







JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>LOCATIONS: B9 Basement LC Learning Center MR Music Room CR Community Room DR Dining Room FSL Floor Small Lounge FTV Floor TV Lounge COM Commons FC Fitness Center IR Iris Room AR Activity Room C = Closed Group Community Groups meet by the Iris Room</p> <p>1:1's with Living Skills Instructors 2nd Rebecca Scott 3rd Jonathan Walters 4th Ryan Voiles 5th Alanna Nascene</p> <p>* Groups in Green are eligible for Strive to Thrive! A Minnesota 10 x 10 Initiative</p>			<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills – CR (Mary Pat, Katelyn) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 6:30 Mental Health In The News—AR (Elle) 7:00 Voices Heard-Community Choir – DR (Jonathan) 7:30 Assertiveness Skills - LC (Heather)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 2:00 Mindfulness - AR (Rebecca) 3:00 *Body Balance Class - AR (Amanda) 3:30 DBT Group - AR (Jenna) 4:00 Anger Management—AR (Mary Pat) 4:30 Coping with Anxiety and Depression—AR (Elle) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:30 Communion - DR (Father Wehmann) 10:45 *Morning Walkers Group—DR 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno – 3FTV 7:15 *PM Wind Down—FC (Rob)</p>	<p>10:30 Morning Wake Up in the Dining Room 1:00 *Swimming at Brooklyn Center - IR (Rachel) 1:30 Cribbage & Cards - AR (Alanna) 1:30 Bingo - 3FTV 3:00 Trivia Group - AR (Melissa)</p>
<p>10:30 Morning Wake Up in the Dining Room 1:00 *Swimming at Brooklyn Center - IR (Rachel) 1:30 Cribbage & Cards - AR (Alanna) 1:30 Bingo - 3FTV 3:00 Trivia Group - AR (Melissa)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:00 Thrift Store - IR (Lauren) 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Living With Hallucinations—IR (Elle) 3:30 Mental Health Topics - AR (Emily) 4:00 Basic Computer Skills—LC (Alanna) 4:30 Men's Group - LC (Jim) 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily C.) 7:00 Monday Night Wrestling - 4FTV 7:15 *PM Wind-down - AR (Rob)</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Walmart - IR (Haley) 1:30 Relaxation Group—LC (Heather) 2:00 Women's Discussion - LC (Katelyn) 3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan) 3:45 Sports Talk - AR (Rob) 4:00 What's In A Picture – CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 4:30 *Resistance Band Class - AR (Amanda) 6:30 *Chemical Health Education— LC (Emily C.) 6:45 Card Games - AR (Rachel) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Brain Games: Science Behind our Symptoms—AR (Alanna) 7:30 Haircuts - CR (Rebecca) 8:15 Evening Relaxation - LC (Alanna)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 Creative Expressions - DR (Rob) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills – CR (Mary Pat, Katelyn) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 6:30 Mental Health In The News—AR (Elle) 7:00 Voices Heard-Community Choir – DR (Jonathan) 7:30 Assertiveness Skills - LC (Heather)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 2:00 Mindfulness - AR (Rebecca) 3:00 *Body Balance Class - AR (Amanda) 3:30 DBT Group - AR (Jenna) C 3:30 Community Council Board Meeting - LC 4:00 Anger Management—AR (Mary Pat) 4:30 Coping with Anxiety and Depression—AR (Elle) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:30 Communion - DR (Father Wehmann) 10:45 *Morning Walkers Group—DR 1:00 Public Library - IR (Lauren) 3:30 The Birds and the Bees—LC (Elizabeth) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno – 3FTV</p>	<p>10:30 Morning Wake Up in the Dining Room 2:00 Rob Lipscomb Concert—DR (Rob) 2:00 Chess and Checkers - IR (Jonathan) 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 *Fitness Center Open</p>
<p>10:30 Morning Wake Up in the Dining Room 1:30 Bingo - 3FTV 2:00 Women's Discussion - LC (Katelyn) 2:00 Tim Horton's - IR (Rob) 3:30 *Yoga - FC (Rebecca)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 3:30 Mental Health Topics - AR (Emily) 4:00 Basic Computer Skills—LC (Alanna) 4:30 Men's Group - LC (Jim) 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily C.) 7:00 Monday Night Wrestling - 4FTV 7:15 *PM Wind-down - AR (Rob)</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Walmart - IR (Lauren) 1:30 Relaxation Group—LC (Heather) 3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan) 3:45 Sports Talk - AR (Rob) 4:00 What's In A Picture – CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 4:30 *Resistance Band Class - AR (Amanda) 6:30 *Chemical Health Education— LC (Emily C.) 6:45 Card Games - AR (Rachel) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Brain Games: Science Behind our Symptoms—AR (Alanna) 7:30 Haircuts - CR (Rebecca) 8:15 Evening Relaxation - LC (Alanna)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 Creative Expressions - DR (Rob) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills – CR (Mary Pat, Katelyn) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 6:30 Mental Health In The News—AR (Elle) 7:00 Ginkgo Open Mic Night - IR (Lauren) 7:00 Voices Heard-Community Choir – DR (Jonathan) 7:30 Assertiveness Skills - LC (Heather)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 2:00 Mindfulness - AR (Rebecca) 3:00 Floor Meetings on each floor 3:30 *Body Balance Class - AR (Amanda) 3:30 DBT Group - AR (Jenna) 4:00 Anger Management—AR (Mary Pat) 4:30 Coping with Anxiety and Depression—AR (Elle) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:30 Communion - DR (Father Wehmann) 10:45 *Morning Walkers Group—DR 1:30 *Bowling—IR (Haley) 3:30 The Birds and the Bees—LC (Elizabeth) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno – 3FTV</p>	<p>10:30 Morning Wake Up in the Dining Room 12:45 Minneapolis Institute of Arts—IR (Rachel) 1:30 Winter Living - LC (Alanna) 4:00 *Fitness Center Open</p>
MAJOR ROOM CLEANING WEEK 13—17						
<p>10:30 Morning Wake Up in the Dining Room 1:30 Cribbage & Cards - AR (Alanna) 1:30 Bingo - 3FTV 2:00 Quarry Shopping - IR (Rachel)</p> 	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:30 MLK Community Celebration - IR (Lauren) 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Living With Hallucinations—IR (Elle) 3:30 Mental Health Topics - AR (Emily) 4:00 Basic Computer Skills—LC (Alanna) 4:30 Men's Group - LC (Jim) 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 *PM Wind-down - AR (Rob)</p> 	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Walmart - IR (Haley) 1:00 Half Price Books - IR (Lauren) 2:00 Women's Discussion - LC (Katelyn) 3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan) 3:45 Sports Talk - AR (Rob) 4:30 *Yoga - FC (Rebecca) 4:30 *Resistance Band Class - AR (Amanda) 6:30 *Chemical Health Education— LC (Emily C.) 6:45 Card Games - AR (Rachel) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Brain Games: Science Behind our Symptoms—AR (Alanna) 7:30 Haircuts - CR (Rebecca) 8:15 Evening Relaxation - LC (Alanna)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 Creative Expressions - DR (Rob) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills – CR (Mary Pat, Katelyn) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 6:30 Mental Health In The News—AR (Elle) 7:00 Voices Heard-Community Choir – DR (Jonathan) 7:30 Assertiveness Skills - LC (Heather)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 2:00 Mindfulness - AR (Rebecca) 2:30 Cooking Show - CR (Rebecca) 3:00 *Body Balance Class - AR (Amanda) 3:30 DBT Group - AR (Jenna) C 3:30 Community Council Board Meeting - LC 4:00 Anger Management—AR (Mary Pat) 4:30 Coping with Anxiety and Depression—AR (Elle) 7:00 Beard Trimming—CR (Ryan)</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:30 Communion - DR (Father Wehmann) 10:45 *Morning Walkers Group—DR 1:30 *Bowling—IR (Haley) 3:30 The Birds and the Bees—LC (Elizabeth) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR TBD Cheapo Movie—IR (Rob) C 7:00 AA (LC) 7:00 Pokeno – 3FTV</p>	<p>10:30 Morning Wake Up in the Dining Room 1:30 Five Below Store—IR (Lauren) 2:00 Chess and Checkers - IR (Jonathan) 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 *Fitness Center Open 4:00 Folklore and Fairytales—LC</p> 
<p>10:30 Morning Wake Up in the Dining Room 12:30 NE Winter Market - IR (Lauren) 1:30 Bingo - 3FTV 3:30 *Yoga - FC (Rebecca) 4:00 Folklore and Fairytales - LC (Elizabeth)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Living With Hallucinations—IR (Elle) 3:30 Mental Health Topics - AR (Emily) 4:30 Men's Group - LC (Jim) 6:30 Movie Group - 3FTV C 7:00 Peer Review - CR (Melissa) 7:00 *Chemical Health and Wellness - LC (Emily C.) 7:00 Monday Night Wrestling - 4FTV 7:15 All Resident Meeting - DR</p>	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Walmart - IR (Lauren) 2:00 Women's Discussion - LC (Katelyn) 3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan) 3:45 Sports Talk - AR (Rob) 4:00 What's In A Picture – CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 4:30 *Resistance Band Class - AR (Amanda) 6:30 *Chemical Health Education— LC (Emily C.) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Haircuts - CR (Rebecca)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 Creative Expressions - DR (Rob) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills – CR (Mary Pat, Katelyn) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 6:30 Mental Health In The News—AR (Elle) 7:00 Voices Heard-Community Choir – DR (Jonathan)</p>	<p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 2:00 Mindfulness - AR (Rebecca) 3:00 *Body Balance Class - AR (Amanda) 3:30 DBT Group - AR (Jenna) C 4:00 Anger Management—AR (Mary Pat) 4:30 Coping with Anxiety and Depression—AR (Elle) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p> 	<p>AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:30 Communion - DR (Father Wehmann) 10:45 *Morning Walkers Group—DR 1:30 *Bowling—IR (Haley) 3:30 The Birds and the Bees—LC (Elizabeth) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR TBD Cheapo Movie—IR (Rob) C 7:00 AA (LC) 7:00 Pokeno – 3FTV</p>	<p>10:30 Morning Wake Up in the Dining Room 1:30 Five Below Store—IR (Lauren) 2:00 Chess and Checkers - IR (Jonathan) 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 *Fitness Center Open 4:00 Folklore and Fairytales—LC</p> 