

MAY *Independent Living Happenings*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please sign up for programs indicated with an * in the binder at the Reception Desk.</p>	<p>Location Index: Activity Room (Act) - 3rd floor on the Commons Bistro (B) - 1st floor Card Room - 1st Floor Chapel (Cha) - 1st floor Club Room (CR) - 1st floor Movie Theater - 2nd floor Performing Arts Center (PAC) - 1st floor Wellness Center (WC) - 2nd floor Wellness Studio (WS) - 1st Floor</p>		<p>1 Bus Day 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 *11:00-2:00 Outing: Lunch at Perk Up Kitchen 11:00 Hymn Sing-PAC *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS *2:00-4:30 Outing: Shopping at Lunds & Byerly's 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p>2 10:30 Exercise Video-Ch 993 10:30 Founders Ridge and The PHS Journey: Where We've Been & Where We're Going Featuring PHS VP of Advocacy & Engagement Rob Lahammer-PAC *12:30 500 Card Game-CR 12:30 OLLU 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 3:00 Bingo-CR</p>	<p>3 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video: Yoga with Hannah-Ch 993 11:00 Service of Remembrance-PAC 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 2:00 Cinco de Mayo Social & Piano Music with John-B 3:00 Gloryland Gospel Band Performance-PAC 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>4 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
	<p>5 10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "The Imitation Game"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>6 10:30 Exercise Video-Ch 993 10:30 PHS Scholars: "Top Ten Baseball Players"-Theater 12:30 Manipulation-Card Room 1:00 Movie Matinee: "Places in the Heart"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR 6:45 Game Night (15)-CR</p>	<p>7 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 1:00-2:30 The RidgeTones Choir Practice-PAC 1:45 Stand & Move-WS 2:35 Range of Motion & Stretch-WS 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p>8 Bus Day *10:00-2:00 Outing: Flower Viewing at the MN Landscape Arboretum & Lunch at The Eatery at the Arboretum 10:30 Exercise Video-Ch 993 *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS *2:00-4:00 Outing: Shopping at Target 2:30-3:10 Open Fitness Hours-WC 3:00 Book Club #1 Meets-CR 6:30 Game Night (Farkle)-CR</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 *12:30 500 Card Game-CR 1:00 Movie Matinee: "Migration"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR 3:00 Book Club #2 Meets-Card Room 4:00 Understanding & Responding to Dementia Behaviors-PAC</p>	<p>10 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video: Yoga with Hannah-Ch 993 *11:00 Mother's Day Brunch-Main Dining Room 11:30 Sit & Be Fit Exercise-WS 2:00 Ice Cream Treat Social & Piano Music with John-B 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>
<p>12 Mother's Day 10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Monster-In-Law"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>13 10:30 Exercise Video-Ch 993 10:30 PHS Scholars: "Harry Truman: The Complicated Story of an Unexpected President"-Theater 12:30 Manipulation-Card Room 1:00 Movie Matinee: "Stella Dallas"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR 3:00 Info Session: Tai Ji Quan - Moving for Better Balance at Founders Ridge-PAC</p>	<p>14 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 1:45 Stand & Move-WS 2:35 Range of Motion & Stretch-WS 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p>15 Bus Day 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC *1:00-4:00 Outing: "The Fabulous Lipitones" at The Sidekick Theater *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p>16 10:30 Exercise Video-Ch 993 10:30 Fire Prevention Education with Bloomington Fire Department-PAC *12:30 500 Card Game-CR 1:00 Movie Matinee: "Harrier"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR</p>	<p>17 Bus Day 10:00 Knitting/Crocheting Group-CR *10:00-12:30 Outing: 3 Mile Drive at the MN Arboretum 10:30 Exercise Video: Yoga with Hannah-Ch 993 11:00 Grief Support: "Grief and the Body"-CR 11:30 Piano Music with John-Fireside Room 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 2:00 Ice Cream Treat Social-B 2:30 The Amnesiaks Musical Performance-PAC 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>18 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p>19 10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Hairspray Live!"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>20 10:30 Exercise Video-Ch 993 10:30 Women's Meeting-CR 12:30 Manipulation-Card Room 1:00 Movie Matinee: "The Long Riders"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR 3:00 "Liberty Enlightening the World" with Frank Sachs-PAC *5:00 Mexican Theme Dinner-Main Dining Room 6:45 Game Night (15)-CR</p>	<p>21 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 1:00-2:30 The RidgeTones Choir Practice-PAC 1:45 Stand & Move-WS 2:35 Range of Motion & Stretch-WS 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</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 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 3:00 May Jeopardy Trivia-PAC 6:30 Game Night (Farkle)-CR</p>	<p>23 10:30 Exercise Video-Ch 993 11:00 Worship Music with Community of the Cross Lutheran Church-PAC *12:30 500 Card Game-CR 1:00 Movie Matinee: "A Haunting in Venice"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR</p>	<p>24 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video: Yoga with Hannah-Ch 993 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 2:00 Ice Cream Treat Social & Piano Music with John-B 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>25 10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p>26 10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Mr. Holland's Opus"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>27 Memorial Day 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 3:00 Coloring Activity-CR MEMORIAL DAY Remember and Honor</p>	<p>28 10:00 Terrace Conversation-PAC & Channel 991 10:30 Food Council-PAC & Ch 991 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 1:45 Stand & Move-WS 2:35 Range of Motion & Stretch-WS 2:00 Brownstones Conversation-Brownstones East (#3) CR 2:45 Brownstones Conversation-Brownstones West (#4) CR 3:00 Bingo-CR 6:00 Game Night-(Manipulation)-CR</p>	<p>29 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p>30 10:00-2:00 Founders Ridge Art n' More Showcase-PAC 10:30 Exercise Video-Ch 993 *12:30 500 Card Game-CR 1:00 Movie Matinee: "My Big Fat Greek Wedding 3"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR</p>	<p>31 8:00-10:00 Pancake Breakfast-Main Dining Room 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video: Yoga with Hannah-Ch 993 11:00 Grief Support: "Grief and the Spirit"-CR 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 2:00 Ice Cream Treat Social & Piano Music with John-B 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</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. Turn your T.V. to channel 992 for updates and changes to the daily schedule.</p>