

JUNE 2018

Sun

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
AC Activity Room
 Community Groups meet by the Iris Room

1:1's with Living Skills
 Instructors
 2nd Rebecca Scott
 3rd Jonathan Walters
 4th Ryan Voiles
 5th Alanna Bares

*Groups in **Green** are eligible for
Strive to Thrive!
 A Minnesota 10 x 10 Initiative



1 AM Wake Up on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
 2:00 Edina Art Fair - IR (Lauren)
3:30 *Yoga -FC (Rebecca)
 4:15 Letters from Andrew—CR
 C 7:00 AA (LC)
 7:00 Pokeno – 3FTV
 TBD Movie at Hopkins Theater - IR (Rachel)

2 10:30 Morning Wake Up in the Dining Room
1:30 *Hike at Richardson Nature Center - IR (Rob)
 2:00 Chess and Checkers - IR (Jonathan)
 2:30 Metro Transit Travels - IR (Rebecca)
4:00 *Fitness Center Open



3 10:30 Morning Wake Up in the Dining Room
1:30 *Walk at Minnehaha Park and DQ- IR (Rob)
2:00 *Biking - IR (Rebecca)
 3:30 Mental Health Topics - LC (Emily S)
3:30 *Yoga - FC (Rebecca)



4 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
1:15 *Walkers - IR (Rob)
 1:45 Explorations of Sound - MR (Rebecca, Jonathan)
 6:30 Movie Group - 3FTV
7:00 *Chemical Health and Wellness - LC (Emily C)
 7:00 Monday Night Wrestling - 4FTV
 7:15 Book Club - FC (Abby)

5 AM Wake Up on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
 12:30 Walmart Outing - IR (Abby)
 1:00 Thrift Store Shopping - IR (Lauren)
 TBD Solo: A Star Wars Movie - IR (Rob)
 3:30 Pet Therapy (Rachel)
 4:00 What's In A Picture – CR (Mary Pat)
4:30 *Yoga – FC (Rebecca)
6:00 *Softball-see poster for exact time - IR (Haley, Rachel)
6:30 *Chemical Health Education– LC (Emily C.)
 7:15 Spiritual Care Group - LC (Chaplain Amy)
 7:30 Women's Haircuts – CR (Rebecca)

6 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
 2:30 Photo Group - IR (Rob)
 3:00 Communion Service - IR (Father Mike)
3:30 *Lake Walk - IR (Lauren)
 3:30 You're Golden: Aging at Andrew - LC (Elizabeth)
 4:00 Interpersonal Skills – CR (Mary Pat, Kali)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
 4:30 In Your Words - LC (Elizabeth)
 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 (Haley & Lauren)
 C 1:00 *Chemical Health Process Group—LC (Emily C.)
 C 1:30 Provisions for Success—CR (Melissa, Emily S.)
 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)
 1:30 Jenny Moberg Event - DR (TR staff)
2:30 *Planting - DR (Rebecca)
 3:30 Healthy Living - CR (Emily C)
 4:00 Successful Independence - DR (Ryan)
 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.)
 7:30 Beard Trimming - CR (Ryan)

8 AM Wake on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
1:30 *Bowling - IR (Haley)
 2:00 K-Mart - IR (Rachel)
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 - 4FTV (Mymuna)

9 10:30 Morning Wake Up in the Dining Room
 2:00 Loring Park Acoustic Music Festival - IR (Lauren)
4:00 *Fitness Center Open
 8:00 Saturday Night Fights - 4FTV (Mymuna)

10 10:30 Morning Wake Up in the Dining Room
 6:30 Underground Music Café Open Mic - IR (Lauren)

11 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
 1:00 Target - IR (Lauren)
1:15 *Walkers - IR (Rob)
1:30 *Lake Walk - IR (Rachel)
 1:45 Explorations of Sound - MR (Rebecca, Jonathan)
 3:30 Mental Health Topics - LC (Emily)
 C 6:00 Community Council Board Meeting - LC
 6:30 Movie Group - 3FTV
7:00 *Chemical Health and Wellness - LC (Emily C)
 7:00 Monday Night Wrestling - 4FTV
 7:15 Book Club - FC (Abby)

12 AM Wake Up on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
 12:30 Walmart Outing - IR (Abby)
 3:45 Creative Expressions—DR (Rob)
4:30 *Yoga – FC (Rebecca)
6:00 *Softball-see poster for exact time - IR (Haley, Rachel)
6:30 *Chemical Health Education– LC (Emily C.)
 7:15 Spiritual Care Group- LC (Chaplain Amy)
 7:30 Women's Haircuts – CR (Rebecca)


13 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
 2:30 Photo Group - IR (Rob)
 3:00 Communion Service - IR (Father Mike)
 3:30 You're Golden: Aging at Andrew - LC (Elizabeth)
 4:00 Interpersonal Skills – CR (Mary Pat, Kali)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
 4:30 In Your Words - LC (Elizabeth)
 7:00 Music In the Park - IR (Lauren)
 7:00 Voices Heard-Community Choir – DR (Jonathan)
 8:00 Coloring Group – FC (Abby)

RESIDENT BIRTHDAY DINNER

14 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.)
 C 1:30 Provisions for Success—CR (Melissa, Emily S.)
 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)
 2:30 Card Games - DR (Rachel)
 4:00 Successful Independence - DR (Ryan)
 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.)
7:15 *PM Stretch Group - FC (Rob)
 7:30 Beard Trimming - CR (Ryan)

15 AM Wake on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
1:30 *Walk at Fort Snelling State Park - IR (Rob)
2:30 *Planting –DR (Rebecca)
 2:30 Como Zoo - IR (Rachel)
3:30 *Yoga -FC (Rebecca)
 4:15 Letters from Andrew—CR
 C 7:00 AA (LC)
 7:00 Pokeno – 3FTV



17  10:30 Morning Wake Up in the Dining Room
 1:30 Music at Lake Harriet Bandshell - IR (Haley)
2:00 *Biking - IR (Rebecca)
3:30 *Yoga - FC (Rebecca)

18 AM Wake Up on your floor 
10:45 *Morning Walkers Group—DR
 1:00 Camping Trip Begins (return Wed) - (Rob)
 1:45 Explorations of Sound - MR (Rebecca, Jonathan)
 3:30 Mental Health Topics - LC (Emily S)
 6:30 Movie Group - 3FTV
7:00 *Chemical Health and Wellness - LC (Emily C)
 7:00 Monday Night Wrestling - 4FTV
 7:15 Book Club - FC (Abby)

19 AM Wake Up on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
 12:30 Walmart Outing - IR (Abby)
 3:30 Pet Therapy (Rachel)
 4:00 What's In A Picture – CR (Mary Pat)
4:30 *Yoga – FC (Rebecca)
6:00 *Softball-see poster for exact time - IR (Haley, Rachel)
6:30 *Chemical Health Education– LC (Emily C)
 7:15 Spiritual Care Group - LC (Chaplain Amy)
 7:30 Women's Haircuts – CR (Rebecca)

20 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
 3:00 Communion Service - IR (Father Mike)
 3:30 You're Golden: Aging at Andrew - LC (Elizabeth)
 4:00 Interpersonal Skills – CR (Mary Pat, Kali)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
 4:30 In Your Words - LC (Elizabeth)
 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 (Haley & Lauren)
 C 1:00 *Chemical Health Process Group—LC (Emily C.)
 C 1:30 Provisions for Success—CR (Melissa, Emily S.)
 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)
2:30 *Planting - DR (Rebecca)
 2:30 Card Games - DR (Rachel)
 3:30 Healthy Living - CR (Emily C)
 4:00 Successful Independence - DR (Ryan)
 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.)
 7:30 Beard Trimming - CR (Ryan)

22 AM Wake on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
C 11:00 Peer Review - CR (Melissa)
3:30 *Yoga -FC (Rebecca)
 4:15 Letters from Andrew—CR
 6:15 Fishing - IR (Rob)
 C 7:00 AA (LC)
 7:00 Pokeno – 3FTV

23 10:30 Morning Wake Up in the Dining Room
 2:00 Chess and Checkers - IR (Jonathan)
3:00 *Yard Games - Rachel)
4:00 *Fitness Center Open

Leaves Monday -----CAMPING TRIP -----Returns Wednesday

24 10:30 Morning Wake Up in the Dining Room
 1:00 Eagan Art Festival - IR (Rachel)
 3:30 Mental Health Topics - LC (Emily S)

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25 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
 1:00 Target - IR (Lauren)
1:15 *Walkers - IR (Rob)
1:30 *Lake Walk - IR (Rachel)
 1:45 Explorations of Sound - MR (Rebecca, Jonathan)
 C 6:00 Community Council Board Meeting - LC
 6:30 Movie Group - 3FTV
7:00 *Chemical Health and Wellness - LC (Emily C)
 7:00 Monday Night Wrestling - 4FTV
 7:15 Book Club - FC (Abby)
 7:15 Resident Community Meeting - DR

26 AM Wake Up on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
 12:30 Walmart Outing - IR (Abby)
 1:00 Half Price Books - IR (Lauren)
 3:45 Creative Expressions—DR (Rob)
 4:00 What's In A Picture – CR (Mary Pat)
4:30 *Yoga – FC (Rebecca)
6:00 *Softball-see poster for exact time - IR (Haley, Rachel)
6:30 *Chemical Health Education– LC (Emily C)
 7:15 Spiritual Care Group - LC (Chaplain Amy)
 7:30 Women's Haircuts – CR (Rebecca)

27 AM Wake Up on your floor
10:45 *Morning Walkers Group—DR
 2:30 Photo Group - IR (Rob)
 3:00 Communion Service - IR (Father Mike)
 3:30 You're Golden: Aging at Andrew - LC (Elizabeth)
 4:00 Interpersonal Skills – CR (Mary Pat, Kali)
4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)
 4:30 In Your Words - LC (Elizabeth)
 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 (Haley & Lauren)
 C 1:00 *Chemical Health Process Group—LC (Emily C.)
 C 1:30 Provisions for Success—CR (Melissa, Emily S.)
 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)
2:30 *Planting - DR (Rebecca)
 3:30 Healthy Living - CR (Emily C)
 4:00 Successful Independence - DR (Ryan)
 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.)
7:15 *PM Stretch Group - FC (Rob)
 7:30 Beard Trimming - CR (Ryan)

29 AM Wake on your floor
 10:30 Steady Beatz—CR (Melissa, Hilary)
10:45 *Morning Walkers Group—DR
 2:30 Ice Cream Outing - IR (Lauren)
3:30 *Yoga -FC (Rebecca)
 4:15 Letters from Andrew—CR
 C 7:00 AA (LC)
 7:00 Pokeno – 3FTV

30 **10:00 *Hike & Picnic at Whitewater State Park - IR (Rob)**
 10:30 Morning Wake Up in the Dining Room
 2:00 Chess and Checkers - IR (Jonathan)
 2:30 Metro Transit Travels - IR (Rebecca)
4:00 *Fitness Center Open
 8:00 Saturday Night Fights - 4FTV (Mymuna)