

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>   </div> <div> INDEPENDENT & ASSISTED LIVING November 2025 Lyngblomsten at Lino Lakes </div>						
1:30PM Movie (T) 2 <i>"Under the Tuscan Sun" (2003)</i> Comedy/Drama 1 ½ hrs. 7PM Show Series (T) <i>"The Chosen"</i> Historical/Drama Daylight Saving Time Ends	10:30AM Bible Study (CR) 3 12:45PM Walking Group (L) 1PM Seated Strength (F) 2PM Water Aerobics (P) 2PM Men's Group (G)	10AM Chair Yoga (F) 4 11AM Gentle Ai-Chi (P) 1PM Yarn & Fabric Club (S) 2PM MacPhail Guitarist Performance (CH) 3:15PM Mexican Train (2AL) 3:30PM Jeopardy (S) 7PM Evening Bingo (CH)	10AM M. Media Art (2AL) 5 12:45PM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Mass (CH) 1PM Art Portraits (S) 2PM Water Aerobics (P) 2PM Bridge (2AL) 2:30PM Weight/Cardio Room with Volunteer	10AM Story Group (S) 6 10AM Chair Yoga (F) 11AM Polish & Pamper (2AL) 1PM Worship (CH) 1PM Yarn & Fabric Club (S) 2:15PM Ladies Group (CR) 3:30PM Grief Group (CR)	10AM Culinary Chat (CH) 7 11AM Gentle Yoga (F) 1PM Rhythmically Speaking (CH) 2PM Mahjongg (CR) 3:15PM 500 (2AL) 6:30PM Gather & Games in Sophia's Café	10AM Golf Simulator (G) 8 12:45PM Walking Group (L) 1PM Scrabble (2AL) 1:45PM Bingo (CH) 6:30PM Gather & Games in Sophia's Café
1:30PM Movie (T) 9 <i>"The Family Stone" (2005)</i> Romance/Comedy 1 ½ hrs. 7PM Show Series (T) <i>"The Chosen"</i> Historical/Drama	10:30AM Bible Study (CR) 10 12:45PM Walking Group (L) 1PM Seated Strength (F) 2PM Water Aerobics (P) 2PM Men's Group (G) 2:30-4:30PM Makers & Masters Fair (CH)	9AM TARGET 11 10AM Chair Yoga (F) 11AM Gentle Waterwork(P) 1PM Yarn & Fabric Club (S) 2PM Veteran Program (CH) 3:15PM Mexican Train (2AL) 4:30PM Happy Hour in Mikelsons' & Wally's 6PM NAVIGATING THE HOLIDAYS AFTER LOSS Veterans Day	10AM M. Media Art (2AL) 12 12:45PM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Service (CH) 1PM Art Portraits (S) 2PM Water Aerobics (P) 2PM Bridge (2AL) 2:30PM Weight/Cardio Room with Volunteer	10AM GREAT MOON 13 10AM Story Group (S) 10AM Chair Yoga (F) 1PM Worship (CH) 1PM Yarn & Fabric Club (S) 2:15PM Bingo (CH) 3:30PM Grief Group (CR) 6PM Movie Night (T) <i>"Feast of Love" (2007)</i> Drama 1 ½ hrs.	9:45AM LIBRARY 14 11AM Gentle Yoga (F) 2PM Mahjongg (CR) 2PM BARNES & NOBLE (AL/MC) 3:15PM Cribbage (2AL) 6:30PM Gather & Games in Sophia's Café	10AM Golf Simulator (G) 15 12:45PM Walking Group (L) 1PM Scrabble (2AL) 1:45PM Bingo (CH) 3-4PM Tech Help in Sophia's Café 6:30PM Gather & Games in Sophia's Café
1:30PM Movie (T) 16 <i>"Wildflower" (2023)</i> Heartwarming/Drama 1 ½ hrs. 7PM Show Series (T) <i>"The Chosen"</i> Historical/Drama	10AM FIRE DRILL 17 10:30AM Bible Study (CR) 12:45PM Walking Group (L) 1PM Seated Strength (F) 2PM Water Aerobics (P) 2PM Men's Group (G) 6:30PM Story Time (CH)	10AM Chair Yoga (F) 18 1PM Yarn & Fabric Club (S) 2:30PM Town Home Mtg (CH) 3:15PM Mexican Train (2AL) 3:30PM Jeopardy (S) 7PM Evening Bingo (CH)	10AM M. Media Art (2AL) 19 10:30AM Memory Loss Caregiver Support Group (S) 12:45PM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 2PM Bridge (2AL) 2:30PM Weight/Cardio Room with Volunteer	10AM Story Group (S) 20 10AM Chair Yoga (F) 10PM-2PM Woodwork Sale in Sophia's Café 11AM Polish & Pamper (2AL) 1PM Worship (CH) 1PM Yarn & Fabric Club (S) 2:15PM Ladies Group (CR) 3:30PM Grief Group (CR)	11AM Gentle Yoga (F) 21 1PM Rhythmically Speaking (CH) 2PM Mahjongg (CR) 2:30PM November Birthday Celebration in Wally's 3:15PM Hand & Foot (2AL) 6:30PM Gather & Games in Sophia's Café	10AM Golf Simulator (G) 22 12:45PM Walking Group (L) 1PM Scrabble (2AL) 1:45PM Bingo (CH) 6:30PM Gather & Games in Sophia's Café
1:30PM Movie (T) 23 <i>"Escape from Germany" (2024)</i> Historical/Drama 1 ½ hrs. 7PM Show Series (T) <i>"The Chosen"</i> Historical/Drama	10:30AM Bible Study (CR) 24 12:45PM Walking Group (L) 1PM Seated Strength (F) 2PM Water Aerobics (P) 2PM Men's Group (G) 2:30PM Resident Mtg (CH)	9AM WALMART 25 10AM Chair Yoga (F) 11AM Gentle Waterwork(P) 1PM Yarn & Fabric Club (S) 2:30PM Tues.Book Club (CR) 3:15PM Mexican Train (2AL)	12:45PM Walking Group (L) 26 1PM Seated Strength (F) 1PM Catholic Service (CH) 1:45PM KINGS BAKERY (AL/MC) 2PM Water Aerobics (P) 2PM Bridge (2AL) 2:30PM Weight/Cardio Room with Volunteer	 Thanksgiving Day (U.S.)	10AM Friday Book Club (CR) 27 11AM Gentle Yoga (F) 2PM Mahjongg (CR) 3:15PM Bridge (2AL) 6:30PM Gather & Games in Sophia's Café	10AM Golf Simulator (G) 29 12:45PM Walking Group (L) 1PM Scrabble (2AL) 1:45PM Bingo (CH) 3-4PM Tech Help in Sophia's Café 6:30PM Gather & Games in Sophia's Café
1:30PM Movie (T) 30 <i>"The Iron Lady" (2012)</i> Historical/Drama 2 hrs. 7PM Show Series (T) <i>"The Chosen"</i> Historical/Drama	<div>   </div> <div> Volunteers in the WoodShop every Tuesday & Wednesday 10AM-12PM Volunteer in the Weight/Cardio Room Wednesdays 2:30-3:30PM ROOM KEY LOCATED ON LAST PAGE OF THE NEWSLETTER </div>					

Items in Bold Are Special Events. Schedule Subject to Change. Any Questions Contact Director of Life Enrichment, Kaitlyn Olson (651) 515-1730.