

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

*Ecumen Seasons at Apple Valley
Activities and Events*

								11:00 MN Historic Society Presents: MN at Vicksburg with Terrence Winschel (Channel 2) 1:00 Trivia (T) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 4:00 Social Hour (AC)	12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)				
3	9:00 Church Service Shepherd of the Valley (Channel 2) 10:00 Bingo (ALR) 10:15 Mindfulness Meditation (T) 1:00 Cards: "500" (LO) 2:30 Cookie and Coffee Social (C)	4	National Be Nice Day 😊 9:30 Morning Exercise (FC) 9:30-12:30 Afton Apple Orchard! 10:15 Morning Reflection with Chaplain Sarah (L) 10:30 Men's Group (LC) 1:00 Movie: Ghost (Channel 2) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)	5	9:30 Morning Exercise (FC) 10:00-12:00 Cub/Target 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 3:00 Resident Council (CH)	6	9:00 Catholic Service with Mary Mother (Channel 2) 9:45 Resident Council (Channel 2) 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Movie: Pig (T) 2:00 Dakota County Library (L) 2:00 Grief Support Group (AC) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)	7	10:30 Bean Bag Toss (FC) 12:00 Fall Drive 1:00 Dining Room Council (CH) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 4:00 Social Hour (AC)	8	12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)	9	
10	12:00-6:00 Activity Slideshow! (Channel 20) 1:00 Church Service with Chaplain Sarah (CH)	11	Happy Indigenous Peoples' Day! 9:00 Church Service with Berean Baptist (Channel 2) 10:00 Bingo (ALR) 1:00 Cards: "500" (LO) 1:00 Musical Performance By: Tom Jackson/National Indigenous Peoples Day (Channel 2) 2:30 Cookie and Coffee Social (C) <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	12	9:30 Morning Exercise (FC) 10:00 Meet & Greet (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 12:00-3:00 Round About Apple Valley 1:00 Movie: The Shawshank Redemption (Channel 2) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)	13	9:30 Morning Exercise (FC) 10:30 Communion Service with Church of the Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C)	14	9:00 Catholic Service with Mary Mother (Channel 2) 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Movie: The English Patient (T) 1:00 Blessing Bike Rides (Front Patio) 2:00 Caregiver Support Group (L) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)	15	10:30 Autumn Craft (LC) 1:00 Trivia (T) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 4:00 Social Hour (AC)	16	12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)
17	12:00-6:00 Activity Slideshow! (Channel 20)	18	9:00 Church Service with Crossroads United Methodist (Channel 2) 10:00 Bingo (ALR) 10:15 Mindfulness Meditation (T) 1:00 Cards: "500" (LO) 2:30 Cookie and Coffee Social (C)	19	9:30 Morning Exercise (FC) 10:15 Morning Reflection with Chaplain Sarah (L) 10:30 Men's Group (LC) 1:00 Movie: Tender Mercies (Channel 2) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)	20	9:30 Morning Exercise (FC) 10:00-12:00 Cub/Target 1:00 Monthly Birthday Party Featuring: Michael Larson (ALR) 2:15 Live 2 B Healthy (FC) 3:00 Church of the Risen Savior with Fr. Denny (CH)	21	9:00 Catholic Service with Mary Mother (Channel 2) 10:00 Bingo (ALR) 10:15 Morning Reflection with Chaplain Sarah (L) 1:00 Movie: The Best Exotic Marigold Hotel (T) 2:00 Grief Group w/Chaplain Sarah (AC) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)	22	10:30 Bean Bag Toss (FC) 1:00 What the World Gets Wrong about Science (Channel 2) 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 4:00 Social Hour (AC)	23	12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)
24	12:00-6:00 Activity Slideshow! (Channel 20) 1:00 Church Service and Communion with Chaplain Sarah (CH)	25	9:00 Church Service with Prince of Peace (Channel 2) 10:00 Bingo (ALR) 1:00 PBS Nova Presents: Bat Superpowers! (Channel 2) 1:00 Cards: "500" (LO) 2:30 Cookie and Coffee Social (C)	26	9:30 Morning Exercise (FC) 9:30-12:30 Round About Apple Valley 10:15 Morning Reflection with Chaplain Sarah (L) 11:00 Book Club (L) 1:00 Movie: Whale Rider (Channel 2) 1:00 Walking Club (FC) 1:30 Hand and Foot (L) 2:30 Cookie and Coffee Social (C)	27	9:30 Morning Exercise (FC) 10:30 Communion Service with Church of the Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C)	28	9:00 Catholic Service with Mary Mother (Channel 2) 10:15 Morning Reflection with Chaplain Sarah (L) 10:00 Bingo (ALR) 1:00 Movie: Midnight Cowboy (T) 2:00 Caregiver Support Group (L) 2:00 Cards: Up the River (LC) 2:30 Cookie and Coffee Social (C)	29	11:00 Lunch at Yankee Tavern 1:30 Hand and Foot (L) 2:15 Live 2 B Healthy (FC) 2:30 Cookie and Coffee Social (C) 4:00 Social Hour (AC)	30	12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:30 Cookie and Coffee Social (C)
31	12:00-6:00 Activity Slideshow! (Channel 20) Happy Halloween! <small>Halloween</small>	<p><i>*activities or outings may be subject to change or cancellation</i></p> <p><i>*room key located on back</i></p> <p><i>*please sign up at the front desk for activities listed in red</i></p>											

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

ROOM KEY

Fitness Center: FC-1st floor

Café: C-1st floor

Amber Club: AC-1st floor

Autumn Leaves Restaurant: ALR-1st floor

Private Dining: PD-1st floor

Theater: T-2nd floor

Creative Arts: CA-2nd floor

Loft: LO-2nd floor

Learning Center: LC-3rd floor

Library: L-3rd floor

Chapel: CH-4th floor