Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	try 202 Ainnetonka: Fire	side Suites	9:30 Seated Yoga for Seniors 1 with RA's (YouTube) 10:30 Documentary: A Brief History of the Calendar and Time Keeping with RA's (YouTube) 2:30 Movie with RA's: While You Were Sleeping (Disney+) 5:45 Movie Night with Ra's: New Years Eve (Hulu) New Year's Day	9:30 Chair Exercises with Shelley 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 What Are Donkeys Used For with Shelley 2:30 Visits with Tiptoe the Therapy Donkey - Chapel with Alissa 5:45 Docuseries with RA's: Night On Earth (Netflix)	10:00 Seated Exercises with Alissa310:30 Donuts with Alissa10:45 Music by John Williams (Disney+)2:30 Musical Entertainment by Colleen Wold-Hiebeler 3:00 Room Rounds with Alissa 5:45 Food Show Friday with RA's: Easy Bake Battle - The Home Cooking Competition (Netflix)	9:30 Saturday Stretches with Shelley 10:00 Sing-Along with Volunteers Bob & Jeanne 11:15 World Hypnotism Day with Shelley 2:30 Bingo with Volunteer Judi - Lafayette Dining Room with RA's & Shelley 4:30 Catholic Mass with Father Ebert - Chapel with Shelley, RA's, & TV Channel 14 ( <i>Families are welcome &amp; encouraged to attend</i> <i>with loved ones</i> ) 5:45 Game Show Night with RA's: Press Your Luck (Hulu)
9:30 Sunday Stretches with Shelley5 10:00 National Bird Day with Shelley 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: Testament: Mysteries of the Faith (Netflix) 3:45 All About Penguins with Shelley 5:45 Animal Night with RA's: Howie Mandel's: Tiny Creatures (Netflix)	9:30 Seated Exercises with Amelia 10:00 Daily Chronicles with Amelia 10:30 Dr. Seuss Stories with Amelia 11:00 Music Therapy with Addie 11:30 Prayer Group with Deacon Michael 12:00 Lunch Outing: Original Pancake House with Alissa & Amelia 1:30 Musical Performance with The Monday Jammers - Chapel with RA's & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room with Alissa 5:45 Piano Music with Volunteer Lilly	9:30 Live 2B Healthy Exercise Class 10:00 Manicures with Alissa 11:15 Animal Trivia with Amelia 2:00 Taste Test: Cuties Vs. Navel Oranges with Shelley 3:00 Church Service with Pastor TBA from Gethsemane Lutheran Church - Chapel with Shelley and TV Channel 14 4:00 Card Game: Go Fish with Shelley 5:45 Puzzles with Amelia	9:30 Sit & Be Fit with Amelia 10:00 Craft Project: Snow Slime with Amelia 11:15 National Career Coach Day with Amelia 3:00 Fresh Popped Popcorn Delivered by Amelia & Shelley 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room with Shelley 4:15 Sing-Along with Shelley 5:45 Elvis Lives Day with Shelley	9:30 Chair Exercises with Shelley 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Trivia Time with Shelley 2:30 Celebrating January Birthdays with Musical Entertainment with Liya Niu Chapel with Amelia & TV Channel 14 4:15 Static Electricity Day & Experiment with Amelia 5:45 Spa Night: Lotion Hand Massages & Face Masks with Amelia	9:30 Seated Exercises with Shelley 10:00 Daily Chronicles with Shelley 10:30 Donuts with Shelley 11:00 Ray Bolger Day with Shelley 2:00 Game Time: Yahtzee with Alissa 3:00 Room Rounds with Alissa 3:30 Flute Music with Alissa 5:45 Food Show Friday with RA's: Crazy Delicious (Netflix)	9:30 Saturday Stretches with Amelia 10:00 Sing-Along with Volunteers Bob & Jeanne 11:15 ABC Categories Game with Amelia 2:30 Bingo with Volunteer Judi - Lafayette Dining Room with RA's & Amelia 4:30 Catholic Mass with Father Bakatu - Chapel with Amelia, RA's, & TV Channel 14 (Families are welcome & encouraged to attend with loved ones) 5:45 Game Show Night with RA's: Celebrity Wheel of Fortune (Hulu)
9:30 Sunday Stretches with Amelia 10:00 Superhero Day with Amelia 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: Testament: Mysteries of the Faith (Netflix) 3:45 Shopping Bingo with Amelia 5:45 Animal Night with RA's: Shamwari Untamed (Netflix)	9:30 Seated Exercises with Shelley 13 10:00 Daily Chronicles with Shelley 10:00 Confessions with Father Berger - Pastoral Care Office ( <i>Families are encouraged to assist loved ones if interested</i> ) 10:30 Card Game: Kings in the Corners with Shelley 11:00 Music Therapy with Addie 11:30 Prayer Group with Deacon Michael 1:30 Musical Performance with The Monday Jammers - Chapel with Alissa & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room with Alissa 5:45 Piano Music with Volunteer Lilly	9:30 Live 2B Healthy Exercise Class <b>14</b> 10:00 Manicures with Alissa 11:15 Make-Up Me Time with Amelia 2:00 Church Service with Deacon Michael - Chapel with Shelley & TV Channel 14 3:15 Taste Test: Cucumbers & Dip with Shelley 4:00 Card Game: Uno with Shelley 5:45 Song Title Pictionary with Amelia	9:30 Sit & Be Fit with Amelia 10:00 Craft Project: Snowflake Watercolor Painting with Amelia 11:15 Balloon Volleyball with Amelia 3:00 Fresh Popped Popcorn Delivered by Amelia & Shelley 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room with Shelley 4:15 Sing-Along with Shelley 5:45 First Superbowl Anniversary with Shelley	9:30 Chair Exercises with Shelley <b>16</b> 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Story Reading: Curious George Gets a Medal with Shelley 3:00 Parachute Fun with Amelia & Shelley 4:15 Indoor Walks Around the Community with Amelia 5:45 What Am I Quiz with Amelia	9:30 Seated Exercises with Amelia 10:00 Donuts with Amelia 10:30 Piano Music with James Shaw 11:30 Table Top Bowling with Amelia 1:30 Resident Meeting - Chapel & TV Channel 14 (Families are encouraged to assist loved ones if interested) 2:30 Game Time: Cards with Alissa 3:00 Room Rounds with Alissa 3:30 Flute Music with Alissa 5:45 Food Show Friday with RA's: The Big Family Cooking Showdown (Netflix)	9:30 Saturday Stretches with Shelley 10:00 Sing-Along with Volunteers Bob & Jeanne 11:15 Winter Trivia with Shelley 2:30 Bingo with Volunteer Judi - Lafayette Dining Room with RA's & Shelley 4:30 Catholic Mass with Father Bakatu - Chapel with Shelley, RA's, & TV Channel 14 (Families are welcome & encouraged to attend with loved ones) 5:45 Game Show Night with RA's: The \$100,000 Pyramid (Hulu)
9:30 Sunday Stretches with Alissa 10:00 Happy Birthday Dolly Parton with Alissa 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: Testament: Mysteries of the Faith (Netflix) 3:45 Snack Creations: Cheesy Thumbprint Appetizers with Pepper Jelly with Alissa 5:45 Animal Night with RA's: The Hidden Lives of Pets (Netflix) Activity Professionals Week	9:30 Seated Exercises with Amelia 10:00 Daily Chronicles with Amelia 10:30 Holiday History: "I Have a Dream" Speech Reading with Amelia 11:00 Music Therapy with Addie 11:30 Prayer Group with Deacon Michael 1:30 Musical Performance with The Monday Jammers - Chapel with Shelley & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room with Shelley 5:45 Piano Music with Volunteer Lilly Martin Luther King Jr. Day	9:30 Live 2B Healthy Exercise Class <b>21</b> 10:00 Manicures with Alissa 11:15 Table-Top Ping Pong with Amelia 2:00 Church Service with Deacon Michael - Chapel with Shelley & TV Channel 14 3:15 Taste Test: Goldfish Crackers with Shelley 4:00 Card Game: Crazy 8's with Shelley 5:45 Spa Night: Lotion Hand Massages & Face Masks with Amelia	9:30 Sit & Be Fit with Amelia 10:00 Craft Project: Jewelry Creations with Amelia 11:15 Celebration of Life Day with Amelia 3:00 Fresh Popped Popcorn Delivered by Amelia & Shelley 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room with Shelley 4:15 Sing-Along with Shelley 5:45 Minnie Mouse Day with Shelley	9:30 Chair Exercises with Shelley 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Elizabeth Blackwell Day with Shelley 3:00 Fly Swatter Balloon Volleyball with Amelia & Shelley 4:15 Charades with Amelia 5:45 Dr. Seuss Stories with Amelia	10:00 Daily Chronicles with Shelley 10:30 Donuts with Shelley 11:00 California Gold Rush Day with Shelley 2:00 Game Time: Toss-Up with Alissa 3:00 Room Rounds with Alissa 3:30 Flute Music with Alissa 5:45 Food Show Friday with RA's: Five Star Chef (Netflix)	9:30 Saturday Stretches with Amelia 10:00 Sing-Along with Volunteers Bob & Jeanne 11:15 Crossword Puzzles with Amelia 2:30 Bingo with Volunteer Judi - Lafayette Dining Room with RA's & Amelia 4:30 Catholic Mass with Father Bakatu - Chapel with Amelia, RA's, & TV Channel 14 (Families are welcome & encouraged to attend with loved ones) 5:45 Game Show Night with RA's: Celebrity Jeopardy (Hulu)
9:30 Sunday Stretches with Amelia 26 10:00 Paul Newman Day with Amelia 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: Testament: Mysteries of the Faith (Netflix) 3:45 Holiday History: Australia Day with Amelia 5:45 Animal Night with RA's: Shamwari Untamed (Netflix) Australia Day (Observed)	9:30 Seated Exercises with Shelley 10:00 Daily Chronicles with Shelley 10:30 All About Australian Animals with Shelley 11:00 Music Therapy with Addie 11:30 Prayer Group with Deacon Michael 1:30 Musical Performance with The Monday Jammers - Chapel with Alissa & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room with Alissa 5:45 Piano Music with Volunteer Lilly	9:30 Live 2B Healthy Exercise 28 Class 2:00 Manicures with Alissa 2:00 Church Service with Pastor Dan Schultz from Zion Lutheran Church - Chapel with Shelley & TV Channel 14 3:15 Taste Test: Egg Rolls with Shelley 4:00 Card Game: Old Maid with Shelley 5:45 Movie Night with RA's: Father of the Bride (Disney+)	9:30 Sit & Be Fit with RA's (YouTube) 10:45 Holiday History: Chinese New Year with Shelley 11:15 Morning Visits with Shelley 3:00 Fresh Popped Popcorn Delivered by Shelley 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room with Shelley 5:45 Docuseries with RA's: Ancient China From Above (Disney+) Chinese New Year (Year of the Snake)	9:30 Chair Exercises with Shelley 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 New Years Around the World with Shelley 3:15 Calendar Delivery Visits with Alissa 5:45 Movie Night with RA's: 3 Men & A Little Lady (Disney+)	9:30 Seated Exercises with RA's (YouTube) 11:15 Donuts with Amelia 11:30 Daily Chronicles with Alissa 2:00 Room Rounds with Alissa 5:45 Food Show Friday with RA's: School of Chocolate (Netflix)	Alissa Dvorak Community Life & Volunteer Director 952-345-4422 ADvorak@GreatLakesMC.com <u>Amelia Heath</u> Community Life Coordinator 952-345-4414 AHeath@GreatLakesMC.com <u>Shelley Bergman</u> Community Life Coordinator 952-345-4410 SBergman@GreatLakesMC.com