

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2018

## Ecumen Seasons at Apple Valley

### Activities and Events

*\*activities or outings may be subject to change or cancellation*

							1:30 Hand N Foot (L) 2:00 Movie: A Stranger Among Us (T) 2:00 Cards (C) 2:30 Cookie Hour (C)
10:15 Catholic Communion-Mary Mother (CH) 1:00 Church Service, Berean Baptist (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C) 3:25 Vikings vs. Patriots (AC) 4:30 PO-KE-NO with Steve (LC)	9:30 Morning Exercise (FC) <b>10:00-1:00 Round About AV</b> 1:00 Bingo (ALR) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Journey Through Advent with Chaplain Sarah (CH)  First Day of Hanukkah	9:30 Morning Exercise (FC) 10:15 Weaving w/ Chiaki O'Brien (CA) 10:30 "Spirituality As We Age" with Pastoral Minister, Christine Sorensen (CH) 1:00 Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Resident Council (CH) 4:00 Social Hour (AC)	9:30 Morning Exercise (FC) <b>10:00-1:00 Cub/Target/Walmart</b> 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) <b>2:30-6:30 FREE Senior Preview: "Home" at Eagan High School</b>	9:30 Morning Exercise (FC) 10:15 Anointing Mass with Father Pouliot-All are welcome! (CH) 2:00 Cards (C) 2:30 Movie: Man on a Wire (T) 2:30 Cookie Hour (C) 4:30-6:30 Jingle Bell Mingle!	10:15 Catholic Communion (CH) 10:15 Weaving with Chiaki O'Brien (CA) 1:30 Trivia (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	11:00-1:00 \$5 Jewelry! (Conference Room) 1:00 Bingo (ALR) 2:00 Movie: The King and I (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)	
10:15 Catholic Communion-Mary Mother (CH) 1:00 Worship w/ Chaplain Sarah (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C) 4:30 PO-KE-NO with Steve (LC)	9:30 Morning Exercise (FC) 1:00 Bingo (ALR) 1:30 Hand N Foot (L) 2:00 Hearing Aid Dr. (CA) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Tai Chi Class with Aegis! (FC) 3:00 Journey Through Advent with Chaplain Sarah (CH) 7:15 Vikings vs. Seahawks (AC)	9:30 Morning Exercise (FC) 10:15 Weaving w/ Chiaki O'Brien (CA) 10:30 Men's Group (LC) 1:00 Women's Bible Study (AC) 1:00 Blood Pressure Clinic (LC) 1:00 Walking Club (FC) <b>1:00-3:00 Cub/Target</b> 2:00 Cards (C) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	9:30 Morning Exercise (FC) <b>10:00-1:00 Cub/Target/Walmart</b> 10:30 Classic Comedy Sketches (LC) 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C)	9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 2:00 Dakota County Library (L) 2:00 Cards (C) 2:30 Movie: Meet Me in St. Louis (T) 2:30 Cookie Hour (C) 3:00 Christmas Craft (LC)	10:15 Weaving with Chiaki O'Brien (CA) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	1:00 Bingo (ALR) 2:00 Movie: Dirty Dancing (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)	
10:15 Catholic Communion-Mary Mother (CH) 12:00 Vikings vs. Miami Dolphins (AC) 1:00 Church Service, MN Valley Lutheran (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (C) 4:30 PO-KE-NO with Steve (LC)	9:30 Morning Exercise (FC) <b>11:00-1:00 Lunch at Red Lobster</b> 1:00 Bingo (ALR) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Journey Through Advent with Chaplain Sarah (CH)	9:30 Morning Exercise (FC) 10:30 Men's Group (LC) 1:00 Women's Bible Study (AC) 1:00 Walking Club (FC) 2:00 Cards (C) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	9:30 Morning Exercise (FC) <b>10:00-1:00 Cub/Target/Walmart</b> 1:00 Monthly Birthday Party Featuring: The Grace Notes (ALR) 2:00 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC)	9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 2:00 Bingo Payout (C) 2:00 Cards (C) 2:30 Movie: White Christmas (T) 2:30 Cookie Hour (C) <b>6:00-8:00 Holiday Lights Tour!</b>	<b>WEAR YOUR HOLIDAY SWEATER!</b> 7:00 DAV Pickup (Lobby) <b>10:00-1:00 Round About AV</b> 1:30 Trivia (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)  Winter Begins	1:00 Bingo (ALR) 2:00 Movie: Lilies of the Field (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)	
10:15 Catholic Communion-Mary Mother (CH) 12:00 Vikings vs. Detroit Lions (AC) 1:00 Worship and Communion with Chaplain Sarah (CH) 2:30 Cookie Hour (C) 2:30 Rummikub (LO) 4:30 PO-KE-NO with Steve (LC)	9:30 Morning Exercise (FC) 1:00 Bingo (ALR) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:30 Cookie Hour (C) 3:00 Blue Christmas Candlelight Service with Chaplain Sarah (CH)	 Christmas Day	9:30 Morning Exercise (FC) <b>10:00-1:00 Cub/Target/Walmart</b> 1:00 Wii Bowling (T) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C)	9:30 Morning Exercise (FC) 10:15 Catholic Service, Rosary and Communion (CH) 1:00 Bingo (ALR) 1:00 Hand N Foot (L) 2:00 Cards (C) 2:30 The 39 Steps (T) 2:30 Cookie Hour (C)	<b>1:00-3:00 Cub/Target</b> 1:30 Hand N Foot (L) 2:00 Cards (C) 2:15 Live 2 B Healthy (FC) 2:30 Cookie Hour (C) 4:00 Social Hour (AC)	1:00 Bingo (ALR) 2:00 Movie: A Good Year (T) 2:00 Cards (C) 2:30 "500" Club (LO) 2:30 Cookie Hour (C)	
10:15 Catholic Communion-Mary Mother (CH) 12:00 Vikings vs. Chicago Bears (AC) 2:30 Cookie Hour (C) 2:30 Rummikub (C)	9:30 Morning Exercise (FC) 10:30 Book Club (L) 1:00 Bingo (ALR) 1:30 Hand N Foot (L) 2:00 Cards (C) 2:30 Cookie Hour (C)  New Year's Eve	<b>ROOM KEY</b> Fitness Center: FC-1 <sup>st</sup> floor Café: C-1 <sup>st</sup> floor Amber Club: AC-1 <sup>st</sup> floor Autumn Leaves Restaurant: ALR-1 <sup>st</sup> floor Private Dining: PD-1 <sup>st</sup> floor Theater: T-2 <sup>nd</sup> floor Creative Arts: CA-2 <sup>nd</sup> floor Loft: LO-2 <sup>nd</sup> floor Learning Center: LC-3 <sup>rd</sup> floor Library: L-3 <sup>rd</sup> floor Chapel: CH-4 <sup>th</sup> floor					

If you have any concerns or suggestions, please contact Stephanie Baumann, Life Enrichment Supervisor at 952.891.9177 or [stephanibaumann@ecumen.org](mailto:stephanibaumann@ecumen.org)



## ACTIVITY DESCRIPTIONS

Outings: Are highlighted in **red**. Please sign up at the front desk for any outing that you are interested in attending.

Group Exercise: Monday –Thursday at 9:30AM in the Fitness Center. Enjoy 30 minutes of cardio, strength and flexibility. In this class you can remain seated or you can stand.

Live 2 B Healthy: Our customized fitness program is a personalized program taught by nationally certified instructors. It helps our residents retain their independence by maintaining their strength and mobility. Classes are Wednesday and Friday at 2:15 in the Fitness Center.

Walking Club: A great opportunity to get to get to know your neighbors while staying active. Join us every Tuesday at 1:00 pm in the Fitness Center.

Social Hour: Every Tuesday and Friday at 4pm is Social Hour in the Ecumen Seasons Amber Club Room. You are your own bartender; bring your own beverage of choice. For those of you who would like to keep your beverages locked in the liquor cabinets, please see Stephanie Baumann to reserve your cabinet.

Monthly Birthday Party: IT'S YOUR BIRTHDAY! Held in the Autumn Leaves Restaurant once a month at 1 pm; come celebrate resident birthdays of the month! All residents are welcome and encouraged to attend. You'll be sure to enjoy live entertainment and get your fill of cake and ice cream!

Wii Bowling: Is where it's at! See for yourself. Held every Wednesday at 1:00 pm in the Theater.

Bingo: Who doesn't love Bingo?! Collect 10 Bingo Bucks, redeem for gift cards at payout. Held every Monday, Thursday and Saturday at 1 pm in the Autumn Leaves Restaurant.

Card Club: Cards anyone? Ecumen Seasons residents enjoy playing cards, varying from 500, Skip-bo, Hand and Foot, Bridge and more. Pick-up games often occur on a daily basis, ask the Concierge to help you get a game started. If you are a novice or experienced card player, come one come all!

Church: Catholic Communion is distributed on the first Friday of every month and every Sunday, both at 10:15 in the Chapel. We also offer a Catholic Church service every Thursday at 10:15 am, which includes Holy Communion and Rosary in the Chapel. Other denominational church services are held on Sundays at 1:00 pm in the chapel as well.

Resident Counsel: Resident Counsel Meetings are held on the first Wednesday of every month at 10:15 in the Chapel. According to [www.thefreedictionary.com](http://www.thefreedictionary.com) "Counsel" is defined as *the act of exchanging opinions and ideas; consultation; advice or guidance, especially as solicited from a knowledgeable person*. Seasons Resident Counsel is an exchange of ideas and opinions between residents and select Seasons Leadership Team Members. All are welcome!

## ON SITE SPECIALTY HEALTH SERVICES

Without ever having to leave the comfort of our cozy community, specialty health services and programs conveniently come to you, making it easier to maintain wellness. Services include:

- Primary routine and preventive care services provided by Bluestone Physician Services, the largest provider of residential-based care in the Twin Cities area
- Foot care
- Free Monthly hearing aid cleaning by the Hearing Aid Doctor
- Vision screenings
- Dental checkups
- Rehabilitation services through Aegis Therapies, one of the largest contract rehabilitation companies in the country

## ROOM KEY

Fitness Center: FC-1<sup>st</sup> floor

Café: C-1<sup>st</sup> floor

Amber Club: AC-1<sup>st</sup> floor

Autumn Leaves Restaurant: ALR-1<sup>st</sup> floor

Private Dining: PD-1<sup>st</sup> floor

Theater: T-2<sup>nd</sup> floor

Creative Arts: CA-2<sup>nd</sup> floor

Loft: LO-2<sup>nd</sup> floor

Learning Center: LC-3<sup>rd</sup> floor

Library: L-3<sup>rd</sup> floor

Chapel: CH-4<sup>th</sup> floor