob</p> <p>1:30 ■ Tend our Gardens</p> <p>2:30 ■ Happy Hour - '60s Fashion: Who Will Wear it Best?</p>	<p>9:45 ■ Chair Yoga</p> <p>11:00 ■ Wii Bowling League</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 ■ Andy Warhol: Is this Art?</p>
6	<p>9:45 ■ Chair Exercises with Light Cardio</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Bingo (Outdoor, Weather Permitting)</p> <p>4:00 Menus with David</p>	8	9	10	11	12
<p>10:30 After Church Bible Study & Outdoor Discussion</p> <p>2:00 ■ LHWTH: Art Lesson (See Daily Schedule for Details)</p> <p>3:30 ■ Outdoor Walking Club & Birders</p>	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ Zoom Trivia Tuesday with Coon Rapids Senior Services</p> <p>2:00 ■ Dear Doris & Arnold: Pen Pal Responses</p> <p>4:00 ■ Tech Trends: What is Alexa and How to Utilize it</p>	<p>Happy Birthday Sue Z.!</p> <p>9:45 ■ Outdoor Walking Club</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 ■ Vietnam: Documentary & Debate</p> <p>4:00 ■ LHWTA: Zoom Trivia (See Daily Schedule for Topic)</p>	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>10:00 ■ '60s Hairdos with Hairdresser Kim (All day)</p> <p>2:00 ■ Point/Counterpoint: Is Life Better Now?</p> <p>3:30 ■ Deep Breathing Meditation</p>	<p>9:45 ■ Chair Exercises with Light Cardio</p> <p>10:30 Christian Church Service with Pastor Bob</p> <p>1:30 ■ Tend our Gardens</p> <p>3:00 Happy Hour with Live Entertainment: TBA</p>	<p>Happy Birthday Ruby!</p> <p>9:45 ■ Chair Yoga</p> <p>11:00 ■ Wii Bowling League</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 ■ Abstract Art</p>	
13	14	15	16	17	18	19
<p>Happy Birthday Ginnie!</p> <p>10:30 After Church Bible Study & Outdoor Discussion</p> <p>2:00 ■ LHWTH: Art Lesson (See Daily Schedule for Details)</p> <p>3:30 ■ Outdoor Walking Club & Birders</p>	<p>Happy Birthday Ed!</p> <p>9:45 ■ Chair Exercises with Light Cardio</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Bingo (Outdoor, Weather Permitting)</p> <p>4:00 ■ Utilizing Technology to Stay in Touch</p>	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ Zoom Trivia Tuesday with Coon Rapids Senior Services</p> <p>2:30 Resident Council Meeting</p> <p>4:00 ■ Improv Techniques</p>	<p>9:45 ■ Outdoor Walking Club</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 ■ Minimalist Art in the Style of Frank Stella</p> <p>4:00 ■ LHWTA: Zoom Trivia (See Daily Schedule for Topic)</p> <p>4:30 Family Meeting (Zoom or Call-in)</p>	<p>Happy Birthday Lois!</p> <p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>10:30 ■ Zoom Presentation: "Who will Inherit the Mess?"</p> <p>2:00 Planning for October: Programming Brainstorm</p> <p>3:00 ■ Stained Glass Lighted Bottle Decor</p> <p>6:00 Dementia Support Group (Zoom)</p>	<p>9:45 ■ Chair Exercises with Light Cardio</p> <p>10:30 Christian Church Service with Pastor Bob</p> <p>1:30 ■ Tend our Gardens</p> <p>3:00 Door-to-Door Happy Hour</p>	<p>9:45 ■ Chair Yoga</p> <p>11:00 ■ Wii Bowling League</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 ■ Creating Fidget Blankets for our Neighbors</p>
20	21	22	23	24	25	26
<p>Happy Birthday Muriel!</p> <p>10:30 After Church Bible Study & Outdoor Discussion</p> <p>2:00 ■ LHWTH: Art Lesson (See Daily Schedule for Details)</p> <p>3:30 ■ Outdoor Walking Club & Birders</p>	<p>9:45 ■ Chair Exercises with Light Cardio</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Bingo (Outdoor, Weather Permitting)</p> <p>4:00 Maintenance Hour with Tony</p>	<p>Happy Birthday Helen!</p> <p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ Zoom Trivia Tuesday with Coon Rapids Senior Services</p> <p>2:00 ■ Dear Doris & Arnold: Pen Pal Responses</p> <p>3:30 Monthly Birthday Celebration</p>	<p>9:45 ■ Outdoor Walking Club</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Prayer & Communion</p> <p>4:00 ■ LHWTA: Zoom Trivia (See Daily Schedule for Topic)</p>	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ TED Talk: How Technology from the 1960s Could Save the Bees</p> <p>2:00 ■ Personalized Trail Mix: Making a Healthy Snack</p> <p>6:30 ■ Classic Car Parade (Drive-by Classic Cars)</p>	<p>Happy Birthday Aileen!</p> <p>9:45 ■ Chair Exercises with Light Cardio</p> <p>10:30 Christian Church Service with Pastor Bob</p> <p>1:30 ■ Tend our Gardens</p> <p>3:00 Happy Hour with Live Entertainment: TBA</p>	<p>9:45 ■ Chair Yoga</p> <p>11:00 ■ Wii Bowling League: End of Month Tournament & Winner Announced</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 ■ '60s Fashion: Presentation & Discussion</p>
27	28	29	30	<p>Lifting Hearts With the Arts</p> <p>LHWTH stands for "Lifting Hearts with the Arts." An organization created by teenagers from the Chicago area to help the younger generation connect with seniors. Contact Kelsey R with questions or ideas for future programs!</p>		<p>Monthly Theme: 1960s</p> <p>This month we're exploring the exciting decade of the 1960s. We'll debate when was better, now or then? We're also looking at the controversial Vietnam War—What was your experience and what are your thoughts? Of course, we'll be taking a look at '60s fashion and a listen to the music!</p>
<p>10:30 After Church Bible Study & Outdoor Discussion</p> <p>2:00 ■ LHWTH: Art Lesson (See Daily Schedule for Details)</p> <p>3:30 ■ Outdoor Walking Club & Birders</p>	<p>9:45 ■ Chair Exercises with Light Cardio</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Bingo (Outdoor, Weather Permitting)</p> <p>4:00 ■ The Music of Motown</p>	<p>9:45 ■ Exercise to Ease Arthritis Pain</p> <p>11:00 ■ Zoom Trivia Tuesday with Coon Rapids Senior Services</p> <p>2:00 ■ Music of the '60s: Icons</p> <p>3:30 ■ Preparing Gift Baskets for Donation</p>	<p>9:45 ■ Outdoor Walking Club</p> <p>10:30 Presidential Debate Replay</p> <p>1:30 ■ Tend our Gardens</p> <p>2:00 Monthly Wellness Discussion with Rachel, RN</p> <p>4:00 ■ LHWTA: Zoom Trivia (See Daily Schedule for Topic)</p>	<p>Please Note:</p> <p>Programming times are approximate and subject to change. All indoor, small-group programs are held in the Theater and limited to 8 participants at a time. Outdoor programming does not have a limit, but please remember to socially distance. See Daily Schedule for details and location of programs. Outdoor Family Visits are scheduled Tu, Wed, Th, and Sat 9am-6pm. Call concierge to schedule a time.</p>		