

# OCTOBER 2022 PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CR = Community Room AP = Activity Parlor L = Library	DR = Dining Room 1st = Lobby/1st Floor 2nd = 2nd Floor		Check the back side of this calendar to see more details about the <b>bolded programs!</b>		<b>1</b> 10 Rosary w/ Ilene (L) 10 Farkle w/ Val (AP) 1:30 Bingo (CR) (\$2) 2:30 Skipbo (CR)
<b>2</b> 10 Church (CR) 2 Scrabble & other games (CR)	<b>3</b> 10 Walking Club (1st) 11 Weekly Check-in (CR) 1 Bird Feeder Craft (CR) 2 Endings & Beginnings w/ Val (AP) 3 Chair Yoga (CR)	<b>4 National Cinnamon Roll Day</b> 10 Exercise Class (CR) 11 Trivia (CR) 2 Bingo (CR) (\$2) <b>3 Celebrate Cinnamon Roll Day (AP)</b>	<b>5</b> 9 Shopping Bus (sign-up) <b>12 Restaurant Outing: Olive Garden (sign-up)</b> 1 Bridge (2nd) 2 Scrabble & other games (CR) 3 Chair Yoga (CR)	<b>6</b> 10 Exercise Class (CR) 10 Dan's Bible Study (L) 11 Trivia (CR) <b>2 Resident Meeting (DR)</b> 3 Card Bingo (CR) (\$2)	<b>7</b> 10 Nancy's Painting Class (AP) 10 Walking Club (1st) 11 Catholic Mass (CR) 1 Goodnight Stories w/Val (AP) 1:30 Reminisce (L) 3 Social (CR)	<b>8</b> 10 Rosary w/ Ilene (L) 10 Farkle w/ Val (AP) 1:30 Bingo (CR) (\$2) 2:30 Skipbo (CR)
<b>9</b> 2 Scrabble & other games (CR)	<b>10 World Mental Health Day</b> 10 Walking Club (1st) 11 Weekly Check-in (CR) 1 Craft w/ Molly (CR) 2 Music Exploration w/ Val (AP) 3 Chair Yoga (CR)	<b>11</b> 10 Exercise Class (CR) <b>10 BP &amp; Balance Clinic and TC Physicians Open House (L)</b> 11 Trivia (AP) 2 Bingo (CR) (\$2) <b>3 Comedy Magic Show (DR)</b>	<b>12 *Fire Alarm Inspection Day*</b> 9 Shopping Bus (sign-up) <b>10 Guinea Pig Therapy (CR) (sign-up)</b> 1 Bridge (2nd) 1 Catholic Communion (L) <b>1-3 Illusions Glass Designs (1st)</b> 2 Scrabble & other games (CR) 3 Chair Yoga (CR)	<b>13</b> 10 Exercise Class (CR) 10 Dan's Bible Study (L) 11 Trivia (CR) 1 Armchair Travel: South Africa (CR) 2 Meet & Greet w/ ED (CR) 3 Card Bingo (CR) (\$2)	<b>14</b> 9-2 Massages (L) (sign-up) <b>10-4 Arboretum (sign-up)</b> 10 Nancy's Bible Study (CR) 10 Walking Club (1st) 1 Advanced Farkle w/ Val (CR) 1:30 Reminisce (L) 3 Happy Hour Social (CR)	<b>15</b> 10 Rosary w/ Ilene (L) 10 Farkle w/ Val (AP) 1:30 Bingo (CR) (\$2) 2:30 Skipbo (CR)
<b>16</b> 10 Church (CR) 2 Scrabble & other games (CR)	<b>17</b> 10 Walking Club (1st) <b>10 Crochet Class (CR)</b> 11 Weekly Check-in (AP) 1 Pumpkin Painting (CR) 2 Beginner Spanish w/ Val (AP) 3 Chair Yoga (CR)	<b>18</b> 10 Exercise Class (CR) 11 Trivia (CR) 2 Bingo (CR) (\$2) 3 Let's Play Sports (CR)	<b>19</b> 9 Shopping Bus (sign-up) <b>9-12 Flu &amp; COVID Booster Shots (CR) (sign-up)</b> 1 Bridge (2nd) 1 Catholic Communion (L) 2 Scrabble & other games (CR) 3 Chair Yoga (CR)	<b>20</b> 10 Exercise Class (CR) 10 Dan's Bible Study (L) 11 Trivia (CR) 1-3 LueMelit Light Switches (1st) 2 Nail Painting (CR) 3 Card Bingo (CR) (\$2)	<b>21 International Nacho Day</b> 10 Nancy's Bible Study (CR) 10 Walking Club (1st) 1 Goodnight Stories w/Val (AP) 1:30 Reminisce (L) 3 Social (CR)	<b>22</b> 10 Rosary w/ Ilene (L) 10 Farkle w/ Val (AP) 1:30 Bingo (CR) (\$2) 2:30 Skipbo (CR)
<b>23</b> 2 Scrabble & other games (CR)	<b>24</b> 10 Walking Club (1st) <b>10 Crochet Class (CR)</b> 11 Weekly Check-in (AP) <b>1 Art Show (1st)</b> 3 Chair Yoga (CR)	<b>25 International Artist's Day</b> 10 Exercise Class (CR) 11 Trivia (CR) 2 Bingo (CR) (\$2) 3 Men's Event (CR)	<b>26</b> 9 Shopping Bus (sign-up) 1 Bridge (2nd) 1 Catholic Communion (L) 2 Scrabble & other games (AP) <b>2 Boost Your Brain w/ Interim (CR)</b> 3 Chair Yoga (CR)	<b>27</b> 10 Exercise Class (CR) 10 Dan's Bible Study (L) 11 Trivia (CR) 1 Movie & Popcorn (CR) 3 Card Bingo (CR) (\$2)	<b>28</b> 10 Nancy's Bible Study (CR) 10 Walking Club (1st) 1 Advanced Farkle w/ Val (AP) 1:30 Cooking Demo (AP) 1:30 Reminisce (L) 3 Birthday Social (CR)	<b>29</b> 10 Rosary w/ Ilene (L) 10 Farkle w/ Val (AP) <b>10 Trick-or-Treating (1st)</b> 1:30 Bingo (CR) (\$2) 2:30 Skipbo (CR)
<b>30</b> 10 Church (CR) 2 Scrabble & other games (CR)	<b>31 Halloween</b> 10 Walking Club (1st) <b>10 Crochet Class (CR)</b> 11 Weekly Check-in (AP) 1 Halloween Craft (CR) 3 Halloween Party (CR)					

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## Monthly Resident Meeting

1<sup>st</sup> Thursday – DR @ 2:00

Going forward, we will have monthly resident meetings on the first Thursday of each month. The Resident Council and Executive Director will be there to update you and answer questions. Various Department Heads will attend too.

## Comedy Magic Show

Tuesday, October 11<sup>th</sup> – DR @ 3:00

Tyler Linton has been performing magic for around 20 years, since he was a child. He has set multiple world records with his magic. He performs interactive comedy magic shows. Come to the Dining Room to see some magic!

## Guinea Pig Therapy

Wednesday, October 12<sup>th</sup> – CR @ 10:00

Patti from North Star Therapy will be coming to talk on therapy animals and she will be bringing two guinea pigs with her! Limited to 20 people, please sign up!

## Flu & COVID Booster Shots

Wednesday, October 19<sup>th</sup> – CR @ 9:00-12:00

Thrifty White Pharmacy will be giving the Flu & COVID Booster shots (Pfizer). Please bring your insurance card with you. Forms are at the front desk. Sign-up in the CR!

## Boost Your Brain

Wednesday, October 26<sup>th</sup> – CR @ 2:00

Interim Health, our in-house therapy, will be doing a presentation called 'Boost Your Brain'. Come on down to the community room to hear this insightful discussion!

## Cinnamon Roll Day

Tuesday, October 4<sup>th</sup> – AP @ 3:00

Let's celebrate Cinnamon Roll Day! Come down and enjoy some delicious treats!

## BP & Balance w/ TC Physicians

Tuesday, October 11<sup>th</sup> – L @ 10:00

TC Physicians will have an open house during our normal monthly clinic. Come learn about different services they provide!

## Illusions Glass Designs

Wednesday, October 12<sup>th</sup> – 1st @

1:00-3:00

Janey Beyer creates and sells her own jewelry using dichroic glass. She will have pendants, earrings, bracelets, and rings. Come to the lobby to purchase these beautiful handcrafted pieces of art!

## Art Show

Monday, October 24<sup>th</sup> – 1<sup>st</sup> @ 1:00

Resident Artists will be showing their artwork on the 1<sup>st</sup> floor. There will be paintings, sculptures, woodworking, and more! Come enjoy wine and hors d'oeuvres while admiring beautiful art!

## Bus Outings

1. Shopping – Wednesdays @ 9:00
2. Olive Garden – October 5<sup>th</sup> @ 12:00
3. Arboretum – October 14<sup>th</sup> @ 10:00-4:00

As you know, we are in the process of getting a new bus. Allison has planned these outings with the hope we will have our new bus soon. Please know that these outings could get cancelled last-minute, depending on if we have our bus or not. Thank you for your cooperation and understanding!



## Crochet Class

October 17, 24, 31, November 7 – CR @ 10:00

Brooklyn Park Public Library will be coming to Tradition to put on a crochet class for us! They will provide hooks, yarn, and patterns. Class is limited to 10 people, so sign-up soon!

## Fire Alarm Inspection Day

Wednesday, October 12<sup>th</sup> @ 8:00-5:00

Our Fire Alarm System will be tested. The alarm horns will be sounding for short intervals during this time. We may need to enter your residence to test audible devices outside unit doors. Thank you for your cooperation!

## Trick-or-Treating

Saturday, October 29<sup>th</sup> – 1st @ 10:00

Girl Scouts will be back to show off their costumes and go trick-or-treating! We will gather on the 1st floor in the Lobby around 9:45 to give you candy for the children. Please sign-up so we have enough candy for you to pass out!

Happy Halloween

