

# NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>LOCATIONS:</b>                      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</p> <p>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 Bares</p> <p>* Groups in Green are eligible for</p> <p><b>Strive to Thrive!</b>                      A Minnesota 10 x 10 Initiative</p>			<p>1 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      12:45 Jewelry Making—CR (Haley &amp; Lauren)                      C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S)                      3:30 DBT Group - AR (Jenna)                      6:45 Coping With Life Changes—LC (Emily S.)                      7:00 Beard Trimming—CR (Ryan)</p>	<p>2 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      3:30 Successful Independence - DR (Rebecca)                      3:30 The Birds and the Bees—LC (Elizabeth)                      4:15 Letters from Andrew—CR                      C 7:00 AA (LC)                      7:00 Pokeno - 3FTV</p>	<p>3 10:30 Morning Wake Up in the Dining Room</p> <p>1:30 *Chair Exercise - 3FTV                      2:00 Public Library - IR (Lauren)                      2:00 Chess and Checkers - IR (Jonathan)                      2:30 Metro Transit Travels - IR (Rebecca)                      4:00 *Fitness Center Open</p> 
<p>4 DAYLIGHT SAVING TIME ENDS</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:30 Bingo - 3FTV                      2:00 Art Attack 2018 - IR (Lauren)                      3:30 *Yoga - FC (Rebecca)                      4:00 Folklore and Fairytales - LC (Elizabeth)</p> 	<p>5 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      1:30 Target - IR (Lauren)                      1:45 Explorations of Sound - MR (Rebecca, Jonathan)                      2:00 Living With Hallucinations—IR (Elle)                      3:30 Mental Health Topics - LC (Emily)                      4:00 Basic Computer Skills—LC (Alanna)                      4:30 Men's Group - LC (Jim)                      6:30 Movie Group - 3FTV                      6:30 *PM Wind-down - AR (Rob)                      7:00 *Chemical Health and Wellness - LC (Emily C)                      7:00 Monday Night Wrestling - 4FTV</p>	<p>6 VOTE</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      1:00 Walmart - IR (Lauren)                      1:00 Mindfulness - AR (Rebecca)                      1:30 Relaxation Group—LC (Heather)                      3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan)                      3:45 Creative Expressions—DR (Rob)                      4:00 What's In A Picture - CR (Mary Pat)                      4:30 *Yoga - FC (Rebecca)                      6:30 *Chemical Health Education- LC (Emily C.)                      7:00 Card Games - AR (Rachel)                      7:00 Brain Games: Science Behind our Symptoms—AR (Alanna)                      7:15 Spiritual Care Group - LC (Chaplain Amy)                      7:30 Haircuts - CR (Rebecca)                      8:00 Evening Relaxation - LC (Alanna)</p>	<p>7 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      2:30 *Bowling - IR (Rob)                      3:00 Communion Service - IR (Father Mike)                      3:30 Healthy Living - AR (Emily C, Jenna)                      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 Self Assertion—CR (Heather)                      7:00 Gingko Open Mic Night - IR (Lauren)                      7:00 Voices Heard-Community Choir - DR (Jonathan)</p> <p>RESIDENT BIRTHDAY Lunch</p>	<p>8 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      12:45 Jewelry Making—CR (Haley &amp; Lauren)                      C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S.)                      3:30 DBT Group - AR (Jenna)                      4:00 Anger Management—LC (Mary Pat)                      4:30 Coping with Anxiety and Depression—CR (Elle)                      6:45 Coping With Life Changes—LC (Emily S.)                      7:00 Beard Trimming—CR (Ryan)                      7:15 World's Most Dangerous Polka Band - DR (Rob)                      8:00 Thursday Night Fights - 4FTV</p>	<p>9 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      1:30 Science Museum, Mental Health: Mind Matters - IR (Haley)                      2:00 *Swimming - IR (Rachel)                      3:30 Successful Independence - DR (Rebecca)                      3:30 The Birds and the Bees—LC (Elizabeth)                      4:15 Letters from Andrew—CR                      6:20 Cheapo Movies - IR (Rob)                      C 7:00 AA (LC)                      7:00 Pokeno - 3FTV</p>	<p>10 10:30 Morning Wake Up in the Dining Room</p> <p>1:00 Hub Hobby - IR (Lauren)                      1:30 *Chair Exercise - 3FTV                      4:00 *Fitness Center Open</p>
<p>11</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>12:30 Holiday Market - IR (Lauren)                      1:30 Bingo - 3FTV                      3:30 Mental Health Topics - LC (Emily S)                      3:00 Cribbage &amp; Cards - AR (Alanna)</p>	<p>12 VETERAN'S DAY</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      1:30 Target - IR (Lauren)                      1:45 Explorations of Sound - MR (Rebecca, Jonathan)                      2:00 Living With Hallucinations—IR (Elle)                      4:00 Basic Computer Skills—LC (Alanna)                      4:30 Men's Group - LC (Jim)                      C 6:00 Community Council Board Meeting - LC                      6:30 Movie Group - 3FTV                      7:00 *Chemical Health and Wellness - LC (Emily)                      7:00 Monday Night Wrestling - 4FTV</p>	<p>13 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      1:00 Walmart - IR (Haley)                      1:00 Mindfulness - AR (Rebecca)                      1:30 Relaxation Group—LC (Heather)                      3:30 Pet Therapy Visit (Rachel)                      3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan)                      3:45 Creative Expressions—DR (Rob)                      4:00 What's In A Picture - CR (Mary Pat)                      4:30 *Yoga - FC (Rebecca)                      6:30 *Chemical Health Education- LC (Emily C.)                      7:00 Card Games - AR (Rachel)                      7:00 Brain Games: Science Behind our Symptoms—AR (Alanna)                      7:15 Spiritual Care Group - LC (Chaplain Amy)                      7:30 Haircuts - CR (Rebecca)                      8:00 Evening Relaxation - LC (Alanna)</p>	<p>14 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      2:30 *Bowling - IR (Rob)                      3:00 Communion Service - IR (Father Mike)                      3:30 Healthy Living - AR (Emily C, Jenna)                      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 Self Assertion—CR (Heather)                      7:00 Voices Heard-Community Choir - DR (Jonathan)</p>	<p>15 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      12:45 Jewelry Making—CR (Haley &amp; Lauren)                      C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>2:30 Floor Meetings on each floor                      3:30 DBT Group - AR (Jenna)                      4:00 Anger Management—LC (Mary Pat)                      4:30 Coping with Anxiety and Depression—CR (Elle)                      7:00 Beard Trimming—CR (Ryan)</p>	<p>16 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      1:00 Rosedale mall - IR (Haley)                      1:30 *Mall Walk - IR (Rachel)                      2:30 Recipes From a Friend - DR (Rebecca)                      3:30 Successful Independence - DR (Rebecca)                      3:30 The Birds and the Bees—LC (Elizabeth)                      4:15 Letters from Andrew—CR                      C 7:00 AA (LC)                      7:00 Pokeno - 3FTV                      8:00 Friday Night Fights - 4FTV</p>	<p>17 10:30 Morning Wake Up in the Dining Room</p> <p>1:30 *Chair Exercise - 3FTV                      2:00 Dale Martell-Guitarist - DR (Rob)                      2:00 Chess and Checkers - IR (Jonathan)                      2:30 Metro Transit Travels - IR (Rebecca)                      4:00 *Fitness Center Open</p> 
<p><b>MAJOR ROOM CLEANING WEEK 11-15</b></p>						
<p>18</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:30 Bingo - 3FTV                      2:00 Living With Hallucinations—IR (Elle)                      2:00 Coffee at Tim Horton's - IR (Rob)                      3:30 *Yoga - FC (Rebecca)</p> 	<p>19 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      1:30 Target - IR (Lauren)                      1:45 Explorations of Sound - MR (Rebecca, Jonathan)                      3:30 Mental Health Topics - LC (Emily)                      4:00 Basic Computer Skills—LC (Alanna)                      4:30 Men's Group - LC (Jim)                      6:30 Movie Group - 3FTV                      6:30 *PM Wind-down - AR (Rob)                      7:00 *Chemical Health and Wellness - LC (Emily)                      7:00 Monday Night Wrestling - 4FTV</p>	<p>20 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      1:00 Walmart - IR (Lauren)                      1:00 Mindfulness - AR (Rebecca)                      3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan)                      3:45 Creative Expressions—DR (Rob)                      4:00 What's In A Picture - CR (Mary Pat)                      4:30 *Yoga - FC (Rebecca)                      6:00 MN History Center, Free admission - IR (Haley)                      6:30 *Chemical Health Education- LC (Emily C.)                      7:00 Card Games - AR (Rachel)                      7:00 Brain Games: Science Behind our Symptoms—AR (Alanna)                      7:15 Spiritual Care Group - LC (Chaplain Amy)                      7:30 Haircuts - CR (Rebecca)                      8:00 Evening Relaxation - LC (Alanna)</p>	<p>21 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      2:30 *Bowling - IR (Rob)                      3:00 Communion Service - IR (Father Mike)                      3:30 Healthy Living - AR (Emily C, Jenna)                      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 Self Assertion—CR (Heather)                      7:00 Underground Music Cafe—IR (Lauren)                      7:00 Voices Heard-Community Choir - DR (Jonathan)</p>	<p>22</p> 	<p>23 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      3:00 Humane Society - IR (Rachel)                      3:30 Successful Independence - DR (Rebecca)                      3:30 The Birds and the Bees—LC (Elizabeth)                      4:15 Letters from Andrew—CR                      C 7:00 AA (LC)                      7:00 Pokeno - 3FTV</p>	<p>24 10:30 Morning Wake Up in the Dining Room</p> <p>1:00 Goodwill - IR (Haley)                      1:30 *Chair Exercise - 3FTV                      4:00 *Fitness Center Open</p>
<p>25</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:00 Football in the Fitness Center (Haley)                      1:30 Bingo - 3FTV                      3:00 Cribbage &amp; Cards - AR (Alanna)</p>	<p>26 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      1:00 Mandala Coloring - AR (Lauren)                      1:30 Target - IR (Lauren)                      1:45 Explorations of Sound - MR (Rebecca, Jonathan)                      2:00 Living With Hallucinations—IR (Elle)                      3:30 Mental Health Topics - LC (Emily)                      4:00 Basic Computer Skills—LC (Alanna)                      4:30 Men's Group - LC (Jim)                      C 6:00 Community Council Board Meeting - LC                      6:30 Movie Group - 3FTV                      7:00 *Chemical Health and Wellness - LC (Emily)                      7:00 Monday Night Wrestling - 4FTV                      7:15 Resident Community Meeting - DR</p>	<p>27 AM Wake Up on your floor</p> <p>10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      1:00 Walmart - IR (Haley)                      1:00 Mindfulness - AR (Rebecca)                      1:30 Relaxation Group—LC (Heather)                      3:30 Pet Therapy Visit (Rachel)                      3:30 Arts, Crafts and Whatnots - AR (Jonathan, Ryan)                      3:45 Creative Expressions—DR (Rob)                      4:00 What's In A Picture - CR (Mary Pat)                      4:30 *Yoga - FC (Rebecca)                      6:30 *Chemical Health Education- LC (Emily C.)                      7:00 Card Games - AR (Rachel)                      7:00 Brain Games: Science Behind our Symptoms—AR (Alanna)                      7:15 Spiritual Care Group - LC (Chaplain Amy)                      7:30 Haircuts - CR (Rebecca)                      8:00 Evening Relaxation - LC (Alanna)</p>	<p>28 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      3:00 Communion Service - IR (Father Mike)                      3:30 Healthy Living - AR (Emily C, Jenna)                      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 Self Assertion—CR (Heather)                      7:00 Cribbage - AR (Lauren)                      7:00 Voices Heard-Community Choir - DR (Jonathan)</p>	<p>29 AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR                      12:45 Jewelry Making—CR (Haley &amp; Lauren)                      C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S)                      3:30 DBT Group - AR (Jenna)                      4:00 Anger Management—LC (Mary Pat)                      4:30 Coping with Anxiety and Depression—CR (Elle)                      6:30 PM Wind-down - AR (Rob)                      6:45 Coping With Life Changes—LC (Emily S.)                      7:00 Beard Trimming—CR (Ryan)</p>	<p>30 AM Wake Up on your floor</p> <p>9:30 Trip to National Eagle Center - IR (Rob)                      10:30 Steady Beatz—CR (Melissa, Hilary)                      10:45 *Morning Walkers Group—DR                      C 11:00 Peer Review - CR (Melissa)                      2:00 Half Price Books - IR (Lauren)                      3:30 Successful Independence - DR (Rebecca)                      3:30 The Birds and the Bees—LC (Elizabeth)                      4:15 Letters from Andrew—CR                      C 7:00 AA (LC)                      7:00 Pokeno - 3FTV</p> 	