

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Independent and Assisted Living Life Enrichment Calendar

				9:30 Wellness (FC) 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:00 Bus: Hy-Vee 1:00 Dice: L, Center, R (AC) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	1	Vital Research Survey Day 9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (L) 1:00 Movie: Julie & Julia (T) 2:00 Dakota County Library (L) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	2	9:00 Bible Study (AC) 10:15 Resident Council (CH) 11:30 Bean Bag Toss (FC) 11:30 Bus: Red Lobster 1:00 Trivia (T) 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	3	Kentucky Derby Day 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	4		
	5	COVID Booster Clinic (FC) 9:30 Therapy Pet Visits (AC) 10:00 Bingo (ALR) 10:30 Writers Group (L) 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Paper Napkin Folding (CA) 2:30 Cookies & Coffee (C)	6	9:30 Wellness (FC) 9:30 Coffee Hour (C) 10:15 Morning Reflection (L) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	7	9:30 Wellness (FC) 10:30 Grief Support Group (CH) 12:30 Wii Bowling (T) 1:00 Bus: Hobby Lobby 1:00 Dice: L, Center, R (AC) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	8	9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (L) 1:00 Movie: Guys and Dolls (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	9	9:00 Bible Study (AC) 10:30 Pokeno (LC) 12:30 Table Games (L) 1:00 Bus: Target/Cub 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	10	12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	11
<small>Cinco de Mayo</small>	12	11:00 Mother's Day Brunch (ALR) 10:00 Bingo (ALR) 10:30 Writers Group (L) 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Painting Rocks (CA) 2:30 Cookies & Coffee (C)	13	9:30 Wellness (FC) 9:30 Coffee Hour (C) 10:15 Morning Reflection (L) 10:30 Risen Savior Mass (CH) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Men's Club (AC) 2:30 Cookies & Coffee (C)	14	9:30 Wellness (FC) 10:30 Grief Support Group (CH) 11:00 Bus: Walmart 1:00 May Birthday Party (ALR)	15	9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (L) 1:00 Movie: Book Club 2 (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	16	9:00 Bible Study (AC) 10:30 Bean Bag Toss (FC) 11:00 Bus: Little Six Casino 12:30 Table Games (L) 1:00 Trivia (T) 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	17	12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	18
<small>Mother's Day National Skilled Nursing Care Week</small>	19	9:30 Therapy Pet Visits (AC) 10:00 Bingo (ALR) 10:30 Writers Group (L) 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Color by Number (CA) 2:30 Cookies & Coffee (C)	20	9:30 Wellness (FC) 9:30 Coffee Hour (C) 10:15 Morning Reflection (L) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	21	9:30 Wellness (FC) 10:30 Grief Support Group (AC) 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:00 Bus: Normandale Japanese Garden Tour 1:00 Dice: L, Center, R (AC) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	22	9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (L) 1:00 Movie: Being the Ricardos (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	23	9:00 Bible Study (AC) 10:30 Pokeno (LC) 12:30 Table Games (L) 1:00 Bus: Aldi's 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	24	12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	25
<small>Victoria Day (Canada)</small>	26	Company Holiday 1:00 Games (L) 1:00 Cards: 500 (C) 2:30 Cookies & Coffee (C)	27	9:30 Wellness (FC) 9:30 Coffee Hour (C) 10:15 Morning Reflection (AC) 10:30 Book Club (L) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Men's Club (AC) 2:30 Cookies & Coffee (C)	28	9:30 Wellness (FC) 12:30 Wii Bowling (T) 1:00 Bus: Target/Cub 1:00 Dice: L, Center, R (AC) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	29	9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (L) 1:00 Movie: Top Gun (T) 1:30 Tea Party (ALR) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	30	9:00 Bible Study (AC) 10:30 Bean Bag Toss (LC) 11:00 Bus: House of Coates 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee and New Resident Meet & Greet (C) 3:30 Happy Hour (AC)	31		
<small>Memorial Day</small>													

If you have questions or ideas for the calendar, please reach out to Kimberly at kimberlyhatlestad-mcculloch@ecumen.org

ROOM & FLOOR GUIDE:

AC: AMBER CLUB – 1ST FL
CA: CREATIVE ARTS – 2ND FL
L: LIBRARY – 3RD FL

ALR: AUTUMN LEAVES RESTAURANT – 1ST FL
FC: FITNESS CENTER – 1ST FL
LC: LEARNING CENTER – 3RD FL

C: CAFÉ – 1ST FL
LO: LOFT – 2ND FL
T: THEATER – 2ND FL

CH: CHAPEL – 4TH FL

Activity Guide:

Wellness: Physical movement time led by LE staff every Monday, Tuesday, and Wednesday in the Fitness Center. A great way to get your body moving that isn't too strenuous. Staff are great about offering modifications to movements if you need them as well.

Therapy Pet Visits: Every Monday, excluding the second Monday of the month, therapy dog Bohdi visits our community! Come down and visit with Bohdi on your way to Bingo or on your way back to your apartment after breakfast. Bohdi loves any and all forms of attention!

Writers Group: Every Monday a group gathers in the Library at 10:30 to discuss writing, share things they have been working on, and give advice to others if requested. Sharing pieces of work is not required, and all are welcome to attend!

Arts & Crafts: Each week LE staff will have a planned craft for residents to make. Crafts cover a variety of mediums. Past crafts have included painting, color-by-number, origami, sewing, and yarn crafts! Each month will have a craft schedule that goes out with the calendar. If you would like another schedule, stop into the Life Enrichment Office on the 4th floor.

Men's Club: A bi-weekly time for the men of Seasons at Apple Valley to come together. Various topics such as local and personal history, sports, and genealogy are discussed.

Wii Bowling: Come get some frames in with a video game version of bowling! Easy to learn, and a great way to compete against friends and neighbors.

Cookies & Coffee: 6 days a week residents can get together, chat, meet their neighbors, and enjoy wonderful goodies from the kitchen!

Bean Bag Toss: Also known as "Bags" or "Cornhole." Play in teams of 2 and see who makes it to 100 points first! Held every other Friday in the Fitness Center.

Pokeno: An easy to learn game that is a mix between bingo and poker. Played every other Friday in the Learning Center.

Trivia: Every 1st and 3rd Friday of the month at 1:00 in the Theater. New topics and questions each week!

Table Games: Held a couple Fridays each month in the Library. We play table-top games such as Cribbage, Scrabble, Dominos, Yahtzee, and more. Feel free to bring in one of your own games to play with the group.

Happy Hour: Every Friday at 3:30 in the Amber Club. Come end the week socializing with neighbors and friends, and have a snack prepared by the kitchen.