


JUNE 2022 LIFE ENRICHMENT*

*Calendar is subject to change




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Ageless Beauty Day!</p> <p>10:00 2nd Floor Neighborhood Nook</p> <p>11:15 Better Balance (Fitness Center) <i>Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:30 Chair Yoga Plus (Fitness Center) <i>Membership Required.</i></p> <p>2:30 Vern Maetzold Piano Concert (Chapel) <i>A beautiful afternoon with music from our ever so talented resident Vern!</i></p> <p>7:00 Documentary Hour (Activity Room) MERCURY 13</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>2 Bus Shopping Day!</p> <p>10:00 Southdale (Shopping) <i>See binder in mail room to sign up and to see where our bus stops.</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:30 In-Town Van Excursion (Meet in Mailroom) <i>We live in a wonderful city! Each week in June we visit a nearby gem. This time stroll along the Stone Arch Bridge. Returning at 2:30pm.</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:00 Bracelet Making with Concierge Laura (Activity Room)</p> <p>2:30 \$1 Ice Cream Sundaes (Main Dining Room)</p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>3</p> <p>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:00 "Community Highlights" Advisory Committee (Activity Room) <i>We design the monthly newsletter for Place. All residents welcome.</i></p> <p>1:00 Happy Hour! (Main Dining Room) <i>Drink of the week: Gin and Tonics</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:30 Chair Yoga (Fitness Center) <i>Fitness Center Membership required.</i></p> <p>2:30 Great Decisions Speaker—Ellen Kennedy—Climate Change (Activity Room)</p> <p>3:30 Bible Study w/Rev. Cobb (City of Lakes)</p> <p>7:00 Movie (Activity Room) <i>Indiana Jones and the Temple of Doom</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>4</p> <p>Walker Methodist Annual Stride for Seniors 5k/10k at Lake Harriet</p> <p>11:00 Fitness with Ben (Channel 1-2)</p> <p>1:30 Manager on Duty Paula Castle: Snacks on the 2nd Floor Balcony</p> <p>3:30 Movie Matinee (Activity Room) <i>Bonnie and Clyde</i></p> <p>7:00 Movie (Activity Room) <i>Roma</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p> <p>Happy Birthday Earl McGovern!!</p> 

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>10:00 Bible and Art (Channel 1-2)</p> <p>11:00 Sunday Worship (Channel 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p>1:30 Rosary (Channel 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p>7:00 Classic Movie Night (Activity Room) <i>Rodgers & Hammerstien</i> SOUTH PACIFIC 1958, starring Ros-sano Brazzi and Mitzi Gaynor. run time 157 min</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>6</p> <p>10:00 Hearing of America (City of Lakes) <i>Sign-up to receive hearing aid services from Dr. Jerry Zhou.</i></p> <p>10:00 Issues of Today (Activity Room) <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p>11:15 Better Balance (Fitness center) <i>Fitness Center Membership required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:00 Photography Class with Mica Lee Anders (Activity Room) <i>Learn a variety of photography styles and how to operate a simple digital camera. Everything supplied and all levels welcome.</i></p> <p>1:30 Yoga (Fitness Center) <i>Fitness Center Membership Required</i></p> <p>2:00 Drama Club (Activity Room)</p> <p>2:30 5th Floor Neighborhood Nook (Window Area on this floor)</p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>7</p> <p>10:00 Coffee and Conversation (City of Lakes) <i>Catch up with your neighbors while devouring a strong cup of coffee. Bring a project to work on or just gather for a nice visit. All are welcome!</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Char Guitar Sing-along (Lower-Level Atrium)</p> <p>2:30 Bingo, Beer, & Popcorn (Second Floor Balcony)</p> <p>3:30 Spiritual Conversations (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>8</p> <p>Ageless Beauty Day!</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:30 Chair Yoga Plus (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:30 Minnesota Arboretum (OUTING)</p> <p>7:00 Documentary Hour (Activity Room) <i>INTELLIGENT TREES is the companion movie to The Hidden Life of Trees, this month's book club choice.</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>9</p> <p>Bus Shopping Day!</p> <p>10:00 Uptown (Shopping) <i>See binder in mail room to sign up and to learn where our bus stops.</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:30 In-Town Van Excursion (OUTING) <i>We live in a wonderful city! Each week in June we visit a nearby gem. This time visit the Minnehaha Falls. Returning at 2:30pm.</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>2:30 \$1 Ice Cream Sundaes (Main Dining Room)</p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>10</p> <p>10:00 3rd Floor Neighborhood Nook (Window Area on this floor)</p> <p>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:30 Chair Yoga (Fitness Center) <i>Fitness Center Membership required.</i></p> <p>2:00 Happy Hour! (Main Dining Room) <i>Dark and Stormy</i></p> <p>3:30 Bible Study w/Rev. Cobb (City of Lakes)</p> <p>7:00 Movie (Activity Room) <i>Don't Look Up</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p> <p>Happy Birthday Lyall Schwarzkoff!!</p>	<p>11</p> <p>11:00 Fitness with Ben (Channel 1-2)</p> <p>1:30 Manager on Duty Dave Grassie: Arne Palmers and Conversation on the Dining Room Patio</p> <p>3:30 Movie Matinee (Activity Room) <i>Rocky II</i></p> <p>7:00 Movie (Activity Room) <i>The Most Hated Woman in America</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p> <p></p> <p>Happy Birthday Patrick Higgins</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12</p> <p>10:00 Bible and Art (Channel 1-2)</p> <p>11:00 Sunday Worship (Channel 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p>1:30 Rosary (Channel 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p>7:00 Classic Movie Night (Activity Room) <i>The Metropolitan-Opera Presents Puccini's LA RONDINE</i> running time 114 min.</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>13</p> <p>10:00 Issues of Today (Activity Room) <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p>11:15 Better Balance (Fitness center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:00 Photography Class with Mica Lee Anders (Activity Room) <i>Capture the Joy around you. Learn a variety of photography styles and how to operate a simple digital camera. Everything supplied and all levels welcome.</i></p> <p>1:30 Yoga (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>14</p> <p>10:00 Coffee and Conversation (City of Lakes) <i>Catch up with your neighbors while devouring a strong cup of coffee. Bring a project to work on or just gather for a nice visit. All are welcome!</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Char Guitar Sing-along (Lower-Level Atrium)</p> <p>2:30 Bingo, Beer, & Popcorn (Second Floor Balcony)</p> <p>3:30 Spiritual Conversations (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p> <p>****FLAG DAY</p>	<p>15</p> <p>Ageless Beauty Day!</p> <p>10:00 4th Floor Neighborhood Nook (Window Area on this floor)</p> <p>10:00 Resident Council Meeting (City of Lakes)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Grace Harkness Piano Concert (Lower-Level Atrium)</p> <p>1:30 Chair Yoga Plus (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:30 Brian Peterson Musical Entertainment (Front Patio)</p> <p>7:00 Documentary Hour (Activity Room) <i>Headspace: Unwind Your Mind</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p> <p>Happy Birthday Mary Lou Carlson and Jane and Phil Bond!!</p> 	<p>16</p> <p>Bus Shopping Day!</p> <p>10:00 Southdale (Shopping) <i>See binder in mail room to sign up and to learn where our bus stops.</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:30 In-Town Van Excursion (Meet in Mailroom) <i>We live in a wonderful city! Each week in June we visit a nearby gem. This time gambol among the works in Walker Sculpture Garden. Returning at 2:30pm.</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>2:30 \$1 Ice Cream Sundaes (Main Dining Room)</p> <p>5:00 Bridge (Activity Room)</p> <p>7:00 Social Justice Group (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>17</p> <p>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:00 Community Highlights Advisory Committee Meeting (Activity Room) <i>Create. Inspire. Share. A committee that designs the monthly newsletter for Place—join us if you're interested!</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:30 Chair Yoga (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:00 Happy Hour! (Main Dining Room) <i>Drink of the week: Paloma</i></p> <p>3:30 Bible Study w/Rev. Cobb (City of Lakes)</p> <p>7:00 Movie (Activity Room) <i>True Grit</i></p>	<p>18</p> <p>11:00 Fitness with Ben (Channel 1-2)</p> <p>1:30 Manager on Duty Kasey Gray Ice Cream Bars on the Front Patio</p> <p>3:30 Movie Matinee (Activity Room) <i>Mank</i></p> <p>7:00 Movie (Activity Room) <i>Senior Year</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p>

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<p>19</p> <p>10:00 Bible and Art (Channel 1-2)</p> <p>11:00 Sunday Worship (Channel 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p>1:30 Rosary (Channel 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p>7:00 Classic Movie Night (Activity Room) <i>Rodgers 7 Hammerstein THE KING & I (1956)</i> Yul Brynner & Debra Kerr, run time 133 Min</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>20</p> <p>10:00 Issues of Today (Activity Room) <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p>10:30 Music Notes with Malcolm (Channel 1-2)</p> <p>11:00 Welcoming Committee Meeting (City of Lakes)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:00 Activities Advisory Committee Meeting (City of Lakes)</p> <p>1:30 Photography Class with Mica Lee Anders (Activity Room) <i>Learn how to operate a digital camera.</i></p> <p>1:30 Yoga (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:00 Drama Club (Activity Room)</p> <p>2:30 7th Floor Neighborhood Nook (Window Area on this floor)</p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>21</p> <p>10:00 Coffee and Conversation (City of Lakes) <i>Catch up with your neighbors while devouring a strong cup of coffee. Bring a project to work on or just gather for a nice visit. All are welcome!</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Char Guitar Sing-along (Lower-Level Atrium)</p> <p>2:30 Bingo, Beer, & Popcorn (Second Floor Balcony)</p> <p>3:00 Classical Piano with Anna (Channel 1-2)</p> <p>3:30 Spiritual Conversations (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>22</p> <p>Ageless Beauty Day!</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:30 Chair Yoga Plus (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:00 Cooking with Char (Activity Room) <u>ITS RHUBARB SEASON!</u></p> <p>3:00 CODA in Concert (Channel 1-2) <i>Staff member Malcolm Anderson and his band play a wide variety of music live from the chapel.</i></p> <p>7:00 Documentary Hour (Activity Room) <i>The Tinder Swindler</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>23</p> <p>Bus Shopping Day!</p> <p>10:00 Uptown (Shopping) <i>See binder in mail room to sign up and to learn where our bus stops.</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:30 In-Town Van Excursion (Meet in Mailroom) <i>We live in a wonderful city! Each week in June we visit a nearby gem. This time enjoy a tour of the homes of along Lake of the Isles with one top secret surprise stop. Returning at 2:30pm.</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>2:00 Book Club (Activity Room) <i>This month we read the Hidden Life of Trees.</i></p> <p>2:30 Ice Cream Sundae Bar (Main Dining Room) <i>\$1 sundaes built to your specifications.</i></p> <p>5:00 Bridge (Activity Room)</p>	<p>24</p> <p>10:00 Resident Association Meeting (Activity Room)</p> <p>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</p> <p>11:00 6th Floor Neighborhood Nook (Window Area on this floor)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:30 Chair Yoga (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:30 Great Decisions Speaker-Henry Berman Changing Demographics (Activity Room)</p> <p>2:00 Happy Hour! (Main Dining Room) <i>Drink of the week: Surprise!!</i></p> <p>3:30 Bible Study w/Rev. Cobb (City of Lakes)</p>	<p>25</p> <p>11:00 Fitness with Ben (Channel 1-2)</p> <p>1:30 Manager on Duty Paula Castle</p> <p>3:30 Movie Matinee (Activity Room) <i>I Care A Lot</i></p> <p>7:00 Movie (Activity Room) <i>Forrest Gump</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p>

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<p>26</p> <p>10:00 Bible and Art (Channel 1-2)</p> <p>11:00 Sunday Worship (Channel 1-2) <i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p>1:30 Rosary (Channel 1-2) <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p>7:00 Classic Movie Night (Activity Room) <i>The Metropolitan Opera Presents VERDI'S Nabucco (2005) Run time 142 Min</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p> <p>Happy Birthday Dina Bjorklund</p>	<p>27</p> <p>10:00 Issues of Today (Activity Room) <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p>11:15 Better Balance (Fitness center) <i>Fitness Center Membership Required</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:00 Scrabble (Activity Room)</p> <p>1:30 Yoga (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:30 Community Forum (Activity Room) <i>Hear updates about Sales and Marketing, Environmental Services, Culinary, Life Enrichment, Health Services, Resident Services and our Executive Director.</i></p> <p>3:30 Learn to Use Walker Place Announcement Channel 1-1 and Chapel Channel 1-2 <i>Learn how to become a Direct TV customer to be able to use these channels.</i></p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>28</p> <p>10:00 Coffee and Conversation (City of Lakes) <i>Catch up with your neighbors while devouring a strong cup of coffee. Bring a project to work on or just gather for a nice visit. All are welcome!</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:00 Char Guitar Sing-along (Lower-Level Atrium)</p> <p>2:30 Bingo, Beer, & Popcorn (Second Floor Balcony)</p> <p>3:30 Spiritual Conversations (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>29</p> <p>Ageless Beauty Day!</p> <p>10:00 8th Floor Neighborhood Nook (Window Area on this floor)</p> <p>11:15 Better Balance (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>1:30 Chair Yoga Plus (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>2:00 Birthday Bash! Entertainment by Bobby & Christine</p> <p>7:00 Documentary Hour (Activity Room) KISS THE GROUND (2020) <i>Activists, scientists, farmers, and politicians turn to regenerative agriculture to save the planet's topsoil, and combat climate change.</i></p> <p>9:00 Guided Relaxation (Channel 1-2)</p>	<p>30</p> <p>Bus Shopping Day!</p> <p>10:00 Southdale (Shopping) <i>See binder in mail room to sign up and to learn where our bus stops.</i></p> <p>10:30 Strength and Stability (Fitness Center) <i>Fitness Center Membership Required.</i></p> <p>11:30 Fitness with Ben (Channel 1-2)</p> <p>12:30 In-Town Tours Van Excursion (Meet in Mail-room) <i>We live in a wonderful city! Each week in June we visit a nearby gem. This time smell the roses at the Lake Harriet Rose Garden. Returning at 2:30pm.</i></p> <p>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</p> <p>1:30 Drama Club (Activity Room)</p> <p>2:30 \$1 Ice Cream Sundaes (Main Dining Room)</p> <p>5:00 Bridge (Activity Room)</p> <p>9:00 Guided Relaxation (Channel 1-2)</p>		