

August 2022 Life Enrichment






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key (FC) Fitness Center (AR) Activity Room (LLA) Lower-Level Atrium (DR) Dining Room (CL) City of Lakes (2FB) 2 nd Floor Balcony Activities in Green require a Fitness Membership Activities in Red require a sign-up	1 10:00 Issues of Today (AR) 10:00 Hearing of America (CL) 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Yoga (FC) 2:30 Let's Play Mexican Train Dominoes (AR) 5:00 Bridge (AR)	2 Night to Unite! 10:30 Strength and Stability (FC) 11:30 Night to Unite Fest (Front Patio) 3:30 Coffee with the Chaplain (AR) 5:30 Game Night (AR)	3 Bus Shopping Day! 10:00 Shopping in the Uptown Loop 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 2:00 Cardio Drumming (AR) 4:00 Pre-Dinner Cocktails and Appetizers (DR) 7:00 Documentary Hour – Reversing Roe (AR)	4 10:30 Strength and Stability (FC) 11:30 Culinary Committee Meeting (CL) 1:00 Walk around the Park with Ben (Front Desk) 1:00 Chuck McCreary Piano Concert (LLA) 2:30 Ice Cream Sundae Bar (DR) 5:00 Bridge (AR)	5 11:00 Bible Study w/ Rev. Michael Rivera (CL) 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Chair Yoga (FC) 2:00 Outing to the Lakewood Cemetery 7:00 Movie – Mission Impossible (AR)	6 1:30 Popsicles and Cold Drinks with Kasey Gray (Patio) 3:30 Movie – Mission Impossible (AR) 7:00 Movie – The Imitation Game (AR)
7 11:00 Sunday Worship (Chapel or Channel 1-2) 1:30 Rosary (Channel 1-2) 7:00 Classic Movie Night(AR): Top Hat 1935 with Fred Astaire, Ginger Rogers, & music by Irving Berlin. Run Time: 100 Minutes	8 10:00 Issues of Today (AR) 11:15 Better Balance (FC) 12:00 - Taylor Marie Fashion Show & Pop-up Clothing Store (Chapel) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Yoga (FC) 2:00 Library Committee (CL) 5:00 Bridge (AR)	9 10:30 Strength and Stability (FC) 11:00 Women's Circle (CL) 1:00 Guitar Sing-Along with Char (LLA) 2:30 Bingo, Beer & Popcorn (2FB) 3:00 Coffee with the Chaplain (AR) 5:30 Game Night (AR)	10 Ageless Beauty Day! 10:00 Resident Council Meeting (CL) 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 2:00 Ted Talk: What will Humans Look Like in a Hundred Years (AR) 4:00 Pre-Dinner Cocktails and Appetizers (DR) 7:00 Documentary Hour – 9to5: The Story of a Movement (AR)	11 Bus Shopping Day! 10:00 Shopping in the Southdale Loop 10:30 Strength and Stability (FC) 1:00 Walk around the Park with Ben 1:00 Chuck McCreary Piano Concert (LLA) 2:30 Ice Cream Sundae Bar with Live Music (DR) 5:00 Bridge (AR)	12 11:00 Bible Study w/ Rev. Michael Rivera (CL) 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Chair Yoga (FC) 2:00 Outing to the Minnesota History Center - \$10 7:00 Movie – Margin Call (AR)	13 1:30 Popsicles and Cold Drinks with Jo Specht (Patio) 3:30 Movie – Margin Call (AR) 7:00 Movie – The Amazing Spiderman (AR)
14 11:00 Sunday Worship (Chapel or Channel 1-2) 1:30 Rosary (Channel 1-2) 7:00 Movie Night (AR) The Tailor of Panama 2001 with Pierce Brosnan & Geoffrey Rush. Run Time 115 Minutes	15 10:00 Issues of Today (AR) 11:00 Welcoming Committee (CL) 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) 1:00 Activities Advisory Committee Meeting (AR) 1:30 Yoga (FC) 2:00 Live Music with Tomi Mejoros (Chapel) 5:00 Bridge (AR)	16 10:30 Strength and Stability (FC) 11:00 Women's Circle (CL) 1:00 Guitar Sing-Along with Char (LLA) 2:30 Bingo, Beer & Popcorn (2FB) 3:00 Coffee with the Chaplain (AR) 5:30 Game Night (AR)	17 Ageless Beauty Day! 10:30 Group Crosswords 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 4:00 Pre-Dinner Cocktails and Appetizers (DR) 7:00 La Danse Fatale – Ballet in the Parks 7:00 Documentary Hour – Elizabeth & Margaret: Love and Loyalty (AR)	18 Bus Shopping Day! 10:00 Shopping in the Uptown Loop 10:30 Strength and Stability (FC) 1:00 Walk around the Park with Ben (Front Desk) 1:00 Chuck McCreary Piano Concert (LLA) 2:00 Book Club (AR) 2:30 Ice Cream Sundae Bar (DR) 5:00 Bridge (AR) 7:00 Social Justice Group	19 11:00 Bible Study w/ Rev. Michael Rivera (CL) 11:15 Better Balance (FC) 12:00 Community Highlights Meeting (CL) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Chair Yoga (FC) 2:00 Wine and Canvas Painting Event (AR) 7:00 Movie – The Call to Spy (AR)	20 1:30 Popsicles and Cold Drinks with Paula Castle (Patio) 3:30 Movie – The Call to Spy (AR) 7:00 Movie – We Are Marshall (AR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 11:00 Sunday Worship (Chapel or Channel 1-2) 1:30 Rosary (Channel 1-2) 7:00 Movie Night (AR) <i>The Untouchables 1987</i> with Kevin Costner & Sean Connery <i>Run Time: 119 Minutes</i>	22 10:00 Issues of Today (AR) 11:15 Better Balance (FC) 12:00 R.O.M.E.O. Luncheon (DR) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Yoga (FC) 2:30 Folk Tales and Songs of Ukraine (AR) 5:00 Bridge (AR)	23 10:30 Strength and Stability (FC) 11:00 Women's Circle (CL) 1:00 Guitar Sing-Along with Char (LLA) 2:30 Bingo, Beer & Popcorn (2FB) 3:00 Coffee with the Chaplain (AR) 5:30 Game Night (AR)	24 Ageless Beauty Day! 11:00 Groovy Hits of the 60s with Mary Hall-Birthday Bash (2FB) <i>All Are Welcome!</i> 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 2:00 Cardio Drumming 3:45 Outing to Growing Lots Urban Farm 7:00 Documentary Hour – The Short Game (AR)	25 Bus Shopping Day! 10:00 Shopping in the Southdale Loop 10:30 Strength and Stability (FC) 1:00 Walk around the Park with Ben (Front Desk) 1:00 Chuck McCreary Piano Concert (LLA) 2:30 Ice Cream Sundae Bar (DR) 5:00 Bridge (AR)	26 10:00 Resident Association Meeting (AR) 11:15 Community Forum 11:00 Bible Study w/ Rev. Michael Rivera (CL) 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Chair Yoga (FC) 2:00 New Resident Rootbeer Floats and Meet and Greet (2FB) <i>All Are Welcome!</i> 7:00 Movie – Adrift (AR)	27 1:30 Popsicles and Cold Drinks with Ernest Bishop (Patio) 3:30 Movie – Adrift (AR) 7:00 Movie – Red Notice (AR)
28 11:00 Sunday Worship (Chapel or Channel 1-2) 1:30 Rosary (Channel 1-2) 7:00 Movie Night (AR) <i>My Fellow Americans 1996</i> with Jack Lemmon, James Garner, & Dan Aykroyd. <i>Run Time: 102 Minutes</i>	29 10:00 Issues of Today (AR) 11:00 National Toasted Marshmallow Day: EAT S'MORES! (AR) 11:15 Better Balance (FC) 1:00 Chuck McCreary Piano Concert (LLA) 1:30 Yoga (FC) 2:30 Easy as Pie game (AR) 5:00 Bridge (AR)	30 10:30 Strength and Stability (FC) 11:00 Women's Circle (CL) 1:00 Guitar Sing-Along with Char (LLA) 2:30 Bingo, Beer & Popcorn (2FB) 3:30 Spiritual Conversations (AR) 5:30 Game Night (AR)	31 Ageless Beauty Day! 11:30 Outing to Mississippi River Sightseeing Cruise - \$21 11:15 Better Balance (FC) 1:30 Chair Yoga Plus (FC) 4:00 Pre-Dinner Cocktails and Appetizers (DR) 7:00 Documentary Hour – My Octopus Teacher (AR)	Resident Birthdays! Jean Curry – August 6  Evelyn Ahlberg – August 6 Audrey Knocke – August 13 Anne Middleton – August 15 Joan Cornelius – August 23 Max Steele – August 23  Jay Brauer – August 31 		
Key (FC) Fitness Center Activities in Green require a Fitness Membership (AR) Activity Room (LLA) Lower-Level Atrium Activities in Red require a sign-up (DR) Dining Room (CL) City of Lakes (2FB) 2 nd Floor Balcony Bus Outings will meet in the <u>Mail Room</u>		Daily Chapel Channel (1-2) Schedule: 11:30am – Yoga/exercise with Ben (alternating days) 9:00pm – Guided Meditation				