Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			sted Daily Schedule in TV Lounge for a	25		9:30 Saturday Stretches with Shelley 10:00 Sing-Along with Volunteers Bob & Jeanne 11:15 A Love Letter to Remember: A Valentines Story 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 ( <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 Shelley 10:00 Holiday History: Groundhogs Day with Shelley 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: The Wait (Netflix) 3:45 Baking Group: Valentines Cupcakes with Shelley 5:45 Animal Night with RA's: Prairie Dog Manor (Disney+) Groundhog Day	9:30 Seated Exercises with RA's <b>3</b> (YouTube) 10:30 Daily Chronicles with Alissa 11:00 Music Therapy with Addie 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 RA's 5:45 Piano Music with Volunteer Lilly	9:30 Live 2B Healthy Exercise Class 10:00 Manicures with Alissa 11:15 Conversation Catch with Amelia 2:00 Taste Test: Smoothies with Shelley 3:00 Church Service with Pastor John Nelson from Gethsemane Lutheran Church - Chapel with Shelley and TV Channel 14 4:00 Card Game: Go Fish with Shelley 5:45 Ted Talk: Richard J Davidson with Amelia	9:30 Sit & Be Fit with Amelia 10:00 Craft Project: Homemade Sugar Scrubs with Amelia 11:15 Card Game: Uno 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 Room Rounds with Shelley 5:45 Conversation Cards with Shelley	9:30 Chair Exercises with Shelley 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Fingerpainting with Shelley 2:30 MPLS Commodores Quartet Presents: Cinematix, A Musical Performance - Chapel with Amelia & TV Channel 14 4:15 Book Reading: My Great Aunt Arizona with Amelia 5:45 Lotion Hand Massages with Amelia	9:30 Seated Exercises with Shelley 10:00 Donuts with Shelley 10:30 Visits with Volunteer Joellyn & Dog Charlie 11:00 The Little Red Valentine Story with Shelley 2:30 Musical Entertainment by Colleen Wold-Hiebeler 3:30 Dice Game: Yahtzee with Alissa 5:45 Food Show Friday with RA's: Bake Squad (Netflix)	9:30 Saturday Stretches with Amelia 10:00 Sing-Along with Volunteers Bob & Jeanne 11:15 Build Marshmallow Structures for Art & Architectures Day 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 Shopping Bingo with Amelia 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: Our Lady of San Juan: Four Centuries of Miracles (Netflix) 3:45 Random Acts of Kindness Week: Making Flowers with Amelia 5:45 Animal Night with RA's: Billy & Molly: An Otter Love Story (Disney+)	9:30 Seated Exercises with Shelley <b>10</b> 10:00 Daily Chronicles with Shelley <b>10</b> :00 Confessions with Father Berger - Pastoral Care Office ( <i>Families are encouraged to assist loved ones if interested</i> ) 10:30 Valentines Stories 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 RA's & TV Channel 14 1:30 Outing: Feed My Starving Children Service Project: Senior Day! with Alissa & Shelley 3:15 Bingo with Volunteer Judi - Lafayette Dining Room with RA's 5:45 Piano Music with Volunteer Lilly	9:30 Live 2B Healthy Exercise Class <b>11</b> 10:00 Manicures with Alissa 11:15 Chuck-a-Duck Game with Amelia 2:00 Church Service with Deacon Michael - Chapel with Shelley & TV Channel 14 3:15 Taste Test: Berries with Fruit Dip with Shelley 6:15 Piano Music by Evan Kasseth - Chapel with Community Life & TV Channel 14	9:30 Sit & Be Fit with Amelia 10:00 Craft Project: Valentine's Cards with Amelia 11:15 Holiday History: Tu B'Shevat with Amelia 2:30 Heart Health Presentation with Annette Parker from Interim - Chapel & TV Channel 14 3:00 Fresh Popped Popcorn Delivered by Amelia & Shelley 3:30 Bingo with Volunteers Becca & Reid - Lafayette Dining Room with Shelley 4:15 Room Rounds with Shelley 5:45 National Geographic with Shelley Tu B'Shevat Begins	9:30 Chair Exercises with Shelley 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Grandma's Valentine Tradition: A Valentine Story with Shelley 2:30 Celebrating Monthly Birthdays with Musical Entertainment by Bob Scoggin – Chapel with Amelia & TV Channel 14 4:15 Table Top Bowling with Amelia 5:45 Ted Talk: Leila Allen with Amelia	9:30 Seated Exercises with Amelia 14 10:00 Donuts with Amelia 14 11:15 Love Songs Sing-Along with Amelia 1:30 Stations of the Cross with Deacon Michael - Chapel & TV Channel 14 ( <i>Families are encouraged to assist loved ones if interested</i> ) 2:30 Holiday History: Valentine's Day with Amelia 2:30 New Resident Meet & Greet Social – Hosted by our Marketing Team: Maddie & Kasey – Lafayette Dining Room ( <i>Families are encouraged to assist loved ones if interested</i> ) 5:45 Food Show Friday with RA's: The Big Family Cooking Showdown (Netflix) Valentine's Day	9:30 Saturday Stretches with Shelley 10:00 Sing-Along for Seniors (YouTube) 11:15 Daily Chronicles with Shelley 2:30 Bingo with Volunteer Judi - Lafayette Dining Room with RA's & Shelley 4:30 Catholic Mass with Father Backmann - 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: \$100,000 Pyramid (Hulu)
9:30 Sunday Stretches with Shelley 10:00 Holiday History: Groundhogs Day with Shelley 11:00 Catholic Mass with RA's - TV Channel 74 1:15 - 3:15 Galentine's Jewelry Party & Refreshments with Alissa, Shelley, & Special Guest Jackie - Perk (Families encouraged to attend with loved ones) 2:00 Spiritual Sunday with RA's: Mary (Netflix) 3:45 Daily Chronicles with Shelley 5:45 Animal Night with RA's: Howie Mandel's: Secrets of the Elephants (Disney+)	9:30 Seated Exercises with Amelia 10:00 Daily Chronicles & Holiday History: Presidents Day with Amelia 10:30 Card Game: Uno 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 & Amelia 5:45 Piano Music with Volunteer Lilly Presidents' Day (U.S.)	9:30 Live 2B Healthy Exercise Class <b>18</b> 10:00 Manicures with Alissa 11:15 Happy Birthday Vanna White with Amelia 2:00 Church Service with Deacon Michael - Chapel with Shelley & TV Channel 14 3:15 Taste Test: Pesto vs. Alfredo with Shelley 4:00 Card Game: Crazy 8's with Shelley 5:45 Lotion Hand Massages with Amelia	10:00 Craft Project: Watercolor Painting with Amelia 11:15 Fill in the Blank Game 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 Room Rounds 5:45 Name 10 Trivia with Shelley	9:30 Chair Exercises with Shelley 20 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Magnetism with Shelley 3:00 Active Game: Flyswatter Balloon Batting with Amelia & Shelley 4:15 Puzzles with Amelia 5:45 Travel to the Strangest Country on Earth with Amelia	9:30 Seated Exercises with Shelley 10:00 Donuts with Shelley 10:30 Piano Music with James Shaw 11:15 Resident Meeting - Chapel & TV Channel 14 ( <i>Families are encouraged to assist loved ones if</i> <i>interested</i> ) 11:30 Card Game: Crazy 8's with Shelley 1:30 Stations of the Cross with Deacon Michael - Chapel & TV Channel 14 ( <i>Families encouraged to assist loved ones if</i> <i>interested</i> ) 2:45 Puzzle Time with Shelley 5:45 Food Show Friday with RA's: A Tale of Two Kitchens (Netflix)	9:30 Saturday Stretches with Amelia 10:00 Sing-Along for Seniors (YouTube) 11:15 Table Top Tennis 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 10:00 Making Coasters with Amelia 11:00 Catholic Mass with RA's - TV Channel 74 2:00 Spiritual Sunday with RA's: The Story of Moses (Netflix) 3:45 Animal Jeopardy with Amelia 5:45 Animal Night with RA's: Kingdom of the White Wolf (Disney+)	9:30 Seated Exercises with Shelley 10:00 Daily Chronicles with Shelley 10:30 Trivia Time 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 & Shelley 5:45 Piano Music with Volunteer Lilly	9:30 Live 2B Healthy Exercise Class 25 10:00 Manicures with Alissa 11:15 Reminiscing: Music & Movies with Amelia 2:00 Church Service with Pastor Dan Schultz from Zion Lutheran Church - Chapel with Shelley & TV Channel 14 3:15 Taste Test: Chocolate Covered Nuts with Shelley 4:00 Card Game: Uno with Shelley 5:45 Ted Talk: Mandy Saligari - Feelings: Handle Them Before They Handle You with Amelia	9:30 Sit & Be Fit with Amelia 10:00 Craft Project: Georgia O'Keefe Oil Pastel Art with Amelia 11:15 Chit Chats 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 Room Rounds with Shelley 5:45 Would You Rather Game with Shelley	9:30 Chair Exercises with Shelley 27 10:00 Quote of the Week with Shelley 10:30 Daily Chronicles with Shelley 11:00 Puzzle Time with Shelley 2:00 Superfood of the Month: Dark Chocolate with Heidi from Unidine 3:00 Active Game: Parachute Balloon Toss with Amelia & Shelley 4:15 Domino Trains with Amelia 5:45 Animal Matching Game with Amelia	9:30 Seated Exercises with Amelia 10:00 Donuts with Amelia 10:30 Daily Chronicles with Amelia 11:00 Holiday History: Ramadan with Amelia 1:30 Stations of the Cross with Deacon Michael - Chapel & TV Channel 14 (Families are encouraged to assist loved ones if interested) 2:00 Dice Game: Farkle with Alissa 3:00 Flute Music with Alissa 5:45 Food Show Friday with RA's: Baking Impossible (Netflix) Ramadan Begins	Alissa Dvorak Community Life & Volunteer Director ADvorak@GreatLakesMC.com 952-345-4422 <u>Amelia Heath</u> Community Life Coordinator AHeath@GreatLakesWC.com 952-345-4414 <u>Shelley Bergman</u> Community Life Coordinator SBergman@GreatLakesWc.com 952-345-4410