



January 2021

Activities Calendar



Assisted Living

				1 Friday	2 Saturday
 <p>THE PILLARS OF HIGHLAND PARK SENIOR LIVING ASSISTED LIVING MEMORY CARE</p>		<p>L – Lobby DR – Dining Room RR – River Room T2 – 2nd floor Theater W3 – 3rd floor Wellness Rm CH4 – 4th floor Chapel</p>	<p><i>Calendar is subject to change</i></p> <p><i>Check for daily updates and additions</i></p>		<p>10:00 AM Weekend Crossword Puzzle 1:30 PM Movie @ T2: TBD</p>
					<p>3 Sunday</p> <p>Sunday Scripture Readings 12:00pm Vikings vs Lions TV: FOX</p>
4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday
<p>9:30 AM Morning Highlights 10:00 AM Chair Exercise – CH4 1:00 PM 1:1 visits with Andy 2:00 PM Prize Bingo– CH4</p>	<p>9:30 AM Trivia Tuesday 10:00 AM Chair Exercise– CH4 2:00 PM Socially-Distanced Scrabble– CH4 2:00 PM Scenic Bus Ride – sign up with the front desk - L 3:30 PM Wii Bowling – T2</p>	<p>9:30 AM Morning Devotional 10:00 AM Chair Exercise– CH4 <u>Lunch</u> – Music in the dining room- Sax & Piano - DR 1:30 PM Video Protestant Church Service– T2 2:30 PM Video Catholic Church Service– T2 3:30 PM Technology Help and Training-Sign up at the front desk</p>	<p>9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 1:00 PM 1:1 visits with Andy And Greta 2:00 PM Arts & Crafts w/ Dimension Studio– CH4 3:30 PM PBS Special: The First Silent Night– T2</p>	<p>9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise– CH4 <u>Afternoon</u> door-to-door Happy Hour 6:30 PM Movie @ T2: <i>Guys and Dolls</i></p>	<p>10:00 AM Weekend Crossword Puzzle 1:30 PM Movie @ T2: <i>Guys and Dolls</i></p>
11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
<p>9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 1:00 PM Exercise Machine Info and Demonstrations – W3 2:00 PM Prize Bingo– CH4 3:30 PM Exploring with Virtual Reality “Wellness VR”– CH4</p>	<p>9:30 AM Trivia Tuesday 10:00 AM Chair Exercise– CH4 2:00 PM Socially-Distanced Scrabble– CH4 2:00 PM Scenic Bus Ride – sign up with the front desk- L 3:30 PM PBS Great Performances: New Year’s Celebration from Vienna (Strauss Music)– T2</p>	<p>9:30 AM Morning Devotional 10:00 AM Chair Exercise– CH4 <u>Lunch</u> – Music in the dining room- Sax & Piano - DR 1:30 PM Video Protestant Church Service– T2 2:30 PM Video Catholic Church Service– T2</p>	<p>9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 12:30 PM 1:1 Visits with Andy and Greta 2:00 PM Schwan’s @ Lobby 3:00 PM Instrument Demos w/Andy– CH4</p>	<p>9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise– CH4 <u>Afternoon</u> door-to-door Happy Hour 6:30 PM Movie @ T2: <i>Selma</i></p>	<p>10:00 AM Weekend Crossword Puzzle 1:30 PM Movie @ T2: <i>Selma</i> 2:30 PM Snowflake Arts & Crafts – CH4</p>
					17 Sunday
					<p>Sunday Scripture Readings</p>

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18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 1:00 PM Exercise Machine Info and Demonstrations – W3 2:00 Prize Bingo– CH4 3:30 PM Minnesota Experience: Martin Luther King in Minnesota– T2	9:30 AM Trivia Tuesday 10:00 AM Chair Exercise– CH4 2:00 PM Socially-Distanced Scrabble– CH4 2:00 PM Scenic Bus Ride – sign up with the front desk- L 3:30 PM PBS Great Performances Fiddler: A Miracle of Miracle- T2	9:30 AM Morning Devotional 10:00 AM Chair Exercise – CH4 Lunch – Music in the dining room- Sax & Piano - DR 1:00 PM Resident Forum – CH4 1:30 PM Resident Forum – CH4 1:30 PM Video Protestant Church Service - T2 2:30 PM Video Catholic Church Service – T2	9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 12:30 PM 1:1 Visits with Andy and Greta 1:15 PM Concert with guitarist- Michael Riddle	9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise– CH4 Afternoon door-to-door Happy Hour 6:30 PM Movie @ T2: <i>Walk the Line</i>	10:00 AM Weekend Crossword Puzzle 1:30 PM Movie @ T2: <i>Walk the Line</i>
					24 Sunday
					Sunday Scripture Readings NFL: AFC & NFC Championship games - TBD
25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday
9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 1:00 PM 1:1 visits with Andy 2:00 PM Prize Bingo– CH4 3:30 PM Wii Bowling – T2	9:30 AM Trivia Tuesday 10:00 AM Chair Exercise– CH4 2:00 PM Socially-Distanced Scrabble– CH4 2:00 PM Scenic Bus Ride – sign up with the front desk- L 3:30 PM Virtual Choir performances: Watch and learn about a new musical group– T2	9:30 AM Morning Devotional 10:00 AM Chair Exercise– CH4 Lunch – Music in the dining room- Sax & Piano - DR 1:30 PM Video Protestant Church Service– T2 2:30 PM Video Catholic Church Service– T2 3:30 PM Music Trivia and Name That Tune– CH4	9:30 AM Morning Highlights 10:00 AM Chair Exercise– CH4 12:30 PM 1:1 Visits 2:00 PM Schwan’s @ Lobby 3:30 PM MacPhail Music for Life – T2	9:30 AM Exercise your Brain with Puzzles! 10:00 AM Chair Exercise – CH4 Afternoon door-to-door Happy Hour 6:30 PM Movie @ T2: <i>Stan & Ollie</i>	10:00 AM Weekend Crossword Puzzle 1:30 PM Movie @ T2: <i>Stan & Ollie</i>
					31 Sunday
					Sunday Scripture Readings
		1925 Norfolk Ave. St. Paul, MN 55116 651-699-4038	L – Lobby DR – Dining Room RR – River Room T2 – 2 nd floor Theater W3 – 3 rd floor Wellness Rm CH4 – 4 th floor Chapel D – Dimensions	CR – Community Room CHI-Chapel @ Independent Living	<p>Calendar is subject to change</p> <p>Check for daily updates and additions</p>