

January

*New Year's is the time when,
 All your hopes are new,
 so are your aspirations,
 new are your resolutions and
 new are your spirits...*

*So here's wishing everyone a
 very promising, fulfilling and
 very HAPPY NEW YEAR!*

Happy New Year! It was so nice reading Holiday cards from so many residents and staff. It was such a wonderful time of year at Augustana and the great décor made it so festive.

Please remember when you go on bus outings to only bring what you need for the outing. Additional items can create a safety hazard on the bus.

The Skyroom will be opened by 8:00 a.m. each morning and locked at 8:00 p.m. each night. If you need the rooms open outside of these hours please call the After Hour maintenance line at 612-547-6178

*Kelly Carlson
 Housing Director*

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AugustanaCare connection

Looking back on 2018, we have much to celebrate. In addition to the affiliation between Augustana Care and Elim Care (now Cassia), we are pleased to share that our

Learning Lab for Eldercare Technology received the McKnight's Senior Living Technology Silver Award in the Training Category in the last quarter of 2018.

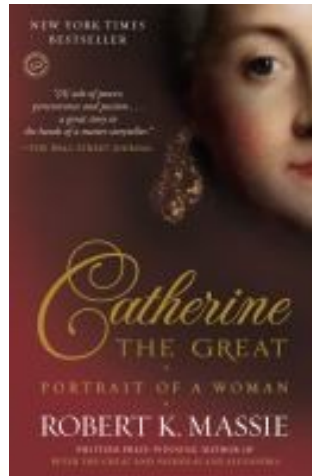
The Lab serves older adults who want to age in place in their homes and communities. The Lab can help people with age-related changes in hearing, sight, memory and other physical and psycho-social-emotional functions. The Learning Lab opened its doors in April 2017. With funding from a Minnesota Department of Human Services Live Well At Home grant, the Lab engaged with hundreds of organizations in the first 14 months of operating, either onsite or through community presentations. Staff also responded to more than 200 individual, family and other requests for direct service. To learn more, contact Kate Ingalls-Maloney at 612-554-2317.

The mission of Augustana Care is to serve God by fostering fullness of life for older adults and other people in need through the provision of health care, housing and other services in a Christian tradition.

*Augustana Care
1007 East Fourteenth Street
Minneapolis, MN 55404
612-238-5101
AugustanaCare.org*

Book Club

Catherine the Great, Portrait of A Woman



This narrative biography tells the extraordinary story of an obscure young German princess who traveled to Russia at fourteen and rose to become one of the most remarkable, powerful, and captivating women in history.



Book Club meets Thursday, January 31st at 10:00 a.m. in the 1020 Party Room. Come join the conversation. You can pick up a book in the Activity Office—Mezzanine #7

Saturday Evening Special

January 19th —7:00 p.m.

Dining Room



Diane Jelle & Friends will present an exciting evening, including piano and organ music, solos and sing along!

You won't want to miss this special program!

Worship Schedules

Sunday Worship

10:30 a.m. Care Center Chapel (CH)

Midweek Chapel Services

Wednesdays at 10:30 a.m. in the CH

1st Wednesday– Service of Remembrance

2nd Wednesday-Hymn Sing

3rd Wednesday– Practice of Sacred Imagination

4th Wednesday—Prayer Service

5th Wednesday—Centering Prayer

Catholic Holy Communion

Thursdays at 10:30 a.m. in the 1510 Party Room

Small Group Scripture Study:

Mondays at 3:00 p.m. in the 1510 Party Room

A time of learning from Scripture through small group study and prayer.

Bible Study

Tuesdays at 1:45 p.m. in the Dining Room.

Hymn Sing

Every Sunday and Wednesday at 7:00 p.m. in the Dining Room.

Holy Communion Sunday

Sunday, January 6th at 10:30 a.m. CH

Catholic Mass

Thursday, January 3rd at 2:00 p.m. CH

Spiritual Life Committee

Thursday, January 10th at 10:00 a.m. in the 1020PR

Catholic Rosary

Tuesday, January 15th at 11:15 a.m. CH

Pastor Lette is leading a support group for persons who live with chronic depression.

We will meet for shared stories, supportive conversation and coping strategies.

Our meeting will begin and end with prayer.

Tuesday, January 15th at 3:00pm in the Skyroom

If you are interested in prayer or communion, please contact

Pastor Lette at 612-238-5283.

the Spirit of Care

The coming months are a time where we experience the dark cold of “real” winter. Lights and decorations are put away. Many of us experience a post-Holiday let down, as our calendars downshift to a much slower pace. When I was a child, I remember how sad it was to see our little Christmas tree, once bright and twinkly with decorations, stuck into a snow bank along the street for the garbage collectors to remove. It was sad and hard to see that once-beloved tree so tossed away.

January and February roll in, and with them bring the coldest months of our year. Winter sets in with teeth, so to speak; it likes to hang around and keep us in the dark until late March. Finding hope and joy in the darkness is so much more than a metaphor—it’s a lifelong task. We can find joy and laughter in pleasant activities, socializing, music, movies, and outings when possible. Take a moment, even as you read this, and name 5 things which you are grateful for as winter begins to wear on you.

You will find brightness in the moment, and God’s presence and goodness in your life.

Pastor Lette

Monthly Informational

The 1st Wednesday of each month will be an informational meeting on various topics.

Wednesday, January 2nd

1:30 p.m.—Dining Room

This Month: “My Story” with Jim Meyer, founder of The History Of Our Lives Theatre.

He will perform true stories from his collection entitled In Times Long Ago. Themes of Christmas and winter, will be the thrust of this performance. A Storytelling of times long ago, inspirational singing and short dramatic play will inspire and bring to mind God’s fabulous hands in our lives—and that is the history of our lives.

Living with Loneliness

Loss Support Group

(The 3rd Wednesday of each month)



January 16th

2:00 p.m.

1020 Party Room

Contact Social Services with any questions at 612-238-5261 or 612-238-5130.

Reminiscence Group

Come and walk down memory lane together!

Facilitated by Social Services

**We meet the 2nd Thursday of each month
January 10th-2:00 p.m.-1510 Party Room**



Balance Screens & Information for Residents of Augustana Apartments

Keeping Balanced

Tuesday, January 22nd —1:00 p.m.

1510 Party Room

In this session you will receive information about Strengthening Exercises, Arranging your Apartment and Using Adaptive Equipment. All Are Welcome!



**We are going to Chanhassen Dinner Theaters Wednesday, February 13th
Cost is \$58**

Please let Rynae in Activities know by January 14th if you plan on going.

Augustana Residential Care—ARC

Hand washing: Clean Hands Saves Lives!!!

Hand washing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular hand washing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It’s quick, it’s simple, and it can keep us all from getting sick. Hand washing is a win for everyone, except the germs.

—Christine Madden-Director of Health Services

During this New Year, let's focus on Fitness! Did you know that the National Council on Aging has many tips for fall reduction, but their first tip to prevent falls is that one should find a good exercise program! What a great way to take care of yourself, your health, and your wellness!

How can we start this new year with exercise?

Augustana Apartments in Minneapolis has many fitness classes that you can join! Our EverActive Wellness Club fitness instructor, Lola, is very welcoming and eager to teach!

If joining a class seems too much to start out with, maybe start by walking up-and-down the halls as you count laps. Each week add another lap or two.

Other ways to take care of yourself are to realize that doing simple things every day can make a difference, such as:

- Start every morning with breakfast after a long night of rest. In the morning your metabolism needs to be kick started. After six-to-eight hours of sleep, give yourself a healthy breakfast to provide a healthy dose of energy for the day. A simple nutritious breakfast is the most important meal of the day.
- Another area we all could improve upon is adding more water into our lives. Water is essential for life. Our body is made up of 60% water. Starting every morning off by drinking a full glass of water is *better* and more effective than a cup of coffee. Just try it!

This will increase your health, happiness, and boost your confidence while becoming more active and independent a step at a time!

Come join fitness classes with Lola at the Augustana Minneapolis fitness center on every day of the week (classes are listed below)!

Try the above three steps: Stay hydrated, eat right, and stay active!

Fitness Center Classes at Augustana

- Mondays, 1-3 pm in the fitness center you can stop by for an orientation with a fitness instructor!
- **FREE** Mondays/Wednesdays/Fridays: 9:15-9:45 a.m. and 10:00-10:45 a.m. Cardio/strength fitness; called SAIL Fitness Class, (Stay Active and Independent for Life)
- Tuesday/Thursdays: 1:00-1:45 p.m. Balance Class (Called Balance Works Fitness Class) There is a cost (less cost if you have Silver Sneakers).
- Fridays: Chair Yoga Class:11:00-11:45a.m. There is a cost (less cost if you have Silver Sneakers).



EverActive Wellness Club is a fitness solution provided by **REHAB**

GOOD NEIGHBOR

Tips for assisting people who are blind or have low vision:

Approach, Ask, Assist

- **Approach:** If you suspect someone may need a hand, walk up, greet them and identify yourself.
- **Ask:** “Would you like some help?” The person will accept your offer or tell you if they don’t require assistance.
- **Assist:** Listen to the reply and assist as required. Not all people who are blind or vision impaired will want assistance—don’t be offended if your assistance is not required.

-Address people who are blind or have low vision by their names so they know you are speaking to them.

-Do not walk away from a person who is blind or have low vision without indicating that you are doing so.

<https://visionaustralia.org/information/family-friends-carers/tips-assisting>

Computer Help is Available

Every Friday– 11:00 a.m.—1:00 p.m.

Saturday January 12th and 26th

1:00 p.m. -3:00 p.m.

1509 Den/Computer Area

Any questions, contact Rynae in Activities at 612-238-5262



Resident Spotlight

If you ask him about himself, **Lloyd Barnstable** hasn’t much to say. “I’m pretty common,” he explains. However, this *common* man will be celebrating an *uncommon* birthday on February 13th, -- his 100th! -- and in some *uncommon* ways.



Lloyd was born in Harvey, North Dakota, one of three children whose father was a brakeman for the Sioux Line Railroad. Lloyd graduated from Harvey High School where he lettered in football three years, playing right guard. Drafted during WWII, he “lucked out” with a job in the dental section of a huge convalescent hospital on Leyte Island in the Philippines, where soldiers were “built up” with good diet, rest, and exercise, as well as medical help. In 1945, with his army discharge, he worked for the Red Owl Grocery in Fargo for several years before moving to Minneapolis.

The Barnstables moved to Augustana three years ago when Lloyd’s wife Helen—eight years older than he-- was already 105 and thought they should move to where more services were available. Helen lived only a short while here, but they had already enjoyed 50 years of marriage. (The two had met at a dance hall on Lake Street when Helen, a beautician from WI, was a widow with two married children, and Lloyd—in his 40’s-- was working as a shipping clerk for Vance Machine Co.)

Lloyd likes walking. Thirty minutes of walking have been basic to his daily routine ever since he retired. From his old home in South Minneapolis, his route was nearer the river. Now at Augustana, it’s outside in warmer weather, inside in cold. Laundry, cleaning, and grocery shopping he does for himself. “It keeps me busy,” he says—“part of being healthy. I’m real fortunate and still feel good” with a good appetite to eat everything, and without aches or pains.

“My advice to seniors is,” Lloyd says, “if you need a little help, move to Augustana. I like it here.”

AUGUSTANA EXPLORERS TRAVEL CLUB



February 16th 1-3 p.m.
1020 Party Room

"Italy"



We will see you there!

**The
Augustana
Cookbook**



A Great gift idea!
Get yours now at the
front office for \$15

A reminder-

Please remember to wear your nametag. It gives an opportunity to remember names and get to know your neighbors here at Augustana!



Dining Room

- Breakfast: 7:00 a.m.-9:00 a.m.
- Lunch: 11:30 a.m.-1:00 p.m.
- Dinner: 5:00 p.m.-6:00 p.m.
- Sunday Lunch: 12:30 p.m.

There is no Sunday Dinner Hour in the Dining Room. You are welcome to pick up a box dinner at lunchtime.



Emergency Numbers

Security

612-290-5860

Home Health Aid

612-290-5221

Maintenance

612-547-6178

Front Office

Monday-Friday

8:00 a.m.-5:30 p.m.

Saturday

9:00 a.m.-3:00 p.m.

612-238-5555

a&e Pharmacy

612-238-8615

Credit Union

Thursdays

9:00 a.m.-1:00 p.m.

1509 "Main Street"

612-317-9669

Silver Curl Beauty Shop

Wednesday-Friday

8:00 a.m.-1:00 p.m.

1509 "Main Street"

612-238-5263

Table Talk Store & Café

Monday-Friday

9:00 a.m.-3:00 p.m.

Saturday

9:00 a.m.-1:00 p.m.

1509 "Main Street"

612-290-4606

Senior Care Clinic

Monday-Friday

8:00 a.m. -12:00 p.m.

1425 Ground Floor

612-873-7410

Care Center Thrift Shop

Monday, Wednesday & Thursday

12:00 p.m.-3:00 p.m.

Care Center Ground Floor

612-238-5027

Care Center Gift Shop

Monday-Saturday

12:30 p.m.-3:30 p.m.

Care Center Ground Floor


612-238-5249

OUTINGS THIS MONTH (BUS \$2)

A Reminder: Bus Return times are estimated, based on event and travel time.

All bus trips leave from the 1510 Front Lobby.

- **No Walking Club This Month.**
- **Grocery Shopping:** We take the bus to Cub Lund's or Hy-Vee. Please refer to the calendar for details.
- **NCU Library Visit:** Thursdays at 9:30 a.m. at the 1425 Lobby you are welcome to walk over with a group to the North Central University Library across the street and use their resources. Stay as long as you want!
- **Aldi/Dollar Tree:** Tuesday, January 15th at 1:30 p.m. leaving from the 1510 Front Lobby. Bus Return: 3:00 p.m.
- **Target/Wal-Mart:** Thursday, January 24th at 9:30 a.m. we will be going to Target and Wal-Mart. Bus Return: 12:00 p.m.
- **Lunch:** Thursday, January 31st at 12:00 p.m. we will be on our way to Jensen's Café in Burnsville. Sign-up on "Main Street". Bus Return: 3:30 p.m.



The Pillsbury Connection
a center for creativity and community

It is year three on our intergenerational partnership! Pillsbury House, located on 35th and Chicago has a daycare, afterschool program, theatre and much more.

Pillsbury events are highlighted in orange on the calendar.

- **Volunteer:** If you are interested in volunteering at Pillsbury House, contact Rynae in Activities. There are opportunities to be a "Grandparent" or read with kids.

MONTHLY RECURRING EVENTS

- **Wellness Clinic:** The 1st Wednesday of each month at 2:00 p.m. in the 1510 Party Room. A free opportunity to get your vitals checked.
- **Mending:** The 2nd and 4th Wednesday of each month at 1:00 p.m. A volunteer comes to the Craft Room for any mending needs you have.
- **Watch Battery Replacement: Next Visit will be in February.**
- **Schwan's:** 11:30 a.m.-1:00 p.m. at the 1510 Front Lobby for any orders. This month: **January 3rd, 17th and 31st.**
- **Morning Coffee Time:** Friday, January 11th at 9:00 a.m. in the Skyroom. Start the day with coffee, tea and company! **Bring a cup!**
- **Resident Social Time:** Sunday, January 20th at 3:30 p.m. in the Dining Room. **Bring your own coffee mug and treats to share!**
- **Resident Council Meeting:** The third Monday of the month: January 21st at 9:30 a.m. in the 1509 Auditorium.
- **Low Vision Meeting:** Thursday, January 17th at 10:00 a.m. in the 1020 Party Room.
- **Men's Lunch:** Thursday, January 17th at 11:30 a.m. in the Dining Room. Join fellow men for lunch! Sign-up on "Main Street." Pay on your meal ticket.
- **Birthday Celebration:** Thursday, January 17th at 1:30 p.m. Come celebrate! Everyone is welcome, especially those celebrating birthdays this month & their guests!
- **Women's Breakfast:** Friday, January 25th at 8:00 a.m. in the Dining Room. The cost is \$5. Sign-up on "Main Street."
- **Ladies' Tea:** Monday, January 28th in the Skyroom at 1:30 p.m. Come enjoy a delightful afternoon. Sign up on "Main Street." Invite other ladies to join you!
- **Amnesty International:** Monday, January 28th at 3:00 p.m in the 1020 Party Room. Come, take action and sign and address letters to governments and companies to help stop human rights abuse.

EVENTS THIS MONTH

- **Art with Masa:** Fridays at 10:40 a.m. in the 1510 Art Studio for clay mask-making.
- **Mind Time:** Thursday, January 3rd at 10:30 a.m. in the Dining Room. Join us for a variety of exercises for brain stimulation.
- **Movie Matinee:** Join us for a movie in the 1509 Auditorium **Saturday, January 5th at 2:00 p.m.** -“Funny Face” and **Sunday, January 27th at 3:00 p.m.** - “Charlie Chan’s Murder Cruise & Charlie Chan in Panama”.
- **Lucky 6:** Monday, January 7th and 21st at 1:00 p.m. in the Dining Room.
- **Dog Visit:** Sunday, January 13th at 1:00 p.m. in the Skyroom visit with Lauren and her dog Martin.
- **ArtsySmartsy:** Monday, January 14th at 1:00 p.m. a free Art Class in the Dining Room!
- **“Strait Line” Game:** Monday, January 14th and 28th
- **Fusion Dance:** Saturday, January 19th at 3:30 p.m. in the Care Center Chapel. A 2nd annual performance!
- **Balance Screens & Information:** Tuesday, January 22nd at 1:00 p.m. in the 1510 Party Room. Come gain information about keeping balanced.
- **Hot Cocoa Social:** Wednesday, January 23rd at 2:00 p.m. in the Dining Room. Come enjoy!

WEEKLY RECURRING EVENTS

- **Hymn Sing:** Every Sunday and Wednesday night at 7:00 p.m. in the Dining Room.
- **Adult Coloring:** Every Sunday at 7:00 p.m. in the Dining Room. Bring your coloring supplies and enjoy community!
- **Golden Oldies:** Every Monday at 7:00 p.m. Come sing along in the Dining Room.
- **Current Events:** Every Tuesday at 3:00 p.m. in the 1020 Party Room we gather and discuss current news.
- **Film Night:** Every Tuesday at 7:00 p.m. in the 1509 Auditorium an additional night of various films.
- **Game Night:** Every Tuesday and Friday night at 7:00 p.m. in the Dining Room.
- **Fancy Fingers:** Every Wednesday at 10:30 a.m. in the 1020 Den. Fingernails can be clipped, filed & polished for free.
- **Stitchery:** Every Thursday at 2:00 p.m. in the Dining Room we come together to knit, embroider or crochet.
- **Rummicub:** Every Thursday at 1:00 p.m. in the Dining Room we gather to play a friendly game.
- **Story Hour:** Each Thursday night at 7:00 p.m. in the Dining Room. Patty Crawford comes to read a story each week.
- **Friday Social:** Every Friday at 1:50 p.m. we gather for entertainment in the Dining Room. The cost of entertainment, pie, and coffee/tea is \$3. \$1 for entertainment only.
- **St. Olaf Catholic Church:** Every Saturday at 3:00 p.m. a bus leaves for Mass at St. Olaf from the 1510 Front Lobby.
- **Bingo:** Every Saturday at 7:00 p.m. we gather to play bingo in the Dining Room. (Except Saturday Evening Special).
- **Spanish Class:** Every Sunday at 4:00 p.m. in the 1509 Conference Room residents get together to learn Spanish.

ARTS AND CRAFTS AT AUGUSTANA

- **Hello Writers Class:** Saturday, January 5th at 1:30 p.m. in the Dining Room. Unfortunately, we will not have our volunteer for the next few months but, encourage the group to continue to meet and share writings.
- **Fine Art with Soon:** Mondays at 1:00 p.m. in the Art Studio join Soon, our Activity Assistant, for a Fine Arts Class including drawing and sketching with acrylic paints.
- **Art Time:** Each Wednesday at 1:00 p.m. in the Dining Room. An opportunity to work on your own projects with other residents in community! We do sketching, painting, & adult coloring. Please bring your own art project and supplies.
- **Craft Room:** Tuesdays at 1:00 p.m. and Fridays at 10:00 a.m. Come work on your own project or see what is available to you.
- **Ceramics:** Please talk to Rynae in activities if you are interested in this activity.

NEW RESIDENTS

- **New Resident Welcome:** If you are a new resident, please join an orientation on Thursday, January 3rd in the Dining Room at 1:30 p.m. Come with questions!
- **Where are the sign-ups on “Main Street?”** Between the Chaplain’s office and the Silver Curl in the 1509 Building on the ground floor.

Care.Giving.

Happy New Year! We hope you had a peaceful and joy-filled holiday season. It is now the beginning of the longest stretch of winter; though the days are getting longer, it's difficult to believe it. One has to channel their most optimistic self to know spring is not very far off.

Those of us in the Philanthropy office have reason for optimism. So many of you either became supporters for the first time or continued your support of our mission; your generosity makes the positive impact we have in countless lives of families and individuals possible. We thank you for helping us make life more optimistic for those we serve.

If you haven't yet made a donation but wish to, or if you have questions about fundraising at Cassia, an Augustana/ Elim Affiliation, please contact Therese Cain in the office of philanthropy at 612-238-5211 or therese.cain@cassialife.org.

Augustana Care
Office of Philanthropy
1007 E. 14th Street
Minneapolis, MN 55404

Your support of Augustana Care and Augustana Minneapolis Campus makes an impact.

Please take some time to welcome our new residents to Augustana Apartments!

When you see them please give them a big Augustana Welcome!

Daily Activities Line
 for daily listing of upcoming events
612-238-5500
 This will also have new updates if any changes occur

Classifieds Board On Campus!

Looking for something to buy, sell, offer, share?

Post it on Main Street by the sign up sheets

This will keep all sales/offers in one spot on campus.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			2 9:15/10 SAIL Exercises FC 10:30 Remembrance Svc. † CH 10:30 FancyFingers 1020D 1:00 Art Time D 1:30 500 Club SR 1:30 Jim Meyer-Story D 2:00 Wellness Clinic 1510PR 7:00 Hymn Sing D
6 Holy Communion Sunday 10:30 Worship CH 4:00 Spanish 1509C 7:00 Coloring D 7:00 Hymn Sing † D	7 9:15/10 SAIL Exercises FC 9:30/10:00 CUB \$ 1510FL 1-3 Art w/ Soon S 1:00 Game "Lucky 6" D 1-3 Fitness Orientations FC 3:00 Sm Grp Script. Study 1510PR 7:00 Golden Oldies D	8 1:00 Balance Works \$ FC 1:00 Crafts C 1:45 Bible Study D 3:00 Current Events 1020PR 7:00 Film Night A 7:00 Game Night D	9 9:15/10 SAIL Exercises FC 10:30 Hymn Sing † CH 10:30 FancyFingers 1020D 1:00-2:00 Mending C 1:00 Art Time D 1:30 500 Club D 7:00 Hymn Sing D
13 10:30 Worship CH 1:00 Visit w/ Lauren and her dog Martin SR 4:00 Spanish 1509C 7:00 Coloring D 7:00 Hymn Sing † D	14 9:15/10 SAIL Exercises FC 9:30 LUNDS \$ 1510FL 1:00 ArtsySmartsy FREE D 1-3 Art w/ Soon S 1:00 Game "Strait Line" D 1-3 Fitness Orientations FC 3:00 Sm Grp Script. Study 1510PR 7:00 Golden Oldies D	15 11:15 Catholic Rosary †CH 1:00 Balance Works \$ FC 1:00 Crafts C 1:30 Aldi/Dollar Tree \$ 1510FL 1:45 Bible Study D 3:00 Current Events 1020PR 3:00 Support Group SR 7:00 Film Night A 7:00 Game Night D	16 9:15/10 SAIL Exercises FC 10:30 Sacred Imagination † CH 10:30 FancyFingers 1020D 1:00 Art Time D 1:30 500 Club D 2:00 Loss Group 1020PR 7:00 Hymn Sing D
20 10:30 Worship CH 3:30 Resident Social Time D 4:00 Spanish 1509C 7:00 Coloring D 7:00 Hymn Sing † D	21 9:15/10:00 SAIL Exercises FC 9:30/10:00 CUB \$ 1510FL 9:30 Resident Council Mtg A 1-3 Art w/ Soon S 1:00 Game "Lucky 6" D 1-3 Fitness Orientations FC 3:00 Sm Grp Script. Study 1510PR 7:00 Golden Oldies D	22 1:00 Balance Works \$ FC 1:00 Crafts C 1:00 Balance Info 1510PR 1:45 Bible Study D 3:00 Current Events 1020PR 7:00 Film Night A 7:00 Game Night D	23 9:15/10 SAIL Exercises FC 10:30 Prayer Service † CH 10:30 FancyFingers 1020D 1:00-2:00 Mending C 1:00 Art Time D 1:30 500 Club D 2:00 Afternoon Social D 7:00 Hymn Sing D
27 10:30 Worship CH 3:00 Movie Matinee A "Charlie Chan" 4:00 Spanish 1509C 7:00 Coloring D 7:00 Hymn Sing † D	28 9:15/10:00 SAIL Exercises FC 9:30 LUNDS \$ 1510FL 1-3 Art w/ Soon S 1:00 Game "Strait Line" D 1-3 Fitness Orientations FC 2:00 Ladies Tea ® SR 3:00 Sm Grp Script. Study 1510PR 3:00 Amnesty Intl. 1020PR 7:00 Golden Oldies D	29 1:00 Balance Works \$ FC 1:00 Crafts C 1:45 Bible Study D 3:00 Current Events 1020PR 7:00 Film Night A 7:00 Game Night D	30 9:15/10 SAIL Exercises FC 10:30 Centered Prayer † CH 10:30 FancyFingers 1020D 1:00 Art Time D 1:30 500 Club D 7:00 Hymn Sing D

THURSDAY	FRIDAY	SATURDAY	Location Key
3 9:30 NCU Library Visit 1425L 9:30 Food committee mtg D NO Catholic Communion 10:30 Mind Time D 11:30-1:00 Schwan's 1510FL 1:00 Rummicub (Game) D 1:00 Balance Works \$ FC 1:30 New Residents Mtg D 2:00 Catholic Mass † CH 2:00 Stitchery D 7:00 Story Hour D	4 9:15/10:00 SAIL Exercises FC 10:00 Crafts C 10:40 Art with Masa S 11-1 Computer Help in Den 11:00 Chair Yoga \$ FC 1:50 Friday Social \$ D Mary Franz- Guitar & Song CES Monthly Pick-up 7:00 Movie A 7:00 Game Night D	5 1:30 Writing D 2:00 Movie Matinee A "Funny Face" 3:00 Bus to St. Olaf Catholic Church 1510FL 7:00 Bingo D	FL = 1510 Front Lobby D = Dining Room A = 1509 Auditorium C = Craft Room 1509 LL S = Art Studio 1510 LL L = Library 1510 P = 1509 Patio G = Greenhouse SR = 1425 Skyroom(7th FL) W = Woodshop Den = 1509 Den
10 9:30 NCU Library Visit 1425L 10:00 Spiritual Life mtg† 1020PR 10:30 Catholic Communion 1510PR 1:00 Rummicub (Game) D 1:00 Balance Works \$ FC 2:00 Stitchery D 2:00 Reminiscence 1510PR 7:00 Story Hour D	11 9:15/10:00 SAIL Exercises FC 9:00 Morning Coffee Time SR 10:00 Crafts C 10:40 Art with Masa S 11:00 Chair Yoga \$ FC 1:50 Friday Social \$ D Meet Resident Council Candidates 7:00 Movie A 7:00 Game Night D	12 1-3 Computer Help in Den 3:00 Bus to St. Olaf Catholic Church 1510FL 7:00 Bingo D	1020D= 1020 Den 1020PR = 1020 Party Room 1510PR = 1510 Party Room 1509C=1509 Conference Rm FC=1509 LL Fitness Center 1425L=1425 Lounge CH - Care Center Chapel † - Spiritual Life \$ - There is a Cost @ = Sign-up in advance
17 9:30 NCU Library Visit 1425L 10:00 Low Vision Group 1020PR 10:30 Catholic Communion 1510PR 11:30 Men's Lunch @\$ D 11:30-1:00 Schwan's 1510FL 1:00 Balance Works \$ FC NO Rummicub Today 1:30 Birthday Celebration D 2:00 Stitchery D 6:30 Library Committee Mtg. L 7:00 Story Hour D	18 9:15/10:00 SAIL Exercises FC 10:00 Crafts C 10:40 Art with Masa S 11:00 Chair Yoga \$ FC 11-1 Computer Help in Den 1:50 Friday Social \$ D Resident Council Annual Mtg. 7:00 Movie A 7:00 Game Night D	19 3:00 Bus to St. Olaf Catholic Church 1510FL 3:30 Fusion Dance CH 7:00 Sat. Eve. Special D	Highlighted Colors Key: Off-Campus Outing On-Campus Special Event Social Services Event Resident Council Event Pillsbury Event Blue Print- Active Pink Print- Ladies Art/Craft Notice the Change New Event! BUS FARE \$2 Donation GROCERY SHOPPING BUS SCHEDULE Meet in 1510 Front Lobby Cub 9:30am 1425 and 1510 10:00am 1509 and 1020 Lunds 9:30 am All Residents
24 9:30 NCU Library Visit 1425L 9:30 Target/Wal-Mart \$ 1510FL 10:30 Catholic Communion 1510PR 1:00 Balance Works \$ FC 1:00 Rummicub (Game) D 2:00 Stitchery D 7:00 Story Hour D	25 8:00 Women's Breakfast \$ D 9:15 SAIL Exercises FC 10:00 Crafts C 10:40 Art with Masa S NO Chair Yoga Today 11-1 Computer Help in Den 1:50 Friday Social \$ D Mark Rowland-Piano & Song 7:00 Movie A 7:00 Game Night D	26 1-3 Computer Help in Den 3:00 Bus to St. Olaf Catholic Church 1510FL 7:00 Bingo D	
31 10:00 Book Club 1020PR 10:30 Catholic Communion 1510PR 11:30-1:00 Schwan's 1510FL 12 Lunch-Jensen's Café @\$1510FL 1:00 Balance Works \$ FC 1:00 Rummicub (Game) D 2:00 Stitchery D 7:00 Story Hour D	<h1>January 2019</h1>		