









FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:30 Superbowl/Football Trivia - CR (Sarah/Camille) 2:30 Card Games—DR (Rachel) 2:30 Resident Favorite Foods —DR (Rebecca,Thomas) 3:30 DBT Skills—CR (Logan) 3:30 Basic Computer Skills - 5FTV (Cynthia) 4:00 *Healthy Living—IR (Kayla) 4:30 Coping With Depression—CR (Kho) 7:15 *PM Stretch - FC (Rob)</p>	<p>2 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 2:00 MIA Frozen Maze - IR (Lauren) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p> 	<p>3 10:30 Morning Wake Up in the Dining Room 2:00 *Deep Breathing - LC (Cynthia) 4:00 *Fitness Center Open 8:00 Saturday Night Fights - 4FTV (Courtney Z.)</p>
 <p>10:30 Morning Wake Up in the Dining Room 2:00 *Deep Breathing - LC (Cynthia)</p>	<p>4 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:00 Target - IR (Lauren) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 3:30 Coping With Voices - LC (Kali) 3:30 Mental Health Topics - LC (Emily) 4:00 Freedom From Addiction - LC (Logan) 6:30 Movie Group - 3FTV 6:30 Cheapo Movie - IR (Rob) 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby)</p>	<p>5 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Thrift Store Shopping—IR (Lauren) 3:30 Women's Discussion Group - CR (Kayla) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:00 Creations For Others - CR (Camille/Sarah) 6:30 *Chemical Health Education— LC (Emily) 7:00 Positive Thinking - IR (Logan) 7:15 Spiritual Care Group - LC (Chaplain Amy)</p>	<p>6 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 *Bowling - IR (Rob) 3:00 Communion Service - IR (Father Mike) 3:00 Women's Self Care - LC (Camille/Sarah) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 3:30 Beauty Bash - DR 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Kho) 4:00 Successful Independence - DR (Jonathan) C 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - CR (Elizabeth) 4:30 Men's Discussion Group - CR (Kho) 7:00 Voices Heard-Community Choir - DR (Jonathan) 7:30 Games Group - LC (Lauren) 8:00 Coloring Group - FC (Abby)</p>	<p>7 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:30 Card Games—DR (Rachel) 2:30 Resident Favorite Foods —DR (Rebecca,Thomas) 3:00 Andrew Arts and Times Magazine - LC (Cami/Sarah) 3:30 DBT Skills—CR (Logan) 3:30 Basic Computer Skills - 5FTV (Cynthia) 4:00 *Healthy Living—IR (Kayla) 4:00 Anger Management—LC (Mary Pat) 4:30 Coping With Depression—CR (Kho) 6:45 Coping With Life Changes—LC (Emily S.) 7:15 Jim Shaw Piano Concert - DR 7:15 *PM Stretch - FC (Rob)</p>	<p>8 <i>Olympics Starts</i>  AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 1:30 Minneapolis Institute of Art - IR (Rachel) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p>	<p>9 10:30 Morning Wake Up in the Dining Room 2:00 Chess and Checkers Club - IR (Jonathan) 4:00 *Fitness Center Open</p>
<p>11 10:30 Morning Wake Up in the Dining Room 3:30 Mental Health Topics - LC (Emily)</p>	<p>12 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:00 Mini Golf - IR (Abby) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 *Walk at Mall of America - IR (Rachel) 3:30 Coping With Voices - LC (Kali) 4:00 Freedom From Addiction - LC (Logan) 6:00 Community Council Board Meeting - LC 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby)</p>	<p>13 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 1:00 Half Price Books - IR (Lauren) 3:30 Women's Discussion Group - CR (Kayla) 3:30 Pet Therapy Visit (Rachel) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:00 Creations For Others - CR (Camille/Sarah) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education— LC (Emily) 7:00 Positive Thinking - IR (Logan) 7:15 Spiritual Care Group - LC (Chaplain Amy)</p>	<p>14 AM Wake Up on your floor  10:45 *Morning Walkers Group—DR 3:00 Communion Service - IR (Father Mike) 3:00 Women's Self Care - LC (Camille/Sarah) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 3:30 Beauty Bash - DR 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Kho) 4:00 Successful Independence - DR (Jonathan) C 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - CR (Elizabeth) 4:30 Men's Discussion Group - CR (Kho) 7:00 Voices Heard-Community Choir - DR (Jonathan) 7:15 Valentine's Day Party - DR 8:00 Coloring Group - FC (Abby) RESIDENT VALENTINES DAY BIRTHDAY DINNER </p>	<p>15 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:30 Card Games—DR (Rachel) 3:30 DBT Skills—CR (Logan) 4:00 *Healthy Living—IR (Kayla) 4:00 Anger Management—LC (Mary Pat) 4:30 Coping With Depression—CR (Kho) 6:45 Coping With Life Changes—LC (Emily S.) 7:15 *PM Stretch - FC (Rob)</p>	<p>16 AM Wake Up on your floor  10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 1:30 *Snow Tubing at Elm Creek - IR (Rob) 2:30 Resident Favorite Foods —DR (Rebecca) 3:30 *Yoga -FC (Rebecca) 4:15 Letters from Andrew—CR TBA Movie at Hopkins Theater - IR (Rachel) C 7:00 AA (LC) 7:00 Pokeno - 3FTV 8:00 Friday Night Fights - 4FTV (Courtney Z.)</p>	<p>17 10:30 Morning Wake Up in the Dining Room 1:00 Games Group - CR (Lauren) 2:00 *Deep Breathing - LC (Cynthia) 4:00 *Fitness Center Open 8:00 Saturday Night Fights - 4FTV (Courtney Z.)</p>
<p>18 10:30 Morning Wake Up in the Dining Room 12:30 NE Winter Market - IR (Lauren) 2:00 *Deep Breathing - LC (Cynthia)</p>	<p>19 AM Wake Up on your floor  10:45 *Morning Walkers Group—DR 1:00 Swimming and Subway - IR (Abby) 1:00 Target - IR (Lauren) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 3:30 Coping With Voices - LC (Kali) 3:30 Mental Health Topics - LC (Emily) 4:00 Freedom From Addiction - LC (Logan) 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Minute To Win It - DR (Rob) 7:15 Book Club - FC (Abby)</p>	<p>20 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 1:00 Aldi/Dollar Tree - IR (Lauren) 3:00 Midtown Global Market - IR (Rachel) 3:30 Women's Discussion Group - CR (Kayla) 3:45 Creative Expressions—DR (Rob) 4:00 Creations For Others - CR (Camille/Sarah) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education— LC (Emily) 7:00 Positive Thinking - IR (Logan) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p>	<p>21 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 *Bowling - IR (Rob) C 2:30 *The 15 Minute Break (Self-Massage) By Invite Only - LC (Liz) 3:00 Communion Service - IR (Father Mike) 3:00 Women's Self Care - LC (Camille/Sarah) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Kho) 4:00 Successful Independence - DR (Jonathan) C 4:00 Coping with Anxiety - DR (Kho) 4:30 In Your Words - CR (Elizabeth) 4:30 Men's Discussion Group - CR (Kho) 7:00 Voices Heard-Community Choir - DR (Jonathan) 7:30 Games Group - LC (Lauren) 8:00 Coloring Group - FC (Abby)</p>	<p>22 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley & Lauren) C 1:00 *Chemical Health Process Group—LC (Emily C.) C 1:30 Provisions for Success—CR (Melissa, Emily S.) 1:30 Knitwits/Clothes Doctor - DR (Abby, Jonathan) 2:30 Card Games—DR (Rachel) 2:30 Resident Favorite Foods —DR (Rebecca,Thomas) 3:00 Andrew Arts and Times Magazine - LC (Cami/Sarah) 3:30 DBT Skills—CR (Logan) 3:30 Basic Computer Skills - 5FTV (Cynthia) 4:00 *Healthy Living—IR (Kayla) 4:00 Anger Management—LC (Mary Pat) 4:30 Coping With Depression—CR (Kho) 6:45 Coping With Life Changes—LC (Emily S.) 7:15 *PM Stretch - FC (Rob) 8:00 Thursday Night Fights - 4FTV (Courtney Z.)</p>	<p>23 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 1:30 Minneapolis Institute of Art - IR (Haley/Sarah) 2:00 Trip to Brueggers Bagels - IR (Rob) 3:30 *Yoga -FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p>	<p>24 10:30 Morning Wake Up in the Dining Room 2:00 Hymie's Records - IR (Rachel) 2:00 Chess and Checkers Club - IR (Jonathan) 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 *Fitness Center Open</p>
<p>25 <i>Olympics Ends</i>  10:30 Morning Wake Up in the Dining Room 1:30 Sunday Social - CR (Rachel) 3:30 *Yoga - FC (Rebecca) 25</p>	<p>26 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 *Walk at Mall of America - IR (Rachel) 3:30 Coping With Voices - LC (Kali) 3:30 Mental Health Topics - LC (Emily) 6:00 Community Council Board Meeting - LC 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV 7:15 Book Club - FC (Abby) 7:15 Resident Community Meeting - DR</p>	<p>27 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 12:30 Walmart Outing - IR (Abby) 1:00 Thrift Store Shopping—IR (Lauren) 3:30 Pet Therapy Visit (Rachel) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:00 Creations For Others - CR (Camille/Sarah) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education— LC (Emily) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p>	<p>28 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 2:30 *Bowling - IR (Rob) 3:00 Communion Service - IR (Father Mike) 3:00 Women's Self Care - LC (Camille/Sarah) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Kho) 4:00 Successful Independence - DR (Jonathan) C 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - CR (Elizabeth) 4:30 Men's Discussion Group - CR (Kho) 7:00 Voices Heard-Community Choir - DR (Jonathan) 7:00 Underground Music Café - IR (Lauren) 8:00 Coloring Group - FC (Abby)</p>		<p>LOCATIONS: B9 Basement LC Learning Center MR Music Room CR Community Room DR Dining Room FSL Floor Small Lounge FTV Floor TV Lounge COM Commons FC Fitness Center IR Iris Room AR Activity Room</p> <p>C = Closed Group *Community Groups meet by the Iris Room*</p>	<p>1:1's with Living Skills Instructors 2nd Rebecca Scott 3rd Jonathan Walters 4th Ryan Voiles 5th Cynthia Zoupas</p> <p>* Groups in Green are eligible for </p>