Sunday Monday Tuesday Wednesday Thursday Friday Saturday INDEPENDENT & ASSISTED LIVING 10AM Golf Simulator (G) Vovember 2025 12:45PM Walking Group (L) 1PM Scrabble (2AL) 1:45PM Bingo (CH) 6:30PM Gather & Games in Lyngblomsten at Lino Lakes' Sophia's Café 1:30PM Movie (T) 10:30AM Bible Study (CR) 10AM M. Media Art (2AL) 5 10AM Story Group (S) 10AM Chair Yoga (F) 10AM Culinary Chat (CH) "Under the Tuscan Sun" 10AM Golf Simulator (G) 12:45PM Walking Group (L) 11AM Gentle Ai-Chi (P) 10AM Chair Yoga (F) (2003)11AM Gentle Yoga (F) 12:45PM Walking Group (L) 1PM Seated Strength (F) 12:45PM Walking Group (L) Comedy/Drama 1PM Yarn & Fabric Club (S) 11AM Polish & Pamper (2AL) 1PM Rhythmically 1PM Catholic Mass (CH) 1PM Seated Strength (F) 2PM MacPhail Guitarist 1 1/2 hrs. 1PM Scrabble (2AL) Speaking (CH) 1PM Worship (CH) 1PM Art Portraits (S) Performance (CH) 2PM Water Aerobics (P) 2PM Mahjongg (CR) 2PM Water Aerobics (P) 1PM Yarn & Fabric Club (S) 7PM Show Series (T) 1:45PM Bingo (CH) 3:15PM Mexican Train (2AL 2PM Bridge (2AL) 3:15PM 500 (2AL) "The Chosen" 2:15PM Ladies Group (CR) 2PM Men's Group (G) 3:30PM Jeopardy (S) 6:30PM Gather & Games in Sophia's Café 2:30PM Weight/Cardio 6:30PM Gather & Games in Historical/Drama 3:30PM Grief Group (CR) 7PM Evening Bingo (CH) Room with Volunteer Sophia's Café **Daylight Saving Time Ends** 10:30AM Bible Study (CR) 9AM TARGET 10:30AM Chair You 1:30PM Movie (T) 14 10AM M. Media Art (2AL 12 13 **10AM GREAT MOON** 9:45AM LIBRARY 10AM Chair Yoga (F) "The Family Stone" (2005) 10AM Golf Simulator (G) 12:45PM Walking Group (L) 10AM Story Group (S) 11AM Gentle Waterwork(P) 11AM Gentle Yoga (F) Romance/Comedv 12:45PM Walking Group (L) 12:45PM Walking Group (L) 10AM Chair Yoga (F) 1PM Seated Strength (F) 1PM Yarn & Fabric Club (S) 1 ½ hrs. 2PM Mahjongg (CR) 1PM Scrabble (2AL) 1PM Worship (ČH) 1PM Seated Strength (F) 2PM Veteran Program (CH) 1PM Catholic Service (CH) 2PM BARNES & NOBLE 1:45PM Bingo (CH) 1PM Yarn & Fabric Club (S) 3:15PM Mexican Train (2AL) 2PM Water Aerobics (P) 1PM Art Portraits (S) 7PM Show Series (T) 2:15PM Bingo (CH) (AL/MC) 3-4PM Tech Help in 4:30PM Happy Hour in 2PM Water Aerobics (P) 2PM Men's Group (G) Mikelsons' & Wally's 3:15PM Cribbage (2AL) Sophia's Café 3:30PM Grief Group (CR) "The Chosen" 2PM Bridge (2AL) 2:30-4:30PM Makers & **6PM NAVIGATING THE** 6PM Movie Night (T)
"Feast of Love" (2007) 6:30PM Gather & Games in Historical/Drama 6:30PM Gather & Games in Masters Fair (CH) 2:30PM Weight/Cardio **HOLIDAYS AFTER LOSS** Sophia's Café Sophia's Café Room with Volunteer Drama 1 ½ hrs. Veterans Day 10AM Story Group (S) 20 11AM Gentle Yoga (F) 21 17 10AM M. Media Art (2AL) 1:30PM Movie (T) 16 22 18 10AM FIRE DRILL 10AM Chair Yoga (F) "Wildflower" (2023) 10AM Golf Simulator (G) 10AM Chair Yoga (F) 10:30AM Memory Loss Speaking (CH) 1PM Yarn & Fabric Club (S) Heartwarming/Drama 10:30AM Bible Study (CR) 10PM-2PM Woodwork Caregiver Support Group (S) 12:45PM Walking Group (L) 2PM Mahjongg (CR) 2:30PM Town Home Mta 1 ½ hrs. 12:45PM Walking Group (L) 12:45PM Walking Group (L) Sale in Sophia's Café 2:30PM November 1PM Scrabble (2AL) 1PM Seated Strength (F) 1PM Seated Strength (F) 11AM Polish & Pamper (2A) Birthday Celebration in 3:15PM Mexican Train (2AL) 1PM Catholic Service (CH) 7PM Show Series (T) 1PM Worship (CH) Wally's 2PM Water Aerobics (P) 1:45PM Bingo (CH) 2PM Water Aerobics (P) "The Chosen" 3:30PM Jeopardy (S) 1PM Yarn & Fabric Club (S) 3:15PM Hand & Foot (2AL) 2PM Men's Group (G) 2PM Bridge (2AL) Historical/Drama 6:30PM Gather & Games in Sophia's Café 7PM Evening Bingo (CH) 2:15PM Ladies Group (CR) 2:30PM Weight/Cardio Room 6:30PM Gather & Games in 6:30PM Story Time (CH) with Volunteer 3:30PM Grief Group (CR) Sophia's Café 10:30AM Bible Study (CR) 10AM Friday Book Club (CR) 1:30PM Movie (T) 29 12:45PM Walking Group (L) 9AM WALMART "Escape from Germanv" 10AM Golf Simulator (G) 1PM Seated Strength (F) (2024) 12:45PM Walking Group (L) 12:45PM Walking Group (L) 11AM Gentle Yoga (F) 10AM Chair Yoga (F) 1PM Catholic Service (CH) Historical/Drama 1PM Scrabble (2AL) 1PM Seated Strength (F) 11AM Gentle Waterwork(P) 2PM Mahjongg (CR) 1:45PM KINGS BAKERY 1:45PM Bingo (CH) 1 ½ hrs. 2PM Water Aerobics (P) 1PM Yarn & Fabric Club (S) 3:15PM Bridge (2AL) (AL/MC) 3-4PM Tech Help in 2PM Men's Group (G) 2:30PM Tues.Book Club (CR) 6:30PM Gather & Games in 2PM Water Aerobics (P) Sophia's Café 7PM Show Series (T) Sophia's Café 2:30PM Resident Mtg (CH) 3:15PM Mexican Train (2AL) 2PM Bridge (2AL) 6:30PM Gather & Games in "The Chosen" 2:30PM Weight/Cardio Sophia's Café Historical/Drama Room with Volunteer Thanksgiving Day (U.S.) 1:30PM Movie (T) 30 Volunteers in the WoodShop every "The Iron Lady" (2012) Historical/Drama Tuesday & Wednesday 10AM-12PM 2 hrs. Volunteer in the Weight/Cardio Room 7PM Show Series (T) Wednesdays 2:30-3:30PM "The Chosen" Historical/Drama ROOM KEY LOCATED ON LAST PAGE OF THE NEWSLETTER