Sample Community Life Calendar

The Glenn Minnetonka Fireside Suites

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Music & Movement with Cindy 10:00 Donut Treats with Cindy 10:15 Postal Workers Day with Cindy 10:30 Viola Music with Sonia 11:00 Tour de France with Cindy 1:45 Cribbage Game with Alissa 2:30 Happy Hour from Unidine with Alissa 3:00 A Novel Time: Laura Ingalls Wilder with Alissa 3:30 Flute Music with Alissa 4:00 Nat Geo Documentary: Welcome to Earth (Disney+) 5:45 Outside Sparklers with Taylor Canada Day	2 9:30 Seated Stretches with RA's (YouTube) 10:00 Sitcom with RA's: The Mary Tyler Moore Show (Hulu) 10:30 Piano Music with Volunteers: Chad, Elizabeth & Kate 11:00 Halfway Day with Taylor 11:30 What Did You Learn? with Taylor 2:30 Feature Film with RA's: Heart Parade (Netflix) 4:30 Catholic Mass with Father Bakatu - Chapel 5:45 Music & Memory with RA's: Doris Day (YouTube)
3 9:30 Seated Cardio Exercises with RA's (YouTube) 10:00 St. Olaf Catholic Mass with RA's (YouTube) 11:00 Puppy Playtime with Taylor 11:30 Ducktona 500 with Taylor 2:30 Spiritual Show with RA's: 7 Years in Tibet (Netflix) 7:00 Chill Out with RA's: Hand & Back Massages	4 9:30 Yoga with RA's (YouTube) 10:00 American Flag History with RA's (YouTube) 11:00 America's Got Talent (Hulu) with RA's 1:30 Fourth of July Movie with RA's: America's Heart & Soul (Disney+) 2:30 Musical Performance with Curtis & Loretta - Chapel with RA's 3:30 History of the United States Documentary (YouTube) with RA's 5:45 Spirit of America Concert with RA's (YouTube) Independence Day (US)	5 9:30 Live 2B Healthy Exercise Class 10:00 Todays News with Cindy 10:15 Cracker Jack Day with Cindy 10:45 Nutrition Class: "Metabolism" by Unidine Dietician Jessica Wetzel 11:30 Short Stories with Cindy 1:45 Musical Performance by Andy Steinfeldt 2:45 Movie Event: Dead Poets Society (Hulu) 3:00 Church Service with Pastor Sara Moat from Gethsemane Lutheran Church - Chapel with Alissa 4:00 Afternoon Rounds with Alissa 5:45 Animal Night with RA's: Wild Yellowstone (Disney+)	6 9:30 TULIP Exercises (Parkinson's Based) with Cindy 10:00 Todays News with Cindy 10:30 Fishing Tales with Cindy 11:00 Drumstick Day with Cindy 11:30 Rock around the Clock with Cindy 1:45 Bingo with Taylor 2:45 History Show: Lost Cities (Disney+) 4:00 Frida Kahlo with Taylor 5:45 Outdoor Time with Taylor	7 9:30 Chair Exercises with Cindy 10:15 Music Therapy with Maggie 10:45 You be the Judge with Cindy 11:15 Reminisce: The Old Met Stadium with Cindy 2:00-4:30 Outing: Ice Cream at the Lake with Alissa & Cindy 2:00 Matinee Movie with RA's: Never Been Kissed (Disney+) 4:00 Afternoon Visits with RA's 5:45 Lotion Hand Massages with RA's	8 9:30 Music & Movement with Cindy 10:00 Donut Treats with Cindy 10:30 Drink a Coke-Cola Day with Cindy 11:00 Balloon Toss with Cindy 1:45 Cribbage Game with Alissa 2:30 Happy Hour from Unidine with Alissa 3:00 A Novel Time: Laura Ingalls Wilder with Alissa 3:30 Flute Music with Alissa 4:00 Nat Geo Documentary: Mission Pluto (Disney+) 5:45 Relaxing Music with RA's (YouTube)	9 9:30 Seated Stretches with RA's (YouTube) 10:00 Sitcom with RA's: The Mary Tyler Moore Show (Hulu) 11:00 Life Is Like a Box of Chocolates Day with Cindy 11:30 Rock Around the Clock Today with Cindy 2:30 Feature Film with RA's: Steel Magnolias (Netflix) 4:30 Catholic Mass with Father Bakatu - Chapel 5:45 Music & Memory with RA's: Dean Martin (Hulu)
10 9:30 Seated Cardio Exercises with RA's (YouTube) 10:00 Lutheran Church Service Video with RA's (YouTube) 11:00 Chicken Soup for the Soul with Cindy 11:30 Clerihew Day with Cindy 2:30 Spiritual Show with RA's: Blue Miracle (Netflix) 5:45 Chill Out with RA's: Classical Music (YouTube)	11 9:30 Yoga with Taylor 10:00 Nail Fix with Taylor 11:30 Prayer Group with Deacon Michael 1:30 Movie Monday: Underdog (Disney+) 1:30 Live Music with The Jammers - Chapel with Alissa 4:00 Cutest Pet Day with Cindy 6:00 Bonfire with Cindy in Garden Suites Patio	12 9:30 Live 2B Healthy Exercise Class 10:00 This Day in History with Cindy 10:30 Cards with Cindy 11:30 Book Club with Cindy 1:45 Movie Event: The Breakfast Club (Hulu) 2:00 Church Service with Pastor Antonio Machado - Chapel with Alissa 3:15 Snack Club: Sour Cream & Dill Cucumber Bites with Alissa 4:15 Docuseries: History 101 (Netflix) 5:45 Animal Night with RA's: Wild Nordic (Disney+)	13 9:30 TULIP Exercises (Parkinson's Based) with Cindy 10:00 This Day in History with Cindy 10:15 Pet Stories with Cindy 10:30 Viola Music with Sonia 11:00 Cow Appreciation Day with Cindy 11:30 Full Moon Day with Cindy 1:45 Bingo with Taylor 3:00 Paper Roll Bumble Bee with Taylor 3:45 Liquid Nitrogen Day with Taylor 4:15 Mississippi River Trivia with Taylor 5:45 Outdoor Time with Taylor	14 9:30 Chair Exercises with Cindy 10:15 Music Therapy with Maggie 10:45 Todays News with Cindy 11:15 Trivia with Cindy 1:45 Cooking: Taste Testing with Cindy 2:30 Celebrating July Birthday Friends with Music by Dale Martell - Lafayette Dining Room 3:45 A Yolk Day with Cindy 4:15 Shark Awareness Day with Cindy 5:45 Relaxation Night with Taylor	15 9:30 Music & Movement with RA's (YouTube) 10:30 Piano Music by James Shaw 10:45 Donut Treats with Alissa 11:30 Morning Movie: Clouds (Disney+) 1:45 Cribbage Game with Alissa 2:30 Happy Hour from Unidine with Alissa 3:00 A Novel Time: Laura Ingalls Wilder with Alissa 3:30 Flute Music with Alissa 4:00 Nat Geo Documentary: Something Bit Me (Disney+) 5:45 Shake Up the Cola with Taylor	16 9:30 Seated Stretches with RA's (YouTube) 10:00 Sitcom with RA's: The Mary Tyler Moore Show (Hulu) 11:00 Things for A Campfire with Taylor 11:30 Moon Trivia with Taylor 2:30 Feature Film with RA's: Chasing Coral (Netflix) 4:30 Catholic Mass with Father Bakatu - Chapel 5:45 Music & Memory with RA's: Bing Crosby (YouTube)
17 9:30 Seated Cardio Exercises with RA's (YouTube) 10:00 St. Olaf Catholic Mass with RA's (YouTube) 11:00 Past Inventions with Taylor 11:30 Phyllis Diller Birthday Taylor 2:30 Spiritual Show with RA's: Stories of A Generation (Netflix) 7:00 Chill Out with RA's: Outside Walks	18 9:30 Yoga with Taylor 10:00 Nail Fix with Taylor 10:45 Viola Music with Sonia 11:30 Prayer Group with Deacon Michael 1:30 Matinee Monday: We Bought a Zoo (Disney+) 1:30 Live Music with The Jammers - Chapel with Alissa 3:30 Game Time with Alissa 4:00 Titanic Day: Back to the Titanic (Disney+) 5:45 Comedy Night with RA's: Laurel & Hardy (YouTube)	19 9:30 Live 2B Healthy Exercise Class 10:00 MLB Trivia with Taylor 10:45 Musical Performance by Colleen Wold-Hiebeler 11:30 Room Visits with Taylor 1:45 Movie Event: Peggy Sue Got Married (Hulu) 2:00 Church Service with Pastor Antonio Machado - Chapel with Alissa 3:45 Afternoon Visits with Alissa 4:15 Docuseries: The Hidden Lives of Pets (Netflix) 5:45 Animal Night with RA's: Wild Portugal (Disney+)	20 9:30 TULIP Exercises (Parkinson's Based) with Cindy 10:00 Todays News with Cindy 10:30 International Cake Day with Cindy 11:00 Reading Poetry with Cindy 11:30 This or That with Cindy 1:45 Bingo with Taylor 3:00 Fruit Fan with Taylor 3:45 Man on the Moon with Taylor 4:15 Who Said This? with Taylor 6:00 Bonfire with Taylor-Garden Suites Patio	21 9:30 Chair Exercises with Cindy 10:15 Music Therapy with Maggie 10:45 This Day in History with Cindy 11:15 Funny Tales with Cindy 2:00-4:30 Outing; Arboretum Scenic 3-Mile Drive with Alissa & Taylor 2:00 Matinee Movie with RA's: Freaky Friday (Disney+) 3:30 Cribbage with Cindy 4:00 Reminisce: Tennis Greats with Cindy 5:45 Relaxation Night with Taylor	22 9:30 Music & Movement with Cindy 10:00 Donut Treats with Cindy 10:30 Garlic Day with Cindy 11:00 Finish the Phrase with Cindy 1:45 Cribbage Game with Alissa 2:30 Happy Hour from Unidine with Alissa 3:00 A Novel Time: Laura Ingalls Wilder with Alissa 3:30 Flute Music with Alissa 4:00 Nat Geo Documentary: The Real Right Stuff (Disney+) 5:45 Bubble Blowing with Taylor	23 9:30 Seated Stretches with RA's (YouTube) 10:00 Sitcom with RA's: The Mary Tyler Moore Show (Hulu) 11:00 Light House Day with Cindy 11:30 Soap Box Derby Day with Cindy 2:30 Feature Film with RA's: Lean on Me (Netflix) 4:30 Catholic Mass with Father Bakatu - Chapel 5:45 Music & Memory with RA's: Johnny Cash (Hulu)
24 9:30 Seated Cardio Exercises with RA's (YouTube) 10:00 Lutheran Church Service Video with RA's (YouTube) 11:00 Porch Tales with Cindy 11:30 Take Care of Yourself Day with Cindy 2:30 Spiritual Show with RA's: Voices of Fire (Netflix) 5:45 Chill Out with RA's: Snack Time	25 9:30 Yoga with Taylor 10:00 Nail Fix with Taylor 10:45 Viola Music with Sonia 11:30 Prayer Group with Deacon Michael 1:30 Movie Monday: Tom & Huck (Disney+) 1:30 Live Music with The Jammers - Chapel with Alissa 4:00 Trivia with Cindy 5:45 Comedy Night with RA's: Martin & Lewis (YouTube)	26 9:30 Live 2B Healthy Exercise Class 10:00 This Day in History with Cindy 10:30 Dice Games with Cindy 11:30 Porch Tales with Cindy 1:45 Snack Club: Strawberry Cream Cheese Cookies with Alissa 3:00 History Show: The Greeks (Disney+) 4:15 Afternoon Rounds with Alissa 5:45 Animal Night with RA's: Wild Hawaii (Disney+)	27 9:30 TULIP Exercises (Parkinson's Based) with Cindy 10:00 Todays News with Cindy 10:30 Readers Digest with Cindy 11:00 Stilts Day with Cindy 11:30 Trivia with Cindy 1:45 Bingo with Taylor 2:45 Hula Hoop Day with Taylor 3:30 Music Fun with Volunteer Lilia and Friends - Chapel with Taylor 4:15 Potato Trivia with Taylor 5:45 Outdoor Time with Taylor	28 **Christmas in July Day** 9:30 Chair Exercises with Cindy 10:15 Music Therapy with Maggie 10:45 Christmas Trivia with Cindy 11:15 Watermelon Fun with Cindy 1:45 Cooking: Christmas Cookies with Cindy 3:00 Christmas Carols with Cindy 3:30 Christmas Memories with Cindy 4:00 Christmas Stories with Cindy 5:45 Relaxation Night with Taylor	29 9:30 Music & Movement With Cindy 10:00 Donut Treats with Cindy 10:30 Dice Game with Cindy 11:00 Door Visits with Cindy 1:45 Cribbage Game with Cindy 2:30 Happy Hour Snacks from Unidine with Cindy 3:00 Short Stories with Cindy 3:45 Lipstick Day with Cindy 4:15 Art in The Park Day with Cindy 5:45 Balloon Races with Taylor	30 9:30 Seated Stretches with RA's (YouTube) 10:00 Sitcom with RA's: The Mary Tyler Moore Show (Hulu) 11:00 Friendship Bracelets with Taylor 11:30 Finish the Phrase with Taylor 2:30 Feature Film with RA's: Won't You Be My Neighbor (Netflix) 4:30 Catholic Mass with Father Bakatu - Chapel 5:45 Music & Memory with RA's: Judy Garland (YouTube)
31 9:30 Seated Cardio Exercises with RA's (YouTube) 10:00 St. Olaf Catholic Mass with RA's (YouTube) 11:00 Did You Know? with Taylor 11:30 Ranger Day with Taylor 2:30 Spiritual Show with RA's: Soul Surfer (Netflix) 7:00 Chill Out with RA's: Laundry Folding						

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*** NOTE: All activities are subject to change. Please refer to the Daily Sheet (posted in black frame on wall in TV lounge) for the most updated schedule ***