

# November 2024

## MC Life Enrichment Calendar

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|---|--|---|---|--|
|  <p>Please note all activities are subject to change.<br/>Please sign up with Bethany for activities in Red.</p> <p>Community Life Director, Bethany Swan, can be reached by phone or email.</p> <p>(763)235-2138<br/>Bethany.swan@lifesparks.com</p>   |   |   |  |   |   |  |
| <b>3</b> <i>Daylight Saving Time Ends</i><br><br>Exercise Videos, Movies, and Table Games Available   | <b>4</b><br>10:00 Catholic Mass (TV) And Communion (AL)<br>11:30 Chair Aerobics (AL)<br>2:30 Music with Kristin (AL)<br>3:30 Get to Know Your New Executive Director and Director of Nursing! | <b>5</b><br>9:30 Morning Movie<br>10:30 <b>Bus Tour: I Spy Scavenger Hunt</b><br>2:30 Candy Bingo (AL)<br>4:00 Seated Stretches (AL)                | <b>6</b><br>9:30 Daily Chronicles<br>9:45 Chair Yoga<br>10:00 Back to School Bingo<br>2:00 Balloon Volleyball<br>3:30 Reader's Theatre: Much Ado About Nothing, Act 6 (AL)<br>4:30 Visits with Kim   | <b>7</b><br>10:00 Daily Chronicles<br>10:15 Walkin' and Rollin' Club<br>11:00 Music with Shannon<br>2:00 Resident Council<br>2:30 Food Committee  | <b>1</b><br>9:15 Daily Chronicles<br>9:30 Sit & Be Fit<br>10:00 Pet Visits with Lily and Ranger<br>3:00 Snack Bingo (AL)  | <b>2</b><br><br>Exercise Videos, Movies, and Table Games Available   |
| <b>10</b><br>8:45 Daily Chronicles<br>9:00 Exercise with Alexis<br>12:00 Vikings vs. Lions<br>3:00 Bingo with Alexis (AL)   | <b>11</b> <i>Veterans Day</i><br>10:00 Catholic Mass (TV) And Communion (AL)<br>11:30 Chair Aerobics (AL)<br>2:30 Music with Kristin<br>4:00 Veterans Reception                               | <b>12</b><br>9:30 Morning Movie<br>11:00 <b>Lunch Outing: IHOP</b><br>2:30 Candy Bingo (AL)<br>4:00 Seated Stretches (AL)                           | <b>13</b> <i>World Kindness Day</i><br>9:30 Daily Chronicles<br>9:45 Cut the Cards<br>11:00 Chair Yoga with Allison (AL)<br>2:00 Thankfulness A-Z<br>4:30 Visits with Kim                            | <b>14</b> <i>Carol's Birthday!</i> 🎈<br>9:30 Daily Chronicles<br>9:45 Walkin' and Rollin' Club<br>10:00 The Price is Right: Thanksgiving Edition<br>2:00 Bag Toss Tournament  | <b>15</b><br>9:15 Daily Chronicles<br>9:30 Sit & Be Fit<br>10:00 Pet Visits with Lily and Ranger<br>1:45 1:1 Visits with Bethany<br>3:00 Quarter Bingo (AL)         | <b>16</b><br><br>Exercise Videos, Movies, and Table Games Available  |
| <b>17</b><br><br>Exercise Videos, Movies, and Table Games Available   | <b>18</b><br>10:00 Catholic Mass (TV) And Communion (AL)<br>11:30 Chair Aerobics (AL)<br>2:00 November Match-Up Game<br>2:30 Music with Kristin   | <b>19</b><br>10:30 Daily Chronicles<br>10:45 Seated Stretches<br>11:00 Church Service (TV)<br>1:00 1:1 Visits with Dave<br>2:30 Candy Bingo (AL)    | <b>20</b><br>9:30 Daily Chronicles<br>9:45 Chair Yoga<br>11:00 Church & Communion with Pastor Cullen (AL)<br>2:00 Thanksgiving Décor Craft<br>4:30 Visits with Kim<br>7:00 Pet Visits w Jax & Claire | <b>21</b><br>10:30 Daily Chronicles<br>10:45 Walkin' and Rollin' Club<br>11:00 Music with Shannon<br>2:00 Thanksgiving Family Feud<br>4:30 Massage & Meditation<br>5:30 <b>Family Meeting with New Administration</b> | <b>22</b><br>9:15 Daily Chronicles<br>9:30 Sit & Be Fit<br>10:00 Pet Visits with Lily and Ranger<br>12:30 Hand Massages<br>3:30 Let's Make: Turkey Treat Snack Bags | <b>23</b><br>8:45 Daily Chronicles<br>9:00 Exercise with Alexis<br>9:30 Thanksgiving Storytime with Alexis<br>1:30 November Trivia With Alexis |
| <b>24</b><br>8:45 Daily Chronicles<br>9:00 Exercise with Alexis<br>12:00 Vikings vs. Rams<br>3:00 Bingo with Alexis (AL)  | <b>25</b><br>10:00 Catholic Mass (TV) And Communion (AL)<br>11:30 Chair Aerobics (AL)<br>2:30 Music with Kristin<br>3:00 Finish the Phrase  | <b>26</b><br>9:30 Daily Chronicles<br>9:45 Seated Stretches<br>10:00 Thanksgiving Wheel of Fortune<br>3:00 November Birthday Party with Ross McLeod | <b>27</b><br>9:30 Daily Chronicles<br>9:45 The Turkey Trot<br>11:00 Chair Yoga with Allison (AL)<br>4:00 Rock N' Roll Bingo<br>4:30 Visits with Kim  | <b>28</b><br>  | <b>29</b><br>9:15 Daily Chronicles<br>9:30 Sit & Be Fit<br>10:00 Pet Visits with Lily and Ranger<br>1:45 1:1 Visits with Bethany<br>3:00 Prize Bingo (AL)           | <b>30</b><br><br>Exercise Videos, Movies, and Table Games Available  |