



# THE PILLARS OF PROSPECT PARK

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

# N O V E M B E R



NOVEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Activities subject to change. Check CareMerge for updates.

	01	02	03	04	05	06
	All Day Dari's Birthday! 10:15a Morning Movement 11:15a Brain Games 02:00p Piano with John Bury 03:00p Happy Hour 04:00p Create Ballot Box for Grandfriend Election Day!	10:00a Garden Club: Indoor Garden Prep 11:00a MacPhail Unwrapping Music: Dance Music 11:00a Pound Fitness 01:00p Music with Lara 02:00p Snack 03:00p Relaxation Hour 05:30p Music with M Howard	10:15a Morning Movement 11:15a Brain Games 02:00p Chair Yoga with Jessica 03:00p Snack: Popcorn 03:30p Senior Cabaret with Joey Clark 05:00p Peace Project - England	All Day Massage Therapist, Ellen, On-Site 10:00a Grandfriends Music for Life with MacPhail 11:00a Active Games 02:00p What's Cooking: Coconut Ladoo 02:30p Chair Massages with Ellen 03:00p Always Learning: Diwali	10:00a Exercise with Erin: Balance Fundamentals 11:00a Kids Corner 01:30p Nail Care 02:00p Snack	10:00a Coffee & Chronicles 11:00a UMN Football vs Illinois 11:30a Morning Movement 02:00p Snack 03:00p History of Sadie Hawkins
	10:00a Coffee & Chronicles 12:00p Minnesota Vikings at Baltimore Ravens 01:00p 1:1 Time 02:00p Snack 03:00p 1:1 Time 06:00p Pillars Cinema: Mrs. Doubtfire	10:15a Morning Movement 11:05a Drumming with Marisa 01:30p Pillars Mini-TED Talks: Eat, Darling, Eat, and more Jewish Memories 02:00p St. Paul Conservatory of Music Virtual Rerun 03:00p Happy Hour	10:00a Woodworking Club 11:00a Pound Fitness 01:00p Music with Lara 01:15p UMN PT 02:00p Group Program: Watercolor 02:00p Snack 02:00p UMN PT 03:00p Relaxation Hour	All Day Essential Beauty On-Site All Day Jane's Birthday! 10:15a Morning Movement 11:15a Brain Games 02:00p Chair Yoga with Jessica 03:00p Snack: Popcorn 03:30p Bingo 04:00p Piano with Jake	All Day Massage Therapist, Ellen, On-Site 10:00a Grandfriends with MacPhail 11:11a Veterans Day Program 01:00p Group Program: Gentle Movement with Erin 01:15p UMN PT 02:00p What's Cooking: Fruit Skewers 02:00p UMN PT 02:30p Chair Massages with Ellen	12:00a UMN Football at Iowa 10:00a Coffee & Chronicles 11:30a Morning Movement 02:00p Caregiver Appreciation Day 02:00p Snack 03:00p Dance Performance by Karen Christ Aalgaard
	10:00a Coffee & Chronicles 01:00p 1:1 Time 02:00p Snack 03:00p 1:1 Time 03:05p Minnesota Vikings at Los Angeles Chargers 06:00p Pillars Cinema: The Princess Diaries	10:15a Morning Movement 11:15a Brain Games 01:30p Scenic Bus Drive 03:00p Happy Hour	10:00a Garden Club: Succulent Gardens 11:00a Pound Fitness 01:00p Music with Lara 01:15p UMN PT 02:00p Group Program: Gentle Movement with Erin 02:00p Snack 02:00p UMN PT 03:00p Relaxation Hour	All Day Essential Beauty On-Site 10:15a Morning Movement 11:15a Brain Games 02:00p Chair Yoga with Jessica 03:00p Snack: Popcorn 04:00p Piano with Jake 05:00p Peace Project - White Earth Nation	All Day Massage Therapist On-Site 10:00a Grandfriends with MacPhail 11:00a Active Games 01:00p Group Program: Art 01:15p UMN PT 02:00p What's Cooking: Cheeseball 02:00p UMN PT 02:30p Chair Massages with Ellen 03:00p Always Learning: No-Shave November	12:00a UMN Football at Indiana 10:00a Coffee & Chronicles 02:00p Snack
	09:00a Minneapolis Kennel Club Show 10:00a Coffee & Chronicles 12:00p Minnesota Vikings vs Green Bay Packers 01:00p 1:1 Time 02:00p Snack 03:00p 1:1 Time 06:00p Pillars Cinema: Honey, I Shrunk the Kids	10:15a Morning Movement 11:05a Drumming with Marisa 02:00p Piano with John Bury 02:30p Chair Massages with Ellen 03:00p Happy Hour	10:00a Woodworking Club - Checkers, Part 2 11:00a Pound Fitness 01:00p Music with Lara 02:00p Snack 03:00p Relaxation Hour	All Day Essential Beauty On-Site 10:15a Morning Movement 11:15a Brain Games 02:00p Chair Yoga with Jessica 03:00p Snack: Popcorn 03:30p Bingo 04:00p Piano with Jake	All Day Cliff's Birthday! All Day Thanksgiving 08:00a Macy's Day Parade Viewing Party 11:00a Active Games 12:00p Thanksgiving Meal 01:00p 1:1 Visits	12:00a UMN Football vs Wisconsin TBD 10:00a Coffee & Chronicles 02:00p Snack
	10:00a Coffee & Chronicles 01:00p 1:1 Time 02:00p Snack 03:00p 1:1 Time 03:25p Minnesota Vikings at San Francisco 49ers 06:00p Pillars Cinema: Grumpy Old Men	All Day Grace's Birthday! 10:15a Morning Movement 02:00p Piano with John Bury 03:00p Happy Hour 05:00p Care Partner Support Group	10:00a Garden Club: Holiday Prep 11:00a Pound Fitness 01:00p Music with Lara 01:15p UMN PT 02:00p Group Program: Holiday Decorating 02:00p Snack 02:00p UMN PT 03:00p Relaxation Hour			

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