



**Outings:**

- 9/6 - Fawn-Doe-Rosa
- 9/10 Copper Street Brass Concert- HP
- 9/20- Taylors Falls Boat Cruise/ Lunch
- 9/28- Alzheimer's Walk- Target Field

\*Blue indicates Senior Living Side Events.

\*Please sign your family member or loved one up for any outings you would like them to attend at the concierge desk\*

**Evening Programing**

**Ponds:**

- Monday: Stretch and Sing
- Tuesday: Me Moves
- Wednesday: Creative Coloring
- Thursday: Balloon Toss
- Friday: Aqua Paintings
- Saturday: Vocabulary Match
- Sunday: Everyday Life Photos

**Marsh:**

- Monday: Balloon Toss
- Tuesday: Stretch and Sing
- Wednesday: Creative Coloring
- Thursday: The Guessing Game
- Friday: Large Print Word Finds
- Saturday: Large Crossword Puzzles

# Thrive

SUN	MON	TUE	WED	THU	FRI	SAT
1 Lets Get Movin 11:00 Lutheran Live Stream Service (LER) -Outdoor Games - Finishing The Lines	2 <b>LABOR DAY</b> 11:30-1:30 Labor Day Picinic  *Closed for Dinner* Boxed dinners will be provided.	3 10:00 Music with Steve (P) 11:00 Bender Ball Exercise followed by Stretch (M) 2:00 Creative Corner (P) Walking Club	4 10:30 Rise & Thrive followed by Seated Tai Chi (ALS) 11:00 Name that Tune (M) -Travel Club: Wisconsin -Netflix series: One Strange Rock: Episode 1	5 10:30 Waters Drumming Relaxation & Breathing (ALS) -Tasty Creations 4:00 Piano Music with Tom (L)	6 10:30 Rise & Thrive (ALS) - Sing Along with Susie Q 12:30 Fawn-Doe-Rosa 1:30 Sing a Long with Gary (P) 3:00 Bingo (P)	7 - Let's Get Movin' - Sing Along with Susie Q 10:30 Second Hand Hounds (P,M) if available - 2:00 Music with Tomm Carlson (R)
8 - Lets Get Movin' 11:00 Lutheran Live Stream Service (LER) 12:00 Vikings vs Falcons on FOX -Outdoor Games -Finishing The Lines	9 10:30 Rise & Thrive followed by Stretch and Meditation (ALS)  -Sing Along with Eldersong 1:00 Communion and Prayer service with Lyle (LER) -Active Games	10 10:30 Bender Ball Exercise followed by Stretch (M)  -sing a long with Susie Q  2:00 Copper Street Brass Concert at Highland Park	11 10:30 Rise & Thrive followed by Seated Tai Chi (ALS) 11:00 Name that Tune (M) -Netflix series: One Strange Rock: Episode 2	12 10:30 Waters Drumming followed by Relaxation & Breathing 11:00 Walking Club -Tasty Creations 2:00 Music with Tom Hippss (R) 5:30 Family Social (P)	13 10:30 Rise & Thrive (ALS) - Sing Along with Susie Q -Active Games 3:00 Bingo (P)	14 - Let's Get Movin' - Sing Along with Susie Q 10:30 Second Hand Hounds (P,M) if available -Active Games
15 - Lets Get Movin' 11:00 Lutheran Live Stream Service (LER) 12:00 Vikings @ GB Packers/ FOX -Outdoor Games	16 10:30 Rise & Thrive followed by Stretch and Meditation(ALS)  -Sing Along with Eldersong 1:00 Communion and Prayer service with Lyle (LER)	17 10:30 Bender Ball Exercise followed by Stretch (M) 11:00 Walking Club  2:00 Birthday Party Social with Music by Dale Martell	18 Breakfast made by Marta & Janel in the Ponds 10:30 Rise & Thrive followed by Seated Tai Chi (ALS) 11:00 Name that Tune (M)  -Travel Club: Washington -Netflix series: One Strange Rock: Episode 3	19 10:30 Waters Drumming followed by Relaxation & Breathing -Sing Along -Manicures (M) 2:00 Woodbury Lutheran Worship Service (LER) 4:00 Piano Music with Tom (L) 5:30 Family Orientation(P)	20 10:30 Rise & Thrive (ALS) 11:15 Taylor's Falls Boat Ride - 1:30 Sing a Long with Gary (P) 3:00 Bingo (P)	21 - Let's Get Movin' - Sing Along with Susie Q 10:30 Second Hand Hounds (P,M) if available -Active Games
22 - Lets Get Movin' 11:00 Lutheran Live Stream Service (LER) 12:00 Vikings vs Raiders on FOX -Outdoor Games -Finishing The Lines	23 10:30 Rise & Thrive followed by Stretch and Meditation(ALS)  -Sing Along with Eldersong 1:00 Communion and Prayer service with Lyle (LER) -Active Games	24 10:30 Bender Ball Exercise followed by Stretch (M)  - Creative Corner 2:00 Entertainer / Story-teller Carol McCormick	25 Breakfast made by Marta & Janelin the Marsh 10:30 Rise & Thrive followed by Seated Tai Chi (ALS) 11:00 Name that Tune (M)  -Netflix Series: One Strange Rock: Episode 4	26 10:30 Waters Drumming followed by Relaxation & Breathing 11:00 Walking Club -Manicures (P) -Tasty Creations	27 10:30 Rise & Thrive (ALS) - Sing Along with Susie Q -Active Games 3:00 Bingo (P)	28 Alzheimer's Walk @ Target Field - Let's Get Movin' - Sing Along with Susie Q 10:30 Second Hand Hounds (P,M) if available -Active Games
29 Family & Friends Brunch - Lets Get Movin' 11:00 Lutheran Live Stream Service (LER) 12:00 Vikings @ Chicago Bears/Fox -Outdoor Games -Finishing The Lines	30 10:30 Rise & Thrive followed by Stretch and Meditation (ALS)  -Music with Marta 3:00 Catholic Mass & Communion with Father Erickson (LER)					