

April 2024

May 2024

Commons WINGS Wellness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>10:30 Bingo: Commons Loft 28</p> <p>1:30 Worship Service with Riverdale Church: Chapel (CCTV)</p> <p>2:00 Coffee & Cookie Fellowship: Terrace Lobby</p> <p>2:30 Fourth Degree Saxophone Quartet: Commons Lobby</p> | <p>10:30 Light Exercise: Commons Loft 29</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 Worship Celebration: Chapel (CCTV)</p> <p>6:30 Bingo: Terrace Community Room</p> | <p>8:00 Video Exercise: Terrace Activity Room 30</p> <p>10:00- 3:00 Pop-Up Sale: Terrace Lobby</p> <p>10:00 Shopping**(\$): Lobby</p> <p>1:00 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "Tyson's Run": 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 1</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "Mad, Mad, Mad World": 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 2</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>11:00- 2:00 Cinco De Mayo Lunch: Harvest Restaurant</p> <p>1:00 Bingo: Commons Loft</p> <p>3:00 Chapel Service: Commons Loft</p> <p>6:00 Piano Music with Jeff Liebsch: Commons Lobby</p> <p>6:30 Game Night: Terrace Community Room</p> | <p>10:30 Light Exercise: Commons Loft 3</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>Postponed: Resident Meeting:</p> <p>2:00 Bean Bag Toss: Terrace Activity Room</p> <p>2:00 Card Games-500: Commons Loft</p> <p>6:30 Bingo: Terrace Community Room</p> | <p>9:00- 11:00 Pancake Breakfast (\$): Harvest Restaurant 4</p> <p>1:00 Wii Bowling: Terrace Activity Room</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.

May 2024

Commons WINGS Wellness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Canceled: 5 Crossword Puzzles</p> <p>10:30 Bingo: Commons Loft</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 A Capella Concert: Chapel (CCTV)</p> | <p>10:30 Light Exercise: 6 Commons Loft</p> <p>11:00 Legacy Christian Academy Concert: Commons Lobby</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: 7 Terrace Activity Room</p> <p>10:00 Shopping**(\$): Lobby</p> <p>1:00 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "My Best Friend Anne Frank": 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 8 Social: Terrace Community Room</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:00 Lunch Outing to Wintergreens**(\$): Lobby</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "Above Suspicion": 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: 9 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: 10 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>10:00 Family of 11 Christ Lutheran Church Service: Chapel (CCTV)</p> <p>1:00 Wii Bowling: Terrace Activity Room</p> <p>6:30 Hymn Sing: Terrace Fireside Lounge</p> |

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

May 2024

Commons WINGS Wellness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <p>10:30 Crossword Puzzles: Commons Activity Room</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</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:00 Bible Study: Terrace Activity Room</p> <p>Canceled: Popcorn & Trivia with Celeste</p> <p>2:00 Golden Tones Concert: Commons Lobby</p> <p>3:30 Manicures: Commons Loft</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>10:30 Memorial Day Poppy Painting**: Terrace Activity Room</p> <p>1:00 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "Home Team": 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 Light Exercise: Commons Loft</p> <p>11:00 Lunch Outing to Chili's**(\$): Lobby</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "You'll Never Get Rich": Terrace Activity Room</p> <p>Canceled: Baking Group:</p> <p>2:00 Mother's Day Social: Harvest Restaurant</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>10:30 Garden Committee: Commons Activity Room</p> <p>11:00 Catholic Fellowship: Terrace Activity 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 Birthday Party with Entertainment by Duke Zecco: 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</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.

May 2024

Commons WINGS Wellness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <p>10:30 Crossword Puzzles: Commons Activity Room</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>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>1:00 Popcorn & Trivia with Celeste</p> <p>3:00 Memorial Day Service: Chapel (CCTV)</p> <p>Canceled: Manicures</p> <p>6:30 Bingo: Terrace Community Room</p> | <p>8:00 Video Exercise: Terrace Activity Room</p> <p>10:00 Shopping**(\$)-My Car On Call: Lobby</p> <p>10:00 Saver's**(\$)-Farmstead Van: Lobby</p> <p>12:30 Bingo: Commons Loft</p> <p>2:30 Popcorn & Movie "Poms": Terrace Activity Room</p> <p>2:30 Women's Chorus: Chapel</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</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:00 Veteran's Memorial/ Lunch at Coon Rapids VFW**(\$): Lobby</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>1:30 Movie & Popcorn "Without Reservations": 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: 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>1:30 Couple's Coffee Connection: Terrace Community Room</p> <p>2:00 Cards Games-500: 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>6:30 Hymn Sing: Terrace Fireside Lounge</p> |

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

May 2024

June

Commons WINGS Wellness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <p>10:30 Crossword Puzzles: Commons Activity Room</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>27</p> <p>Memorial Day</p> <p><u>No Activities</u></p> | <p>28</p> <p>8:00 Video Exercise: Terrace Activity Room</p> <p>Canceled: Saver's</p> <p>12:00 Food for Thought Lunch**: Terrace Community Room</p> <p>12:30 Bingo: Commons Loft</p> <p>2:30 Entertainment by Wes Miller: Chapel (CCTV)</p> <p>Canceled: Popcorn & Movie</p> <p>Canceled: Women's Chorus</p> <p>Canceled: Bean Bag Toss</p> <p>7:00 Hymn Sing: Chapel (CCTV)</p> | <p>29</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 "Caribbean Mystery": Terrace Activity Room</p> <p>2:00 Baking Group: Commons Activity Room</p> <p>6:30 Prayer Circle: Terrace Community Room</p> | <p>30</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>31</p> <p>10:30 Light Exercise: Commons Loft</p> <p>11:10 Moderate Exercise: Chapel (CCTV)</p> <p>Canceled: Card Games-500</p> <p>Canceled: Bean Bag Toss</p> <p>2:00 Faith and Meaning Music: Commons Lobby</p> <p>6:30 Bingo: Terrace Community Room</p> | <p>1</p> <p>1:00 Wii Bowling: Terrace Activity Room</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.