


MARCH 2025 FLEX & ASSISTED LIVING



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*** All programs indicating availability on "TV Channel 14" are available to those subscribed to Aufderworld</p>						<p>10:30 Cardio Drumming with Felicia - Chapel & TV Channel 14 (Please sign up at The Front Desk for a spot!)</p> <p>1:15 Wheel of Fortune with Shelley - Cinema</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>2</p> <p>1:15 Oscars Trivia with Shelley - Perk</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p> <p>7:00 Oscar's Watch Party with Volunteer Annika - Cinema - <i>Dress to Impress!</i> (Refreshments Provided)</p>	<p>3</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)</p> <p>10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15 Lunch Outing: Jax Café (Minneapolis) (Please sign up at The Front Desk)</p> <p>1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p>4</p> <p>9:00 Morning Stretches with Phillis - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Card Game: Wizard with Alissa - Club Room</p> <p>1:15 Movie: Sister Act 2 - Back in the Habit - Cinema</p> <p>3:00 Cribbage - Club Room</p> <p>3:00 Worship Service with Pastor Amy Courts-Koopman from Gethsemane Lutheran Church - Chapel & TV Channel 14 5:00 Mardi Gras Dinner Served - Lafayette & Excelsior Dining Room (Please RSVP Guests & Flex Living Residents at The Front Desk)</p>	<p>5</p> <p>8:15/9:45 Medical Shuttle (You MUST Make an Appointment with The Front Desk)</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Ash Wednesday Service with Deacon Michael - Chapel & TV Channel 14 1:00 Open Bridge - Club Room 1:30 Scrabble - Club Room 2:00 Fresh Popped Popcorn with Shelley - Perk 2:00 New Resident Meet & Greet Social - Hosted by our Marketing Team: Maddie & Kasey - Lafayette Dining Room All are welcome and encouraged to attend! 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)</p> <p>2:00 Resident Handbook Review Meeting with Carissa - Fireside Dining Room 2:15 Fresh Popped Popcorn Delivered to Card Players by Amelia - Club Room & Library 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room 7:00 Movie Night: Oklahoma - Cinema</p>	<p>6</p> <p>9:00 Morning Stretches with Phillis - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Cards Game: 5 Crowns with Alissa - Club Room</p> <p>1:00 Bible Study with Deacon Michael - Fireside Dining Room</p> <p>1:00 Skip-Bo Led by Residents Betty & Esther - Club Room</p> <p>1:15 The Chosen - Season 4: Episode 1: Promises & Episode 2: Confessions - Cinema</p>	<p>7</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: Pretzels & Cheese Dip Provided, BYOB - Club Room</p>	<p>8</p> <p>1:15 Cell Phone & iPad/Tablet Support with Amelia - Perk (Please sign up for an appointment at The Front Desk)</p> <p>2:30 Bingo with Volunteer Judi - Perk</p> <p>4:30 Catholic Mass with Father Bakatu - Chapel & TV Channel 14</p>
<p>9</p> <p>1:15 Travel to Italy with Amelia - Cinema (Refreshments Provided)</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p>10</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)</p> <p>10:00 Confessions with Father Berger - Pastoral Care Office (Located outside of the Chapel) 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 1:30 Outing: Feed My Starving Children Service Project Outing with Alissa & Shelley (Please sign up at The Front Desk & Invite Your Families to Join Us!)</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p>11</p> <p>9:00 Morning Stretches with Phillis - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Card Game: Wizard with Alissa - Club Room</p> <p>1:15 Movie: The Big Country - Cinema</p> <p>2:00 Worship Service with Deacon Michael - Chapel & TV Channel 14 3:00 Cribbage - Club Room</p>	<p>12</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)</p> <p>1:00 Open Bridge - Club Room 1:00 Low Vision Group with Renee - Lafayette Dining Room 1:30 Scrabble - Club Room 2:00 Fresh Popped Popcorn with Shelley - Perk 2:00 Library Day with Janie - Conference Room (All are encouraged to stop in for this FREE book service)</p> <p>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)</p> <p>2:15 Fresh Popped Popcorn Delivered to Card Players by Amelia - Club Room & Library 2:30 Heart Health Presentation with Annette Parker from Interim - Chapel & TV Channel 14 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room 7:00 Movie Night: Father of the Bride - Cinema</p>	<p>13</p> <p>9:00 Morning Stretches with Phillis - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 10:00 Outing Shuttle: Orchestra Hall Prelude Coffee Concert Series: Erin Keefe Plays Beethoven (Tickets Must be Purchased Ahead of Time- see Resident Lorraine Basket for Details, also please sign up at The Front Desk)</p> <p>11:15 Game: Quiddler with Alissa - Club 11:15 Jeopardy Trivia Game with Alissa - Cinema 1:00 Bible Study with Deacon Michael - Fireside Dining Room 1:00 Skip-Bo Led by Residents Betty & Esther - Club Room 1:15 The Chosen - Season 4: Episode 3: Moon to Blood & Episode 4: Calm Before - Cinema 2:30 Celebrating This Month's Birthdays with Musical Entertainment by Tim Meyer - Chapel & TV Channel 14 3:30 Birthday Treats Served: Pistachio Pudding Cups - Perk</p>	<p>14</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 Marketing Team: Maddie & Kasey - 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 2:30 Gift Card Bingo - Hosted by Shelley Peyerl from Visiting Angels - Lafayette Dining Room 3:30 Happy Hour: Pizza & Pie Bites Provided, BYOB - Club Room</p>	<p>15</p> <p>10:30 Cardio Drumming with Felicia - Chapel & TV Channel 14 (Please sign up at The Front Desk for a spot!)</p> <p>1:15 Roasted Grapes with Shelley - Perk</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>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">16</p> <p>2:00 Musical Performance by Lilia - Chapel & TV Channel 14</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p style="text-align: right;">17</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Target & Cub Shopping Outing <i>(Please sign up at The Front Desk)</i> 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15 Lunch Outing: Kip's Irish Pub (St. Louis Park) <i>(Please sign up at The Front Desk)</i> 1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p style="text-align: right;">18</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Card Game: Wizard with Alissa - Club Room 1:15 Movie: Horizon: An American Saga, Chapter 1 - Cinema 2:00 Worship Service with Deacon Michael - Chapel & TV Channel 14 3:00 Resident Meeting - Chapel & TV Channel 14 3:00 Cribbage - Club Room</p>	<p style="text-align: right;">19</p> <p>8:15/9:45 Medical Shuttle <i>(You MUST Make an Appointment with The Front Desk)</i> 9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:00 All Community Lunch Outing: Dragon Jade <i>(Please sign up at The Front Desk)</i> 1:00 Open Bridge - Club Room 1:30 Scrabble - Club Room 2:00 Fresh Popped Popcorn with Shelley - Perk 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> 2:15 Fresh Popped Popcorn Delivered to Card Players by Amelia - Club Room & Library 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room 7:00 Movie Night: The Six Triple Eight - Cinema</p>	<p style="text-align: right;">20</p> <p>9:00 Morning Stretches with Jeanne - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 11:15 Movie Selection Meeting with Alissa - Cinema 1:00 Bible Study with Deacon Michael - Fireside Dining Room 1:00 Skip-Bo Led by Residents Betty & Esther - Club Room 1:15 The Chosen - Season 4: Episode 5: Sitting, Serving, Scheming & Episode 6: Dedication - Cinema 1:30 Book Club: Hosted by Resident Phillis Bennett: <i>Sea Biscuit</i> by Laura Hildebrand - Private Dining Room <i>(Please contact Phillis for a copy of the book to get started before the meeting)</i> 2:30 Some Interesting Aspects of My Favorite Songs - Presented by Resident Bob Sommerlad - Cinema</p>	<p style="text-align: right;">21</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 9:30 Friday Morning Donut Social - Perk 1:00 Card Club: Hand & Foot Hosted by Resident Pat Howitz - Club Room 3:30 Happy Hour: Pita Bites, Veggies, & Hummus Provided, BYOB - Club Room</p>	<p style="text-align: right;">22</p> <p>1:00 Movie: Sea Biscuit - Cinema Hosted by Resident Phillis Bennett's Book Club <i>(A discussion forum, led by Phillis, will be held after the movie)</i> 1:15 Cell Phone & iPad/Tablet Support with Amelia - Perk <i>(Please sign up for an appointment at The Front Desk)</i> 2:30 Bingo with Volunteer Judi - Perk 4:30 Catholic Mass with Father Bakatu - Chapel & TV Channel 14</p>
<p style="text-align: right;">23</p> <p>1:15 Art Project: Flower Tea Lights with Amelia - Arts Room</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p style="text-align: right;">24</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Target & Cub Shopping Outing <i>(Please sign up at The Front Desk)</i> 1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<p style="text-align: right;">25</p> <p>9:00 Morning Stretches with Phillis - Chapel & TV Channel 14 11:15 Card Game: Wizard with Alissa - Club Room 1:15 Movie: Hillbilly Elegy - Cinema 3:00 Cribbage - Club Room</p>	<p style="text-align: right;">26</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 <i>(You MUST Make an Appointment with The Front Desk)</i> 1:00 Open Bridge - Club Room 1:00 Dining Forum Meeting with Heidi from Unidine - Fireside Dining Room <i>All are Welcome & Encouraged to Attend!</i> 1:30 Scrabble - Club Room 2:00 Fresh Popped Popcorn with & Shelley - Perk 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> 2:15 Fresh Popped Popcorn Delivered to Card Players by Amelia - Club Room & Library 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room 7:00 Movie Night: Back in Action - Cinema</p>	<p style="text-align: right;">27</p> <p>9:00 Morning Stretches with Phillis - Chapel & TV Channel 14 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15 Lunch Outing: Carmine's (Bloomington) <i>(Please sign up at The Front Desk)</i> 1:00 Bible Study with Deacon Michael - Fireside Dining Room 1:00 Skip-Bo Led by Residents Betty & Esther - Club Room 1:15 The Chosen - Season 4: Episode 7: The Last Sign & Episode 8: Humble - Cinema</p>	<p style="text-align: right;">28</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: Sweet & Savory Skewers Provided, BYOB - Club Room</p>	<p style="text-align: right;">29</p> <p>10:30 Cardio Drumming with Felicia - Chapel & TV Channel 14 <i>(Please sign up at The Front Desk for a spot!)</i> 1:15 Family Feud with Shelley - Cinema 2:30 Bingo with Volunteer Judi - Lafayette Dining Room 4:30 Catholic Mass with Father Bakatu - Chapel & TV Channel 14</p>
<p style="text-align: right;">30</p> <p>1:15 Old Model Car & Truck Trivia with Shelley - Perk</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>	<p style="text-align: right;">31</p> <p>9:00 Live 2B Healthy Exercise Class - Chapel & TV Channel 14 10:00 Target & Cub Shopping Outing <i>(Please sign up at The Front Desk)</i> 10:00 Holy Hour with Deacon Michael - Chapel & TV Channel 14 12:15 Lunch Outing: Wok in The Park (St. Louis Park) <i>(Please sign up at The Front Desk)</i> 1:30 Musical Performance with The Monday Jammers - Chapel & TV Channel 14 3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>	<div style="text-align: center;">  <p>HELLO March</p> </div>	<p style="text-align: center;">*** All programs indicating availability on "TV Channel 14" are available to those subscribed to Aufderworld</p>	<p style="text-align: center;"><u>ALISSA DVORAK</u></p> <p style="text-align: center;">COMMUNITY LIFE & VOLUNTEER DIRECTOR</p> <p style="text-align: center;">ADVORAK@GREATLAKESMC.COM</p> <p style="text-align: center;">952-345-4404</p>	<p style="text-align: center;"><u>AMELIA HEATH</u></p> <p style="text-align: center;">COMMUNITY LIFE COORDINATOR</p> <p style="text-align: center;">AHEATH@GREATLAKESMC.COM</p> <p style="text-align: center;">952-345-4414</p>	<p style="text-align: center;"><u>SHELLEY BERGMAN</u></p> <p style="text-align: center;">COMMUNITY LIFE COORDINATOR</p> <p style="text-align: center;">SBERGMAN@GREATLAKESMC.COM</p> <p style="text-align: center;">952-345-4410</p>