Sunday Monday

Sample Community Life Calendar

Wednesday

9:30 Sit & Be Fit Exercises with Alissa

10:00 Daily Chronicle: This Day in

10:45 Music Therapy with McKenna

11:30 Community News with Taylor 1:45 Baking Club: Microwave Caramels

:00 National Bird Day with Cindy

3:30 Coffee Around the World Day with

4:00 Chicken Soup for the Soul Stories

10:00 Daily Chronicle: This Day in

10:30 Finish the Phrase Game with

10:45 Music Therapy with McKenna

1:30 Community News with Taylor

:30 Soup du Jour Day with Cindy

0:30 You Be the Judge with Alissa

10:45 Music Therapy with McKenna

:30 Community News with Taylor

:45 Baking Club: Banana Bread with

3:00 Happy Birthday Dolly Parton with

3:30 Rocking Chair Tales with Cindy

45 Baking Club: Chex Mix with Cindy

9:30 Sit & Be Fit Exercises with Alissa

3:00 More About the Number 12 Cindy

10:30 Mary Tyler Moore (Hulu)

:00 Flute Music with Taylor

9:30 Sit & Be Fit with Alissa

4:00 Reminisce with Cindy

7:00 Flute Music with Taylor

History with Alissa

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History with Alissa

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Alissa

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with Cindy

THE GLENN MINNETONKA GARDEN SUITES



0:00 Catholic Mass with Father Bakatu - Chapel 2:30 Documentary: A Brief History of the Calendar

and Time Keeping with RA's (YouTube) 7:00 Evening Movie: While You Were Sleeping with

New Year's Day

9:30 Move & Groove with Taylor 🤰 9:30 Yoga Stretches with Taylor 0:30 Trivia Time with Taylor 10:00 Canine Chester Visits with 1:00 The Golden Girls (Hulu) 11:30 Chicken Soup for the Soul 10:30 Monarch Butterfly Migration Stories with Cindy Day with Taylor :45 Monday Afternoon Movie: 11:00 St. Olaf Catholic Mass with Cheaper by the Dozen (Disney+) RA's (YouTube) 1:45 Live Music by The Jammers with 2:30 Afternoon Movie with RA's: A Taylor - Chapel Bug's Life (Disnev+) 4:00 Alaska Day with Cindy 7:00 Unwind Night with RA's: Chair 4:30 Joe Friday Day with Cindy Yoga for Seniors (YouTube) 7:00 Balloon Toss Game with Cindy 9:30 Move & Groove with Cindy Q 9:30 Yoga Stretches with Alissa 10:00 Monday Morning Movie: 10:00 Dear Abby Day with Cindy 🖣 Mirror, Mirror (Hulu) 10:30 Soups on Day with Cindy 11:00 Lutheran Church Video with RA's (YouTube)

7:00 Unwind Night with RA's: Chair

11:00 Lutheran Church Video with

2:30 Afternoon Movie with RA's:

Somm: Into the Bottle (Hulu)

7:00 Unwind Night with RA's:

Guided Meditation for Seniors

Activity Professionals Week

10:30 The Lone Ranger Story with

:30 Afternoon Movie with RA's:

7:00 Unwind Night with RA's: Chair

Dances with Wolves (Hulu)

Yoga for Seniors (YouTube)

1:00 St. Olaf Catholic Mass with RA's

Yoga for Seniors (YouTube)

10:00 Pie Day with Cindy

RA's (YouTube)

(YouTube)

Taylor

Taylor

(YouTube)

10:30 Wine Day with Cindy

Hold (Netflix)

(YouTube)

Taylor

Taylor

YouTube)

0:15 Fingernail Filing & Polishing with Alissa 1:30 Visits with Alissa :45 Afternoon Movie: Cheaper by the 2:30 Afternoon Movie with RA's: Dozen 2 (Disney+) 1:45 Live Music by The Jammers with Joan Didion: The Center Will Not aylor - Chapel 7:00 Unwind Night with RA's: 4:00 Rocking Chair Tales with Cindy **Guided Meditation for Seniors** 4:30 Weird Food Day with Cindy 7:00 Music and Memories: Duke Ellington with Cindy

9:30 Move & Groove with Taylor 16 9:30 Yoga Stretches with Alissa 10:00 Canine Chester Visits with 16 (Hulu) 10:15 Fingernail Filing & Polishing with Alissa 11:30 Celebrate: Betty White Turns 100 with 10:30 Superman Comic Day with 1:15 Monday Afternoon Movie: The Apple Dumpling Gang (Disney+) 1:30 Musical Performance: The LeagueAires -11:00 St. Olaf Catholic Mass with RA' Chapel with Cindy & Taylor 4:00 Snowflake Day Craft with Cindy 2:30 Afternoon Movie with RA's: Smallville (Hulu)

4:30 Nancy Drew and The Clues Crew Story Reading with Cindy 7:00 Kid Inventers Day with Cindy Martin Luther King Jr. Day 9:30 Move & Groove with Cindy23 9:30 Yoga Stretches with Alissa 10:00 Monday Morning Movie: And So, It Goes (Hulu) 0:15 Fingernail Filing & Polishing with

> 1:30 Visits with Alissa :45 Monday Afternoon Movie: The Apple Dumpling Gang: Rocks Again (Disney+) :45 Live Music by The Jammers with Taylor - Chapel 4:00 Hooray! Peanut Butter Day with

4:30 Chicken Soup for the Soul Stories with Cindy 9:30 Move & Groove with Taylor 30:00 Canine Chester Visits with 9:30 Yoga Stretches with Alissa

0:00 Monday Morning Movie: The

Jpside (Hulu) 0:15 Fingernail Filing & Polishing with Alissa 1:30 Trivia Time with Cindy

:45 Monday Afternoon Movie: Annie Disney+) :45 Live Music by The Jammers with Cindy & Taylor - Chapel :00 Virtual Art Tour with Cindy

:30 Twist Off Day with Cindy 7:00 Music and Memories: Bing Crosby with Cindy

9:30 Seated Chair Exercises with Cindy 3 10:00 Trivia with Cindy 10:30 Nutrition Class & Taste Test: Health Benefits of Citrus Fruits with Unidine Dietician Arelis Torres :15 Daily Chronicles with Cindy :30 Women Writers Day with Cindy 1:45 Painting Apple Trees with Alissa 2:45 Afternoon Movie: Robin Hood: Prince of

Tuesday

Thieves (Netflix) 3:00 Church Service with Pastor Sara Moat from Gethsemane Lutheran Church - Chapel with

4:00 Isaac Newton Day with Alissa :00 Gameshow Night with RA's: Game Show etwork (Channel 179)

9:30 Seated Chair Exercises with indy 0:00 Cuckoo Dancing with Cindy 0:45 Snowflake Day with Cindy 11:15 True or False Game with Cindy :45 Afternoon Movie: The Boy Who Harnessed the Wind (Netflix)

2:00 Church Service with Pastor Antonio Machado - Chapel with Cindy 3:15 Nancy Drew Stories with Cindy 4:00 Sing Along with Cindy 4:30 News Update with Cindy :00 Gameshow Night with RA's: Name

hat Tune (Hulu)

9:30 Seated Chair Exercises with Cindy 18 10:00 Daily Chronicle: This Day in 0:00 Musical Performance by Colleen /old - Hiebeler 0:30 Hawaiian Day with Cindy 1:00 Rocking Chair Tales with Cindy :30 Music and Memories: Glen Campbell with

indy 45 Afternoon Movie: Titanic (Netflix) :00 Church Service with Pastor Dan Schultz om Zion Lutheran Church - Chapel with Alissa :15 Taste Testing: Hawaiian Fruits with Alissa 00 Gourmet Coffee Day with Alissa 7:00 Gameshow Night with RA's: Celebrity Wheel of Fortune (Hulu)

9:30 Seated Chair Exercises with

Machado - Chapel with Taylor

:15 Trivia Tuesday with Taylor

0:00 Who Is: The Snow Queen with

45 Afternoon Movie: 101 Dalmatians

10:30 History with RA's: History 101 (Netflix)

:00 Church Service with Pastor Antonio

4:00 Poem Reading with RA's: 50 Classic

7:00 Gameshow Night with RA's: To Tell the

Taylor

Γavlor

Disney+)

Poems (YouTube)

Fruth (Hulu)

:00 Spa Music and Massage with Cindy 7:00 Flute Music with Taylor 9:30 Sit & Be Fit Exercises with Alissa 10:00 Daily Chronicle: This Day in History with Alissa

0:30 The Game of If with Alissa 10:45 Music Therapy with McKenna 11:30 The Dick Van Dyke Show with RA's

1:45 Baking: 1 2 3 Cookie Day with Cindy 3:00 Australia Day with Cindy :30 Ivv Bean with Cindv 4:00 Trivia Time with Cindy OO Music with RA's: Flute Classical Music

Australia Day (observed)

5 9:30 Live 2B Healthy Exercise Group with Sarah 10:00 A Novel Time Book Reading with Alissa 10:45 National Geographic Documentary:

Thursday

Wild Nordic (Disney+) 1:30 Fascinating Facts with Taylor :45 Salt Snowflakes with Taylor ::45 Travel Thursday: Rockefeller Center ith Taylor

3:15 Indoor Garden Club with Taylor :00 How It's Made: Snowflakes with Taylor 6:30 A Clarinet Christmas with Lynn & Randy The Belated Show - Chapel with Taylor

Winter Wonderland Day

9:30 Live 2B Healthy Exercise Group

9:30 Music & Movement with Alissa 0:00 Donut Treats with Alissa 10:15 Cookbook Day with Alissa 10:45 Flute Music with Alissa 11:15 Prayer Group with Deacon Michae 1:45 Afternoon Rounds with Taylor 2:30 Happy Hour Treats from Unidine with Taylor 3:15 Bingo with Taylor I:00 What's the Difference: Cardinals Robins with Taylor

Friday

7 9:30 Saturday Morning Stretches with Cindy 0:00 Elvis Day with Cindy 10:30 English Toffee Day with Cindy 11:00 I Love Lucy (Hulu) 2:30 Afternoon Movie with RA's: The Upside (Hulu) 4:30 Catholic Mass with Father Marcel - Chapel 7:00 Music & Memory Night with RA's: The Quiet One (Hulu)

7:00 What Am I Game with Taylor

vith Sarah 0:00 A Novel Time Book Reading with Alissa 10:45 National Geographic Documentary: ife Below Zero (Disnev+) 1:30 Fascinating Facts with Taylor :45 Hot Chocolate Bar & Oranges with

Tavlor :45 Touch the Snow with Taylor :15 Snow Painting with Taylor l:00 How It's Made: Igloos with Taylor 7:00 Evening Stories with Taylor

9:30 Live 2B Healthy Exercise Group with Sarah

10:00 A Novel Time Book Reading with Alissa 10:45 National Geographic Documentary: he Wizard of Paws (Disney+) I1:30 Fascinating Facts with Taylor l:45 Tin Foil Icicles with Taylor :15 Car 54, Where Are You (YouTube) 2:30 Celebrating January Birthdays with Musical Entertainment by Tim Patrick – Chapel with Taylor & Alissa 3:30 Indoor Garden Club with Taylor

I:00 How It's Made: Icicles with Taylor :00 Evening Stories with Taylor 9:30 Live 2B Healthy Exercise Group 27 9:30 Live 25 with Sarah 9:30 Music & Movement with 10:00 Donut Treats with Alissa

0:00 A Novel Time Book Reading with Alissa 10:45 National Geographic Documentary: Drain the Oceans (Disney+) 1:30 Fascinating Facts with Taylor :45 Penguin Splat Craft with Taylor 2:45 Travel Thursday: Jigokudani Park with Taylor

3:15 The Outer Space Treaty with Taylor 4:00 How It's Made: Fake Snow with 7:00 Evening Stories with Taylor

13 9:30 Music & Movement with Alissa 14 10:00 Donut Treats with Alissa 10:15 Remembering Andy Rooney with 10:45 Flute Music with Alissa

11:15 Prayer Group with Deacon Michae 1:45 Afternoon Rounds with Taylor :30 Happy Hour Treats from Unidine with Taylor & Cindy 3:15 Bingo with Taylor & Cindy

4:15 What's the Difference: Bobsleds & Ice Skates with Taylor 7:00 Brain Quest Game with Taylor

9:45 Piano Music with James Shaw 2 0:00 Donut Treats with Alissa 10:30 Music & Movement with Alissa 0:45 Flute Music with Alissa 1:45 Afternoon Rounds with Taylor 2:30 Happy Hour Treats from Unidine with Taylor

0:15 Eiffel Tower Day with Alissa

1:45 Afternoon Rounds with Taylor

11:15 Prayer Group with Deacon Michae

2:30 Happy Hour Treats from Unidine

4:15 What's the Difference: Blizzards &

10:45 Flute Music with Alissa

3:15 Bingo with Taylor & Cindy

7:00 Table Talk Game with Taylor

with Taylor & Cindy

Snowstorms with Taylor

Alissa

11:15 Prayer Group with Deacon Michae 3:15 Bingo with Taylor 4:15 What's the Difference: Snowboards & Skis with Taylor 7:00 Fact or Crap Game with Taylor

9:30 Saturday Morning Stretches 15 with Taylor 10:00 Good News with Taylor 10:30 All About the Pentagon with

11:00 Taxi (Hulu) :30 Afternoon Movie with RA's: Dream Horse (Hulu) 4:30 Catholic Mass with Father

Bakatu - Chapel 7:00 Music & Memory Night with RA's: Judy (Hulu)

9:30 Saturday Morning Stretches with Cindy 10:00 Hobby Day with Cindy 0:30 No Need to Knead Day with

Cindy 11:00 Cheers (Hulu) :30 Afternoon Movie with RA's: Gulliver's Travels (Hulu) 4:30 Catholic Mass with Father Marcel

Chapel 7:00 Music & Memory Night with RA's:

Parchis: The Documentary (Disney+)

9:30 Saturday Morning Stretches 29 with Taylor

10:00 Good News with Taylor 10:30 All About Edgar Allen Poe with

11:00 Mary Tyler Moore (Hulu) 2:30 Afternoon Movie with RA's: Treasure Planet (Disney+) 4:30 Catholic Mass with Father Bakatu - Chapel 7:00 Music & Memory Night with

RA's: Audrey (Disney+)



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