

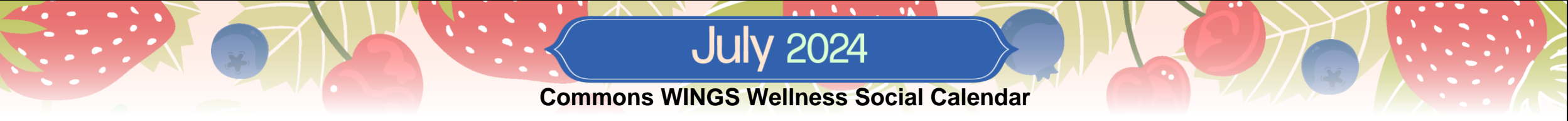
June

July 2024

Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Walking Group: Commons Lobby</p> <p>1:30 Worship Service with Pastor Grant T.: Chapel (CCTV)</p> <p>2:00 Coffee & Cookie Fellowship: Terrace Lobby</p> <p>2:30 Bingo: Commons Loft</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:00 Bible Study: Terrace Activity Room</p> <p>1:30 Popcorn & Trivia with Celeste: Commons Loft</p> <p>3:00 Manicures: Commons Loft</p> <p>Postponed: Social/Outing Committee</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Shopping**(\$): Lobby</p> <p>11:00-1:00 Fourth of July Lunch: Harvest Restaurant</p> <p>12:30 Fourth of July Bingo: Commons Loft</p> <p>Canceled: Popcorn & Movie</p> <p>3:00 Women's Chorus Concert: Commons Lobby</p> <p>Canceled: Bean Bag Toss</p> <p>6:30 Fireworks: Courtyard (weather permitting)</p> <p>7:15 Hymn Sing: Chapel (CCTV)</p>	<p>10:00 Men's Coffee Social: Terrace Community Room</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "Yankee Doodle Dandy": Terrace Activity Room</p> <p>2:00 Game Day: Commons Loft</p> <p>6:00 Northern Symphony Orchestra Concert**(\$): Lobby</p> <p>6:30 Prayer Circle: Terrace Community Room</p>	<p>Happy Fourth of July</p> <p>No Activities</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>Postponed: Resident Meeting</p> <p>2:00 Resident Led Card Games: Commons Loft</p> <p>2:00 Bean Bag Toss: Terrace Activity Room</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>1:00 Wii Bowling: Terrace Activity Room</p> <p>2:00 Resident Led Card Games: Commons Loft</p> <p>6:30 Hymn Sing: Commons Lobby</p>

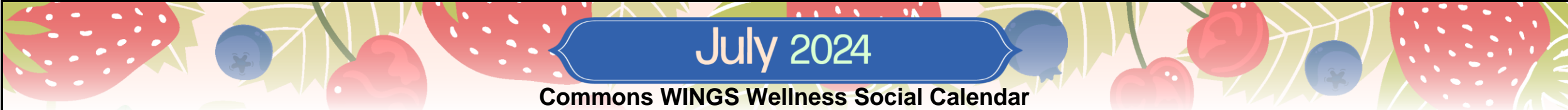
Daily Event Line—Activities & Menu for the day Call *7014 (**) Denotes sign up required at the Communication Center (\$) Denotes extra charge for event



Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Walking Group: Commons Lobby</p> <p>1:30 Worship Service and Communion with Zion Lutheran Church: Chapel (CCTV)</p> <p>2:00 Coffee & Cookie Fellowship: Terrace Lobby</p> <p>2:30 Bingo: Commons Loft</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:00 Bible Study: Terrace Activity Room</p> <p>1:30 Popcorn & Trivia with Celeste: Commons Loft</p> <p>3:00 Manicures: Commons Loft</p> <p>3:30 Social/Outing Committee: Terrace Community Room</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Saver's**(\$): Lobby</p> <p>1:00 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "Darkest Hour": Terrace Activity Room</p> <p>2:30 Food Committee: Harvest Restaurant</p> <p>2:30 Women's Chorus: Chapel</p> <p>3:00 Bean Bag Toss: Commons Loft</p> <p>7:00 Hymn Sing: Chapel (CCTV)</p>	<p>10:00 Men's Coffee Social: Terrace Community Room</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "The Great Race": Terrace Activity Room</p> <p>2:00 Baking Group: Commons Activity Room</p> <p>6:30 Prayer Circle: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Catholic Service: Terrace Activity Room</p> <p>10:30 Devotion Reading – "Our Daily Bread": (CCTV)</p> <p>11:00 Catholic Fellowship: Terrace Community Room</p> <p>11:00 Women's Devotion: Chapel</p> <p>1:00 Bingo: Commons Loft</p> <p>3:00 Chapel Service with Communion: Commons Loft</p> <p>6:30 Game Night: Terrace Community Room</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:00 Texas Roadhouse**(\$): Lobby</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>2:00 Resident Meeting: Commons Lobby</p> <p>2:00 Bean Bag Toss: Terrace Activity Room</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>10:00 Family of Christ Lutheran Church Service: Chapel (CCTV)</p> <p>1:00 Wii Bowling: Terrace Activity Room</p> <p>2:00 Resident Led Card Games: Commons Loft</p>

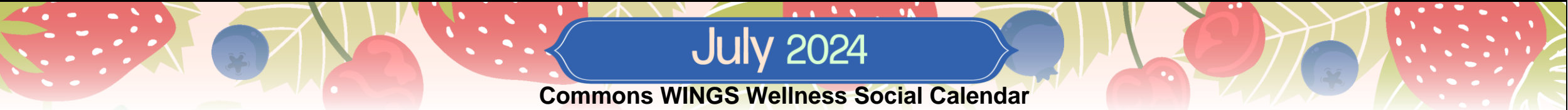
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Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Walking Group: Commons Lobby 14</p> <p>1:30 Worship Service with Anoka Methodist: Chapel (CCTV)</p> <p>2:00 Coffee & Cookie Fellowship: Terrace Lobby</p> <p>2:30 Bingo: Commons Loft</p>	<p>10:30 Light Exercise: Commons Loft 15</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:00 Bible Study: Terrace Activity Room</p> <p>1:30 Popcorn & Trivia with Lily: Commons Loft</p> <p>3:00 Manicures: Commons Loft</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room 16</p> <p>10:00 Shopping**(\$): Lobby</p> <p>12:30 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "Big George Foreman": Terrace Activity Room</p> <p>2:30 Card Making: Commons Activity Room</p> <p>Canceled: Bean Bag Toss</p> <p>7:00 Hymn Sing: Chapel (CCTV)</p>	<p>10:00 Men's Coffee Social: Terrace Community Room 17</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:00 Willy's on the Water Outing**(\$): Lobby</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "Treasure Island": Terrace Activity Room</p> <p>2:00 Game Day: Commons Loft</p> <p>6:30 Prayer Circle: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room 18</p> <p>10:00 Catholic Service: Terrace Activity Room</p> <p>10:30 Devotion Reading – "Our Daily Bread": (CCTV)</p> <p>11:00 Catholic Fellowship: Terrace Community Room</p> <p>11:00 Women's Devotion: Chapel</p> <p>1:00 Bingo: Commons Loft</p> <p>3:00 Chapel Service: Commons Loft</p> <p>6:30 Game Night: Terrace Community Room</p>	<p>10:30 Light Exercise: Commons Loft 19</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>2:00 Birthday Party with Entertainment by Mary Franz: Harvest Restaurant</p> <p>Canceled: Bean Bag Toss</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>1:00 Wii Bowling: Terrace Activity Room 20</p> <p>2:00 Resident Led Card Games: Commons Loft</p> <p>6:30 Hymn Sing: Terrace Fireside Lounge</p>

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Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Walking Group: Commons Lobby</p> <p>1:30 Worship Service with Solid Roch Free Lutheran: Chapel (CCTV)</p> <p>2:00 Coffee & Cookie Fellowship: Terrace Lobby</p> <p>2:30 Bingo: Commons Loft</p>	<p>VBS WEEK THEME: CRAZY SOCK DAY</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:00 VBS Opening Assembly: Chapel (CCTV)</p> <p>Canceled: Popcorn & Trivia with Celeste</p> <p>3:30 Manicures: Commons Loft</p> <p>5:30 Agape Tones: Courtyard (weather permitting)</p> <p>Canceled: Bingo- if rain, will play Bingo** watch the message board</p>	<p>VBS WEEK THEME: HAT DAY</p> <p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Saver's**(\$): Lobby</p> <p>10:30: Tie-Dye T-shirts: Courtyard (weather permitting)- <u>while supplies last</u></p> <p>1:00 Bible Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "Megan Leavey": Terrace Activity Room</p> <p>2:30 Women's Chorus: Chapel</p> <p>3:00 Bean Bag Toss: Commons Loft</p> <p>7:00 Hymn Sing: Chapel (CCTV)</p>	<p>VBS WEEK THEME: TENNIS SHOES DAY</p> <p>10:00 Men's Coffee Social: Terrace Community Room</p> <p>9:30 Anoka County Fair**(\$): Lobby</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "Mr. Blandings Builds His Dream House": Terrace Activity Room</p> <p>2:00 Baking Group: Commons Activity Room</p> <p>6:30 Prayer Circle: Terrace Community Room</p> <p>** Stroll Down Memory Lane- Find Lily and tell your verse for prize</p>	<p>VBS WEEK THEME: MULTICOLOR/TIE DYE</p> <p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Catholic Service: Terrace Activity Room</p> <p>10:30 Devotion Reading – "Our Daily Bread": (CCTV)</p> <p>11:00 Catholic Fellowship: Terrace Community Room</p> <p>11:00 Women's Devotion: Chapel</p> <p>12:30 Bingo: Commons Loft</p> <p>3:00 VBS Finale "Higher Ground" Gospel Band: Courtyard (weather permitting)</p> <p>6:30 Game Night: Terrace Community Room</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>12:30 2024 Olympic Opening Ceremony: NBC (Channel 12)</p> <p>1:30 Couple's Coffee Connection: Terrace Community Room</p> <p>2:00 Card Games: Commons Loft</p> <p>2:00 Bean Bag Toss: Terrace Activity Room</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>1:00 Wii Bowling: Terrace Activity Room</p> <p>2:00 Resident Led Card Games: Commons Loft</p>

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July 2024

Commons WINGS Wellness Social Calendar

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Walking Group: Commons Lobby</p> <p>1:30 Worship Service with Riverdale Church: Chapel (CCTV)</p> <p>2:00 Coffee & Cookie Fellowship: Terrace Lobby</p> <p>2:30 Bingo: Commons Loft</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:00 Bible Study: Terrace Activity Room</p> <p>1:30 Popcorn & Trivia with Celeste: Commons Loft</p> <p>3:00 Manicures: Commons Loft</p> <p>5:30 Agape Tones Make-up date** Watch message board</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Shopping**(\$): Lobby</p> <p>1:00 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "The Beautiful Game": Terrace Activity Room</p> <p>2:30 Women's Chorus: Chapel</p> <p>3:00 Bean Bag Toss: Commons Loft</p> <p>7:00 Hymn Sing: Chapel (CCTV)</p>	<p>10:00 Men's Coffee Social: Terrace Community Room</p> <p>10:30-1:45 Functional Wellness Assessments**: Terrace Activity Room- <u>sign up at Reception Desk</u></p> <p>Canceled: Light Exercise</p> <p>Canceled: Moderate Exercise</p> <p>1:30 Movie & Popcorn "The Keys of the Kingdom": Terrace Activity Room</p> <p>2:00 Game Day: Commons Loft</p> <p>6:30 Prayer Circle: Terrace Community Room</p>	<p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Catholic Service: Terrace Activity Room</p> <p>10:30 Devotion Reading – "Our Daily Bread": (CCTV)</p> <p>11:00 Catholic Fellowship: Terrace Community Room</p> <p>11:00 Women's Devotion: Chapel</p> <p>1:00 Bingo: Commons Loft</p> <p>3:00 Chapel Service: Commons Loft</p> <p>6:30 Game Night: Terrace Community Room</p>	<p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>2:00 Resident Meeting: Commons Loft</p> <p>2:00 Bean Bag Toss: Terrace Activity Room</p> <p>6:30 Bingo: Terrace Community Room</p>	<p>1:00 Wii Bowling: Terrace Activity Room</p> <p>2:00 Resident Led Card Games: Commons Loft</p> <p>6:30 Hymn Sing: Commons Lobby</p>

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