

# NOVEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><b>1</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>2:30 *Bowling - IR (Rob)</b>            3:00 Communion Service - IR (Father Mike)            3:30 You're Golden! Aging at Andrew—LC (Kayla)            4:00 Interpersonal Skills – CR (Mary Pat, Kali)            4:00 Coping with Anxiety – DR (Khoah)  <b>4:15 *The 15 Minute Break (Self-Massage)-IR (Liz)</b>            4:30 In Your Words - LC (Elizabeth)            4:30 Men's Discussion Group – CR (Khoah)            7:00 Voices Heard-Community Choir – DR (Jonathan)  <b>7:15 *Open Gym - IR (Haley, Lauren)</b></p>	<p><b>2</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>            12:45 Jewelry Making—CR (Lauren &amp; Haley)            C <b>1:00 *Chemical Health Process Group—LC (Emily)</b>            1:30 Coping With Depression—IR (Khoah)            C 1:30 Provisions for Success—CR (Melissa, Emily S.)            1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)            2:30 Card Games—DR (Rachel)            2:30 Resident Favorite Foods –DR (Rebecca,Thomas)            3:30 DBT Skills—CR (Logan)  <b>4:00 *Healthy Living—IR (Kayla)</b>            6:15 Coping With Life Changes—LC (Emily S.)  <b>7:15 *PM Stretch—FC (Rob)</b>            8:00 Thursday Night Fights - 4FTV (Logan)</p>	<p><b>3</b> AM Wake Up on your floor            10:00 Hike at Minneopa State Park - IR (Rob)            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            1:00 Assertiveness Skills - LC (Kali)            1:00 Basic Computer Skills - 5FTV (Cynthia)            1:30 Rosedale Mall - IR (Haley)  <b>3:30 *Yoga –FC (Rebecca)</b>            4:15 Letters from Andrew—CR            C 7:00 AA (LC)            7:00 Pokeno – 3FTV</p>	<p><b>4</b> 10:30 Morning Wake Up in the Dining Room            2:00 Midtown Global Market - IR (Rachel)            2:00 Chess Club - IR (Jonathan)            2:30 Metro Transit Travels - IR (Rebecca)  <b>4:00 *Fitness Center Open</b></p>
<p><b>5</b>             10:00 Movie at Hopkins Theater - IR (Rachel)            10:30 Morning Wake Up in Dining Room  <b>2:00 *Biking - IR (Rebecca)</b>  <b>3:30 *Yoga - FC (Rebecca)</b></p>	<p><b>6</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>1:15 *Walkers - IR (Rob)</b>            1:30 Target - IR (Rachel)            1:45 Explorations of Sound - MR (Rebecca, Jonathan)            2:00 Coffee &amp; Canvas - DR (Abby)            3:30 Coping With Voices - LC (Kali)            3:30 Mental Health Topics - LC (Emily)            C 3:45 Successful Independence - IR (Cynthia)            6:30 Movie Group - 3FTV  <b>7:00 *Chemical Health and Wellness-LC (Emily)</b>            7:00 Monday Night Wrestling - 4FTV</p>	<p><b>7</b>             AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            12:30 Walmart Outing - IR (Abby)            1:00 Unique Thrift Store—IR (Lauren)            4:00 What's In A Picture – CR (Mary Pat)  <b>4:30 *Yoga – FC (Rebecca)</b>  <b>6:30 *Chemical Health Education—LC (Emily C.)</b>            7:15 Spiritual Care Group -LC (Chaplain Amy)</p>	<p><b>8</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>2:30 *Bowling - IR (Rob)</b>            3:00 Communion Service - IR (Father Mike)            3:30 You're Golden! Aging at Andrew—LC (Kayla)            4:00 Interpersonal Skills – CR (Mary Pat, Kali)            4:00 Coping with Anxiety – DR (Khoah)  <b>4:15 *The 15 Minute Break (Self-Massage)- IR (Liz)</b>            4:30 In Your Words - LC (Elizabeth)            4:30 Men's Discussion Group – CR (Khoah)            7:00 Voices Heard-Community Choir – DR (Jonathan)  <b>7:15 *Open Gym - IR (Haley, Lauren)</b></p>	<p><b>9</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>            12:45 Jewelry Making—CR (Lauren &amp; Haley)            C <b>1:00 *Chemical Health Process Group—LC (Emily C.)</b>            1:30 Coping With Depression—IR (Khoah)            C 1:30 Provisions for Success—CR (Melissa, Emily S.)            1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)            2:30 Card Games—DR (Rachel)            2:30 Resident Favorite Foods –DR (Rebecca,Thomas)            3:30 DBT Skills—CR (Logan)  <b>4:00 *Healthy Living—IR (Kayla)</b>            4:00 Anger Management—LC (Mary Pat)            5:30 Poetry Reading at the Loft - IR (Rob)            6:15 Coping With Life Changes—LC (Emily S.)</p>	<p><b>10</b> AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            1:00 Assertiveness Skills - LC (Kali)            1:00 Basic Computer Skills - 5FTV (Cynthia)            2:00 Fiber Fair - IR (Lauren)            2:00 Bruegers - IR (Rob)  <b>3:30 *Yoga –FC (Rebecca)</b>            4:15 Letters from Andrew—CR            C 7:00 AA (LC)            7:00 Pokeno – 3FTV</p>	<p><b>11</b> 10:30 Morning Wake Up in the Dining Room            1:00 Goodwill - IR (Haley)  <b>1:00 *Deep Breathing - DR (Cynthia)</b>  <b>4:00 *Fitness Center Open</b>            8:00 Saturday Night Fights - 4FTV (Logan)</p> 
<p><b>12</b> 10:30 Morning Wake Up in Dining Room  <b>1:00 *Deep Breathing - DR (Cynthia)</b>            3:30 Mental Health Topics - LC (Emily)</p> 	<p><b>13</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>1:15 *Walkers - IR (Rob)</b>            1:30 Craft Group - CR (Lauren)            1:45 Explorations of Sound - MR (Rebecca, Jonathan)            2:00 Coffee &amp; Canvas - DR (Abby)            C 3:45 Successful Independence - IR (Cynthia)            4:00 Freedom From Addiction - LC (Logan)            6:00 Community Council Board Meeting - LC            6:30 Movie Group - 3FTV  <b>7:00 *Chemical Health and Wellness- LC (Emily)</b>            7:00 Monday Night Wrestling - 4FTV            7:15 Book Club - FC (Abby)</p>	<p><b>14</b> AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            12:30 Walmart Outing - IR (Abby)            3:30 Women's Discussion Group – CR (Kayla)            3:30 Pet Therapy Visit (Rachel)            3:45 Creative Expressions—DR (Rob)            4:00 What's In A Picture – CR (Mary Pat)  <b>4:30 *Yoga – FC (Rebecca)</b>  <b>6:30 *Chemical Health Education— LC (Emily)</b>            7:00 Positive Thinking – IR (Logan)            7:15 Spiritual Care Group - LC (Chaplain Amy)            7:30 Women's Haircuts – CR (Rebecca)</p>	<p><b>15</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>2:30 *Bowling - IR (Rob)</b>            3:00 Communion Service - IR (Father Mike)            3:30 You're Golden! Aging at Andrew – LC (Kayla)            4:00 Interpersonal Skills – CR (Mary Pat, Kali)            4:00 Coping with Anxiety – DR (Khoah)  <b>4:15 *The 15 Minute Break (Self-Massage)-IR (Liz)</b>            4:30 In Your Words - LC (Elizabeth)            4:30 Men's Discussion Group – CR (Khoah)            7:00 Voices Heard-Community Choir – DR (Jonathan)  <b>7:15 *Open Gym - IR (Haley, Lauren)</b>            8:00 Coloring Group – FC (Abby)  <b>RESIDENT BIRTHDAY LUNCH</b></p>	<p><b>16</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>            12:45 Jewelry Making—CR (Lauren &amp; Haley)            C <b>1:00 *Chemical Health Process Group—LC (Emily C.)</b>            1:30 Coping With Depression—IR (Khoah)            C 1:30 Provisions for Success—CR (Melissa, Emily S.)            1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)            2:30 Card Games—DR (Rachel)            3:30 DBT Skills—CR (Logan)  <b>4:00 *Healthy Living—IR (Kayla)</b>            4:00 Anger Management—LC (Mary Pat)            6:15 Coping With Life Changes—LC (Emily S.)  <b>7:15 *PM Stretch—FC (Rob)</b>            8:00 Thursday Night Fights - 4FTV (Logan)</p>	<p><b>17</b> AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            1:00 Assertiveness Skills - LC (Kali)            1:00 Basic Computer Skills - 5FTV (Cynthia)            2:30 Resident Favorite Foods –DR (Rebecca, Thomas)            2:30 Dollar Tree - IR (Rachel)  <b>3:30 *Yoga –FC (Rebecca)</b>            4:15 Letters from Andrew—CR            7:00 Fall Fine Arts Show - IR (Lauren)            C 7:00 AA (LC)            7:00 Pokeno – 3FTV</p>	<p><b>18</b> 10:30 Morning Wake Up in the Dining Room            12:30 Fort Snelling - IR (Rob)            2:00 Chess Club - IR (Jonathan)            2:30 Metro Transit Travels - IR (Rebecca)  <b>4:00 *Fitness Center Open</b></p> 
<p><b>19</b> 10:30 Morning Wake Up in Dining Room  <b>1:00 *Swimming and Subway - IR (Rob)</b>  <b>2:00 *Biking - IR (Rebecca)</b>  <b>3:30 *Yoga - FC (Rebecca)</b></p>	<p><b>20</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>            1:30 Target - IR (Rachel)            1:45 Explorations of Sound - MR (Rebecca, Jonathan)            3:30 Coping With Voices - LC (Kali)            3:30 Mental Health Topics - LC (Emily)            4:00 Freedom From Addiction - LC (Logan)            6:30 Movie Group - 3FTV  <b>7:00 *Chemical Health and Wellness - LC (Emily)</b>            7:00 Monday Night Wrestling - 4FTV</p>	<p><b>21</b> AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            1:00 Half Price Books - IR (Lauren)            1:00 Coffee Shop Outing - IR (Rachel)            3:30 Women's Discussion Group – CR (Kayla)            4:00 What's In A Picture – CR (Mary Pat)  <b>4:30 *Yoga – FC (Rebecca)</b>  <b>6:30 *Chemical Health Education— LC (Emily C.)</b>            7:00 Positive Thinking – IR (Logan)            7:15 Spiritual Care Group - LC (Chaplain Amy)            7:30 Women's Haircuts – CR (Rebecca)            8:00 Tuesday Night Fights – 4 FTV (Logan)</p>	<p><b>22</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>            3:00 Communion Service - IR (Father Mike)            3:30 You're Golden! Aging at Andrew—LC (Kayla)            4:00 Interpersonal Skills – CR (Mary Pat, Kali)  <b>4:15 *The 15 Minute Break (Self-Massage) - IR (Liz)</b>            4:30 In Your Words - LC (Elizabeth)            7:00 Voices Heard-Community Choir – DR (Jonathan)  <b>7:15 *Open Gym - IR (Haley, Lauren)</b></p>	<p><b>23</b> AM Wake Up on your floor  <b>1:00 Football Party - DR (Rachel)</b></p> 	<p><b>24</b> AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            C 11:00 Peer Review – LC (Melissa)            1:00 Assertiveness Skills - LC (Kali)  <b>3:30 *Yoga –FC (Rebecca)</b>            4:15 Letters from Andrew—CR            TBA Hopkins Cinema - IR (Haley)            C 7:00 AA (LC)            7:00 Pokeno – 3FTV</p>	<p><b>25</b> 10:30 Morning Wake Up in the Dining Room            12:45 Holiday Craft and Gift Show - IR (Rachel)  <b>1:00 *Deep Breathing - DR (Cynthia)</b>  <b>4:00 *Fitness Center Open</b></p>
<p><b>26</b> 10:30 Morning Wake Up in Dining Room  <b>1:00 *Deep Breathing - DR (Cynthia)</b>            3:00 Coffee Shop Outing - IR (Rachel)</p>	<p><b>27</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>1:15 *Walkers - IR (Rob)</b>            1:45 Explorations of Sound - MR (Rebecca, Jonathan)            2:00 Coffee &amp; Canvas - DR (Abby)            3:30 Coping With Voices - LC (Kali)            3:30 Mental Health Topics - LC (Emily)            C 3:45 Successful Independence - IR (Cynthia)            4:00 Freedom From Addiction - LC (Logan)            6:00 Community Council Board Meeting - LC            6:30 Movie Group - 3FTV  <b>7:00 *Chemical Health and Wellness-LC (Emily)</b>            7:00 Monday Night Wrestling - 4FTV            7:15 Book Club - FC (Abby)            7:15 Resident Community Meeting - DR</p>	<p><b>28</b> AM Wake Up on your floor            10:30 Steady Beatz—CR (Melissa, Hilary)  <b>10:45 *Morning Walkers Group—DR</b>            12:30 Walmart Outing - IR (Abby)            1:00 Unique Thrift Store—IR (Lauren)            3:30 Women's Discussion Group – CR (Kayla)            3:30 Pet Therapy Visit (Rachel)            3:45 Creative Expressions—DR (Rob)            4:00 What's In A Picture – CR (Mary Pat)  <b>4:30 *Yoga – FC (Rebecca)</b>  <b>6:30 *Chemical Health Education—LC (Emily)</b>            7:00 Positive Thinking – IR (Logan)            7:15 Spiritual Care Group-LC (Chaplain Amy)            7:30 Women's Haircuts – CR (Rebecca)</p>	<p><b>29</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>  <b>2:30 *Bowling - IR (Rob)</b>            3:00 Communion Service - IR (Father Mike)            3:30 You're Golden! Aging at Andrew—LC (Kayla)            4:00 Interpersonal Skills – CR (Mary Pat, Kali)  <b>4:15 *The 15 Minute Break (Self-Massage)-IR (Liz)</b>            4:30 In Your Words - LC (Elizabeth)            7:00 Voices Heard-Community Choir – DR (Jonathan)  <b>7:15 *Open Gym - IR (Haley, Lauren)</b>            8:00 Coloring Group – FC (Abby)</p>	<p><b>30</b> AM Wake Up on your floor  <b>10:45 *Morning Walkers Group—DR</b>            12:45 Jewelry Making—CR (Lauren &amp; Haley)            C <b>1:00 *Chemical Health Process Group—LC (Emily)</b>            C 1:30 Provisions for Success—CR (Melissa, Emily S.)            1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)            2:30 Card Games—DR (Rachel)            2:30 Resident Favorite Foods –DR (Rebecca,Thomas)            3:30 DBT Skills—CR (Logan)  <b>4:00 *Healthy Living—IR (Kayla)</b>            4:00 Anger Management—LC (Mary Pat)            6:15 Coping With Life Changes—LC (Emily S.)  <b>7:15 *PM Stretch—FC (Rob)</b>  <b>7:15 *Strive to Thrive Party—DR</b>            8:00 Thursday Night Fights - 4FTV (Logan)</p>	<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            C = Closed Group            Community Groups meet by the Iris Room or Learning Center</p>	<p>1:1's with Living Skills Instructors            2nd Rebecca Scott            3rd Jonathan Walters            4th Ryan Voiles            5th Cynthia Zoupas</p> 