

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1:00 Games (L) 1:00 Cards: 500 (C) 2:30 Cookies & Coffee (C)  Labor Day	9:30 Wellness (FC) 10:00 Gardening Club (Lobby) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	9:00 Virtual Service (Ch 2) 9:30 Wellness (FC) 11:30 Bus: Target/Goodwill 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:00 Wellness (FC) 2:30 Cookies & Coffee (C)	9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: Freaky Friday (T) 1:30 Chair Yoga (FC) 2:00 Dakota County Library (L) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee 3:30 "The Chosen" Viewing (T)	9:00 Bible Study (AC) 10:15 Resident Council (CH) 11:30 Bean Bag Toss (FC) 11:30 Bus: Granite City 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	10:00 Bus: Farmer's Market 12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)
National Assisted Living Week 2:30 Cookies & Coffee (C)  Grandparents Day	10:00 Bingo (ALR) 11:30 Bus: Walmart 1:00 Games (L) 1:00 Cards: 500 (C) 2:00 Arts & Crafts: Rock Painting (CA) 2:30 Cookies & Coffee (C) 3:30 Pound Fitness (FC)	9:00-11:00 Vaccine Clinic (FC) 9:30 Therapy Dog Visit (Lobby) 10:00 Gardening Club (Lobby) 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 Activity Committee (LC)	9:00 Virtual Service (Ch 2) 9:30 Wellness (FC) 11:30 Bus: Kohl's/Fresh Thyme 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:00 Wellness (FC) 2:30 Cookies & Coffee (C)	9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: Eat Pray Love (T) 1:30 Oktoberfest Party (ALR) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee 3:30 "The Chosen" Viewing (T)	9:00 Bible Study (AC) 9:30 Wellness (FC) 10:15 Pokeno (LC) 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)	12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)
2:30 Cookies & Coffee (C)	10:00 Bingo (ALR) 11:30 Bus: Target 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts: Wood Owl Ornament (CA) 2:30 Cookies & Coffee (C)	9:30 Wellness (FC) 10:00 Gardening Club (Lobby) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	9:00 Virtual Service (Ch 2) 9:30 Wellness (FC) 10:30 Risen Savior (CH) 11:30 Bus: Walmart 1:00 August Birthday Party (ALR)	9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: My Sister's Keeper (T) 1:30 Chair Yoga (FC) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee 3:30 "The Chosen" Viewing (T)	9:00 Bible Study (AC) 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)	10:00 Bus: Farmer's Market 12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)  Oktoberfest Begins
2:30 Cookies & Coffee (C)  World Alzheimer's Day	10:00 Bingo (ALR) 11:30 Bus: Applewood Orchard 1:00 Games (L) 1:00 Cards: 500 (C) 2:00 Arts & Crafts: Fall Painting Series 1 (CA) 2:30 Cookies & Coffee (C) 3:30 Pound Fitness (FC)	9:30 Wellness (FC) 10:00 Gardening Club (Lobby) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	9:00 Virtual Service (Ch 2) 9:30 Wellness (FC) 11:30 Bus: Aldi's 10:30 Risen Savior (CH) 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:00 Wellness (FC) 2:30 Cookies & Coffee (C)	9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: Last Vegas (T) 1:30 Tea Party (ALR) 2:00 Cards: Up the River (CA) 3:30 "The Chosen" Viewing (T)	9:00 Bible Study (AC) 9:30 Wellness (FC) 10:15 Pokeno (LC) 11:30 Bus: Applebee's 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) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)
Donation Collection Week 2:30 Cookies & Coffee (C)	10:00 Bingo (ALR) 11:30 Bus: Lund's & Byerly's 1:00 Games (L) 1:00 Cards: 500 (C) 1:15 Wellness (FC) 2:00 Arts & Crafts: Scarecrow Sticks (CA) 2:30 Cookies & Coffee (C)	9:30 Wellness (FC) 10:00 Gardening Club (Lobby) 10:30 Book Club (L) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C)	<div> <h1>September 2025</h1> <p>Seasons at Apple Valley Independent &amp; Assisted Living Life Enrichment Calendar</p> </div>			

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, Tuesday, 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, a 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
- 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:** 7 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 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. We play 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 enjoy a snack prepared by the kitchen.
- Activity Committee:** This is a time each month for residents to voice ideas for the upcoming months’ life enrichment calendars. ALL residents are welcome to attend.
- Gardening Club:** Anyone interested in caring for plants around the building is welcome to come to our gardening club meetings! Help keep the building looking fresh and inviting for all residents and guests!