

# JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>LOCATIONS:</b>                      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 Cynthia Zoupas</p> <p>* Groups in Green</p> <p>Strive to Thrive!                      A Minnesota 10 x 10 Initiative</p> 	<p>1</p> <p>AM Wake Up on your floor</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:30 Trivia Group - LC (Melissa)</p> <p>1:30 Rosedale Mall - IR (Haley)</p> <p>2:00 *Deep Breathing - LC (Cynthia)</p> <p>3:00 Shopping at World Market - IR (Rachel)</p>	<p>2</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:30 Walmart Outing - IR (Abby)</p> <p>1:00 Half Price Books - IR (Lauren)</p> <p>3:30 Women's Discussion Group - CR (Kayla)</p> <p>3:30 Pet Therapy Visit (Rachel)</p> <p>3:45 Creative Expressions—DR (Rob)</p> <p>4:00 What's In A Picture - CR (Mary Pat)</p> <p>4:30 *Yoga - FC (Rebecca)</p> <p>6:30 *Chemical Health Education—LC (Emily)</p> <p>7:00 Positive Thinking - IR (Logan)</p> <p>7:15 Spiritual Care Group - LC (Chaplain Amy)</p> <p>7:30 Women's Haircuts - CR (Rebecca)</p>	<p>3</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>2:30 *Bowling - IR (Rob)</p> <p>3:00 Communion Service - IR (Father Mike)</p> <p>3:30 You're Golden! Aging at Andrew - LC (Kayla)</p> <p>4:00 Interpersonal Skills - CR (Mary Pat, Kali)</p> <p>4:00 Coping with Anxiety - DR (Khoah)</p> <p>4:00 Successful Independence - DR (Jonathan)</p> <p>4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)</p> <p>4:30 In Your Words - CR (Elizabeth)</p> <p>4:30 Men's Discussion Group - CR (Khoah)</p> <p>7:00 Voices Heard-Community Choir - DR (Jonathan)</p> <p>7:00 Music Sharing - MR (Lauren)</p> <p>8:00 Coloring Group - FC (Abby)</p>	<p>4</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:45 Jewelry Making—CR (Haley &amp; Lauren)</p> <p>C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>1:00 Coping With Depression—IR (Khoah)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S.)</p> <p>1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)</p> <p>2:30 Card Games—DR (Rachel)</p> <p>2:30 Resident Favorite Foods -DR (Rebecca,Thomas)</p> <p>3:30 DBT Skills—CR (Logan)</p> <p>4:00 *Healthy Living—IR (Kayla)</p> <p>4:00 Anger Management—LC (Mary Pat)</p> <p>6:45 Coping With Life Changes—LC (Emily S.)</p> <p>7:15 *PM Stretch - FC (Rob)</p>	<p>5</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:00 Assertiveness Skills - LC (Kali)</p> <p>1:00 Basic Computer Skills - 5FTV (Cynthia)</p> <p>2:00 Holiday Flower Show at Como - IR (Lauren)</p> <p>3:30 *Yoga -FC (Rebecca)</p> <p>4:15 Letters from Andrew—CR</p> <p>C 7:00 AA (LC)</p> <p>7:00 Pokeno - 3FTV</p>	<p>6</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>2:00 *Deep Breathing - LC (Cynthia)</p> <p>4:00 *Fitness Center Open</p> <p>TBA Movie at Hopkins Theater - IR (Rachel)</p>
<p>7</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:30 Trivia Group - LC (Melissa)</p> <p>1:30 Rosedale Mall - IR (Haley)</p> <p>2:00 *Deep Breathing - LC (Cynthia)</p> <p>3:00 Shopping at World Market - IR (Rachel)</p>	<p>8</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:45 Explorations of Sound - MR (Rebecca, Jonathan)</p> <p>2:00 Coffee &amp; Canvas - DR (Abby)</p> <p>3:30 Coping With Voices - LC (Kali)</p> <p>4:00 Freedom From Addiction - LC (Logan)</p> <p>6:30 Movie Group - 3FTV</p> <p>7:00 *Chemical Health and Wellness - LC (Emily C.)</p> <p>7:00 Monday Night Wrestling - 4FTV</p> <p>7:15 Book Club - FC (Abby)</p>	<p>9</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:30 Walmart Outing - IR (Abby)</p> <p>1:00 Thrift Store Shopping—IR (Lauren)</p> <p>2:30 *Walk at the mall of America - IR (Rachel)</p> <p>3:30 Women's Discussion Group - CR (Kayla)</p> <p>3:45 Creative Expressions—DR (Rob)</p> <p>4:00 What's In A Picture - CR (Mary Pat)</p> <p>4:30 *Yoga - FC (Rebecca)</p> <p>6:30 *Chemical Health Education—LC (Emily)</p> <p>7:00 Positive Thinking - IR (Logan)</p> <p>7:15 Spiritual Care Group - LC (Chaplain Amy)</p> <p>7:30 Women's Haircuts - CR (Rebecca)</p>	<p>10</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>2:30 *Bowling - IR (Rob)</p> <p>3:00 Communion Service - IR (Father Mike)</p> <p>3:30 You're Golden! Aging at Andrew - LC (Kayla)</p> <p>4:00 Interpersonal Skills - CR (Mary Pat, Kali)</p> <p>4:00 Coping with Anxiety - DR (Khoah)</p> <p>C 4:00 Successful Independence - DR (Jonathan)</p> <p>4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)</p> <p>4:30 In Your Words - CR (Elizabeth)</p> <p>4:30 Men's Discussion Group - CR (Khoah)</p> <p>7:00 Voices Heard-Community Choir - DR (Jonathan)</p> <p>7:00 Popcorn and a Movie! - LC (Haley)</p> <p>7:00 Underground Music Café - IR (Lauren)</p> <p>8:00 Coloring Group - FC (Abby)</p> <p>RESIDENT BIRTHDAY LUNCH</p>	<p>11</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:45 Jewelry Making—CR (Haley &amp; Lauren)</p> <p>C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>1:00 Coping With Depression—IR (Khoah)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S.)</p> <p>1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)</p> <p>2:30 Card Games—DR (Rachel)</p> <p>2:30 Resident Favorite Foods -DR (Rebecca,Thomas)</p> <p>3:30 DBT Skills—CR (Logan)</p> <p>4:00 *Healthy Living—IR (Kayla)</p> <p>4:00 Anger Management—LC (Mary Pat)</p> <p>6:45 Coping With Life Changes—LC (Emily S.)</p> <p>7:15 *PM Stretch - FC (Rob)</p>	<p>12</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:00 Assertiveness Skills - LC (Kali)</p> <p>1:00 Basic Computer Skills - 5FTV (Cynthia)</p> <p>2:00 Aldi's / Dollar Tree - IR (Lauren)</p> <p>3:30 *Yoga -FC (Rebecca)</p> <p>4:15 Letters from Andrew—CR</p> <p>C 7:00 AA (LC)</p> <p>7:00 Pokeno - 3FTV</p> <p>8:00 Friday Night Fights - 4FTV (Courtney Z.)</p>	<p>13</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>2:00 Chess and Checkers Club - IR (Jonathan)</p> <p>2:30 Coffee and Trivia at Segue - IR (Rebecca)</p> <p>4:00 *Fitness Center Open</p>
<p>14</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>3:30 *Yoga - FC (Rebecca)</p>	<p>15</p> <p>AM Wake Up on your floor</p>  <p>10:45 *Morning Walkers Group—DR</p> <p>1:45 Explorations of Sound - MR (Rebecca, Jonathan)</p> <p>2:00 Coffee &amp; Canvas - DR (Abby)</p> <p>3:30 Coping With Voices - LC (Kali)</p> <p>3:30 Mental Health Topics - LC (Emily)</p> <p>4:00 Freedom From Addiction - LC (Logan)</p> <p>6:00 Community Council Board Meeting - LC</p> <p>6:30 Movie Group - 3FTV</p> <p>7:00 *Chemical Health and Wellness - LC (Emily C.)</p> <p>7:00 Monday Night Wrestling - 4FTV</p> <p>7:15 Book Club - FC (Abby)</p>	<p>16</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:30 Walmart Outing - IR (Abby)</p> <p>1:00 Electric Fetus - IR (Lauren)</p> <p>3:30 Women's Discussion Group - CR (Kayla)</p> <p>3:45 Creative Expressions—DR (Rob)</p> <p>4:30 *Yoga - FC (Rebecca)</p> <p>6:30 *Chemical Health Education—LC (Emily C.)</p> <p>7:00 Positive Thinking - IR (Logan)</p> <p>7:15 Spiritual Care Group - LC (Chaplain Amy)</p> <p>7:30 Women's Haircuts - CR (Rebecca)</p>	<p>17</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>2:30 *Bowling - IR (Rob)</p> <p>3:00 Communion Service - IR (Father Mike)</p> <p>3:30 You're Golden! Aging at Andrew - LC (Kayla)</p> <p>4:00 Interpersonal Skills - CR (Mary Pat, Kali)</p> <p>4:00 Coping with Anxiety - DR (Khoah)</p> <p>C 4:00 Successful Independence - DR (Jonathan)</p> <p>4:15 *The 15 Minute Break (Self-Massage)—IR</p> <p>4:30 In Your Words - CR (Elizabeth)</p> <p>4:30 Men's Discussion Group - CR (Khoah)</p> <p>7:00 Voices Heard-Community Choir - DR (Jonathan)</p> <p>7:00 Gingko Open Mic - IR (Lauren)</p> <p>8:00 Coloring Group - FC (Abby)</p> <p>8:00 Wednesday Night Fights - 4FTV (Courtney Z)</p>	<p>18</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:45 Jewelry Making—CR (Haley &amp; Lauren)</p> <p>C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>1:00 Coping With Depression—IR (Khoah)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S.)</p> <p>1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)</p> <p>2:30 Card Games—DR (Rachel)</p> <p>3:30 DBT Skills—CR (Logan)</p> <p>4:00 *Healthy Living—IR (Kayla)</p> <p>4:00 Anger Management—LC (Mary Pat)</p> <p>6:45 Coping With Life Changes—LC (Emily S.)</p> <p>7:15 *PM Stretch - FC (Rob)</p>	<p>19</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:00 Assertiveness Skills - LC (Kali)</p> <p>1:00 Basic Computer Skills - 5FTV (Cynthia)</p> <p>1:00 Goodwill - IR (Haley)</p> <p>2:30 Resident Favorite Foods -DR (Rebecca)</p> <p>3:30 *Yoga -FC (Rebecca)</p> <p>4:15 Letters from Andrew—CR</p> <p>7:00 Nail Painting - CR (Rachel)</p> <p>C 7:00 AA (LC)</p> <p>7:00 Pokeno - 3FTV</p>	<p>20</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:00 Games Group - CR (Lauren)</p> <p>2:00 *Deep Breathing - LC (Cynthia)</p> <p>4:00 *Fitness Center Open</p>
<p>21</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>2:00 *Deep Breathing - LC (Cynthia)</p>	<p>22</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:45 Explorations of Sound - MR (Rebecca, Jonathan)</p> <p>2:00 Coffee &amp; Canvas - DR (Abby)</p> <p>3:30 Coping With Voices - LC (Kali)</p> <p>3:30 Mental Health Topics - LC (Emily)</p> <p>4:00 Freedom From Addiction - LC (Logan)</p> <p>6:30 Movie Group - 3FTV</p> <p>7:00 *Chemical Health and Wellness - LC (Emily C.)</p> <p>7:00 Monday Night Wrestling - 4FTV</p> <p>7:15 Book Club - FC (Abby)</p>	<p>23</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:30 Walmart Outing - IR (Abby)</p> <p>1:00 Half Price Books - IR (Lauren)</p> <p>2:30 *Walk at the mall of America - IR (Rachel)</p> <p>3:30 Women's Discussion Group - CR (Kayla)</p> <p>3:30 Pet Therapy Visit (Rachel)</p> <p>3:45 Creative Expressions—DR (Rob)</p> <p>4:00 What's In A Picture - CR (Mary Pat)</p> <p>4:30 *Yoga - FC (Rebecca)</p> <p>6:30 *Chemical Health Education—LC (Emily C.)</p> <p>7:00 Positive Thinking - IR (Logan)</p> <p>7:15 Spiritual Care Group - LC (Chaplain Amy)</p> <p>7:30 Women's Haircuts - CR (Rebecca)</p>	<p>24</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>2:30 *Bowling - IR (Rob)</p> <p>3:00 Communion Service - IR (Father Mike)</p> <p>3:30 You're Golden! Aging at Andrew - LC (Kayla)</p> <p>4:00 Interpersonal Skills - CR (Mary Pat, Kali)</p> <p>4:00 Coping with Anxiety - DR (Khoah)</p> <p>C 4:00 Successful Independence - DR (Jonathan)</p> <p>4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)</p> <p>4:30 In Your Words - CR (Elizabeth)</p> <p>4:30 Men's Discussion Group - CR (Khoah)</p> <p>7:00 Voices Heard-Community Choir - DR (Jonathan)</p> <p>7:00 Popcorn and a Movie! - LC (Haley)</p> <p>7:00 Music Sharing - MR (Lauren)</p> <p>8:00 Coloring Group - FC (Abby)</p>	<p>25</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:45 Jewelry Making—DR (Lauren &amp; Haley)</p> <p>C 1:00 *Chemical Health Process Group—LC (Emily C.)</p> <p>1:00 Coping With Depression—IR (Khoah)</p> <p>C 1:30 Provisions for Success—CR (Melissa, Emily S.)</p> <p>1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan)</p> <p>2:30 Card Games—DR (Rachel)</p> <p>2:30 Resident Favorite Foods -DR (Rebecca,Thomas)</p> <p>3:30 DBT Skills—CR (Logan)</p> <p>4:00 *Healthy Living—IR (Kayla)</p> <p>4:00 Anger Management—LC (Mary Pat)</p> <p>6:45 Coping With Life Changes—LC (Emily S.)</p> <p>7:15 *PM Stretch - FC (Rob)</p>	<p>26</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:00 Assertiveness Skills - LC (Kali)</p> <p>1:00 Basic Computer Skills - 5FTV (Cynthia)</p> <p>3:30 *Yoga -FC (Rebecca)</p> <p>4:15 Letters from Andrew—CR</p> <p>7:00 Wii Games - LC (Haley)</p> <p>C 7:00 AA (LC)</p> <p>7:00 Pokeno - 3FTV</p>	<p>27</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>1:30 Arts and Crafts - CR (Rachel)</p> <p>2:00 Chess and Checkers Club - IR (Jonathan)</p> <p>2:30 Coffee and Trivia at Segue - IR (Rebecca)</p> <p>4:00 *Fitness Center Open</p> <p>8:00 Saturday Night Fights - 4FTV (Courtney Z.)</p>
<p>28</p> <p>10:30 Morning Wake Up in the Dining Room</p> <p>3:00 Comic Book Store - IR (Rachel)</p> <p>3:30 *Yoga - FC (Rebecca)</p>	<p>29</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>1:45 Explorations of Sound - MR (Rebecca, Jonathan)</p> <p>2:00 Coffee &amp; Canvas - DR (Abby)</p> <p>3:30 Coping With Voices - LC (Kali)</p> <p>3:30 Mental Health Topics - LC (Emily)</p> <p>6:00 Community Council Board Meeting - LC</p> <p>6:30 Movie Group - 3FTV</p> <p>7:00 *Chemical Health and Wellness - LC (Emily)</p> <p>7:00 Monday Night Wrestling - 4FTV</p> <p>7:15 Book Club - FC (Abby)</p> <p>7:15 Resident Community Meeting - DR</p>	<p>30</p> <p>AM Wake Up on your floor</p> <p>10:30 Steady Beat—CR (Melissa, Hilary)</p> <p>10:45 *Morning Walkers Group—DR</p> <p>12:30 Walmart Outing - IR (Abby)</p> <p>3:30 Pet Therapy Visit (Rachel)</p> <p>3:45 Creative Expressions—DR (Rob)</p> <p>4:00 What's In A Picture - CR (Mary Pat)</p> <p>4:30 *Yoga - FC (Rebecca)</p> <p>6:30 *Chemical Health Education—LC (Emily C.)</p> <p>7:15 Spiritual Care Group - LC (Chaplain Amy)</p> <p>7:30 Women's Haircuts - CR (Rebecca)</p>	<p>31</p> <p>AM Wake Up on your floor</p> <p>10:45 *Morning Walkers Group—DR</p> <p>2:30 *Bowling - IR (Rob)</p> <p>3:00 Communion Service - IR (Father Mike)</p> <p>3:30 You're Golden! Aging at Andrew - LC (Kayla)</p> <p>4:00 Interpersonal Skills - CR (Mary Pat, Kali)</p> <p>4:00 Coping with Anxiety - DR (Khoah)</p> <p>C 4:00 Successful Independence - DR (Jonathan)</p> <p>4:15 *The 15 Minute Break (Self-Massage)—IR (Liz)</p> <p>4:30 In Your Words - CR (Elizabeth)</p> <p>4:30 Men's Discussion Group - CR (Khoah)</p> <p>7:00 Voices Heard-Community Choir - DR (Jonathan)</p> <p>7:00 Music Sharing - MR (Lauren)</p> <p>8:00 Coloring Group - FC (Abby)</p>			

