

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



NOVEMBER 2023

THE GLENN MINNETONKA FIRESIDE SUITES

9:30 Sunday Stretches with RA's (YouTube) **5**
 10:00 Christian Church Service with RA's (YouTube)
 11:00 Nat King Cole Day with Alicia
 11:30 The Music of Nat with Alicia
 2:30 Spiritual Sunday with RA's: Jesus Revolution (Netflix)
 5:45 Animal Show Night with RA's: Biggest Little Farm- The Return (Disney+)

9:30 Seated Yoga with Alicia **6**
 10:00 Fingernail Filing & Polishing with Alicia
 11:00 Sing-along with Alicia
 11:30 Prayer Group with Deacon Michael
 1:30 Live Music with The Monday Jammers with Cindy & TV Channel 14
 4:00 Hoops Day with Alissa
 5:45 Sing-Along with Tom Melady (YouTube) with RA's

9:30 Live 2B Healthy Exercise Class **7**
 10:45 A Visit with Dietician Jessica from Unidine: All About Joint Health
 11:30 Family Heritage with Cindy
 1:45 Afternoon Rounds-Up with Cindy
 2:15 Baking Group: Ritz Bits Churros with Cindy
 3:00 Church Service with Pastor John Nelson from Gethsemane Lutheran Church - Chapel with Cindy & TV Channel 14
 4:15 Election Day with Cindy
 5:45 Table Chats with Alicia

9:30 Sit & Be Fit with Cindy **8**
 10:00 This Day in History with Cindy
 10:30 Book Club with Cindy
 11:15 Trivia with Cindy
 1:45 Afternoon Rounds with Alicia
 2:15 Taste Test: AIRFRY CANDY BARS with Alicia
 2:45 Craft: Painting with Alicia
 3:30 Bingo with Becca & Reid-Lafayette Dining Room with Alicia
 5:45 Armchair Travels: Travel to New Mexico with Alicia

9:30 TULIP Exercises (Parkinson's Based) with Alicia **9**
 10:00 Weather Updates with Alicia
 10:30 Morning Wrap-up with Alicia
 1:30 Mill City String Quartet Performance - Chapel with Alicia & TV Channel 14
 3:30 Game Time with Alicia
 3:45 Docuseries: The Future Of: Houseplants (Netflix)
 4:00 Craft: Turkey Doorknob Hangers with Community Life - Arts Room
 5:45 Mums the Word with Cindy

9:30 Music & Movement with Cindy **10**
 10:00 Donut Treats with Cindy
 10:30 Annual Veterans Day Program - Chapel with Cindy & TV Channel 14
 11:30 Inquiring Minds Want to Know with Cindy
 2:00 Cribbage with Alissa
 3:00 Happy Hour with Alissa
 3:30 Pandora Music: Frank Sinatra
 6:30 Game Show Night with RA's: Press Your Luck (Hulu)

9:30 Saturday Stretches with RA's (YouTube) **11**
 10:00 Saturday Sitcom: Seinfeld (Netflix) with RA's
 11:00 Holiday History: Veterans Day with Cindy
 11:30 Ugly Duckling Day with Cindy
 2:00 Saturday Afternoon Movie with RA's: Hook (Netflix)
 4:30 Catholic Mass with Father Bakatu - Chapel with RA's & TV Channel 14
 5:45 Memorable Musical Moments Night with RA's: Aladdin (2019) (Disney+)

Veterans Day
Remembrance Day (Canada)

9:30 Sunday Stretches with RA's (YouTube) **12**
 10:00 Christian Church Service with RA's (YouTube)
 11:00 Holiday History: Diwali with Cindy
 11:30 Life Hacks with Cindy
 2:30 Spiritual Sunday with RA's: True Spirit (Netflix)
 5:45 Animal Show Night with RA's: Predators (Netflix)

Diwali (Hindi)

9:30 Seated Yoga with Alicia **13**
 10:00 Fingernail Filing & Polishing with Alicia
 11:00 Music Therapy with Addie
 11:30 Prayer Group with Deacon Michael
 1:30 Live Music with The Monday Jammers with Alissa & TV Channel 14
 4:00 Science with Cindy
 5:45 Game: Farkle with Cindy

9:30 Live 2B Healthy Exercise Class **14**
 10:00 Bookends: Stories from our Past with Alissa
 11:00 Weather Updates & Morning Check-In with Alicia
 2:00 Worship Service with Deacon Michael - Chapel with Cindy & TV Channel 14
 3:15 Baking Group: Kings Hawaiian Cheesecake Danish with Cindy
 4:15 Book Club with Cindy
 5:45 After Dinner Chats with Alicia

9:30 Sit & Be Fit with Cindy **15**
 10:00 This Day in History with Cindy
 10:30 Book Club with Cindy
 11:15 Morning Round up with Cindy
 1:45 Afternoon Rounds with Alicia
 2:15 Taste Test: PIZZA STICKS with Alicia
 2:45 Craft: Gratitude Chain with Alicia
 3:30 Bingo with Becca & Reid-Lafayette Dining Room with Alicia
 5:45 Armchair Travels: Travel to Brazil with Alicia

9:30 TULIP Exercises (Parkinson's Based) with Alicia **16**
 10:00 Weather Updates with Alicia
 10:30 Quote of the Week with Alicia
 1:45 Afternoon Rounds with Alicia
 2:15 What Are We Thankful For? with Alicia
 3:30 Game Time with Alicia
 3:45 Docuseries: The Future Of: Cheeseburgers (Netflix)
 4:00 Craft: Thankfulness Trees with Community Life - Arts Room
 5:45 Dice Game: Farkle with Cindy

9:30 Music & Movement with RA's (YouTube) **17**
 10:30 Piano Music with James Shaw
 10:45 Donut Treats with Cindy
 11:30 Morning Visits with Cindy
 1:30 Resident Meeting - Chapel (Door Prize Drawing will be held for those in attendance)
 2:00 Cribbage with Cindy
 3:00 Happy Hour with Cindy
 3:30 Pandora Music: Ella Fitzgerald
 6:30 Game Show Night with RA's: \$100,000 Pyramid (Hulu)

9:30 Saturday Stretches with RA's (YouTube) **18**
 10:00 Saturday Sitcom: Designing Women (Hulu) with RA's
 11:00 Flute Music with Alissa
 11:30 You Be the Judge Game with Alissa
 2:00 Saturday Afternoon Movie with RA's: Pink Panther (Netflix)
 4:30 Catholic Mass with Father TBD-Chapel with RA's & TV Channel 14
 5:45 Memorable Musical Moments Night with RA's: West Side Story (Disney+)

9:30 Sunday Stretches with RA's (YouTube) **19**
 10:00 Christian Church Service with RA's (YouTube)
 11:00 Bible Study Sunday with Alissa
 11:30 Conversation Cards with Alissa
 2:30 Spiritual Sunday with RA's: Seven Years in Tibet (Netflix)
 5:45 Animal Show Night with RA's: Animals Doing Things (Disney+)

9:30 Seated Yoga with Alicia **20**
 10:00 Fingernail Filing & Polishing with Alicia
 11:00 Music Therapy with Addie
 11:30 Prayer Group with Deacon Michael
 1:30 Live Music with The Monday Jammers with Cindy & TV Channel 14
 4:00 Stately Knowledge Day with Alissa
 5:45 Sing-Along with Susie Q (YouTube) with RA's

9:30 Live 2B Healthy Exercise Class **21**
 10:00 Bookends: Stories from our Past with Alissa
 11:00 Weather Updates & Morning Check-In with Alicia
 2:00 Church Service with Pastor Dan Schultz from Zion Lutheran Church - Chapel with Cindy & TV Channel 14
 3:15 Baking Group: Praline Party Mix with Cindy
 4:15 Book Club with Cindy
 5:45 Table Chats with Alicia

9:30 Sit & Be Fit with Cindy **22**
 10:00 This Day in History with Cindy
 10:30 Book Club with Cindy
 11:15 Sad Anniversary Day with Cindy
 1:45 Afternoon Rounds with Cindy
 3:30 Bingo with Becca & Reid-Lafayette Dining Room with RA's
 5:45 Armchair Travels: Travel to Milan with RA's (YouTube)

Thanksgiving Blessings to All!

8:00-11:00 Annual Macy's Thanksgiving Day Parade - NBC (Channel 11) with RA's
 1:45 Friends Best Thanksgiving Moments (YouTube) with RA's
 3:30 Seated Chair Exercises with RA's (YouTube)
 5:45 Martha Stewart's 15-Recipe Thanksgiving Special (YouTube) with RA's


Thanksgiving Day (US)

9:30 Music & Movement with Cindy **24**
 10:15 Chanhassen Dinner Theatre Play Outing: The Jersey Boys with Alissa, Jen, & Maddie
 10:15 Donut Treats with Cindy
 10:30 Trivia with Cindy
 10:45 The Golden Girls (Hulu)
 2:30 Musical Performance by Colleen Wold-Hiebeler
 3:00 Happy Hour with RA's
 3:30 Pandora Music: Ray Charles with RA's
 6:30 Game Show Night with RA's: Snake Oil (Hulu)

9:30 Saturday Stretches with RA's (YouTube) **25**
 10:00 Saturday Sitcom: Seinfeld (Hulu) with RA
 11:00 What Is a Cattern Cake with Cindy
 11:30 Dad Jokes with Cindy
 2:00 Saturday Afternoon Movie with RA's: Ernest Goes to Camp (Hulu)
 4:30 Catholic Mass with Father Bakatu - Chapel with RA's & TV Channel 14
 5:45 Memorable Musical Moments Night with RA's: The Little Mermaid (2023) (Disney+)

9:30 Sunday Stretches with RA's (YouTube) **26**
 10:00 Christian Church Service with RA's (YouTube)
 11:00 This Day in History with Cindy
 11:30 Here's Looking at You Kid with Cindy
 2:30 Spiritual Sunday with RA's: The Resurrection of Gavin Stone (Netflix)
 5:45 Animal Show Night with RA's: America's Funniest Home Videos Animal Edition (Disney+)

9:30 Seated Yoga with Alicia **27**
 10:00 Fingernail Filing & Polishing with Alicia
 11:00 Music Therapy with Addie
 11:30 Prayer Group with Deacon Michael
 1:30 Live Music with The Monday Jammers with Cindy & TV Channel 14
 4:00 Trivia with Cindy
 5:45 Bean Bag Toss with Cindy

9:30 Live 2B Healthy Exercise Class **28**
 10:00 Bookends: Stories from our Past with Alissa
 11:00 Weather Updates & Morning Check-In with Alicia
 2:00 Worship Service with Deacon Michael - Chapel with Cindy & TV Channel 14
 3:15 Baking Group: Gingerbread Cookie Cups with Cindy
 4:15 Fast Photo Day with Cindy
 5:45 After Dinner Chats with Alicia

9:30 Sit & Be Fit with Cindy **29**
 10:00 This Day in History with Cindy
 10:30 Book Club with Cindy
 11:15 What Do You Want to Know? with Cindy
 1:45 Afternoon Rounds with Alicia
 2:15 Taste Test: DOVE CHOCOLATES with Alicia
 2:45 Craft: Coloring with Alicia
 3:30 Bingo with Becca & Reid-Lafayette Dining Room with Alicia
 5:45 Armchair Travels: Travel to The Sahara Desert with Alicia

BARBIE DAY

9:30 TULIP Exercises (Parkinson's Based) with Alicia **30**
 10:00 All About Barbie with Alicia
 10:30 Barbie Throughout the Years with Alicia
 1:45 Afternoon Rounds with Alicia
 2:15 Quote of the Week with Alicia
 3:30 Game Time with Alicia
 3:45 Movie: Barbie (Amazon Prime)
 4:00 Candle Painting & Homemade Ornaments hosted by Crafting for a Cause with MTKA High School and Community Life - Arts Room
 5:45 Indoor Softball with Cindy

ALISSA DVORAK
COMMUNITY LIFE & VOLUNTEER DIRECTOR

CINDY TAGUE
COMMUNITY LIFE COORDINATOR

ALICIA MACK
COMMUNITY LIFE COORDINATOR

