

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>October 2024</h1>		9:00 Meditation (Ch 2) 1 9:30 Coffee Hour (C) 10:15 Morning Reflection (T) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	9:30 Wellness (FC) 2 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:00 Bus: Lund's & Byerly's 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C) <small>Rosh Hashanah Begins</small>	9:00 Virtual Mass (Ch 2) 3 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: Paper Moon (T) 2:00 Dakota County Library (L) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	9:00 Bible Study (AC) 4 9:00-1:00 General Election Voting (LC) 10:15 Resident Council (CH) 11:30 Bean Bag Toss (FC) 11:30 Bus: Super World Buffet 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	10:00 Bus: Apple Valley 5 Farmer's Market 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	
	6 10:00 Bingo (ALR) 7 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Winter Landscape Painting 2 (CA) 2:30 Cookies & Coffee (C)	9:00 Meditation (Ch 2) 8 9:30 Coffee Hour (C) 9:30 Therapy Dog Visit (Lobby) 10:15 Morning Reflection (T) 10:30 Risen Savior Mass (CH) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	9:30 Wellness (FC) 9 10:00 Grief Support Group (AC) 11:00 Bus: MN Landscape Arboretum 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	9:00 Virtual Mass (Ch 2) 10 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: The Break-Up (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	9:00 Bible Study (AC) 11 9:30 Wellness (FC) 10:45 Pokeno (LC) 1:00 Bus: Walmart 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC) <small>Yom Kippur Begins</small>	10:00 Bus: Apple Valley 12 Farmer's Market 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	
	13 10:00 Bingo (ALR) 14 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Pumpkin Painting (CA) 2:30 Cookies & Coffee (C)	9:00 Meditation (Ch 2) 15 9:30 Coffee Hour (C) 10:15 Morning Reflection (T) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C) 5:30 Family Council (CH)	9:30 Wellness (FC) 16 10:30 Risen Savior (CH) 11:00 Bus: Target 1:00 October Birthday Party (ALR)	9:00 Virtual Mass (Ch 2) 17 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: Detective (T) 1:30 Tea Party (ALR) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	9:00 Bible Study (AC) 18 9:30 Wellness (FC) 10:30 Bean Bag Toss (FC) 11:15 Bus: Little Six Casino 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	12:30 Wii Bowling (T) 19 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	
	20 10:00 Bingo (ALR) 21 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Egg Carton Bats/Popsicle Stick Cobwebs (CA) 2:30 Cookies & Coffee (C)	9:00 Meditation (Ch 2) 22 9:30 Coffee Hour (C) 9:30 Therapy Dog Visit (Lobby) 10:15 Morning Reflection (T) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	9:30 Wellness (FC) 23 10:30 Risen Savior (CH) 11:00 Bus: Panera 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	9:00 Virtual Mass (Ch 2) 24 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: Death Becomes Her (T) 1:30 A Time to Honor (ALR) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	9:00 Bible Study (AC) 25 9:30 Wellness (FC) 10:30 Pokeno (LC) 1:00 Bus: Aldi's/Joann Fabric 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee/New Resident Meet & Greet (C) 3:30 Happy Hour (AC) 5:00-7:00 Trick or Treating	12:30 Wii Bowling (T) 26 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	
	27 10:00 Bingo (ALR) 28 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Halloween Decorations (CA) 2:30 Cookies & Coffee (C)	9:00 Meditation (Ch 2) 29 9:30 Coffee Hour (C) 9:30 Therapy Dog Visit (Lobby) 10:15 Morning Reflection (T) 10:30 Book Club (L) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	9:30 Wellness (FC) 30 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:00 Bus: Kohl's/Fresh Thyme 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	9:00 Virtual Mass (Ch 2) 31 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: The Haunted Mansion (T) 1:30 Halloween Party (ALR) 2:00 Cards: Up the River (CA)	Seasons at Apple Valley Independent & Assisted Living Life Enrichment Calendar		
							<small>Halloween</small>

If you have questions or suggestions 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, Wednesday and Friday 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 Dog Visits: Every other Tuesday, therapy dog Bohdi visits our community! Come down and visit with Bohdi on your way to your apartment after breakfast or stop down just to see him. Bohdi loves any and all forms of attention! You can find him and his owner, Tom, in the lobby.

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.

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.

Coffee Hour: Come down to the café at 9:30 on Tuesday & Thursdays to start your morning with some coffee and social time.

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: On the 1st, 3rd, and 5th Tuesday of the month at 2:00 in the Theater. New topics and questions each week!

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.

Meditation: Join from your apartment in a guided meditation on Channel 2 at 9:00AM to start your morning with some deep breathing & relaxation.

There are two ways of spreading light: to be the candle or the mirror that reflects it. Edith Wharton