

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Garden Level</b> <b>B</b> —Bistro <b>GR</b> —Granite Room <b>GFP</b> —Fireplace by GR <b>MT</b> —Movie Theater <b>Second Floor</b> <b>AR</b> —Activity Room <b>L</b> —Library <b>Third Floor</b> <b>RR</b> —Rec Room	<b>First Floor</b> <b>C</b> —Chapel <b>CC</b> —Craft Corner <b>CP</b> —Central Park <b>CPL</b> —Central Park Library <b>CR</b> —Community Room <b>TG</b> —Terrace Gathering <b>WW</b> —Wings Wellness	<b>1</b> 10:00 Move & Groove Chair Exercise (CR) <b>1:30 Bingo (B)</b> 3:00 Stonecrest Singers Choir Practice (CR) 5:30 Spirit the Good Dog (GFP)	<b>2</b> <b>9:30 Local Shopping</b> 11:00 Catholic Word & Communion (C) 1:00 Strength Fusion (CR) 1:00 Writer's Workshop (AR) 1:00 Cribbage (RR) 2:30 Chair Exercise (AR) 3:00 Ecumenical Worship (C) 6:00 Bridge (TG)	<b>3</b> 9:30 Bible Study (AR) 10:30 Great Courses: Key Birds of Africa (MT) 1:00 Hugs & Mugs: Ladies Social (TG) 1:00 Men's Fellowship Group (AR) 2:00 Washington County Mobile Library (B) <b>2:30 Joey Johnson—Oktoberfest Music Performance (CR)</b>	<b>4</b> 8:00 Staffed Open Gym (WW) 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Strength Fusion (CR) 1:00 Rosary (AR) 2:00 Pokeno (AR) 6:00 Evening Movie (MT)	<b>5</b> 9:15 Chair Yoga with the YMCA (CR) 10:00 Games with Friends (TG) 10:00 Scrabble (RR) 1:00 Cribbage (RR) 1:30 Savvy Seniors—Tech Help (B)
<b>6</b> 1:00 Sunday Service: Woodbury Lutheran Church (C) 2:30 Matinee Movie (MT)	<b>7</b> <b>9:00 Yum! Breakfast—Woodbury</b> 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Chair Exercise (AR) 1:00 Strength Fusion (CR) 1:00 Cribbage (RR) 1:30 Bridge (TG) <b>2:00 Travelogue: Scotland (MT)</b> 2:45 Staffed Open Gym (WW) 3:00 Vision Loss Support Group (AR)	<b>8</b> 10:00 Move & Groove Chair Exercise (CR) 10:30 Prayer Basics Bible Study—Resident Led (CR) <b>1:30 Bingo (B)</b> 3:00 Stonecrest Singers Choir Practice (CR) 5:30 Spirit the Good Dog (GFP)	<b>9</b> <b>9:30 Local Shopping</b> 11:00 Catholic Word & Communion (C) <b>12:00 Southern Social</b> 1:00 Strength Fusion (CR) 1:00 Book Club (AR) 1:00 Cribbage (RR) 2:30 Chair Exercise (AR) 3:00 Ecumenical Worship (C) 6:00 Bridge (TG)	<b>10</b> 9:30 Bible Study (AR) 10:30 Great Courses: Top Birding Spots of Southern & East Africa (MT) 1:00 Hugs & Mugs: Ladies Social (TG) 1:00 Men's Fellowship Group (AR) <b>2:30 Kitchen Chat (AR)</b>	<b>11</b> 8:00 Staffed Open Gym (WW) 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Strength Fusion (CR) 1:00 Rosary (AR) <b>2:00 Bingo (B)</b> 6:00 Evening Movie (MT)	<b>12</b> 9:15 Chair Yoga with the YMCA (CR) 10:00 Games with Friends (TG) 10:00 Scrabble (RR) 1:00 Cribbage (RR)
<b>13</b> 1:00 Sunday Service: Lutheran Church of Peace (C) 2:30 Matinee Movie (MT) <b>3:00 East Metro Symphony Orchestra Performance (CR)</b>	<b>14</b> 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Chair Exercise (AR) 1:00 Strength Fusion (CR) 1:00 Cribbage (RR) 1:30 Bridge (TG) <b>2:00 Travelogue: Peru (MT)</b> 2:45 Staffed Open Gym (WW)	<b>15</b> 10:00 Move & Groove Chair Exercise (CR) 10:30 Prayer Basics Bible Study—Resident Led (CR) <b>1:30 Bingo (B)</b> 3:00 Stonecrest Singers Choir Practice (CR) 5:30 Spirit the Good Dog (GFP)	<b>16</b> <b>9:30 Local Shopping</b> 11:00 Catholic Word & Communion (C) <b>1:00 Pine Tree Apple Orchard</b> 1:00 Strength Fusion (CR) 1:00 Writer's Workshop (AR) 1:00 Cribbage (RR) 2:30 Chair Exercise (AR) 3:00 Ecumenical Worship (C) 6:00 Bridge (TG)	<b>17</b> 9:30 Bible Study (AR) 10:30 Great Courses: Africa's Trees, Plants, & Flowers (MT) <b>1:00 All Resident Meeting (CR)</b>	<b>18</b> 8:00 Staffed Open Gym (WW) 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Strength Fusion (CR) 1:00 Rosary (AR) 2:00 Pokeno (AR) 4:00 Social Hour—Resident Led (TG) 6:00 Evening Movie (MT)	<b>19</b> 9:15 Chair Yoga with the YMCA (CR) 10:00 Games with Friends (TG) 10:00 Scrabble (RR) 10:30 Mass with Father Joe (C) 1:00 Cribbage (RR) 1:30 Savvy Seniors—Tech Help (B)
<b>20</b> 1:00 Sunday Service: Christ Episcopal Church (C) 2:30 Matinee Movie (MT)	<b>21</b> <b>9:00 Fall Leaf Scenic Bus Ride</b> 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Chair Exercise (AR) 1:00 Strength Fusion (CR) 1:00 Cribbage (RR) 1:30 Bridge (TG) <b>2:00 Travelogue: India (MT)</b> 2:45 Staffed Open Gym (WW)	<b>22</b> 10:00 Move & Groove Chair Exercise (CR) 10:30 Prayer Basics Bible Study—Resident Led (CR) <b>1:30 Bingo (B)</b> 3:00 Stonecrest Singers Choir Practice (CR) 5:30 Spirit the Good Dog (GFP)	<b>23</b> <b>9:30 Local Shopping</b> 11:00 Catholic Word & Communion—St. Ambrose Church (C) <b>12:00 Andiamo—Woodbury</b> 1:00 Strength Fusion (CR) 1:00 Cribbage (RR) 2:30 Chair Exercise (AR) 3:00 Ecumenical Worship (C) 6:00 Bridge (TG)	<b>24</b> 9:30 Bible Study (AR) 10:30 Great Courses: Island & Beach Safaris (MT) 1:00 Hugs & Mugs: Ladies Social (TG) 1:00 Men's Fellowship Group (AR) <b>6:00 Standard Deviation Music Performance (CR)</b>	<b>25</b> 8:00 Staffed Open Gym (WW) 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Strength Fusion (CR) 1:00 Rosary (AR) <b>2:00 Bingo (B)</b> 6:00 Evening Movie (MT)	<b>26</b> 9:15 Chair Yoga with the YMCA (CR) 10:00 Games with Friends (TG) 10:00 Scrabble (RR) 1:00 Cribbage (RR)
<b>27</b> 1:00 Sunday Service: King of Kings Lutheran Church (C) 2:30 Matinee Movie (MT)	<b>28</b> 9:00 Exercise: Seated Stretch (CR) 9:30 Exercise: Standing Balance (CR) 10:15 Exercise: Chair Exercise (AR) 1:00 Strength Fusion (CR) 1:00 Functional Wellness Screen (CR) - Sign up for a time slot in WW 1:00 Cribbage (RR) 1:30 Bridge (TG) <b>2:00 Travelogue: Stockholm, Helsinki, &amp; Tallinn (MT)</b>	<b>29</b> 10:00 Move & Groove Chair Exercise (CR) 10:30 Prayer Basics Bible Study—Resident Led (CR) <b>1:30 Bingo (B)</b> 3:00 Stonecrest Singers Choir Practice (CR) <b>6:00 Squires Band: Music and Dancing (CR)</b>	<b>30</b> <b>9:30 Local Shopping</b> 11:00 Catholic Word & Communion <b>2:30 Haunted St. Paul Homes Bus Tour</b> 1:00 Strength Fusion (CR) 1:00 Cribbage (RR) 2:30 Chair Exercise (AR) 3:00 Ecumenical Worship (C) 6:00 Bridge (TG)	<b>31 Halloween!</b> 9:30 Bible Study (AR) 10:30 Great Courses: The Sounds of an African Safari (MT) 1:00 Hugs & Mugs: Ladies Social (TG) 1:00 Men's Fellowship Group (AR) <b>2:00 Monthly Birthday Party and Halloween Party (B)</b>	<p style="text-align: center;"><b>Check Channel 992, the Scrollers, or Call *6868 for Event Updates and Information.</b></p> <p style="text-align: center;">*All Events are Subject to change</p>	