

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:00a Chair Exercise- Channel 1-2 1
10:30a Trivia Question- Channel 1-1
11:00a Trivia with Kerri- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart
3:00p TED Talk with Amanda- Community Room
3:00p Biography- Channel 1-2

9:00a Chair Exercise- Channel 1-2 2
9:45a Exercise with Kerri- Community Room
10:30a Trivia Question- Channel 1-1
11:00a Manicures- Community Room
11:00a TED TALK- Channel 1-2
2:00 Traveling Snack Cart
3:00p Movie: God Bless The Broken Road- Community Room
3:00p Music- Channel 1-2

9:00a Chair Exercise- Channel 1-2 3
10:30a Trivia Question- Channel 1-1
11:00a Church with Chaplain Chris- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
1:00p Church with Chaplain Chris- Community Room
2:00 Traveling Snack Cart
3:00p Documentary- Channel 1-2

9:00a Chair Exercise- Channel 1-2 4
10:00a Country Drive- Outing with the Van
10:30a Trivia Question- Channel 1-1
11:00a Current Events- Community Room
11:00a Aerial America- Channel 1-2
2:00 Traveling Happy Hour Cart: Scotch Eggs
3:00p Happy Hour Music- Channel 1-2

9:00a Chair Yoga- Channel 1-2 5
9:45a Chair Yoga with Amanda- Community Room
11:00a Educational Video- Channel 1-2
2:00 Traveling Snack Cart: Mini Waffle Sundaes
3:00p Movie- Channel 1-2
3:00p Movie Amanda's Choice- Community Room

9:00a Woodbury Lutheran Church Service- Channel 1-2 6
11:00a Devotional with Amanda- Community Room
11:00a Eagle Brook Devotional Message- Channel 1-2
1:30p Movie Amanda's Choice- Community Room
2:00 Traveling Snack Cart
3:00p Movie- Channel 1-2

9:00a Chair Exercise- Channel 1-2 7
9:45a Exercise with Kerri- Community Room
10:30a Trivia Questions- Channel 1-1
11:00a Bingo- Community Room
11:00a Travel Video with Rick Steves- Channel 1-2
2:00p Traveling Snack Cart
3:00p Bingo- Community Room
3:00p Music- Channel 1-2

9:00a Chair Exercise- Channel 1-2 8
10:30a Trivia Question- Channel 1-1
11:00a Church with Chaplain Craig- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart: Strawberries N' Cream Nachos
3:00p Church with Chaplain Craig- Community Room
3:00p Biography- Channel 1-2

9:00a Chair Exercise- Channel 1-2 9
9:45a Exercise with Kerri- Community Room
10:30a Trivia Question- Channel 1-1
11:00a To Go Treats with Terrence- Community Room
11:00a TED TALK- Channel 1-2
2:00 Traveling Snack Cart: Cheese Curds
2:45p Country Drive- Outing with the Van
3:00p Book Club- Community Room
3:00p Music- Channel 1-2

9:00a Chair Exercise- Channel 1-2 10
10:30a Trivia Question- Channel 1-1
11:00a Trivia with Kerri- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart:
3:00p Movie: The Lost Husband- Community Room
3:00p Documentary- Channel 1-2

9:00a Chair Exercise- Channel 1-2 11
9:45a Educational Session with Kerri- Community Room
10:30a Trivia Question- Channel 1-1
11:00 Social Hour- Community Room
11:00a Aerial America- Channel 1-2
2:00 Traveling Happy Hour Cart: Al Pastor Waffle
3:00p Happy Hour Music- Channel 1-2

9:00a Chair Yoga- Channel 1-2 12
11:00a Educational Video- Channel 1-2
2:00 Traveling Snack Cart: Snickerdoodle Ice Cream Sandwich
3:00p Movie- Channel 1-2
3:00p Movie Andrea's Choice- Community Room

National Assisted Living Week 13
Environmental Services Week
9:00a Woodbury Lutheran Church Service- Channel 1-2
11:00a Devotional with Andrea- Community Room
11:00a Eagle Brook Devotional Message- Channel 1-2
1:30 Movie Andrea's Choice- Community Room
2:00 Traveling Snack Cart
3:00p Movie- Channel 1-2

Pajama Day 14
9:00a Chair Exercise- Channel 1-2
9:45a Exercise with Kerri- Community Room
10:30a Trivia Questions- Channel 1-1
11:00a Theme Bingo- Community Room
11:00a Travel Video with Rick Steves- Channel 1-2
2:00p Traveling Snack Cart
3:00p Theme Bingo- Community Room
3:00p Music- Channel 1-2

1920's/Black & White Day 15
9:00a Chair Exercise- Channel 1-2
10:30a Trivia Question- Channel 1-1
11:00a Church with Chaplain Craig- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart: Deep Fried Oreos
3:00p Church with Chaplain Craig- Community Room
3:00p Biography- Channel 1-2

Drive-In Day 16
9:00a Chair Exercise- Channel 1-2
9:45a Exercise with Kerri- Community Room
10:30a Trivia Question- Channel 1-1
11:00a Movie Trivia- Community Room
11:00a TED TALK- Channel 1-2
2:00 Traveling Snack Cart
3:00p Movie Day: Roped
3:00p Music- Channel 1-2
4:30 FIRE DRILL

Farm Day 17
9:00a Chair Exercise- Channel 1-2
10:30a Trivia Question- Channel 1-1
11:00a Ring Toss Around the Cows- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart: Mini Pronto Pups
3:00p Virtual Reality- Feeding Farm Animals- Community Room
3:00p Documentary- Channel 1-2

Gopher Day 18
9:00a Chair Exercise- Channel 1-2
10:00a Country Drive- Outing with the Van
10:30a Trivia Question- Channel 1-1
11:00a Social Hour- Community Room
11:00a Greatest Sports Moments- Channel 1-2
2:00 Traveling Happy Hour Cart: Onion Jam Brisket Grilled Cheese
3:00p Happy Hour Music- Channel 1-2

9:00a Chair Yoga- Channel 1-2 19
9:45a Chair Yoga with Amanda- Community Room
11:00a Educational Video- Channel 1-2
2:00 Traveling Snack Cart
3:00p Movie- Channel 1-2
3:00p Movie Amanda's Choice- Community Room

9:00a Woodbury Lutheran Church Service- Channel 1-2 20
11:00a Devotional with Amanda- Community Room
11:00a Eagle Brook Devotional Message- Channel 1-2
1:30 Movie Amanda's Choice- Community Room
2:00 Traveling Snack Cart
3:00p Movie- Channel 1-2

9:00a Chair Exercise- Channel 1-2 21
9:45a Exercise with Kerri- Community Room
10:30a Trivia Questions- Channel 1-1
11:00a Bingo- Community Room
11:00a Travel Video with Rick Steves- Channel 1-2
2:00p Traveling Snack Cart
3:00p Bingo- Community Room
3:00p Music- Channel 1-2

9:00a Chair Exercise- Channel 1-2 22
10:30a Trivia Question- Channel 1-1
11:00a Church with Chaplain Craig- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart: Deep Fried Candy Bars
3:00p Church with Chaplain Craig- Community Room
3:00p Biography- Channel 1-2

9:00a Chair Exercise- Channel 1-2 23
10:00a Resident Council- Community Room
11:00a TED TALK- Channel 1-2
1:45p Resident Council- Community Room
2:00 Traveling Snack Cart: Fresh Seasoned Fry Cup
2:45p Country Drive- Outing with the Van
3:00p Music- Channel 1-2

9:00a Chair Exercise- Channel 1-2 24
10:30a Trivia Question- Channel 1-1
11:00a Trivia with Kerri- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart: Mini Cookie Cup
3:00p Movie: The Story of Us- Community Room
3:00p Documentary- Channel 1-2

9:00a Chair Exercise- Channel 1-2 25
9:45a Educational Session with Kerri- Community Room
10:30a Trivia Question- Channel 1-1
11:00 Social Hour- Community Room
11:00a Aerial America- Channel 1-2
2:00 Traveling Happy Hour Cart: Gyro Pizza
3:00p Happy Hour Music- Channel 1-2

9:00a Chair Yoga- Channel 1-2 26
11:00a Educational Video- Channel 1-2
2:00 Traveling Snack Cart
3:00p Movie- Channel 1-2
3:00p Movie Andrea's Choice- Community Room

9:00a Woodbury Lutheran Church Service- Channel 1-2 27
11:00a Devotional with Andrea- Community Room
11:00a Eagle Brook Devotional Message- Channel 1-2
1:30 Movie Andrea's Choice- Community Room
2:00 Traveling Snack Cart
3:00p Movie- Channel 1-2

9:00a Chair Exercise- Channel 1-2 28
9:45a Exercise with Kerri- Community Room
10:30a Trivia Questions- Channel 1-1
11:00a Bingo- Community Room
11:00a Travel Video with Rick Steves- Channel 1-2
2:00p Traveling Snack Cart
3:00p Bingo- Community Room
3:00p Music- Channel 1-2

9:00a Chair Exercise- Channel 1-2 29
10:30a Trivia Question- Channel 1-1
11:00a Church with Chaplain Craig- Community Room
11:00a Eagle Brook Devotional- Channel 1-2
2:00 Traveling Snack Cart
3:00p Church with Chaplain Craig- Community Room
3:00p Biography- Channel 1-2

9:00a Chair Exercise- Channel 1-2 30
9:45a Exercise with Kerri- Community Room
10:30a Trivia Question- Channel 1-1
11:00a Manicures- Community Room
11:00a TED TALK- Channel 1-2
2:00 Traveling Snack Cart
3:00p Book Club- Community Room
3:00p Music- Channel 1-2






September 2020

Independent/Assisted Living



The Pillars of White Bear Lake \* 4650 Centerville Rd. White Bear Lake, MN 55127 \* 651-653-3288



| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|--|---|--|---|
|   |  | 9:30 Baking Bread<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:30 Shake Loose a Memory<br>2:00 Living Spirt Music Therapy- Zoom<br>2:45 Afternoon Snack<br>5:15 Games with Amanda         | 9:15 Walk and Talk with Andrea<br>9:45 Exercise with Andrea<br>10:15 Morning Snack<br>10:35 Reminiscing<br>1:30 Afternoon Snack<br>2:00 Movie Matinee<br>5:15 Aromatherapy with Amanda | 10:00 Worship Service with Chaplain Chris<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:00 Virtual Reality<br>1:45 Afternoon Snack<br>3:00 Manicures<br>5:15 Trivia with Andrea                                 | 9:15 Walk and Talk with Andrea<br>9:30 Exercise with Andrea<br>10:00 Outdoor Patio Time<br>10:45 Player Piano Music<br>1:30 Afternoon Snack<br>2:00 Concert Series Music | 9:15 Walk and Talk with Amanda<br>10:00 Morning Snack<br>10:30 Getting Crafty with Amanda<br>1:30 Afternoon Snack<br>2:00 Movie Matinee |
| 9:00 Eaglebrook Bible Study/Devotions<br>9:30 Walk and Talk with Amanda<br>10:00 Morning Snack<br>10:30 Morning Devotional with Amanda<br>1:30 Afternoon Snack<br>2:00 Movie Matinee | 9:15 Walk and Talk with Andrea<br>10:00 Outdoor Patio Time<br>10:00 Morning Snack<br>1:00 Virtual Reality<br>1:30 Afternoon Snack<br>2:00 Sing Along with Suzie Q<br>5:15 Aromatherapy with Amanda | 9:30 Baking Cookies<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:30 Shake Loose a Memory<br>2:00 Living Spirt Music Therapy- Zoom<br>2:45 Afternoon Snack<br>5:00 Reminiscing with Amanda | 9:15 Walk and Talk with Andrea<br>9:45 Exercise with Andrea<br>10:15 Morning Snack<br>10:35 Reminiscing<br>1:30 Afternoon Snack<br>2:00 Movie Matinee<br>5:15 Aromatherapy with Amanda | 10:00 Worship Service with Chaplain Craig<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:00 Virtual Reality<br>1:45 Afternoon Snack<br>3:00 Manicures<br>5:00 Arts & Crafts with Andrea                          | 9:15 Walk and Talk with Andrea<br>9:30 Exercise with Amanda<br>10:00 Outdoor Patio Time<br>10:45 Player Piano Music<br>1:30 Afternoon Snack<br>2:00 Concert Series Music | 9:30 Sweet Saturday's with Andrea<br>10:00 Reminiscing<br>10:30 Morning Snack<br>1:30 Afternoon Snack<br>2:00 Movie Matinee             |
| 9:00 Eaglebrook Bible Study/Devotions<br>9:30 Walk and Talk with Andrea<br>10:00 Morning Snack<br>10:30 Morning Devotional with Andrea<br>1:30 Afternoon Snack<br>2:00 Movie Matinee | 9:15 Walk and Talk with Andrea<br>10:00 Outdoor Patio Time<br>10:00 Morning Snack<br>1:00 Virtual Reality<br>1:30 Afternoon Snack<br>2:00 Sing Along with My<br>5:15 Aromatherapy with Amanda      | 9:30 Baking Bread<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:30 Shake Loose a Memory<br>2:00 Living Spirt Music Therapy- Zoom<br>2:45 Afternoon Snack<br>5:15 Games with Amanda         | 9:15 Walk and Talk with Andrea<br>9:45 Exercise with Andrea<br>10:15 Morning Snack<br>10:35 Reminiscing<br>1:30 Afternoon Snack<br>2:00 Movie Matinee<br>5:15 Aromatherapy with Amanda | 10:00 Worship Service with Chaplain Craig<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:00 Virtual Reality<br>1:45 Afternoon Snack<br>3:00 Manicures<br>5:15 Trivia with Andrea                                 | 9:15 Walk and Talk with Andrea<br>9:30 Exercise with Amanda<br>10:00 Outdoor Patio Time<br>10:45 Player Piano Music<br>1:30 Afternoon Snack<br>2:00 Concert Series Music | 9:15 Walk and Talk with Amanda<br>10:00 Morning Snack<br>10:30 Getting Crafty with Amanda<br>1:30 Afternoon Snack<br>2:00 Movie Matinee |
| 9:00 Eaglebrook Bible Study/Devotions<br>9:30 Walk and Talk with Amanda<br>10:00 Morning Snack<br>10:30 Morning Devotional with Amanda<br>1:30 Afternoon Snack<br>2:00 Movie Matinee | 9:15 Walk and Talk with Andrea<br>10:00 Outdoor Patio Time<br>10:00 Morning Snack<br>1:00 Virtual Reality<br>1:30 Afternoon Snack<br>2:00 Sing Along with Suzie Q<br>5:15 Aromatherapy with Amanda | 9:30 Baking Cookies<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:30 Shake Loose a Memory<br>2:00 Living Spirt Music Therapy- Zoom<br>2:45 Afternoon Snack<br>5:00 Reminiscing with Amanda | 9:15 Walk and Talk with Andrea<br>9:45 Exercise with Andrea<br>10:15 Morning Snack<br>10:35 Reminiscing<br>1:30 Afternoon Snack<br>2:00 Movie Matinee<br>5:15 Aromatherapy with Amanda | 10:00 Worship Service with Chaplain Craig<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:00 Virtual Reality<br>1:45 Afternoon Snack<br>3:00 Manicures<br>5:00 Arts & Crafts with Andrea                          | 9:15 Walk and Talk with Andrea<br>9:30 Exercise with Andrea<br>10:00 Outdoor Patio Time<br>10:45 Player Piano Music<br>1:30 Afternoon Snack<br>2:00 Concert Series Music | 9:30 Sweet Saturday's with Andrea<br>10:00 Reminiscing<br>10:30 Morning Snack<br>1:30 Afternoon Snack<br>2:00 Movie Matinee             |
| 9:00 Eaglebrook Bible Study/Devotions<br>9:30 Walk and Talk with Andrea<br>10:00 Morning Snack<br>10:30 Morning Devotional with Andrea<br>1:30 Afternoon Snack<br>2:00 Movie Matinee | 9:15 Walk and Talk with Andrea<br>10:00 Outdoor Patio Time<br>10:00 Morning Snack<br>1:00 Virtual Reality<br>1:30 Afternoon Snack<br>2:00 Sing Along with My<br>5:15 Aromatherapy with Amanda      | 9:30 Baking Bread<br>10:30 Daily Devotional<br>10:30 Morning Snack<br>1:30 Shake Loose a Memory<br>2:00 Living Spirt Music Therapy- Zoom<br>2:45 Afternoon Snack<br>5:15 Games with Amanda         | 9:15 Walk and Talk with Andrea<br>9:45 Exercise with Andrea<br>10:15 Morning Snack<br>10:35 Reminiscing<br>1:30 Afternoon Snack<br>2:00 Movie Matinee<br>5:15 Aromatherapy with Amanda |  <h1>September 2020</h1> <h2>Dimensions</h2>  |  |   |

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