

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Seasons at Apple Valley Independent and Assisted Living Life Enrichment Calendar

			<p>2:30 Cookies & Coffee (C) 1</p> <p style="text-align: center;">New Year's Day</p>	<p>9:00 Virtual Mass (Ch 2) 2 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 12:00 Front Entry Panel Demo (C) 1:00 Movie: Dr. Doolittle (T) 2:00 Dakota County Library (L) 2:30 Cookies & Coffee (C) 2:30 Front Entry Panel Demo (C)</p>	<p>9:00 Bible Study (AC) 3 10:15 Resident Council (CH) 11:30 Bean Bag Toss (FC) 11:30 Bus: Cub/Dollar Tree 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)</p>	<p>10:00 Bachman's Winter Indoor Farmer's Market 4 12:30 Wii Bowling (T) 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)</p>
<p>5 10:00 Bingo (ALR) 11:15 Bus: Target 12:00 Front Entry Panel Demo (C) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Sock Snowmen (CA) 2:30 Cookies & Coffee (C) 2:30 Front Entry Panel Demo (C)</p>	<p>6 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 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) 3:00 The Chosen Viewing (T) 5:30 OmCare Home Health Hub Presentation (CH)</p>	<p>7 9:30 Wellness (FC) 10:30 Risen Savior (CH) 11:30 Bus: Casper's 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)</p>	<p>8 9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: The Searchers (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)</p>	<p>9 9:00 Bible Study (AC) 10 9:30 Wellness (FC) 10:45 Pokeno (LC) 1:00 Bus: Kohl's/Fresh Thyme 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)</p>	<p>12:30 Wii Bowling (T) 11 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)</p>	
<p>12 10:00 Bingo (ALR) 11:15 Bus: Walmart 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Penguin Paper Roll (CA) 2:30 Cookies & Coffee (C)</p>	<p>13 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 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) 3:00 The Chosen Viewing (T)</p>	<p>14 9:30 Wellness (FC) 15 11:30 Bus: Lund's & Byerly's 1:00 January Birthday Party (ALR)</p>	<p>9:00 Virtual Mass (Ch 2) 16 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: Pillow Talk (T) 1:30 Activity Committee (LC) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)</p>	<p>9:00 Bible Study (AC) 17 9:30 Wellness (FC) 10:30 Bean Bag Toss (FC) 11:30 Bus: Little Six Casino 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)</p>	<p>12:30 Wii Bowling (T) 18 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)</p>	
<p>19 1:00 Games (L) 1:00 Cards: 500 (C) 2:30 Cookies & Coffee (C)</p> <p style="text-align: center;">Activity Professionals Week</p>	<p>20 9:00 Meditation (Ch 2) 9:30 Wellness (FC) 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) 3:00 The Chosen Viewing (T) 5:30 Family Council (CH)</p> <p style="text-align: center;">Martin Luther King Jr. Day</p>	<p>21 9:30 Wellness (FC) 22 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:00 Bus: Hy-Vee/PetSmart 1:15 Wii Bowling (T) 1:30 Activity Committee (LC) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)</p>	<p>9:00 Virtual Mass (Ch 2) 23 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: Dirty Dancing (T) 1:30 Tea Party (ALR) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)</p>	<p>9:00 Bible Study (AC) 24 9:30 Wellness (FC) 10:45 Pokeno (LC) 1:00 Bus: Target/Goodwill 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)</p>	<p>12:30 Wii Bowling (T) 25 1:00 Cards: 500 (LO) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)</p>	
<p>26 10:00 Bingo (ALR) 11:15 Bus: Aldi's/Target 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts – Chinese New Year Dragons (CA) 2:30 Cookies & Coffee (C)</p> <p style="text-align: center;">Australia Day (Observed)</p>	<p>27 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) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:00 The Chosen Viewing (T)</p>	<p>28 9:30 Wellness (FC) 29 10:30 Risen Savior (CH) 11:30 Bus: TJ Maxx/ Walgreens 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:15 Wellness (FC) 2:30 Cookies & Coffee (C)</p> <p style="text-align: center;">Chinese New Year (Year of the Snake)</p>	<p>9:00 Virtual Mass (Ch 2) 30 10:00 Bingo (ALR) 10:15 Morning Reflection (T) 1:00 Movie: Dark Matter (T) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee (C)</p>	<p>9:00 Bible Study (AC) 31 9:30 Wellness (FC) 10:30 Bean Bag Toss (FC) 11:30 Bus: The Tavern 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee/New Resident Meet & Greet (C) 3:30 Happy Hour (AC)</p>		

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.