May 2019

Ecumen Seasons at Apple Valley Activities and Events
activities or outings may be subject to change or cancellation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Morning Exercise (FC) 10:15 Resident Council (CH) 11:00-2:00 Cub/Target/Walmart 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) May Day	**2** 9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 2:00 Bingo Payout (C) 2:00 Cards (C) 2:30 Movie: A Star is Born (T) 2:30 Cookie Hour (C)	**3** 10:15 Catholic Communion (CH) 1:30 Trivia (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	**4** 1:00 Bingo (ALR) 2:00 Movie: The Kite Runner (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)
5 10:15 Catholic Communion-Mary Mother (CH) 1:00 Church Service, Berean Baptist (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C) Cinco de Mayo	**6** 9:30 Morning Exercise (FC) 1:00 Bingo (ALR) 2:00 OPEN Paint (CA) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:30 Cookie Hour (C) Ramadan	**7** 9:30 Morning Exercise (FC) 10:30 Men's Group (LC) 12:00-3:00 Round About Apple Valley 1:00 Christian Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Humana: Staying Social (LC) 4:00 Social Hour (AC)	**8** 9:30 Morning Exercise (FC) 10:00-1:00 Cub/Target/Walmart 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C)	**9** 9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 2:00 Dakota County Library (L) 2:00 Cards (C) 2:30 Movie: Mame (T) 2:30 Cookie Hour (C)	**10** 11:00-2:00 Bachman's on Lyndale 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	**11** 1:00 Bingo (ALR) 2:00 Movie: A League of Their Own (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)
12 10:15 Catholic Communion-Mary Mother (CH) 1:00 Worship w/ Chaplain Sarah (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C) Happy Mother's Day	**13** 9:30 Morning Exercise (FC) 10:00-12:00 Cub/Target 1:00 Bingo (ALR) 1:30 Hand N Foot (L) 2:00 Hearing Aid Doctor (CA) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Dance with Greg from Aegis! (FC)	**14** 7:00 DAV Pickup (Lobby) 9:30 Morning Exercise (FC) 10:30 Men's Group (LC) 1:00 Blood Pressure Clinic (LC) 1:00 Christian Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	**15** 9:30 Morning Exercise (FC) 10:00-1:00 Cub/Target/Walmart 1:00 Monthly Birthday Party Featuring: Malt Shop Melodies (ALR) 2:00 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC)	**16** 9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 2:00 Bingo Payout (C) 2:00 Cards (C) 2:30 Movie: Bonnie and Clyde (T) 2:30 Cookie Hour (C)	**17** 1:30 Trivia (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	**18** 1:00 Bingo (ALR) 2:00 Movie: Golden Earrings (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C) Armed Forces Day
19 10:15 Catholic Communion-Mary Mother (CH) 1:00 Church Service, MN Valley Lutheran (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C)	**20** 9:30 Morning Exercise (FC) 11:00-1:00 Lunch at Chianti Grill 1:00 Bingo (ALR) 2:00 OPEN Crafts (CA) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:30 Cookie Hour (C) Victoria Day (Canada)	**21** 9:30 Morning Exercise (FC) 10:30 Men's Group (LC) 1:00 Christian Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (AC) 4:00 Social Hour (AC)	**22** 9:30 Morning Exercise (FC) 10:00-1:00 Cub/Target/Walmart 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C)	**23** 9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 2:00 Cards (C) 2:30 Movie: Captain Newman, M.D. (T) 3:00 Caregiver Support Group with Chaplain Sarah (L) 2:30 Cookie Hour (C)	**24** Wear your patriotic colors day! 10:00-12:00 Cub/Target 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	**25** 1:00 Bingo (ALR) 2:00 Movie: Moscow on the Hudson (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)
26 10:15 Catholic Communion-Mary Mother (CH) 1:00 Worship and Communion with Chaplain Sarah (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C)	**27** 9:30 Morning Exercise (FC) 10:30 Book Club (C) 10:30 Men's Group (LC) 1:00 Christian Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (C) 4:00 Social Hour (AC) MEMORIAL DAY CELEBRATE ★ HONOR ★ REMEMBER Memorial Day	**28** 9:30 Morning Exercise (FC) 10:30 Men's Group (LC) 1:00 Christian Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	**29** 9:30 Morning Exercise (FC) 10:00-1:00 Round About Apple Valley 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C)	**30** 9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 2:00 Cards (C) 2:30 Movie: Pink Panther (T) 2:30 Cookie Hour (C)	**31** 12:00-3:00 Minneapolis Institute of Art- FREE 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	

If you have any concerns or suggestions, please contact Stephanie Baumann, Life Enrichment Supervisor at 952.891.9177 or stephaniebaumann@ecumen.org

ACTIVITY DESCRIPTIONS

Outings: Are highlighted in red. Please sign up at the front desk for any outing that you are interested in attending.

Group Exercise: Monday –Thursday at 9:30AM in the Fitness Center. Enjoy 30 minutes of cardio, strength and flexibility. In this class you can remain seated or you can stand.

Live 2 B Healthy: Our customized fitness program is a personalized program taught by nationally certified instructors. It helps our residents retain their independence by maintaining their strength and mobility. Classes are Wednesday and Friday at 2:15 in the Fitness Center.

Walking Club: A great opportunity to get to get to know your neighbors while staying active. Join us every Tuesday at 1:00 pm in the Fitness Center.

Social Hour: Every Tuesday and Friday at 4pm is Social Hour in the Ecumen Seasons Amber Club Room. You are your own bartender; bring your own beverage of choice. For those of you who would like to keep your beverages locked in the liquor cabinets, please see Stephanie Baumann to reserve your cabinet.

Monthly Birthday Party: IT'S YOUR BIRTHDAY! Held in the Autumn Leaves Restaurant once a month at 1 pm; come celebrate resident birthdays of the month! All residents are welcome and encouraged to attend. You'll be sure to enjoy live entertainment and get your fill of cake and ice cream!

Wii Bowling: Is where it's at! See for yourself. Held every Wednesday at 1:00 pm in the Theater.

Bingo: Who doesn't love Bingo?! Collect 10 Bingo Bucks, redeem for gift cards at payout. Held every Monday, Thursday and Saturday at 1 pm in the Autumn Leaves Restaurant.

Card Club: Cards anyone? Ecumen Seasons residents enjoy playing cards, varying from 500, Skip-bo, Hand and Foot, Bridge and more. Pick-up games often occur on a daily basis, ask the Concierge to help you get a game started. If you are a novice or experienced card player, come one come all!

Church: Catholic Communion is distributed on the first Friday of every month and every Sunday, both at 10:15 in the Chapel. We also offer a Catholic Church service every Thursday at 10:15 am, which includes Holy Communion and Rosary in the Chapel. Other denominational church services are held on Sundays at 1:00 pm in the chapel as well.

Resident Counsel: Resident Counsel Meetings are held on the first Wednesday of every month at 10:15 in the Chapel. According to www.thefreedictionary.com "Counsel" is defined as *the act of exchanging opinions and ideas; consultation; advice or guidance, especially as solicited from a knowledgeable person*. Seasons Resident Counsel is an exchange of ideas and opinions between residents and select Seasons Leadership Team Members. All are welcome!

ON SITE SPECIALTY HEALTH SERVICES

Without ever having to leave the comfort of our cozy community, specialty health services and programs conveniently come to you, making it easier to maintain wellness. Services include:

- Primary routine and preventive care services provided by Bluestone Physician Services, the largest provider of residential-based care in the Twin Cities area

- Foot care

- Free Monthly hearing aid cleaning by the Hearing Aid Doctor

- Vision screenings

- Dental checkups

- Rehabilitation services through Aegis Therapies, one of the largest contract rehabilitation companies in the country

ROOM KEY

Fitness Center: FC-1st floor	Private Dining: PD-1st floor	Learning Center: LC-3rd floor
Café: C-1st floor	Theater: T-2nd floor	Library: L-3rd floor
Amber Club: AC-1st floor	Creative Arts: CA-2nd floor	Chapel: CH-4th floor
Autumn Leaves Restaurant: ALR-1st floor	Loft: LO-2nd floor	