

JULY 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|--|--|
| <p>1</p> <p>10:30 Morning Wake Up in the Dining Room 2:00 Jim Shaw on Piano—DR (Rob)</p> | <p>2</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Coffee and Canvas—DR (Abby) 6:30 Movie Group - 3FTV 6:45 Free Concert at Lake Harriet—IR (Rob) 7:00 *Chemical Health and Wellness - LC (Emily C) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby)</p> | <p>3</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 1:00 Thrift Store Shopping - IR (Lauren) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 6:00 *Softball— See poster for exact time—IR (Haley,Rachel) 6:30 *Chemical Health Education— LC (Emily) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p> | <p>4</p> <p>AM Wake Up on your floor</p>  | <p>5</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:30 Planting—DR (Rebecca) 3:00 DBT Group - LC (Jenna) 3:30 *Healthy Living—LC (Emily C, Jenna) 4:00 Anger Management—LC (Mary Pat) 4:00 Successful Independence—DR (Ryan) 6:30 Twins Game—See Haley for availability 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p> | <p>6</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Como Zoo—IR (Rachel) 1:30 Bowling—IR (Haley) 3:30 *Yoga -FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p> | <p>7</p> <p>10:00 *Mill City Farmers Market Tours—DR (Alanna) 10:30 Morning Wake Up in the Dining Room 1:00 Minneapolis Sculpture Garden—IR (Lauren) 4:00 *Fitness Center Open 8:00 Saturday Night Fights - 4FTV (Mymuna)</p>  |
| <p>8</p> <p>10:30 Morning Wake Up in the Dining Room 12:30 Twins Game—See Lauren for availability</p>  | <p>9</p> <p>AM Wake Up on your floor Camping Day Trip—IR (Haley) 10:45 *Morning Walkers Group—DR 1:00 Living With Hallucinations—LC (Elle) 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Coffee and Canvas—DR (Abby) 4:00 Basic Computer Skills—LC (Alanna) C 6:00 Community Council Board Meeting - LC 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby)</p> | <p>10</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 1:00 Half Price Books - IR (Lauren) 3:30 Pet Therapy (Rachel) 3:45 Creative Expressions—DR (Rob) 4:30 *Yoga - FC (Rebecca) 6:00 *Softball— See poster for exact time—IR (Haley,Rachel) 6:30 *Chemical Health Education— LC (Emily C) 7:00 Brain Games: Science Behind our Symptoms—LC (Alanna) 7:15 Spiritual Care Group -LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p> | <p>11</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 Photo Group - IR (Rob) 3:00 Communion Service - IR (Father Mike) 3:30 *Neighborhood Walk—IR (Lauren) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 4:30 Coping With Depression and Anxiety—CR (Elle) 7:00 Voices Heard-Community Choir - DR (Jonathan) 8:00 Coloring Group - FC (Abby)</p> | <p>12</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 1:15 *Walkers—IR (Rob) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:00 Cultural Cuisine—CR (Alanna) 2:30 Card Games - DR (Rachel) 3:00 DBT Group - LC (Jenna) 3:30 *Healthy Living—LC (Emily C, Jenna) 4:00 Anger Management—LC (Mary Pat) 4:00 Successful Independence—DR (Ryan) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p> | <p>13</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:30 Trip to Willow River in Wisconsin—IR (Rob) 10:45 *Morning Walkers Group—DR 1:30 Bowling—IR (Haley) 2:30 Planting—DR (Rebecca) 3:30 *Yoga -FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p> | <p>14</p> <p>10:30 Morning Wake Up in the Dining Room 12:30 Twins Game—See Rachel for availability 2:00 Chess and Checkers - IR (Jonathan) 2:30 Metro Transit Travels - IR (Rebecca) 4:00 *Fitness Center Open 8:00 Saturday Night Fights - 4FTV (Mymuna)</p> |
| <p>15</p> <p>10:30 Morning Wake Up in the Dining Room 2:00 *Biking - IR (Rebecca) 3:30 *Yoga - FC (Rebecca) 4:00 Movie at Hopkins Theater—IR (Rachel)</p> | <p>16</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:00 Living With Hallucinations—LC (Elle) 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 3:30 Mental Health Topics - LC (Emily) 4:00 Basic Computer Skills—LC (Alanna) 6:30 Movie Group - 3FTV 6:45 Free Concert at Lake Harriet—IR (Rob) 7:00 *Chemical Health and Wellness - LC (Emily C) 7:00 Monday Night Wrestling - 4FTV</p> | <p>17</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Nail Painting—CR (Lauren) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 6:00 *Softball— See poster for exact time—IR (Haley,Rachel) 6:30 *Chemical Health Education— LC (Emily) 7:00 Brain Games: Science Behind our Symptoms—LC (Alanna) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p> | <p>18</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 Photo Group - IR (Rob) 3:00 Communion Service - IR (Father Mike) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 4:30 Coping With Depression and Anxiety—CR (Elle) 7:00 Music In the Park—IR (Lauren) 7:00 Voices Heard-Community Choir - DR (Jonathan) 8:00 Coloring Group - FC (Abby)</p> <p style="text-align: center;">RESIDENT BIRTHDAY LUNCH</p>  | <p>19</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 1:15 *Walkers—IR (Rob) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:00 Cultural Cuisine—CR (Alanna) 2:30 Planting—DR (Rebecca) 2:30 Card Games - DR (Rachel) 3:00 DBT Group - LC (Jenna) 3:30 *Healthy Living—LC (Emily C, Jenna) 4:00 Anger Management—LC (Mary Pat) 4:00 Successful Independence—DR (Ryan) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p> | <p>20</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 2:00 Aquatennial at Loring Park—IR (Lauren) 3:30 *Yoga -FC (Rebecca) 4:15 Letters from Andrew—CR 6:20 Cheapo Movies—IR (Rob) C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p> | <p>21</p> <p>10:00 *Mill City Farmers Market Tours—DR (Alanna) 10:30 Morning Wake Up in the Dining Room 4:00 *Fitness Center Open</p>  |
| <p>22</p> <p>10:30 Morning Wake Up in the Dining Room 1:30 Lake Harriet Bandshell—IR (Haley) 3:30 Mental Health Topics - LC (Emily S)</p>  | <p>23</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:00 Living With Hallucinations—LC (Elle) 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 *Neighborhood Walk—IR (Lauren) 2:00 Coffee and Canvas—DR (Abby) 4:00 Basic Computer Skills—LC (Alanna) C 6:00 Community Council Board Meeting - LC 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby) 7:15 Resident Community Meeting - DR</p> | <p>24</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 3:30 Pet Therapy (Rachel) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 6:00 *Softball— See poster for exact time—IR (Haley,Rachel) 6:30 *Chemical Health Education— LC (Emily C) 7:00 Brain Games: Science Behind our Symptoms—LC (Alanna) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p> | <p>25</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 3:00 Communion Service - IR (Father Mike) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:00 In Your Words—LC (Elizabeth) 4:30 Coping With Depression and Anxiety—CR (Elle) 6:30 River Rats Water Ski Show—IR (Lauren) 7:00 Voices Heard-Community Choir - DR (Jonathan) 8:00 Coloring Group - FC (Abby)</p> | <p>26</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) 1:15 *Walkers—IR (Rob) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:00 Cultural Cuisine—CR (Alanna) 2:30 Planting—DR (Rebecca) 2:30 Card Games - DR (Rachel) 3:00 DBT Group - LC (Jenna) 3:30 *Healthy Living—LC (Emily C, Jenna) 4:00 Anger Management—LC (Mary Pat) 4:00 Successful Independence—DR (Ryan) 6:45 Coping With Life Changes—LC (Emily S.) 7:00 Beard Trimming—CR (Ryan)</p> | <p>27</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR C 11:00 Peer Review - CR (Melissa) 1:30 *Lake Walk—IR (Rachel) 3:00 FLOW Art Crawl—IR (Lauren) 3:30 *Yoga -FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p> | <p>28</p> <p>10:15 Trip to Duluth—IR (Rob) 10:30 Morning Wake Up in the Dining Room 2:00 Chess and Checkers - IR (Jonathan) 2:30 Metro Transit Travels - IR (Rebecca) 4:00 *Fitness Center Open 8:00 Saturday Night Fights - 4FTV (Mymuna)</p>  |
| <p>29</p> <p>10:30 Morning Wake Up in the Dining Room</p> | <p>30</p> <p>AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:00 Living With Hallucinations—LC (Elle) 1:30 Target - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Coffee and Canvas—DR (Abby) 3:30 Mental Health Topics - LC (Emily) 4:00 Basic Computer Skills—LC (Alanna) 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby)</p> | <p>31</p> <p>AM Wake Up on your floor 10:30 Steady Beat—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 4:00 What's In A Picture - CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 6:00 *Softball— See poster for exact time—IR (Haley,Rachel) 6:30 *Chemical Health Education— LC (Emily C.) 7:00 Brain Games: Science Behind our Symptoms—LC (Alanna) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p> | <p>LOCATIONS: B9 Basement LC Learning Center MR Music Room CR Community Room DR Dining Room FSL Floor Small Lounge FTV Floor TV Lounge COM Commons FC Fitness Center IR Iris Room AR Activity Room C = Closed group *Community Groups meet by the Iris Room*</p> | <p>1:1's with Living Skills Instructors 2nd Rebecca Scott 3rd Jonathan Walters 4th Ryan Voiles 5th Alanna Bares</p> | <p>* Groups in Green are</p> <p style="text-align: center;">Strive to Thrive! A Minnesota 10 x 10 Initiative</p> |  |