



Calendar Key:

- S = Salon
- L = Lobby
- BP = Back Patio
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- CR = Community Room
- DC = Dahlia Café (Bistro)
- LLR = Large Living Room
- WBS = Wellbeing Studio
- CAS = Creative Arts Studio

Integrative Wellness added to our PURPOSE Programming

- June—Relaxation & Breathing
- July—Aromatherapy
- August—Tai Chi/Qigong
- September—Animal Assisted Therapies
- October—Yoga

Offsite Excursions

- 10/3 Minnetonka Orchards
- 10/10 Ice Cream Outing
- 10/17 Fall Leaves
- 10/24 Arboretum

Waters Signature Travel Club

- February—BRAZIL
- March—IRELAND
- April—ISRAEL
- May—NORWAY
- June—EGYPT
- July—CHINA
- August—MEXICO
- September—GREECE
- October—GERMANY
- November—UKRAINE
- December—ITALY

Thrive

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Current Events with Michelle (P)</p> <p>AFTERNOON PROGRAMS Hand Massages & Aromatherapy (1pm-M, 2pm-P) 2:30pm Coffee, Cookies & Conversation (DC) 3pm Gentle Chair Yoga (WBS)</p> <p>EVENING PROGRAMS Finishing Lines (M) BINGO (P)</p>	<p>2</p> <p>MORNING PROGRAMS 10am Drumming Class (WBS) Devotions (11am-P, 11:45-M)</p> <p>AFTERNOON PROGRAMS 1pm Baking Corner with Beth—Caramel Apple Snicker Salad (CAS) 2:30 Sing A Long with Susie Q (WBS) 3pm Waters Academy—Bonnie and Clyde (WBS)</p> <p>EVENING PROGRAMS BINGO (M) Finishing Lines (P)</p>	<p>3</p> <p>MORNING PROGRAMS 10am Rise & Thrive(WBS) 10:45am Waters Academy—Travel to Germany with Dale Blanshan (WBS)</p> <p>10:30am Minnetonka Orchards</p> <p>AFTERNOON PROGRAMS 1pm Brain Games (1pm-P, 2pm-M) 3pm Gentle Chair Yoga (WBS) 4pm Sing-A-Long with Susie Q (P&M)</p> <p>EVENING PROGRAMS High Low Card Game (M) Hang Man Game (P)</p>	<p>4</p> <p>MORNING PROGRAMS 10am Drumming (WBS) 10:45 Dad Jokes (P)</p> <p>AFTERNOON PROGRAMS 1pm Crafting Corner—Spin a Web (CAS) 3pm Social Hour-Oktoberfest (DC)</p> <p>EVENING PROGRAMS Hang Man Game (M) High Low Card Game (P)</p>	<p>5 Happy Birthday Shirley</p> <p>MORNING PROGRAMS 10am Rise & Thrive (WBS) 11:00 Catholic Communion & Rosary (WBS) 11am Fill Your Vase and Flower Arranging (P)</p> <p>AFTERNOON PROGRAMS October Birthdays Celebration with Jokes (1:15pm-P, 1:45-M)</p> <p>EVENING PROGRAMS Sing-A-Long (P & M)</p>	<p>6</p> <p>MORNING PROGRAMS 9:15-9:45am Tai Chi/Qigong with Brad (WBS) 10am Gentle Chair Yoga with Brad (P) Outdoor Strolls</p> <p>AFTERNOON PROGRAMS 1pm Second Hand Hounds (P&M) 2:30pm Movie Matinee with Popcorn—(P & M)</p> <p>EVENING PROGRAMS Large Print Word Search (P&M)</p>
<p>7 Happy Birthday Rodney!</p> <p>MORNING PROGRAMS 9:45 Live Stream Church Service from St. Phillip the Deacon Lutheran Church (P&M) 11am Songs of Praise (P & M)</p> <p>AFTERNOON PROGRAMS 1pm Walking Group 2pm Movie Matinee</p> <p>EVENING PROGRAMS Mandala Coloring (P & M)</p>	<p>8</p> <p>MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Current Events with Michelle (M)</p> <p>AFTERNOON PROGRAMS Hand Massages & Aromatherapy (1pm-M, 2pm-P) 2:30pm Coffee, Cookies & Conversation (DC) 3pm Gentle Chair Yoga with Brad (WBS)</p> <p>EVENING PROGRAMS Finishing Lines (M) BINGO (P)</p>	<p>9</p> <p>MORNING PROGRAMS 10am Drumming Class (WBS) Devotions with Michelle (11am-P, 11:45am-M)</p> <p>AFTERNOON PROGRAMS 1pm Baking Corner with Beth—Dracula’s Dentures (CAS) 2:30pm Sing-A-Long with Susie Q (WBS) 3pm Health and Well Being-Diabetes (WBS)</p> <p>EVENING PROGRAMS BINGO (M) Finishing Lines (P)</p>	<p>10</p> <p>MORNING PROGRAMS 10am Rise & Thrive (WBS) 10:30am Ice Cream Outing</p> <p>10:45am What happened this week in History (CAS)</p> <p>AFTERNOON PROGRAMS 1:30 Cooking Demo-German Food (CR) 2pm Halloween History (M) 3pm Gentle Chair Yoga (WBS)</p> <p>EVENING PROGRAMS High Low Card Game (M) Hang Man Game (P)</p>	<p>11</p> <p>MORNING PROGRAMS 10am Drumming (WBS) 10:30 Word Search (P&M)</p> <p>AFTERNOON PROGRAMS 12pm BBQ with the Plymouth Police and Fire Fighters</p> <p>EVENING PROGRAMS Hang Man Game (M) High Low Card Game (P)</p>	<p>12</p> <p>MORNING PROGRAMS 10am Rise & Thrive (WBS) 10:45am Holiday Decorating (WBS)</p> <p>AFTERNOON PROGRAMS Fill Your Vase and Flower Arranging (1pm-P, 1:45-M)</p> <p>EVENING PROGRAMS Sing-A-Long (P & M)</p>	<p>13</p> <p>MORNING PROGRAMS 9:15-9:45am Tai Chi/Qigong with Brad (WBS) 10am Gentle Chair Yoga with Brad (P) Outdoor Strolls</p> <p>AFTERNOON PROGRAMS 1pm What happened in History Today? (P & M) 3pm Movie Matinee with Popcorn (P & M)</p> <p>EVENING PROGRAMS 6pm Live Music Michael Riddle (CR)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 MORNING PROGRAMS 9:45 Live Stream Church Service from St. Phillip the Deacon Lutheran (P&M) 11am Songs of Praise (P&M) AFTERNOON PROGRAMS 1pm I'm Thinking of Game (P & M) 3pm Sing-A-Long w/ Susie Q (P&M) EVENING PROGRAMS Mandala Coloring (P & M) 6pm Sunday Night Movie & Popcorn—" (P & M)	15 MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Current Events with Michelle (P) AFTERNOON PROGRAMS 1:30 Noodle Dancing (P) 2:30pm Coffee, Cookies & Conversation (DC) 3pm Gentle Chair Yoga with Brad (WBS) EVENING PROGRAMS Finishing Lines (M) BINGO (P)	16 MORNING PROGRAMS 10am Drumming (WBS) Devotions with Beth (10:45am-P, 11:15pm-M) AFTERNOON PROGRAMS Baking Corner—Monster Munch (1pm-P, 2pm-M) 2:30pm Sing-A-Long with Susie Q (WBS) 3pm Waters Academy—Germanic American Institute (WBS) EVENING PROGRAMS BINGO (M) Finishing Lines (P)	17 MORNING PROGRAMS 10am Rise & Thrive (WBS) 10:30am Fall Leaves 11am Current Events (M) AFTERNOON PROGRAMS 2pm Sorting 3pm Gentle Chair Yoga (WBS) EVENING PROGRAMS High Low Card Game (M) Hang Man Game (P)	18 Happy Birthday Jean S MORNING PROGRAMS 10am Drumming (WBS) 10:45 Germany Trivia AFTERNOON PROGRAMS Creative Corner—German Clock (1pm-P, 2pm-M) 3pm Social Hour—Meet and Greet (DC) EVENING PROGRAMS Hang Man Game (M) High Low Card Game (P)	19 MORNING PROGRAMS 10am Rise & Thrive (WBS) 10:30am Catholic Mass (CR) 10:45 Paint, Paper, & Scissors (CAS) AFTERNOON PROGRAMS Fill your Vase (1pm-M, 1:45–P) 2pm—Accordian Player—Lois Ann (LR) EVENING PROGRAMS Sing-A-Long (P & M)	20 MORNING PROGRAMS 9:15-9:45am Tai Chi/Qigong with Brad (WBS) 10am Gentle Chair Yoga with Brad (P) Walking Group AFTERNOON PROGRAMS 1pm Second Hand Hounds (P&M) 2:30pm Movie Matinee with Popcorn—" (P & M) EVENING PROGRAMS Large Print Word Search
21 MORNING PROGRAMS 9:45 Live Stream Church Service from St. Phillip the Deacon Lutheran (P&M) Pamper Me Day—Nail Painting (P&M) AFTERNOON PROGRAMS I'm Thinking of Game (P & M) 3pm Sing-A-Long (P&M) EVENING PROGRAMS Mandala Coloring (P&M) Sunday Night Movie & Popcorn (P & M)	22 Happy Birthday Lynda MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Current Events with Michelle (P) AFTERNOON PROGRAMS Hand Massages (1pm-M, 2pm-P) 2:30pm Coffee, Cookies & Conversation (DC) 3pm Gentle Chair Yoga with Brad (WBS) EVENING PROGRAMS Finishing Lines (M) BINGO (P)	23 MORNING PROGRAMS 10am Drumming (WBS) 11am Devotions with Beth (M) AFTERNOON PROGRAMS Baking Corner with Beth—German Chocolate Brownies (1pm-P, 2pm-M) 2:30pm Sing-A-Long with Susie Q (WBS) EVENING PROGRAMS BINGO (M) Finishing Lines (P)	24 Happy Birthday Betty K MORNING PROGRAMS 10am Rise & Thrive (WBS) 10:30am Arboretum AFTERNOON PROGRAMS 1:30pm Word Search (M) 3pm Gentle Chair Yoga (WBS) EVENING PROGRAMS High Low Card Game (M) Hang Man Game (P)	25 MORNING PROGRAMS 10am Drumming (WBS) 10:45 Trick or Treaters from Moms Club of Plymouth/Wayzata (LLR) AFTERNOON PROGRAMS 1:30pm Craft Corner—Paper Cup Spiders (CAS) 3pm Social Hour (DC) EVENING PROGRAMS Hang Man Game (M) High Low Card Game (P)	26 MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Sharing Your Life Experiences—(WBS) AFTERNOON PROGRAMS Fill Your Vase & Flower Arranging (1pm-P, 1:45pm-M) EVENING PROGRAMS Sing A Long (P&M)	27 Happy Birthday Richard MORNING PROGRAMS 9:15-9:45am Tai Chi/Qigong with Brad (WBS) 10am Gentle Chair Yoga with Brad (P) Walking Group AFTERNOON PROGRAMS What happened in History Today? (P & M) 3pm Movie Matinee with Popcorn (P & M) EVENING PROGRAMS Large Print Word Search (P&M)
28 Happy Birthday Lois M MORNING PROGRAMS 9:45 Live Stream Church Service from St. Phillip the Deacon Lutheran (P&M) 11am Songs of Praise (P & M) AFTERNOON PROGRAMS 1pm I'm Thinking of Game (P & M) 3pm Sing-A-Long (P&M) EVENING PROGRAMS Mandala Coloring (P & M) 6pm Sunday Night Movie & Popcorn—" (P & M)	29 MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Current Events with Michelle (P) AFTERNOON PROGRAMS Hand Massages (1pm-M,2pm-P) 2:30pm Coffee, Cookies & Conversation (DC) 3pm Gentle Chair Yoga with Brad (WBS) EVENING PROGRAMS Finishing Lines (M) BINGO (P)	30 MORNING PROGRAMS 10am Drumming (WBS) 11am Devotions with Beth (M) AFTERNOON PROGRAMS Baking Corner with Beth Black Forest Cupcakes—(1pm-P, 2pm-M) 2:30 Benefits of Yoga (WBS) EVENING PROGRAMS BINGO (M) Finishing Lines (P)	31 HAPPY HALLOWEEN MORNING PROGRAMS 10am Rise & Thrive (WBS) 11am Halloween Reminisce AFTERNOON PROGRAMS 1:30 Halloween Party with games, prizes, and music! (DC) 3pm Gentle Chair Yoga (WBS) EVENING PROGRAMS High Low Card Game (M) Hang Man Game (P)			