


MAY Commons & Hearth Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Index: Activity Room (Act) - 3rd floor on Commons Bistro (B) - 1st floor Chapel (Chapel) - 1st floor Club Room (CR) - 1st floor Commons - 3rd floor Hearth - 2nd Floor Performing Arts Center (PAC) - 1st floor Theater - 2nd floor Wellness Center (WC) - 2nd floor Wellness Studio (WS) - 1st floor</p>			<p>1 10:00 Catholic Eucharist-PAC 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "No Pressure"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>2 10:30 Exercise Video-Ch 993 10:30 Founders Ridge & The PHS Journey Featuring PHS VP of Advocacy & Engagement Rob Lahammer-PAC 12:30 OLL: U of MN Libraries: The Front Line of Providing Access to Information-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons</p>	<p>3 10:30 Exercise Video-Ch 993 11:00 Service of Remembrance-PAC 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 1:00 Caring on the Commons with Pastor Tom 2:00 Cinco de Mayo Social & Piano Music with John-B 3:00 Gloryland Gospel Band Performance-PAC</p>	<p>4 10:30 Heart Healthy Exercise Video-Channel 993 2:30 Happy Hour & Trivia-Commons</p>
<p>5 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "The Imitation Game"-Theater</p>	<p>6 10:30 Exercise Video-Ch 993 10:30 PHS Scholars: "Top Ten Baseball Players"-Theater 11:00 Bingo-Hearth 1:00 Hearth to Hearth w/Pastor Tom 1:00 Movie Matinee: "Places in the Heart"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons</p>	<p>7 10:30 Exercise Video-Ch 993 1:15 Crossword Puzzle-Hearth Lounge 1:45 Stand & Move-WS 2:00 Coffee & Snack Social-Commons 2:35 Range of Motion & Stretch-WS 3:00 Sit & Be Fit-Commons</p>	<p>8 9:30 Visits with Gideon-Hearth 10:00 Visits with Gideon-Commons 10:30 Exercise Video-Ch 993 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Tyson's Run-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>9 10:00 St. Edward's Catholic Mass-PAC 10:30 Exercise Video-Ch 993 10:45 St. Stephen Preschool Spring Concert-PAC 1:00 Movie Matinee: "Migration"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 4:00 Understanding & Responding to Dementia Behaviors-PAC</p>	<p>10 10:30 Exercise Video-Ch 993 11:00 Mother's Day Brunch-Main Dining Room 11:30 Sit & Be Fit Exercise-WS 1:00 Caring on the Commons w/Pastor Tom 2:00 Ice Cream Treat Social & Piano Music with John-B 4:00 Coffee & Current Events-Commons</p>	<p>11 10:30 Heart Healthy Exercise Video-Channel 993 2:30 Wreath Making-Commons</p>
<p>12 Mother's Day 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Monster-in-Law"-Theater</p>	<p>13 10:30 Exercise Video-Ch 993 10:30 PHS Scholars: "Harry Truman: The Complicated Story of an Unexpected President"-Theater 11:00 Bingo-Hearth 1:00 Hearth to Hearth w/Pastor Tom 1:00 Movie Matinee: "Stella Dallas"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 Name That Tune! Trivia-Commons</p>	<p>14 10:30 Exercise Video-Ch 993 1:15 Crossword Puzzle-Hearth Lounge 1:45 Stand & Move-WS 2:00 Coffee & Snack Social-Commons 2:35 Range of Motion & Stretch-WS 3:00 Sit & Be Fit-Commons</p>	<p>15 10:00 Catholic Eucharist-PAC 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "True Spirit"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>16 10:30 Exercise Video-Ch 993 10:30 Fire Prevention Education with Bloomington Fire Department-PAC 1:00 Movie Matinee: "Harriet"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons</p>	<p>17 10:30 Exercise Video-Ch 993 11:00 Grief Support: "Grief & the Body"-CR 11:00 Resident Meeting-Hearth 11:30 Resident Meeting-Commons 11:30 Piano Music with John-Fireside Room 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 1:00 Caring on the Commons with Pastor Tom 2:00 Ice Cream Treat Social-Bistro 2:30 The Amnesiaks Musical Performance-PAC</p>	<p>18 10:30 Heart Healthy Exercise Video-Channel 993 2:30 Garden Giggles & Lemonade-Commons</p>
<p>19 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Hairspray Live!"-Theater</p>	<p>20 10:30 Exercise Video-Ch 993 11:00 Bingo-Hearth 1:00 Hearth to Hearth with Pastor Tom 1:00 Movie Matinee: "The Long Riders"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 "Liberty Enlightening the World" by Frank Sachs-PAC</p>	<p>21 10:30 Exercise Video-Ch 993 1:15 Crossword Puzzle-Hearth Lounge 1:45 Stand & Move-WS 2:00 Coffee & Snack Social-Commons 2:35 Range of Motion & Stretch-WS 3:00 Sit & Be Fit-Commons</p>	<p>22 10:00-2:00 Spring Swap Event-Town Center 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Love & Gelato"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons 3:00 May Jeopardy Trivia-PAC</p>	<p>23 10:30 Exercise Video-Ch 993 11:00 Worship Music with Community of the Cross Lutheran Church-PAC 1:00 Movie Matinee: "A Haunting in Venice"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons</p>	<p>24 10:30 Exercise Video-Ch 993 11:00 Exercise Express with Sam-Commons 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 1:00 Caring on the Commons with Pastor Tom 2:00 Ice Cream Treat Social & Piano Music with John-B</p>	<p>25 10:30 Heart Healthy Exercise Video-Channel 993</p>
<p>26 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Mr. Holland's Opus"-Theater</p>	<p>27 Memorial Day 10:30 Exercise Video-Ch 993 2:00 Coffee & Snack Social-Commons MEMORIAL DAY Remember and Honor</p>	<p>28 10:30 Exercise Video-Ch 993 1:15 Crossword Puzzle-Hearth Lounge 1:45 Stand & Move-WS 2:00 Coffee & Snack Social-Commons 2:35 Range of Motion & Stretch-WS 3:00 Sit & Be Fit-Commons</p>	<p>29 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 11:00 Puzzle Pack Delivery 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Persuasion"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>30 10:00-2:00 Founders Ridge Art n' More Showcase-PAC 10:30 Exercise Video-Ch 993 1:00 Movie Matinee: "My Big Fat Greek Wedding 3"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons</p>	<p>31 8:00-10:00 Pancake Breakfast-Bistro 10:30 Exercise Video-Ch 993 11:00 Grief Support: "Grief & the Spirit"-CR 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 1:00 Caring on the Commons with Pastor Tom 2:00 Ice Cream Treat Social & Piano Music with John-B</p>	<p>Scheduled times/locations of activities may be subject to change and therefore necessary to revise. Please check the Daily Schedule and the Weekly Program Highlights for any updates or revisions.</p>