

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This well-rounded FUN class is designed to improve your overall fitness level with activities to address strength, endurance, balance, mobility, &amp; flexibility. Fitness Specialists utilize a variety of equipment.</p> <p>If interested, call: 763.493.7033</p>	<p><b>WORSHIP SCHEDULE</b> <b>Mass</b> For Mass schedule, please see Community Boards.</p> <p><b>Protestant Services</b> Thursdays at 1:30 pm</p> <p><i>Services are on TV, channel 31 (as well as other Chapel events)</i></p>				<p><b>1</b> 9:30 Mass (CH) 10:15 <b>Functional Fitness</b> 11:00 Stories/Trivia/Music 1:30 Bingo with Diane Q. <b>No Happy Hour</b> <b>Treasures and Treats</b> 3:00 Social in Sunroom 6:30 Activity with HHAs</p>	<p><b>2</b> 10:00 Active Games 1:30 Bingo/Cards or Table Games 3:00 Refreshments and Music in Sunroom 5:30 Lawrence Welk</p>
<p><b>3</b> Daylight Savings</p> <p>10:00 <b>Mass (CH)</b> 1:30 Sing-a-long (HHAs) 3:00 Refreshments and Music in Sunroom 6:30 Evening Movie</p> 	<p><b>4</b> 9:30 Word/Communion (CH) 10:15 <b>Functional Fitness</b> 11:00 Chicken Soup for the Soul 1:30 Bingo with Sharon 2:45 Snack, Social and Music 3:00 Games/Hobbies 6:30 Activity with HHAs</p>	<p><b>5</b> 9:30 Mass (CH) 11:00 Active Mind &amp; Body 1:30 "Cooking Capers" with Diane and Sharon 2:45 Snack, Social and Music 3:30 Card Games 6:30 Activity with HHAs</p>	<p><b>6</b> 9:30 Mass (CH) 11:00 <b>Prayer Station with Daniel</b> 1:30 Stories and Reminisce 2:00 <b>Music with Kristin</b> 2:45 Snack, Social and Music 3:30 Games and Hobbies 6:00 Activity with Lenora &amp; HHA</p>	<p><b>7</b> 9:30 Mass (CH) 11:00 Activity/OSTC Student 1:30 Protestant Service (CH) 2:00 <b>Quilting Bee and Sewing Club</b> 3:30 Snack Time and Break 6:30 Activity with HHAs</p>	<p><b>8</b> 9:30 Mass (CH) 10:15 <b>Functional Fitness</b> 11:00 Stories/Trivia/Music 1:30 Bingo with Diane Q. 3:00 <b>Happy Hour with Kent Appeldoorn</b> 6:30 Activity with HHAs</p>	<p><b>9</b> 10:00 Active Games 1:30 Bingo/Cards or Table Games 3:00 Refreshments and Music in Sunroom 5:30 Lawrence Welk</p>
<p><b>10</b></p> <p>10:00 <b>Mass (CH)</b> 1:30 Sing-a-long (HHAs) 3:00 Refreshments and Music in Sunroom 6:30 Evening Movie</p>	<p><b>11</b></p>  <p>9:30 Word/Communion (CH) 10:15 <b>Functional Fitness</b> 11:00 Chicken Soup for the Soul 1:30 Bingo with Sharon 3:00 <b>Concert in Chapel with "Touching Hearts"</b> 6:00 <b>Alzheimer's Support (B)</b> 6:30 Activity with HHAs</p>	<p><b>12</b> 9:30 Mass (CH) 11:00 Sing'a-long and Piano with Diane Q. 1:30 "Cooking Capers" with Diane and Sharon 2:45 Snack, Social and Music 3:30 Card Games 6:30 Activity with HHAs</p>	<p><b>13</b></p> <p>9:30 Mass (CH) 11:00 <b>Prayer Station with Sister Marie</b> 1:30 Stories and Reminisce 2:00 <b>Music with Kristin</b> 2:45 Snack, Social and Music 3:30 Games and Hobbies 6:30 Activity with HHAs</p> <p><i>Jan's Birthday</i></p>	<p><b>14</b> 9:30 Mass (CH) 9:30 <b>Mneme Therapy</b> 11:00 Activity with Sharon 1:30 Protestant Service (CH) 2:00 Quilting Bee and Sewing Club 3:30 Snack Time and Break 6:30 Activity with HHAs</p>	<p><b>15</b> 9:30 Mass (CH) 10:15 <b>Functional Fitness</b> 11:00 Stories/Trivia/Music 1:30 Bingo with Diane Q. 3:00 <b>Happy Hour with Red Gallagher</b> 6:30 Activity with HHAs</p>	<p><b>16</b> 10:00 Active Games 1:30 Bingo/Cards or Table Games 3:00 Refreshments and Music in Sunroom 5:30 Lawrence Welk</p>
<p><b>17</b></p> <p>10:00 <b>Mass (CH)</b> 1:30 Sing-a-long (HHAs) 3:00 Refreshments and Music in Sunroom 6:30 Evening Movie</p>	<p><b>18</b> 9:30 Word/Communion (CH) 10:15 <b>Functional Fitness</b> 11:00 Chicken Soup for the Soul 1:30 Bingo with Sharon 2:45 Snack, Social and Music 3:00 Games/Hobbies 6:30 Activity with HHAs</p>	<p><b>19</b> 9:30 Mass (CH) 11:00 Active Mind &amp; Body 1:30 "Cooking Capers" with Diane and Sharon 2:45 Snack, Social and Music 3:30 Card Games 6:30 Activity with HHAs</p>	<p><b>20</b> 9:30 Mass (CH) 10:30 <b>Men's Group</b> 11:00 Hymn Sing with Diane Q. 1:30 Stories and Reminisce 2:00 <b>Music with Kristin</b> 2:45 Snack, Social and Music 3:30 Games and Hobbies 6:30 Activity with HHAs</p>	<p><b>21</b> 9:30 Mass (CH) 11:00 Activity/OSTC Student 1:30 Protestant Service (CH) 2:00 <b>Outing (TBD) or Movie In The Cinema</b> 3:30 Snack Time and Break 6:30 Activity with HHAs</p>	<p><b>22</b> 9:30 Mass (CH) 10:15 <b>Functional Fitness</b> 11:00 Stories/Trivia/Music 1:30 Bingo with Diane Q. 3:00 <b>Happy Hour with Jenni Thyng</b> 6:30 Activity with HHAs</p>	<p><b>23</b> 10:00 Active Games 1:30 Bingo/Cards or Table Games 3:00 Refreshments and Music in Sunroom 5:30 Lawrence Welk</p>
<p><b>24</b></p> <p>10:00 <b>Mass (CH)</b> 1:30 Sing-a-long (HHAs) 3:00 Refreshments and Music in Sunroom 6:30 Evening Movie</p>	<p><b>25</b> 9:30 Word/Communion (CH) 10:15 <b>Functional Fitness</b> 11:00 Chicken Soup for the Soul 1:30 Bingo with Sharon 2:45 Snack, Social and Music 3:00 Games/Hobbies 6:30 Activity with HHAs</p>	<p><b>26</b> 9:30 Mass (CH) 11:00 Sing'a-long and Piano with Diane Q. 1:30 "Cooking Capers" with Diane and Sharon 2:45 Snack, Social and Music 3:30 Card Games 6:30 Activity with HHAs</p>	<p><b>27</b> 9:30 Mass (CH) 11:00 <b>Prayer Station with Sister Marie</b> 1:30 <b>All Community Thanksgiving Service</b> 2:45 Snack, Social and Music 3:30 Games and Hobbies 6:30 Activity with HHAs</p>	<p><b>28</b> 8:00 Macy's Thanksgiving Day Parade (CH 11)</p> 	<p><b>29</b> 9:30 Mass (CH) 10:15 <b>Functional Fitness</b> 11:00 Stories/Trivia/Music 1:30 Bingo with Diane Q. 3:00 <b>NO Happy Hour</b> <b>Christmas Decorating</b> 6:30 Activity with HHAs</p>	<p><b>30</b> 10:00 Active Games 1:30 Bingo/Cards or Table Games 3:00 Refreshments and Music in Sunroom 5:30 Lawrence Welk</p>