

# November 2020

# Activities Calendar



# Assisted Living


2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
9:30 AM Morning Highlights 10:00 AM Chair Exercise 2:00 PM Prize Bingo 3:30 PM Wii Bowling – 2 <sup>nd</sup> Floor Theater 7:15 PM Monday Night Football: Tampa Bay @ New York Giants; TV: ESPN	<b>ELECTION DAY</b> 9:30 AM Trivia Tuesday 10:00 AM Chair Exercise 2:00 PM Socially-Distanced Scrabble 3:00 PM PBS Documentary: MN Roadside Attractions – 2 <sup>nd</sup> Floor Theater 3:30 PM Documentary Follow-up Discussion – 2 <sup>nd</sup> Floor Theater	9:00 AM Food Forum-session #1 9:30 AM Morning Devotional 10:00 AM Food Forum- session #2 1:30PM Video Protestant Church Service 2:30 PM Video Catholic Church Service 3:30 PM Technology Help and Training-Sign up at the front desk	9:30 AM Morning Highlights 10:00 AM Chair Exercise 1:00 PM 1:1 visits with Andy And Greta 2:00 PM Schwan’s @ Lobby 2:00 PM Armchair Exploring with Google Earth 3:00 PM Hymns and their stories w/ Andy at the piano!	9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise 1:00 PM 1:1 visits with Andy And Greta <u>Afternoon</u> door-to-door Happy Hour! 6:30 PM Movie @ T2: Mr. Smith Goes to Washington	10:00 AM Weekend Crossword Puzzle 2:00 PM Gopher Football @ Illinois TV: Big Ten Network- 2 <sup>nd</sup> Floor Theater
9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
9:30 AM Morning Highlights 10:00 AM Chair Exercise 1:00 PM Exercise Machine Info and Demonstrations – W3 2:00 PM Prize Bingo: Session 1 3:30 PM Wii Bowling – 2 <sup>nd</sup> Floor Theater 7:15 PM Monday Night Football: Patriots @ New York Jets; TV: ESPN	9:30 AM Trivia Tuesday 10:00 AM Chair Exercise 2:00 PM door-to-door Pumpkin Dessert & Coffee 3:30 PM PBS Concerts: 50 Years with Peter, Paul and Mary – 2 <sup>nd</sup> Floor Theater	<b>Veterans Day                      Newsletter: Honoring Those                      Who Served</b> 9:30 AM Morning Devotional 10:00 AM Chair Exercise 1:30 PM Video Protestant Church Service 2:30 PM Video Catholic Church Service 3:30 PM Technology Help and Training-Sign up at the front desk	9:30 AM Morning Highlights 10:00 AM Chair Exercise 1:00 PM 1:1 visits with Andy And Greta 2:00 PM Arts & Crafts w/ Dimension Studio 3:30 PM Exploring with Virtual Reality “Wellness VR”	9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise 1:00 PM 1:1 visits with Andy And Greta <u>Afternoon</u> door-to-door Happy Hour! 6:00 PM 2 <sup>nd</sup> floor movie theater: Gopher Football Vs. Iowa TV: FS1	10:00 AM Weekend Crossword Puzzle 1:30 PM Movie Matinee: Bridge On the River Kwai
16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
9:30 AM Morning Highlights 10:00 AM Chair Exercise 1:00 PM Exercise Machine Info and Demonstrations – W3 2:00 PM Prize Bingo: Session 1 3:30 PM Wii Bowling – 2 <sup>nd</sup> Floor Theater 7:15 PM Monday Night Football: Vikings @ Bears; TV: ESPN	9:30 AM Trivia Tuesday 10:00 AM Chair Exercise 2:00 PM Socially-Distanced Scrabble 3:00 PM MN Historical Society Video TBD – 2 <sup>nd</sup> Floor Theater 3:30 PM Follow-up Discussion – 2 <sup>nd</sup> Floor Theater	9:30 AM Morning Devotional 10:00 AM Chair Exercise 1:30 PM Video Protestant Church Service 2:30 PM Video Catholic Church Service 3:30 PM Technology Help and Training-Sign up at the front desk	9:30 AM Morning Highlights 10:00 AM Chair Exercise 12:30 PM 1:1 Visits with Andy and Greta 1:15 PM Concert: Michael Riddle 2:00 PM Schwan’s @ Lobby 3:00 PM Music Bingo 4:00 PM Create your own Trivia Question	9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise 1:00 PM 1:1 visits with Andy And Greta <u>Afternoon</u> door-to-door Happy Hour! 6:00 PM Gopher Football Vs. Iowa TV: FS1 6:30 PM Movie @T2 TBD	10:00 AM Weekend Crossword Puzzle 1:30 PM MacPhail Music Spotlight Series: Protest Music Through the Ages – 2 <sup>nd</sup> Floor Theater
					22 Sunday
					Sunday Scripture Readings 3:25 PM Vikings Vs Dallas; TV: FOX

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23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday
<p>9:30 AM Morning Highlights            10:00 AM Chair Exercise            1:00 PM 1:1 visits with Andy            2:00 PM Prize Bingo: Session 1            3:30 PM Music Class with Classical MPR: Classical Music of South America            7:15 PM Monday Night Football: LA Rams @ Tampa; TV: ESPN</p>	<p>9:30 AM Trivia Tuesday            10:00 AM Chair Exercise            2:00 PM Door-to-door Hot Apple Cider &amp; Cookies            3:30 PM Exploring with Virtual Reality "Wellness VR"</p>	<p>9:30 AM Morning Devotional            10:00 AM Chair Exercise            1:30PM Video Protestant Church Service            2:30 PM Video Catholic Church Service            4:00 PM Write a note of "Thanks" to someone in the building</p>	<p><b>Thanksgiving</b>            9:30 AM Morning Highlights            10:00 AM Chair Exercise            Newsletter: Giving Thanks            11:30 AM NFL- Texans @ Lions TV: CBS            3:30 PM NFL- Wash @ Cowboys TV: FOX  <b>LUNCH: Thanksgiving Meal</b></p> 	<p>9:30 AM Exercise your Brain with Puzzles!            10:00 AM Chair Exercise            1:00 PM 1:1 visits with Andy And Greta  <u>Afternoon</u> door-to-door Happy Hour!            6:30 PM Movie @T2: Holiday Movie TBD</p>	<p>Gopher Football @ Illinois TV: Big Ten Network            1:30 PM Movie Matinee @ T2: Greta's Choice</p>
30 Monday					29 Sunday
<p>9:30 AM Morning Highlights            10:00 AM Chair Exercise            1:00 PM 1:1 visits with Andy            2:00 PM Prize Bingo: Session 1            3:30 PM Swedish "Hygge"-Relaxing Music and Spoken Word            7:15 PM Monday Night Football: Seattle @ Philadelphia Eagles; TV: ESPN</p>					<p>1<sup>st</sup> Sunday in Advent            Sunday Scripture Readings            12:00 PM Vikings Vs Carolina; TV: FOX</p>
<p>"November at its best - with a sort of delightful menace in the air."            - Anne Bosworth Greene</p> <p><b>Activities are subject to change. Updates will be posted.</b></p>		<p><b>All activities take place in the 4<sup>th</sup> floor chapel unless otherwise noted.</b></p>		<p>The Pillars of Highland Park            1925 Norfolk Avenue            St. Paul, MN 55116</p> <p>651-699-4038            Activities Ext. 119</p>	
