

SEPTEMBER 2017

Mon

Tue

Wed

Thu

Fri

Sat

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

Community Groups meet by the Learning Center

1:1's with Living Skills
Instructors
2nd Rebecca Scott
3rd Jonathan Walters
4th Ryan Conover
5th Cynthia Zoupas

*Groups in Green are



1 AM Wake on your floor
10:45 *Morning Walkers Group—DR
11:00 Steady Beatz—CR (Jonathan, Melissa, Hilary)
1:00 Card / Board / Video Games—LC (Haley)
3:30 *Yoga—FC (Rebecca)
4:15 Letters from Andrew—CR
C 7:00 AA (LC)
7:00 Pokeno – 3FTV

**STATE FAIR OUTINGS! SEE POSTER FOR DETAILS

2 10:30 Morning Wake Up in the Dining Room
1:00 Good Eats —IR (Ryan)
2:00 Lyndale Park Rose Garden—IR (Lauren)
4:00 *Fitness Center Open (Haley)

**STATE FAIR OUTINGS! SEE POSTER FOR DETAILS



3 10:30 Morning Wake Up in the Dining Room
****STATE FAIR OUTINGS! SEE POSTER FOR DETAILS**



4 
1:00 Labor Day Trivia—LC (Lauren)
****STATE FAIR OUTINGS! SEE POSTER FOR DETAILS**

5 AM Wake Up on your floor
10:30 Steady Beatz—CR (Jonathan, Melissa, Hilary)
10:45 *Morning Walkers Group—DR
1:00 Unique Thrift Store—IR (Lauren)
1:00 *Lake Walk—(Abby)
1:30 Freelance Art – B9 (Ryan)
1:30 Knit Wits /Clothes Drs– DR (Jonathan)
3:30 Women's Discussion Group – CR (Kayla)
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.)
6:45 *Open Gym – IR (Rachel & Haley)
7:00 Positive Thinking – CR (Logan)
7:15 Spiritual Care Group - LC [New Day]
7:30 Women's Haircuts – CR (Rebecca)

6 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:30 Literacy Life – IR (Ryan)
2:30 Photo Group—(Rob)
3:30 You're Golden! Aging at Andrew – LC (Kayla)
4:00 Interpersonal Skills – CR (Mary Pat)
4:00 Coping with Anxiety – DR (Khoah)
4:00 Mental Health Topics – LC (Emily S.)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
4:30 Men's Discussion Group – CR (Khoah)
7:00 Gingko Open Mic—IR (Lauren)
7:00 Voices Heard-Community Choir – DR (Jonathan)
8:00 Coloring Group – FC (Abby)

7 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
12:45 Jewelry Making—CR (Lauren & Haley)
1:00 Basic Computer Skills—5 FTV (Cynthia)
C 1:00 *Chemical Health Process—LC (Emily C.)
1:00 Cultural Awareness—IR (Khoah)
C 1:30 Provisions for Success—CR (Emily S.)
1:30 Walmart Outing—IR (Abby)
2:30 Card Games—DR (Rachel)
2:30 Resident Favorite Foods –DR (Rebecca)
3:30 DBT Skills—CR (Logan)
4:00 *Healthy Living—IR (Kayla)
4:00 Anger Management—LC (Mary Pat)
7:00 Men's Hair Cuts—CR (Ryan)
7:15 *PM Stretch—FC (Rob)

8 AM Wake on your floor
10:45 *Morning Walkers Group—DR
11:00 Steady Beatz—CR (Jonathan, Melissa, Hilary)
1:30 Mall of America—IR (Haley)
2:00 *Walk at Nine Mile Creek—(Rob)
3:30 *Yoga – FC (Rebecca)
4:15 Letters from Andrew—CR
C 7:00 AA (LC)
7:00 Pokeno – 3FTV

9 10:30 Morning Wake Up in the Dining Room
1:30 Dollar Tree—IR (Rachel)
2:30 Metro Transit Travels—IR (Rebecca)
4:00 *Fitness Center Open (Haley)
8:00 Saturday Night Fights—4 FTV (Ryan)

10 10:30 Morning Wake Up in the Dining Room
2:00 *Biking—meet in Lobby (Rebecca)
3:30 *Yoga—FC (Rebecca)
4:00 *Lake Walk—IR (Rachel)

11 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:00 Basic Computer Skills—5 FTV (Cynthia)
1:15 *Walkers—(Rob)
1:30 Target—IR (Rachel)
1:45 Explorations of Sound—MR (Rebecca, Jonathan)
2:00 Coffee & Canvas – DR (Abby)
C 3:45 Successful Independence – IR Cynthia
4:00 Mental Health Topics—CR (Emily S.)
6:00 Community Council Board Mtg – LC
6:30 Movie Group – 3 FTV
7:00 *Chemical Health & Wellness—LC (Emily C.)
7:00 Monday Night Wrestling – 4 FTV
7:15 Book Club – FC (Abby)

12 AM Wake Up on your floor
10:30 Steady Beatz—CR (Jonathan, Melissa, Hilary)
10:45 *Morning Walkers Group—DR
1:00 *Lake Walk—(Abby)
1:30 Freelance Art – B9 (Ryan)
1:30 Knit Wits /Clothes Drs– DR (Jonathan)
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.)
6:45 *Open Gym – IR (Haley)
7:15 Spiritual Care Group - LC [New Day]
7:30 Women's Haircuts – CR (Rebecca)

13 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:30 Literacy Life – IR (Ryan)
2:30 Photo Group—(Rob)
3:30 You're Golden! Aging at Andrew – LC (Kayla)
4:00 Interpersonal Skills – CR (Mary Pat)
4:00 Coping with Anxiety – DR (Khoah)
4:00 Mental Health Topics – LC (Emily S.)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
4:30 Men's Discussion Group – CR (Khoah)
7:00 Voices Heard-Community Choir – DR (Jonathan)
8:00 Coloring Group – FC (Abby)
RESIDENT BIRTHDAY LUNCH

14 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
12:45 Jewelry Making—CR (Lauren & Haley)
1:00 Basic Computer Skills—5 FTV (Cynthia)
C 1:00 *Chemical Health Process—LC (Emily C.)
1:00 Cultural Awareness—IR (Khoah)
C 1:30 Provisions for Success—CR (Melissa, Emily S.)
1:30 Walmart Outing—IR (Abby)
3:30 DBT Skills—CR (Logan)
4:00 *Healthy Living—IR (Kayla)
4:00 Anger Management—LC (Mary Pat)
6:15 Coping With Life Changes—LC (Emily S.)
7:00 Men's Hair Cuts—CR (Ryan)
7:15 *PM Stretch—FC (Rob)

15 AM Wake on your floor
10:45 *Morning Walkers Group—DR
11:00 Steady Beatz—CR (Jonathan, Melissa, Hilary)
2:00 Minnehaha Mile Shopping—IR (Lauren)
2:00 *Walk at Elm Creek Park—(Rob)
2:30 Resident Favorite Foods –DR (Rebecca)
3:30 *Yoga – FC (Rebecca)
4:15 Letters from Andrew—CR
C 7:00 AA (LC)
7:00 Pokeno – 3FTV
8:00 Friday Night Fights—4 FTV (Ryan)

16 10:30 Morning Wake Up in the Dining Room
4:00 *Fitness Center Open (Haley)



17 10:30 Morning Wake Up in the Dining Room
1:30 Como Zoo—IR (Haley)
3:30 Mental Health Topics—LC (Emily S.)



18 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:00 Basic Computer Skills—5 FTV (Cynthia)
1:15 *Walkers—(Rob)
1:45 Explorations of Sound—MR (Rebecca, Jonathan)
2:00 Coffee & Canvas – DR (Abby)
3:00 Target—IR (Rachel)
C 3:45 Successful Independence – IR Cynthia
4:00 Freedom from Addiction—LC (Logan)
6:30 Movie Group – 3 FTV
7:00 *Chemical Health & Wellness—LC (Emily)
7:00 Monday Night Wrestling – 4 FTV
7:15 Book Club – FC (Abby)

19 AM Wake Up on your floor
10:30 Steady Beatz—CR (Jonathan, Melissa, Hilary)
10:45 *Morning Walkers Group—DR
1:00 *Lake Walk—(Abby)
1:30 Freelance Art – B9 (Ryan)
1:30 Knit Wits /Clothes Drs– DR (Jonathan)
3:30 Women's Discussion Group – CR (Kayla)
3:45 Creative Expressions—DR (Rob)
4:30 *Yoga – FC (Rebecca)
6:30 *Chemical Health Education– LC (Emily C.)
6:45 *Open Gym – IR (Rachel & Haley)
7:00 Positive Thinking – CR (Logan)
7:15 Spiritual Care Group - LC [New Day]
7:30 Women's Haircuts – CR (Rebecca)

20 
—Begins at Sundown—
AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:30 Literacy Life – IR (Ryan)
2:30 *Bowling—(Rob)
3:30 You're Golden! Aging at Andrew – LC (Kayla)
4:00 Interpersonal Skills – CR (Mary Pat)
4:00 Coping with Anxiety – DR (Khoah)
4:00 Mental Health Topics – LC (Emily S.)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
4:30 Men's Discussion Group – CR (Khoah)
7:00 Underground Music Café—IR (Lauren)
7:00 Voices Heard-Community Choir – DR (Jonathan)
8:00 Coloring Group – FC (Abby)

21 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
12:45 Jewelry Making—CR (Lauren & Haley)
1:00 Basic Computer Skills—5 FTV (Cynthia)
C 1:00 *Chemical Health Process—LC (Emily C.)
1:00 Cultural Awareness—IR (Khoah)
C 1:30 Provisions for Success—CR (Melissa, Emily S.)
1:30 Walmart Outing—IR (Abby)
2:30 Card Games—DR (Rachel)
2:30 Resident Favorite Foods –DR (Rebecca)
3:30 DBT Skills—CR (Logan)
4:00 *Healthy Living—IR (Kayla)
4:00 Anger Management—LC (Mary Pat)
6:15 Coping With Life Changes—LC (Emily S.)
7:00 Men's Hair Cuts—CR (Ryan)
7:15 *PM Stretch—FC (Rob)

22 
AM Wake on your floor
10:45 *Morning Walkers Group—DR
11:00 Steady Beatz—CR (Jonathan, Melissa, Hilary)
2:00 Minneapolis Institute of Arts—IR (Rachel)
3:00 Collage Making—CR (Lauren)
3:30 *Yoga – FC (Rebecca)
4:15 Letters from Andrew—CR
C 7:00 AA (LC)
7:00 Pokeno – 3FTV

23 10:30 Morning Wake Up in the Dining Room
2:30 Metro Transit Travels—IR (Rebecca)
4:00 *Fitness Center Open (Haley)
6:20 Cheapo Movies—(Rob)


24 9:45 Trip to Eagle Center in Wabasha—(Rob)
10:30 Morning Wake Up in the Dining Room
2:00 *Biking—meet in Lobby (Rebecca)
3:30 *Yoga—FC (Rebecca)

25 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:00 Basic Computer Skills—5 FTV (Cynthia)
1:15 *Walkers—(Rob)
1:30 Target—IR (Rachel)
1:45 Explorations of Sound—MR (Rebecca, Jonathan)
2:00 Coffee & Canvas – DR (Abby)
C 3:45 Successful Independence – IR Cynthia
4:00 Freedom from Addiction—LC (Logan)
4:00 Mental Health Topics—CR (Emily S.)
6:00 Community Council Board Mtg – LC
6:30 Movie Group – 3 FTV
7:00 *Chemical Health & Wellness—LC (Emily C.)
7:00 Monday Night Wrestling – 4 FTV
7:15 Resident Community Meeting – DR
7:15 Book Club – FC (Abby)

26 AM Wake Up on your floor
10:30 Steady Beatz—CR (Jonathan, Melissa, Hilary)
10:45 *Morning Walkers Group—DR
1:00 Public Library—IR (Lauren)
1:00 *Lake Walk—(Abby)
1:30 Freelance Art – B9 (Ryan)
1:30 Knit Wits /Clothes Drs– DR (Jonathan)
3:30 Women's Discussion Group – CR (Kayla)
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.)
6:45 *Open Gym – IR (Rachel & Haley)
7:00 Positive Thinking – CR (Logan)
7:15 Spiritual Care Group - LC [New Day]
7:30 Women's Haircuts – CR (Rebecca)
8:00 Tuesday Night Fights – 4 FTV (Ryan)

27 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:30 Literacy Life – IR (Ryan)
2:30 *Bowling—(Rob)
3:30 You're Golden! Aging at Andrew – LC (Kayla)
4:00 Interpersonal Skills – CR (Mary Pat)
4:00 Coping with Anxiety – DR (Khoah)
4:00 Mental Health Topics – LC (Emily S.)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
4:30 Men's Discussion Group – CR (Khoah)
7:00 Voices Heard-Community Choir – DR (Jonathan)
8:00 Coloring Group – FC (Abby)

28 
AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
12:45 Jewelry Making—CR (Lauren & Haley)
1:00 Basic Computer Skills—5 FTV (Cynthia)
C 1:00 *Chemical Health Process—LC (Emily C.)
1:00 Cultural Awareness—IR (Khoah)
C 1:30 Provisions for Success—CR (Melissa, Emily S.)
1:30 Walmart Outing—IR (Abby)
2:30 Card Games—DR (Rachel)
2:30 Resident Favorite Foods –DR (Rebecca)
3:30 DBT Skills—CR (Logan)
4:00 *Healthy Living—IR (Kayla)
4:00 Anger Management—LC (Mary Pat)
6:15 Coping With Life Changes—LC (Emily S.)
7:00 Men's Hair Cuts—CR (Ryan)
7:15 *PM Stretch—FC (Rob)
7:15 *Strive to Thrive Party—DR (Abby)

29 
—Begins at Sundown—
AM Wake on your floor
10:45 *Morning Walkers Group—DR
11:00 Peer Review – LC
11:00 Steady Beatz—CR (Jonathan, Melissa, Hilary)
3:30 *Yoga – FC (Rebecca)
4:15 Letters from Andrew—CR
C 7:00 AA (LC)
7:00 Pokeno – 3FTV
TBA Movie at Hopkins Theater—IR (Rachel)

30 10:30 Morning Wake Up in the Dining Room
4:00 *Fitness Center Open (Haley)
8:00 Saturday Night Fights—4 FTV (Ryan)