




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:00 Northcross Church- Channel 1-2</p> <p>11:00 EagleBrook Devotional- Channel 1-2</p> <p>11:00 Devotionals with Amanda- Community Room</p> <p>1:30 Movie- Community Room</p> <p>3:00 Movie- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Travel Video- Channel 1-2</p> <p>2:00 Country Drive- Outing</p> <p>2:30 Men's Group- Café</p> <p>3:00 Music- Channel 1-2</p> <p>3:30 Bingo- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Trivia Tuesday- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>2:00 Card Games- Café</p> <p>3:00 History- Channel 1-2</p> <p>3:00 Church with Chaplain Craig- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:15 Treats with Terrence- Café</p> <p>11:00 Ted Talks-Channel 1-2</p> <p>2:00 History Presentations with Andrea- Community Room</p> <p>3:00 Book Club- Café</p> <p>3:00 Music- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>11:00 Trivia Thursday- Café</p> <p>2:00 Bible Study with Chaplain Craig- Community Room</p> <p>3:00 Movie Matinee- Community Room</p> <p>3:00 Educational- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Amanda- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Biography- Channel 1-2</p> <p>2:30 Happy Hour To Go- Café</p> <p>3:00 Music-Channel 1-2</p>	<p>9:00 Chair Yoga- Channel 1-2</p> <p>11:00 Educational/History- Channel 1-2</p> <p>2:00 Fireside Chat- Café</p> <p>3:00 Movie- Channel 1-2</p> <p>3:00 Movie- Community Room</p>	
<p>9:00 Northcross Church- Channel 1-2</p> <p>11:00 EagleBrook Devotional- Channel 1-2</p> <p>11:00 Devotionals with Andrea- Community Room</p> <p>1:30 Movie- Community Room</p> <p>3:00 Movie- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Travel Video- Channel 1-2</p> <p>2:00 Country Drive- Outing</p> <p>2:30 Ladies Group- Community Room</p> <p>3:00 Music- Channel 1-2</p> <p>3:30 Bingo- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Trivia Tuesday- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>2:00 Card Games- Café</p> <p>3:00 History- Channel 1-2</p> <p>3:00 Church with Chaplain Craig- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Ted Talks-Channel 1-2</p> <p>2:30 Veteran's Day Program- Community Room</p> <p>3:30 TED Talks with Amanda- Community Room</p> <p>3:00 Music- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>11:00 Trivia Thursday- Café</p> <p>2:00 Bible Study with Chaplain Craig- Community Room</p> <p>3:00 Movie Matinee- Community Room</p> <p>3:00 Educational- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Biography- Channel 1-2</p> <p>2:30 Happy Hour to Go- Café</p> <p>3:00 Music-Channel 1-2</p>	<p>9:00 Chair Yoga- Channel 1-2</p> <p>9:30 Chair Yoga with Amanda- Community Room</p> <p>11:00 Educational/History- Channel 1-2</p> <p>2:00 Fireside Chat- Café</p> <p>3:00 Movie- Channel 1-2</p> <p>3:00 Movie- Community Room</p>	
<p>9:00 Northcross Church- Channel 1-2</p> <p>11:00 EagleBrook Devotional- Channel 1-2</p> <p>11:00 Devotionals with Amanda- Community Room</p> <p>1:30 Movie- Community Room</p> <p>3:00 Movie- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Travel Video- Channel 1-2</p> <p>2:00 Country Drive- Outing</p> <p>2:30 Men's Group- Café</p> <p>3:00 Music- Channel 1-2</p> <p>3:30 Bingo- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Trivia Tuesday- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>2:00 Card Games- Café</p> <p>3:00 History- Channel 1-2</p> <p>3:00 Church with Chaplain Craig- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Ted Talks-Channel 1-2</p> <p>2:00 History Presentations with Andrea- Community Room</p> <p>3:00 Book Club- Café</p> <p>3:00 Music- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>11:00 Trivia Thursday- Café</p> <p>2:00 Bible Study with Chaplain Craig- Community Room</p> <p>3:00 Movie Matinee- Community Room</p> <p>3:00 Educational- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Amanda- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Biography- Channel 1-2</p> <p>2:30 Happy Hour To Go- Café</p> <p>3:00 Music-Channel 1-2</p>	<p>9:00 Chair Yoga- Channel 1-2</p> <p>9:30 Chair Yoga with Amanda- Community Room</p> <p>11:00 Educational/History- Channel 1-2</p> <p>2:00 Fireside Chat- Café</p> <p>3:00 Movie- Channel 1-2</p> <p>3:00 Movie- Community Room</p>	
<p>9:00 Northcross Church- Channel 1-2</p> <p>11:00 EagleBrook Devotional- Channel 1-2</p> <p>11:00 Devotionals with Amanda- Community Room</p> <p>1:30 Movie- Community Room</p> <p>3:00 Movie- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Travel Video- Channel 1-2</p> <p>2:00 Country Drive- Outing</p> <p>2:30 Ladies Group- Community Room</p> <p>3:00 Music- Channel 1-2</p> <p>3:30 Bingo- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Coffee & Chat Social- Café</p> <p>11:00 Trivia Tuesday- Café</p> <p>11:00 Daily Devotional-Channel 1-2</p> <p>2:00 Card Games- Café</p> <p>3:00 History- Channel 1-2</p> <p>3:00 Church with Chaplain Craig- Community Room</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Ted Talks-Channel 1-2</p> <p>2:00 Resident Council- Community Room</p> <p>3:30 TED Talks with Amanda- Community Room</p> <p>3:00 Music- Channel 1-2</p>	<p>Happy Thanksgiving!</p> 	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Biography- Channel 1-2</p> <p>2:30 Happy Hour To Go- Café</p> <p>3:00 Music-Channel 1-2</p>	<p>9:00 Chair Yoga- Channel 1-2</p> <p>11:00 Educational/History- Channel 1-2</p> <p>2:00 Fireside Chat- Café</p> <p>3:00 Movie- Channel 1-2</p> <p>3:00 Movie- Community Room</p>	
<p>9:00 Northcross Church- Channel 1-2</p> <p>11:00 EagleBrook Devotional- Channel 1-2</p> <p>11:00 Devotionals with Andrea- Community Room</p> <p>1:30 Movie- Community Room</p> <p>3:00 Movie- Channel 1-2</p>	<p>9:00 Exercise- Channel 1-2</p> <p>10:00 Exercise Class with Kerri- Community Room</p> <p>10:45 Coffee & Chat Social- Café</p> <p>11:00 Travel Video- Channel 1-2</p> <p>2:00 Country Drive- Outing</p> <p>2:30 Men's Group- Café</p> <p>3:00 Music- Channel 1-2</p> <p>3:30 Bingo- Community Room</p>	 <h1 style="margin: 0;">November 2020</h1> <h2 style="margin: 0;">Independent / Assisted Living</h2>					

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

❖ Activities are Subject to change

