






# November 2019 IL/AL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Room Abbreviation Key</b> AR- Art Room Birch Conf.- 1st fl Conf. Room B- Bistro CH- Chapel CR- Club Room FR- Fitness Room G- Grove Dining Room L- Library TH- Theater W- Willow Dining WP- Wellness Pool WS- Wellness Studio					<b>"All Saints Day"</b> 8:00 Better Balance- WS 9:00 Gentle Yoga- WS 10:00 Better Balance- WS 11:00 Mass- CH 11:00 Aqua Fit- WP 1:00 Cribbage- CR 2:15 Dollar Bingo W/Julie- G 3:30 Happy Hour- CR	9:45 Ladies' Group- B 10:00 Knitting Club- AR 10:00 Technology Support- AR <b>1:30 Movie Matinee:</b> <b>"Crooked House- TH</b> 4:00 Mass- CH 
10:00 Mass <b>12:00 MN Vikings vs. Kansas City Chiefs- CH. 9</b> 3:30 Happy Hour- CR	8:00 Better Balance- WS 9:00 Gentle Yoga- WS 10:00 Better Balance- WS 11:00 Word Communion- CH 11:00 Aqua Fit- WP 1:00 Netflix Series "The Crown"-TH <b>2:00 Mary Fraz Performance- CH (Thankful Show)</b> 2:15 Coffee Social- B 3:00 Choir Practice- CH	<b>National Doughnut Day!</b> 8:30 Coffee & Donuts- B 8:30 FUNctional Fitness- WS 9:30 Aqua Fit- WP 10:45 Circuit Training- FR 11:15 Rosary- CH 1:00 Cribbage- CR 1:00 Chess Club- AR 1:00 Bible Study- Birch Conf. 1:30 Stretch and Flex- WS 2:00 Lake Elmo Banking- L 3:30 Happy Hour- CR <b>6:00 EMCO Fall Concert- CH</b>	<b>National Nacho Day!</b> 8:00 Better Balance- WS 9:00 Gentle Yoga- WS 9:45 Men's Group- B 10:00 Better Balance- WS 11:00 Ecumen. Service- CH 11:00 Aqua Fit- WP <b>2:15 Quarter Bingo- G (Nacho Average Bingo!)</b> 3:00 Bundles of Love- Birch <b>3:30 Gratitude Discussion- TH</b> <b>6:30 Movie Night: "Breakthrough" -TH</b>	8:30 FUNctional Fitness- WS 9:30 Aqua Fit- WP 10:00 Scrabble Club- CR 10:45 Circuit Training- FR 11:00 Word Communion- CH 1:00 Scripture Sharing- Birch 1:00 Bridge- CR <b>1:30 Walmart Outing</b> 1:30 Stretch and Flex- WS <b>2:00 Todd Anderson "Classic Cowboy Performance"- CH</b> *National Men Make Dinner Day!*	8:00 Better Balance- WS 9:00 Gentle Yoga- WS 10:00 Better Balance- WS <b>11:00 Cracker Barrel Lunch Outing</b> 11:00 Word Communion- CH 11:00 Aqua Fit- WP 1:00 Cribbage- CR 3:30 Happy Hour- CR	9:45 Ladies' Group- B 10:00 Knitting Club- AR 10:00 Technology Support- AR <b>1:30 Movie Matinee: "Heavenly Deposit"- TH</b> 4:00 Mass- CH
10:00 Mass 3:30 Happy Hour- CR <b>7:20 MN Vikings vs. Dallas Cowboys- CH. 11</b>	8:00 Better Balance- WS 9:00 Gentle Yoga- WS 10:00 Better Balance- WS 11:00 Word Communion- CH 11:00 Aqua Fit- WP 1:00 Netflix Series "The Crown"-TH <b>2:00 National Sundae Social- W</b> 2:15 Coffee Social- B 3:00 Choir Practice- CH <b>6:30 St. Therese Choir Performance- CH</b> 	8:30 FUNctional Fitness- WS 9:30 Aqua Fit- WP 10:30 Talks with Chef- B 10:45 Circuit Training- FR <b>11:00 Grief Support Group- AR</b> 11:15 Rosary- CH 1:00 Cribbage- CR 1:00 Chess Club- AR 1:00 Hearing of America- Birch 1:30 Stretch and Flex- WS <b>2:00 Veterans Recognition Ceremony- CH</b> 3:30 Happy Hour- CR	<b>National World Kindness Day!</b> 8:00 Better Balance- WS 9:00 Gentle Yoga- WS 9:45 Men's Group- B 10:00 Better Balance- WS 11:00 Ecumen. Service- CH 11:00 Aqua Fit- WP <b>1:00 Caregiver Support Group - AR (National Caregiver Appreciation Day)</b> <b>2:00 VA Cemetery Benefits Presentation- TH</b> 2:15 Quarter Bingo- G 3:00 Bundles of Love- Birch <b>6:30 Movie Night: "God's Not Dead"-TH</b>	8:30 FUNctional Fitness- WS 9:30 Aqua Fit- WP 10:00 Scrabble Club- CR 10:45 Circuit Training- FR 11:00 Word Communion- CH 1:00 Scripture Sharing- Birch 1:00 Bridge- CR <b>1:30 Aldi's Outing</b> 1:30 Stretch and Flex- WS	8:00 Better Balance- WS 9:00 Gentle Yoga- WS 10:00 Better Balance- WS 11:00 Word Communion- CH 11:00 Aqua Fit- WP 1:00 Cribbage- CR <b>2:00 Mary Hall Performance- CH</b> 3:30 Happy Hour- CR	9:45 Ladies' Group- B 10:00 Knitting Club- AR 10:00 Technology Support- AR <b>1:30 Movie Matinee: "The Greatest Showman"- TH</b> 4:00 Mass- CH



# November 2019 IL/AL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>17</p> <p>10:00 Mass  <b>12:00 MN Vikings vs. Denver Broncos- CH. 4</b>            3:30 Happy Hour- CR</p>	<p>18</p> <p>8:00 Better Balance- WS            9:00 Gentle Yoga- WS  <b>9:00 Treasure Island Casino Trip</b>            10:00 Better Balance- WS            11:00 Word Communion- CH            11:00 Aqua Fit- WP            1:00 Netflix Series "The Crown"-TH            2:15 Coffee Social- B            3:00 Choir Practice- CH</p>	<p>19</p> <p>8:30 FUNctional Fitness- WS            9:30 Aqua Fit- WP  <b>10:30 Resident Meeting- CH</b>            10:45 Circuit Training- FR            11:15 Rosary- CH            1:00 Cribbage- CR            1:00 Chess Club- AR            1:00 Bible Study- Birch Conf.            1:30 Stretch and Flex- WS            2:00 Lake Elmo Banking- L            3:30 Happy Hour- CR</p>	<p>20</p> <p>8:00 Better Balance- WS            9:00 Gentle Yoga- WS            9:45 Men's Group- B            10:00 Better Balance- WS            11:00 Ecumen. Service- CH            11:00 Aqua Fit- WP            2:15 Quarter Bingo- G            3:00 Bundles of Love- Birch  <b>6:30 Movie Night: "Yesterday" -TH</b></p>	<p>21</p> <p>8:30 FUNctional Fitness- WS            9:30 Aqua Fit- WP            10:00 Scrabble Club- CR            10:45 Circuit Training- FR            11:00 Word Communion- CH            1:00 Scripture Sharing- Birch            1:00 Bridge- CR            1:30 Stretch and Flex- WS  <b>1:30 Trader Joe's Outing</b>  <b>6:00 Tree of Lights- CH</b></p>	<p>22</p> <p>8:00 Better Balance- WS            9:00 Gentle Yoga- WS  <b>9:00 Rosedale Mall Outing</b>            10:00 Better Balance- WS            11:00 Word Communion- CH            11:00 Aqua Fit- WP            1:00 Cribbage- CR            3:30 Happy Hour- CR</p>	<p>23</p> <p>9:45 Ladies' Group- B            10:00 Knitting Club- AR            10:00 Technology Support- AR  <b>1:30 Movie Matinee: "The Notebook" - TH</b>            4:00 Mass- CH</p>
<p>24</p> <p>10:00 Mass            3:30 Happy Hour- CR</p>	<p>25</p> <p>8:00 Better Balance- WS            9:00 Gentle Yoga- WS            10:00 Better Balance- WS  <b>11:00 Red Lobster Lunch Outing</b>            11:00 Word Communion- CH            11:00 Aqua Fit- WP            1:00 Netflix Series "The Crown"-TH            2:15 Coffee Social- B            3:00 Choir Practice- CH</p>	<p>26</p> <p><b>"National Cake Day!"</b>            8:30 FUNctional Fitness- WS            9:30 Aqua Fit- WP  <b>10:00 Target Outing</b>            10:30 Talks with Chef- B            10:45 Circuit Training- FR            11:15 Rosary- CH            1:00 Cribbage- CR            1:00 Chess Club- AR            1:00 Bible Study- Birch Conf.            1:30 Stretch and Flex- WS  <b>2:00 Monthly Birthday Party-W</b>            3:30 Happy Hour- CR</p>	<p>27</p> <p>8:00 Better Balance- WS            9:00 Gentle Yoga- WS            9:30 Donut Day- CR            9:45 Men's Group- B            10:00 Better Balance- WS            11:00 Ecumen. Service- CH            11:00 Aqua Fit- WP            2:15 Quarter Bingo- G            3:00 Bundles of Love- Birch  <b>6:30 Movie Night: "Cinderella Man"-TH</b></p>	<p>28</p> 	<p>29</p> <p>8:00 Better Balance- WS            9:00 Gentle Yoga- WS            10:00 Better Balance- WS            11:00 Word Communion- CH            11:00 Aqua Fit- WP            1:00 Cribbage- CR            3:30 Happy Hour- CR</p>	<p>30</p> <p>9:45 Ladies' Group- B            10:00 Knitting Club- AR            10:00 Technology Support- AR  <b>1:30 Movie Matinee: "Bringing up Baby- TH</b>            4:00 Mass- CH</p>