

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> 10:00 Bingo (ALR) 1:00 Games (L) 1:00 Cards: 500 (C) <b>1:00 Movie: White Christmas (T)</b> 1:15 Wellness (FC) 2:00 Arts & Crafts – Winter Landscape Painting 4 (CA) 2:30 Cookies & Coffee (C)	<b>2</b> 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 9:30 Therapy Dog Visit (Lobby) <b>10:00 Dining Council (CH)</b> 10:15 Morning Reflection (T) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	<b>3</b> 9:30 Wellness (FC) <b>10:00 Scams Presentation (LC)</b> 10:30 Risen Savior (CH) <b>11:30 Bus: Lund's &amp; Byerly's/Target</b> 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	<b>4</b> 9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: The Polar Express (T) <b>2:00 Dakota County Library (L)</b> 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	<b>5</b> 9:00 Bible Study (AC) <b>10:15 Resident Council (CH)</b> 11:30 Bean Bag Toss (FC) <b>11:30 Bus: Little Six Casino</b> 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	<b>6</b> 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	<b>7</b>	
<b>8</b> 10:00 Bingo (ALR) 1:00 Games (L) 1:00 Cards: 500 (C) <b>1:00 Movie: A Christmas Carol (T)</b> 1:15 Wellness (FC) 2:00 Arts & Crafts – Yarn Cone Trees (CA) 2:30 Cookies & Coffee (C) <b>2:45 Bus: Eastview High School Musical: Les Misérables</b>	<b>9</b> 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 10:15 Morning Reflection (T) 10:30 Risen Savior Mass (CH) 1:00 Walking Club (FC) <b>1:30 Burnsville High School Choir (ALR)</b> 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	<b>10</b> 9:30 Wellness (FC) <b>10:00 Grief in the Holidays (ALR)</b> <b>11:30 Bus: Pizza Ranch</b> 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)	<b>11</b> 9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) <b>12:30 Cookie Decorating (C)</b> 1:00 Movie: Elf (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	<b>12</b> 9:00 Bible Study (AC) 9:30 Wellness (FC) <b>10:00 Silver Ringers Performance (CH)</b> 10:45 Pokeno (LC) <b>1:00 Bus: Kohl's/Fresh Thyme</b> 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) <b>4:00 Holiday Party (ALR)</b>	<b>13</b> 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	<b>14</b>	
<b>Spirit Week!</b> Monday: PJ Day Tuesday: Tree Topper Tuesday Wednesday: Christmas Vacation Day Thursday: Flannel Day Friday: Holiday Sweater Day	<b>15</b> 10:00 Bingo (ALR) 1:00 Games (L) 1:00 Cards: 500 (C) <b>1:00 Movie: Four Christmases (T)</b> 1:15 Wellness (FC) 2:00 Arts & Crafts – Ornaments (CA) 2:30 Cookies & Coffee (C) <b>5:00 Bus: Sever's Holiday Lights Tour</b>	<b>16</b> 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 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) 2:00 Trivia (T) 2:30 Cookies & Coffee (C) <b>6:00 Boy Scouts Caroling (Lobby)</b>	<b>17</b> 9:30 Wellness (FC) 10:30 Risen Savior (CH) <b>11:30 Bus: Aldi's/Joann Fabrics</b> 1:00 December Birthday Party (ALR)	<b>18</b> 9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: A Christmas Story (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	<b>19</b> 9:00 Bible Study (AC) 9:30 Wellness (FC) 10:30 Bean Bag Toss (FC) <b>11:30 Bus: Olive Garden</b> 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) <b>3:30 Holiday Happy Hour (AC)</b>	<b>20</b> 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	<b>21</b> Winter Begins
<b>22</b> 10:00 Bingo (ALR) 1:00 Games (L) 1:00 Cards: 500 (C) <b>1:00 Movie: Miracle on 34<sup>th</sup> Street (T)</b> 1:15 Wellness (FC) 2:00 Arts & Crafts – Raisin Box Noise Makers (CA) <b>2:30 Cookies &amp; Coffee and Secret Santa Reveal (C)</b>	<b>23</b> 9:00 Meditation (Ch 2) 10:15 Morning Reflection (T) <b>11:30 Bus: Hy-Vee</b> 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C)	<b>24</b> Merry Christmas! Happy Hannukah!	<b>25</b> Christmas Hanukkah Begins	<b>26</b> 9:00 Virtual Mass (Ch 2) 9:30 Coffee Hour (C) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: The Holiday (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)	<b>27</b> Boxing Day (Canada) Kwanzaa Begins	<b>28</b> 9:00 Bible Study (AC) 9:30 Wellness (FC) 10:45 Pokeno (LC) <b>1:00 Bus: Target/Cub</b> 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) <b>2:30 Cookies &amp; Coffee/New Resident Meet &amp; Greet (C)</b> 3:30 Happy Hour (AC)	<b>29</b> 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)
<b>29</b> 10:00 Bingo (ALR) 1:00 Games (L) 1:00 Cards: 500 (C) <b>1:00 Movie: New Year's Eve (T)</b> 1:15 Wellness (FC) 2:00 Arts & Crafts – Color by Number (CA) 2:30 Cookies & Coffee (C)	<b>30</b> 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 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) 2:00 Trivia (T) <b>2:30 New Year's Happy Hour (C)</b>	<b>31</b> New Year's Eve	<h1>December 2024</h1> <p>Seasons at Apple Valley Independent and Assisted Living Life Enrichment Calendar</p>				

If you have questions or suggestions for the calendar, please reach out to Kimberly at [kimberlyhatlestad-mcculloch@ecumen.org](mailto:kimberlyhatlestad-mcculloch@ecumen.org)

## ROOM & FLOOR GUIDE:

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

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

C: CAFÉ – 1<sup>ST</sup> FL  
LO: LOFT – 2<sup>ND</sup> FL  
T: THEATER – 2<sup>ND</sup> FL

CH: CHAPEL – 4<sup>TH</sup> 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 4<sup>th</sup> 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 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> 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.