



OCTOBER 2024

FLEX & ASSISTED LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 10:30 Enjoy Waltz Music with Bob Werner - Arts Room 11:15 Walking Club with Alissa - Meet in Front Lobby 1:15 Movie: Sister Act - Cinema 1:30 Boosting Immunity with Nutrition with Dietician Jessica Wiitala from Unidine - Arts Room 3:00 Worship Service with Pastor Amy from Gethsemane Lutheran Church - Chapel & TV Channel 14</p>	<p>2</p> <p>8:15/9:45 Medical Shuttle (You MUST Make an Appointment with The Front Desk) 9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 1:00 Open Bridge - Club Room 1:30 Scrabble - Club Room 2:00-4:00 Fingernail Polishing with Alissa & Volunteer Julie - Arts Room (an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service) 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room 7:00 Golden Bachelorette Viewing Party with Volunteer Annika - Cinema (Refreshments Provided)</p>	<p>3</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 1:00 Mah-Jongg - Club Room 1:00 Bible Study with Deacon Michael - Fireside Dining Room 1:15 Movie: An Affair to Remember - Cinema</p>	<p>4</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 9:30 Friday Morning Donut Social - Perk 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 1:00 Card Club: Hand & Foot Hosted by Resident Pat Howitz - Club Room 1:30 Stations of the Cross with Deacon Michael - Chapel & TV Channel 14 3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p>	<p>5</p> <p>2:30 Bingo with Volunteer Judi - Lafayette Dining Room 4:30 Catholic Mass with Father Bakatu - Chapel & TV Channel 14</p>
<p>6</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p>7</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Target & Cub Shopping Outing (Please sign up at The Front Desk) 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15 Lunch Outing: Red Rooster (Long Lake) (Please sign up at The Front Desk) 1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p>8</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 10:30 Dance Lessons Led by Volunteer Jeanne Ward & Resident Bob Werner - Arts Room 11:15 Walking Club with Alissa - Meet in Front Lobby 1:15 Movie: Steel Magnolias - Cinema 2:00 Worship Service with Deacon Michael from The Glenn Minnetonka - Chapel & TV Channel 14</p>	<p>9</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15/1:45 Medical Shuttle (You MUST Make an Appointment with The Front Desk) 1:00 Low Vision Group with Renee - Lafayette Dining Room 1:00 Open Bridge - Club Room 1:30 Scrabble - Club Room 2:00 Library Day with Janie - Conference Room (All are encouraged to stop in for this FREE book service) 2:00-4:00 Fingernail Polishing with Alissa & Volunteer Julie - Arts Room (an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service) 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room 7:00 Golden Bachelorette Viewing Party with Volunteer Annika - Cinema (Refreshments Provided)</p>	<p>10</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Outing: Orchestra Hall Prelude Coffee Concert Series Shuttle (Tickets Must be Purchased Ahead of Time- see Resident Lorraine Brasket for Details) 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Movie Selection Meeting with Alissa - Cinema (All Movie Lovers Are Welcome & Encouraged to Attend) 1:00 Mah-Jongg - Club Room 1:00 Bible Study with Deacon Michael - Fireside Dining Room 1:15 Movie: Neptune's Daughter - Cinema 2:30 A Visit and Q&A Session with MTKA Schools Superintendent David Law - Chapel</p>	<p>11</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 9:30 Friday Morning Donut Social - Perk 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Welcome Committee Meeting with Amanda - Private Dining Room 1:00 Card Club: Hand & Foot Hosted by Resident Pat Howitz - Club Room 1:30 Stations of the Cross with Deacon Michael - Chapel & TV Channel 14 3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p>	<p>12</p> <p>10:30 Cardio Drumming with Felicia - Chapel & TV Channel 14 (Please sign up at The Front Desk for a spot!) 12:30 Bingo with Volunteer Judi - Lafayette Dining Room 4:30 Catholic Mass with Father Backmann - Chapel & TV Channel 14</p>
<p>13</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p>14</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Target & Cub Shopping Outing (Please sign up at The Front Desk) 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 10:00 Confessions with Father Berger - Pastoral Care Office (Located outside of the Chapel) 1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p>15</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 10:30 Enjoy Waltz Music with Bob Werner - Arts Room 11:15 Walking Club with Alissa - Meet in Front Lobby 1:15 Movie: Fried Green Tomatoes - Cinema 2:00 Worship Service with Deacon Michael from The Glenn Minnetonka - Chapel & TV Channel 14 3:00 Strategies for Improving Sleep Presentation with Michaela Bailly from ODOM Rehab - Chapel</p>	<p>16</p> <p>8:15/9:45 Medical Shuttle (You MUST Make an Appointment with The Front Desk) 9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 1:00 Open Bridge - Club Room 1:30 Scrabble - Club Room 2:00-4:00 Fingernail Polishing with Volunteer Julie - Arts Room (an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service) 3:30 Bingo with Volunteer Judi - Lafayette Dining Room 7:00 Golden Bachelorette Viewing Party with Volunteer Colette - Cinema (Refreshments Provided)</p>	<p>17</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15 Lunch Outing: McCormick's (Wayzata) (Please sign up at The Front Desk) 1:00 Mah-Jongg - Club Room 1:00 Bible Study with Deacon Michael - Fireside Dining Room 1:15 Movie: The Glenn Miller Story - Cinema 2:30 New Resident Meet & Greet Social - Hosted by our Marketing Team: Maddie & Kasey - Fireside Dining Room All are welcome and encouraged to attend!</p>	<p>18</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 9:30 Friday Morning Donut Social - Perk 1:30 Resident Meeting & Unidine Dining Forum - Chapel & TV Channel 14 All Residents are Encouraged to Attend! 3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p>	<p>19</p> <p>10:30 Cardio Drumming with Felicia - Chapel & TV Channel 14 (Please sign up at The Front Desk for a spot!) 2:30 Bingo with Volunteer Judi - Lafayette Dining Room 4:30 Catholic Mass with Father Bakatu - Chapel & TV Channel 14</p>

OCTOBER 2024

FLEX & ASSISTED LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">20</p> <p>12:00 Vikings vs. Detroit Lions - Cinema (Channel 9: Fox)</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p style="text-align: right;">21</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14</p> <p>10:00 Target & Cub Shopping Outing <i>(Please sign up at The Front Desk)</i></p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p style="text-align: right;">22</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>10:30 Enjoy Waltz Music with Bob Werner - Arts Room</p> <p>11:15 Walking Club with Shelley - Meet in Front Lobby</p> <p>1:15 Movie: Dances with Wolves - Cinema</p> <p>2:00 Worship Service with Deacon Michael from The Glenn Minnetonka - Chapel & TV Channel 14</p>	<p style="text-align: right;">23</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>12:15/1:45 Medical Shuttle <i>(You MUST Make an Appointment with The Front Desk)</i></p> <p>1:00 Open Bridge - Club Room</p> <p>1:30 Scrabble - Club Room</p> <p>2:00-4:00 Fingernail Polishing with Alissa & Volunteer Julie - Arts Room <i>(an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service)</i></p> <p>3:30 Bingo with Volunteer Judi - Lafayette Dining Room</p> <p>7:00 Golden Bachelorette Viewing Party with Volunteer Annika - Cinema <i>(Refreshments Provided)</i></p>	<p style="text-align: right;">24</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>11:15 Card Game: 5 Crowns with Alissa - Club Room</p> <p>1:00 Mah-Jongg - Club Room</p> <p>1:00 Bible Study with Deacon Michael - Fireside Dining Room</p> <p>1:15 Movie: Captain Phillips - Cinema</p> <p>1:30 Book Club Meeting - Led by Resident Phillis Bennett: <u>Two Old Women: An Alaskan Legend of Betrayal, Courage and Survival</u> by Velma Wallis - Private Dining Room</p> <p>2:30 Celebrating October Birthdays with Musical Entertainment by Brad Cattadoris - Chapel</p> <p>3:30 Birthday Treats - Perk</p>	<p style="text-align: right;">25</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14</p> <p>9:30 Friday Morning Donut Social - Perk</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>12:15 Lunch Outing: Redstone (Minnetonka) <i>(Please sign up at The Front Desk)</i></p> <p>1:00 Card Club: Hand & Foot Hosted by Resident Pat Howitz - Club Room</p> <p>1:30 Stations of the Cross with Deacon Michael - Chapel & TV Channel 14</p> <p>3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p>	<p style="text-align: right;">26</p> <p>2:30 Bingo with Volunteer Judi - Lafayette Dining Room</p> <p>4:30 Catholic Mass with Father Bakatu - Chapel & TV Channel 14</p>
<p style="text-align: right;">27</p> <p>1:30 Piano Concert with Ying Yao Piano Students - Chapel & TV Channel 14</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p style="text-align: right;">28</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14</p> <p>10:00 Target & Cub Shopping Outing <i>(Please sign up at The Front Desk)</i></p> <p>1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p style="text-align: right;">29</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>10:30 Dance Lessons Led by Volunteer Jeanne Ward & Resident Bob Werner - Arts Room</p> <p>11:15 Walking Club with Alissa - Meet in Front Lobby</p> <p>1:15 Movie: The Wizard of Oz - Cinema</p> <p>2:00 Worship Service with Deacon Michael from The Glenn Minnetonka - Chapel & TV Channel 14</p> <p>5:00 Spooky Dinner - Lafayette & Excelsior Dining Rooms</p>	<p style="text-align: right;">30</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>12:15 Lunch Outing: Wayzata Bar & Grill (Wayzata) <i>(Please sign up at The Front Desk)</i></p> <p>1:00 Open Bridge - Club Room</p> <p>1:30 Scrabble - Club Room</p> <p>2:00-4:00 Fingernail Polishing with Alissa & Volunteer Julie - Arts Room <i>(an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service)</i></p> <p>3:30 Bingo with Volunteer Judi - Lafayette Dining Room</p> <p>7:00 Golden Bachelorette Viewing Party with Volunteer Annika - Cinema <i>(Refreshments Provided)</i></p>	<p style="text-align: right;">31</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14</p> <p>11:15 Travel to Transylvania with Alissa - Cinema <i>(Refreshments Provided)</i></p> <p>1:00 Mah-Jongg - Club Room</p> <p>1:00 Bible Study with Deacon Michael - Fireside Dining Room</p> <p>1:15 Movie: Ghostbusters- Cinema</p> <p>2:30 Annual Halloween Boo Bash & Costume Contest - Lafayette Dining Room</p>		
				<p><u>ALISSA DVORAK</u></p> <p>COMMUNITY LIFE & VOLUNTEER DIRECTOR</p> <p>ADVORAK@GREATLAKESMC.COM</p> <p>952-345-4404</p>	<p><u>AMELIA HEATH</u></p> <p>COMMUNITY LIFE COORDINATOR</p> <p>AHEATH@GREATLAKESMC.COM</p> <p>952-345-4414</p>	<p><u>SHELLEY BERGMAN</u></p> <p>COMMUNITY LIFE COORDINATOR</p> <p>SBERGMAN@GREATLAKESMC.COM</p> <p>952-345-4410</p>