



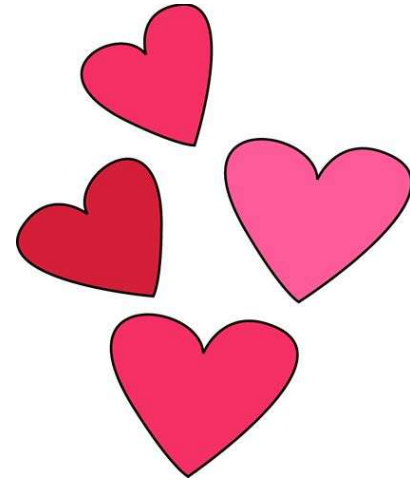


| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|--|---|---|--|---|--|
| <p><b>*** All programs indicating availability on "TV Channel 14" are available to those subscribed to Aufderworld</b></p>  |  |   |   |  |   | <p><b>1</b></p> <p>10:30 Cardio Drumming with Felicia - Chapel &amp; TV Channel 14 (Please sign up at The Front Desk for a spot!)</p> <p>1:15 Mini Sausage Rolls &amp; Conversation Hour with Shelley - Perk</p> <p>2:30 Bingo with Volunteer Judi - Lafayette Dining Room</p> <p>4:30 Catholic Mass with Father Bakatu - Chapel &amp; TV Channel 14</p>                 |
| <p><b>2</b></p> <p>1:15 Vintage Tractor Trivia with Shelley - Perk</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>   | <p><b>3</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Target &amp; Cub Shopping Outing (Please sign up at The Front Desk)</p> <p>1:30 Musical Performance with The Monday Jammers - Chapel &amp; TV Channel 14</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>  | <p><b>4</b></p> <p>9:00 Morning Stretches with Jeanne - Chapel &amp; TV Channel 14</p> <p>11:15 Card Game: Wizard with Alissa - Club Room</p> <p>1:15 Movie: Planes, Trains, &amp; Automobiles - Cinema</p> <p>2:00 Cribbage - Club Room</p> <p>3:00 Worship Service with Pastor John Nelson from Gethsemane Lutheran Church - Chapel &amp; TV Channel 14</p>   | <p><b>5</b></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 &amp; TV Channel 14</p> <p>1:00 Open Bridge - Club Room</p> <p>1:30 Scrabble - Club Room</p> <p>2:00 Fresh Popped Popcorn Delivered by Amelia &amp; Shelley - Perk</p> <p>2:00-4:00 Fingernail Polishing with Alissa &amp; 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 &amp; Shelley - Club Room &amp; Library</p> <p>3:30 Bingo with Volunteers Becca &amp; Reid - Lafayette Dining Room</p> <p>7:00 Movie Night: "A Man on the Inside"</p> <p>Episode 1: Tinker Taylor Older Spy &amp; Episode 2: The Man Who Knew Too Much About Bridges - Cinema</p>   | <p><b>6</b></p> <p>9:00 Morning Stretches with Jeanne - Chapel &amp; TV Channel 14</p> <p>12:15 Lunch Outing: Nonna Rosa's Ristorante Italiano (Robbinsdale) (Please sign up at The Front Desk)</p> <p>1:00 Skip-Bo Led by Residents Betty &amp; Esther - Club Room</p> <p>1:15 Movie: Born Free - Cinema</p> <p>2:30 MPLS Commodores Quartet Presents: Cinematix, A Musical Performance - Chapel &amp; TV Channel 14</p>  | <p><b>7</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>9:30 Friday Morning Donut Social - Perk</p> <p>1:00 Card Club: Hand &amp; Foot Hosted by Resident Pat Howitz - Club Room</p> <p>3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p>   | <p><b>8</b></p> <p>1:15 Cell Phone &amp; 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 &amp; TV Channel 14</p>   |
| <p><b>9</b></p> <p>1:15 Set-Up &amp; Decorate for The Superbowl LIX Viewing Party with Amelia - Cinema</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p> <p>5:30 Superbowl LIX Viewing &amp; Resident Potluck - Cinema (TV Channel Fox 9) <i>Please bring an appetizer to share!</i></p> | <p><b>10</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Target &amp; 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)</p> <p>1:30 Musical Performance with The Monday Jammers - Chapel &amp; TV Channel 14</p> <p>1:30 Outing: Feed My Starving Children Service Project Outing with Alissa &amp; Shelley (Please sign up at The Front Desk &amp; Invite Your Families to Join Us!)</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p> | <p><b>11</b></p> <p>9:00 Morning Stretches with Phillis - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Card Game: Wizard with Alissa - Club Room</p> <p>1:00 Presentation: Building a Culture of Kindness - Hosted by Maddie &amp; Kasey - Glenview Room (located on the 2<sup>nd</sup> Floor)</p> <p>1:15 Movie: Sleepless in Seattle - Cinema</p> <p>2:00 Cribbage - Club Room</p> <p>2:00 Worship Service with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>5:00 Valentines Dinner Served - Lafayette &amp; Excelsior Dining Rooms</p> <p>6:15 Piano Music with Evan Kasseth - Chapel &amp; TV Channel 14</p> | <p><b>12</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>12:15/1:45 Medical Shuttle (You MUST Make an Appointment with The Front Desk)</p> <p>1:00 Open Bridge - Club Room</p> <p>1:00 Low Vision Group with Renee - Lafayette Dining Room</p> <p>1:30 Scrabble - Club Room</p> <p>2:00 Fresh Popped Popcorn Delivered by Amelia &amp; Shelley - Perk</p> <p>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 &amp; 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 &amp; Shelley - Club Room &amp; Library</p> <p>2:30 Heart Health Presentation with Annette Parker from Interim - Chapel &amp; TV Channel 14</p> <p>3:30 Bingo with Volunteers Becca &amp; Reid - Lafayette Dining Room</p> <p>7:00 Movie Night: "A Man on the Inside" Episode 3: The Emily Always Rings Twice &amp; Episode 4: The Curious Incident of the Dog in the Painting Class - Cinema</p> | <p><b>13</b></p> <p>9:00 Morning Stretches with Phillis - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Trivia Game: Jeopardy with Alissa - Cinema</p> <p>1:00 Bible Study with Deacon Michael - Fireside Dining Room</p> <p>1:00 Skip-Bo Led by Residents Betty &amp; Esther - Club Room</p> <p>1:15 Movie: Send Me No Flowers - Cinema</p> <p>2:30 Celebrating This Month's Birthdays with Musical Entertainment by Bob Scoggin - Chapel &amp; TV Channel 14</p> <p>3:30 Birthday Treats Served - Perk</p> | <p><b>14</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>9:30 Friday Morning Donut Social - Perk</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Welcome Committee Meeting with Marketing Team: Maddie &amp; Kasey - Private Dining Room</p> <p>1:00 Card Club: Hand &amp; Foot Hosted by Resident Pat Howitz - Club Room</p> <p>1:30 Stations of the Cross with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>2:30 New Resident Meet &amp; Greet Social - Hosted by our Marketing Team: Maddie &amp; Kasey - Lafayette Dining Room <i>All are welcome and encouraged to attend!</i></p> <p>3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p> | <p><b>15</b></p> <p>10:30 Cardio Drumming with Felicia - Chapel &amp; TV Channel 14 (Please sign up at The Front Desk for a spot!)</p> <p>1:15 Tomato &amp; Mozzarella Skewers &amp; Conversation Hour with Shelley - Perk</p> <p>2:30 Bingo with Volunteer Judi - Lafayette Dining Room</p> <p>4:30 Catholic Mass with Father Backmann - Chapel &amp; TV Channel 14</p> |

# FEBRUARY 2025

# FLEX & ASSISTED LIVING



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|---|--|--|--|--|
| <p><b>16</b></p> <p>1:15 JBloom Galentine's Jewelry Sale Party &amp; Snacks Hosted by Alissa, Shelley, &amp; Special Guest Jackie - Perk</p> <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p>                                    | <p><b>17</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Target &amp; Cub Shopping Outing<br/><i>(Please sign up at The Front Desk)</i></p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>1:30 Musical Performance with The Monday Jammers - Chapel &amp; TV Channel 14</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p>   | <p><b>18</b></p> <p>9:00 Morning Stretches with Phillis - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Card Game: Wizard with Alissa - Club Room</p> <p>12:15 Lunch Outing: Jax Café (MPLS)<br/><i>(Please sign up at The Front Desk)</i></p> <p>1:15 Movie: High Society - Cinema</p> <p>2:00 Cribbage - Club Room</p> <p>2:00 Worship Service with Deacon Michael - Chapel &amp; TV Channel 14</p> | <p><b>19</b></p> <p>8:15/9:45 Medical Shuttle<br/><i>(You MUST Make an Appointment with The Front Desk)</i></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>1:00 Open Bridge - Club Room</p> <p>1:30 Scrabble - Club Room</p> <p>2:00 Fresh Popped Popcorn Delivered by Amelia &amp; Shelley - Perk</p> <p>2:00-4:00 Fingernail Polishing with Alissa &amp; Volunteer Julie - Arts Room<br/><i>(an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service)</i></p> <p>2:00 Resident Handbook Review Meeting with Carissa - Fireside Dining Room<br/><i>(Please sign up at The Front Desk to attend)</i></p> <p>2:15 Fresh Popped Popcorn Delivered to Card Players by Amelia &amp; Shelley - Club Room &amp; Library</p> <p>3:30 Bingo with Volunteers Becca &amp; Reid - Lafayette Dining Room</p> <p>7:00 Movie Night: "A Man on the Inside" Episode 5: Presents and Clear Danger &amp; Episode 6: Our Man in Sacramento - Cinema</p> | <p><b>20</b></p> <p>9:00 Morning Stretches with Phillis - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Movie Selection Meeting with Alissa - Cinema<br/><i>(Help us to select the movies for the month of March to watch in the Cinema - all are welcome to attend!)</i></p> <p>1:00 Bible Study with Deacon Michael - Fireside Dining Room</p> <p>1:00 Skip-Bo Led by Residents Betty &amp; Esther - Club Room</p> <p>1:15 Movie: Grumpy Old Men - Cinema</p> <p>1:30 Book Club: Hosted by Resident Phillis Bennett: <i>The Road to Character</i> by David Brooks - Private Dining Room<br/><i>(Please contact Phillis for a copy of the book to get started before the meeting)</i></p> | <p><b>21</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>9:30 Friday Morning Donut Social - Perk</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Resident Meeting - Chapel &amp; TV Channel 14</p> <p>1:00 Card Club: Hand &amp; Foot Hosted by Resident Pat Howitz - Club Room</p> <p>1:30 Stations of the Cross with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p> | <p><b>22</b></p> <p>1:15 Cell Phone &amp; iPad/Tablet Support with Amelia - Perk<br/><i>(Please sign up for an appointment at The Front Desk)</i></p> <p>2:30 Bingo with Volunteer Judi - Perk</p> <p>4:30 Catholic Mass with Father Bakatu - Chapel &amp; TV Channel 14</p> |
| <p><b>23</b></p> <p>1:15 Art Project with Amelia: Design Your Own Hairbrush - Arts Room</p>  <p>2:00 Dominos - led by Resident Lorraine Woolridge - Club Room</p> | <p><b>24</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Target &amp; Cub Shopping Outing<br/><i>(Please sign up at The Front Desk)</i></p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>12:15 Lunch Outing: Herbies on The Park (St. Paul)<br/><i>(Please sign up at The Front Desk)</i></p> <p>1:30 Musical Performance with The Monday Jammers - Chapel &amp; TV Channel 14</p> <p>3:15 Bingo with Volunteer Judi - Lafayette Dining Room</p> | <p><b>25</b></p> <p>9:00 Morning Stretches with Jeanne &amp;/or Phillis - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Card Game: Wizard with Alissa - Club Room</p> <p>1:15 Movie: The Grand Budapest Hotel - Cinema</p> <p>2:00 Cribbage - Club Room</p> <p>2:00 Worship Service with Pastor Dan Schultz from Zion Lutheran Church - Chapel &amp; TV Channel 14</p>                                | <p><b>26</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>12:15/1:45 Medical Shuttle<br/><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 Fresh Popped Popcorn Delivered by Amelia &amp; Shelley - Perk</p> <p>2:00-4:00 Fingernail Polishing with Alissa &amp; Volunteer Julie - Arts Room<br/><i>(an appointment MUST be made with The Front Desk in advance, walk-ins not guaranteed service)</i></p> <p>2:15 Fresh Popped Popcorn Delivered to Card Players by Amelia &amp; Shelley - Club Room &amp; Library</p> <p>3:30 Bingo with Volunteers Becca &amp; Reid - Lafayette Dining Room</p> <p>7:00 Movie Night: "A Man on the Inside" Episode 7: From Russian Hill with Love &amp; Episode 8: The Spy Who Came in From the Cold - Cinema</p>   | <p><b>27</b></p> <p>9:00 Morning Stretches with Jeanne &amp;/or Phillis - Chapel &amp; TV Channel 14</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>11:15 Game Time: Quiddler 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 &amp; Esther - Club Room</p> <p>1:15 Movie: Spencer's Mountain - Cinema</p>  | <p><b>28</b></p> <p>9:00 Live 2B Healthy Exercise Class - Chapel &amp; TV Channel 14</p> <p>9:30 Friday Morning Donut Social - Perk</p> <p>10:00 Holy Hour with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>1:00 Card Club: Hand &amp; Foot Hosted by Resident Pat Howitz - Club Room</p> <p>1:30 Stations of the Cross with Deacon Michael - Chapel &amp; TV Channel 14</p> <p>3:30 Happy Hour: Snacks Provided, BYOB - Club Room</p>  |    |
| <p>HELLO february</p>  |    |   |   | <p><b>ALISSA DVORAK</b></p> <p>COMMUNITY LIFE &amp; VOLUNTEER DIRECTOR</p> <p>ADVORAK@GREATLAKESMC.COM</p> <p>952-345-4404</p>   | <p><b>AMELIA HEATH</b></p> <p>COMMUNITY LIFE COORDINATOR</p> <p>AHEATH@GREATLAKESMC.COM</p> <p>952-345-4414</p>  | <p><b>SHELLEY BERGMAN</b></p> <p>COMMUNITY LIFE COORDINATOR</p> <p>SBERGMAN@GREATLAKESMC.COM</p> <p>952-345-4410</p>   |