













DECEMBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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 AC Activity Room *Community Groups meet by the Iris Center*</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>				<p>1 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) 1:00 Basic Computer Skills - 5FTV (Cynthia) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR 5:30 U of M Holiday Light Show - IR (Haley) C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p>	<p>2 10:30 Morning Wake Up in the Dining Room 1:00 Holiday Craft Show at Midtown Global Market - IR (Lauren) 2:00 Chess and Checkers Club - IR (Jonathan) 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 *Fitness Center Open 8:00 Saturday Night Fights - 4FTV (Courtney Z.)</p>
<p>3 10:30 Morning Wake Up in the Dining Room 2:00 Target Shopping - IR (Lauren) 3:30 *Yoga - FC (Rebecca)</p> 	<p>4 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:15 *PM Stretch - FC (Rob) 1:30 Shopping at World Market - IR (Rachel) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Coffee & Canvas - DR (Abby) 3:30 Coping With Voices - LC (Kali) 3:30 Mental Health Topics - LC (Emily) C 3:45 Successful Independence - IR (Cynthia) 6:30 Movie Group - 3FTV 7:00 *Chemical Health and Wellness - LC (Emily) 7:00 Monday Night Wrestling - 4FTV</p>	<p>5 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Half Price Books - IR (Lauren) 3:45 Creative Expressions—DR (Rob) 4:00 What's In A Picture - CR (Mary Pat) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education—LC (Emily C.) 7:00 Holiday Lights on York Ave - IR (Rachel) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</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) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Khoah) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - LC (Elizabeth) 4:30 Men's Discussion Group - CR (Khoah) 7:00 Voices Heard-Community Choir-Christmas Caroling Sing-a-Long - DR (Jonathan) 7:00 Popcorn and a Movie! - LC (Haley) 7:00 Music Sharing - MR (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—DR (Lauren & Haley) C 1:00 *Chemical Health Process Group—LC (Emily C.) C 1:00 Coping With Depression—IR (Khoah) 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) 3:30 DBT Skills—CR (Logan) 4:00 *Healthy Living—IR (Kayla) 4:00 Anger Management—LC (Mary Pat) 6:15 Coping With Life Changes—LC (Emily S.)</p>	<p>8 AM Wake on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 1:00 Basic Computer Skills - 5FTV (Cynthia) 4:15 Letters from Andrew—CR TBA Hopkins Cinema - IR (Haley) C 7:00 AA (LC) 7:00 Pokeno - 3FTV 8:00 Friday Night Fights - 4FTV (Courtney Z.)</p> 	<p>9 10:30 Morning Wake Up in the Dining Room 2:00 *Deep Breathing - LC (Cynthia) 4:00 *Fitness Center Open</p>
<p>10 10:30 Morning Wake Up in the Dining Room 2:00 *Deep Breathing - LC (Cynthia) 7:00 Trivia Group - LC (Haley) 3:30 Mental Health Topics - LC (Emily) 6:45 Holiday Lights on York Ave - IR (Haley)</p> 	<p>11 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:30 Target Shopping - IR (Lauren) 1:00 Walk at Mall of America - IR (Rachel) 1:15 *PM Stretch - FC (Rob) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Coffee & Canvas - DR (Abby) 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>12 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 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) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education—LC (Emily C.) 7:00 Positive Thinking - IR (Logan) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p>	<p>Happy Hanukkah —Starts at Sundown— AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 3:00 Communion Service - IR (Father Mike) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Khoah) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - LC (Elizabeth) 4:30 Men's Discussion Group - CR (Khoah) 7:00 Voices Heard-Community Choir-Christmas Caroling Sing-a-Long - DR (Jonathan) 7:00 Popcorn and a Movie! - LC (Haley) 7:00 Music Sharing - MR (Lauren) 8:00 Coloring Group - FC (Abby)</p>	<p>14 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley) C 1:00 *Chemical Health Process Group—LC (Emily C.) 1:00 Coping With Depression—IR (Khoah) 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) 8:00 Thursday Night Fights - 4FTV (Courtney Z.)</p>	<p>15 AM Wake on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 1:00 Basic Computer Skills - 5FTV (Cynthia) 2:30 Resident Favorite Foods—DR (Rebecca) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p>	<p>16 10:00 Mill City Winter Market - IR (Lauren) 10:30 Morning Wake Up in the Dining Room 2:00 Chess and Checkers Club - IR (Jonathan) 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 *Fitness Center Open 6:20 Cheapo Movies - IR (Rob) 8:00 Saturday Night Fights - 4FTV (Courtney Z.)</p>
<p>17 10:30 Morning Wake Up in the Dining Room 2:00 Target Shopping - IR (Lauren) 2:00 Tiny Christmas Elves Caroling Concert - DR 3:30 *Yoga - FC (Rebecca)</p> 	<p>18 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 1:15 *PM Stretch - FC (Rob) 1:45 Explorations of Sound - MR (Rebecca, Jonathan) 2:00 Coffee & Canvas - DR (Abby) 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 7:00 Holiday Lights on York Ave - IR (Rachel) 7:15 Book Club - FC (Abby)</p>	<p>19 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) 12:45 Target - IR (Haley) 3:30 Women's Discussion Group - CR (Kayla) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education—LC (Emily C.) 7:00 Holiday Craft - CR (Rachel) 7:00 Positive Thinking - IR (Logan) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p>	<p>20 AM Wake Up on your floor —Ends at Sundown— 10:45 *Morning Walkers Group—DR 3:00 Communion Service - IR (Father Mike) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Khoah) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - LC (Elizabeth) 4:30 Men's Discussion Group - CR (Khoah) 7:15 Resident Holiday Party with special guest, Mary Franz! - DR 8:00 Coloring Group - FC (Abby)</p>	<p>21 AM Wake Up on your floor —First Day of Winter— 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley) C 1:00 *Chemical Health Process Group—LC (Emily C.) 1:00 Coping With Depression—IR (Khoah) 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) 3:30 DBT Skills—CR (Logan) 4:00 *Healthy Living—IR (Kayla) 4:00 Anger Management—LC (Mary Pat) 6:15 Coping With Life Changes—LC (Emily S.)</p>	<p>22 AM Wake on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Assertiveness Skills - LC (Kali) 1:00 Basic Computer Skills - 5FTV (Cynthia) 1:00 Walmart - IR (Haley) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p> 	<p>23 10:30 Morning Wake Up in the Dining Room 2:00 *Deep Breathing - LC (Cynthia) 2:00 Holiday Craft - DR (Abby) 4:00 *Fitness Center Open</p>
<p>24  10:30 Morning Wake Up in the Dining Room 2:00 *Deep Breathing - LC (Cynthia) (24) 3:00 Football in the Fitness Center - FC (Abby) (24)</p> <hr/> <p>31  10:30 Morning Wake Up in the Dining Room</p>	<p>25 </p>	<p>26 AM Wake Up on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 3:30 Women's Discussion Group - CR (Kayla) 3:30 Pet Therapy Visit (Rachel) 4:30 *Yoga - FC (Rebecca) 6:30 *Chemical Health Education—LC (Emily C.) 7:00 Positive Thinking - IR (Logan) 7:15 Spiritual Care Group - LC (Chaplain Amy) 7:30 Women's Haircuts - CR (Rebecca)</p>	<p>27 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 3:00 Communion Service - IR (Father Mike) 3:30 You're Golden! Aging at Andrew - LC (Kayla) 4:00 Interpersonal Skills - CR (Mary Pat, Kali) 4:00 Coping with Anxiety - DR (Khoah) 4:15 *The 15 Minute Break (Self-Massage)—IR (Liz) 4:30 In Your Words - LC (Elizabeth) 4:30 Men's Discussion Group - CR (Khoah) 7:00 Voices Heard-Community Choir - DR (Jonathan) 7:00 Popcorn and a Movie! - LC (Haley) 7:00 Music Sharing - MR (Lauren) 8:00 Coloring Group - FC (Abby)</p>	<p>28 AM Wake Up on your floor 10:45 *Morning Walkers Group—DR 12:45 Jewelry Making—CR (Haley) C 1:00 *Chemical Health Process Group—LC (Emily C.) 1:00 Coping With Depression—IR (Khoah) 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) 3:30 DBT Skills—CR (Logan) 4:00 *Healthy Living—IR (Kayla) 4:00 Anger Management—LC (Mary Pat) 6:15 Coping With Life Changes—LC (Emily S.)</p>	<p>29 AM Wake on your floor 10:30 Steady Beatz—CR (Melissa, Hilary) 10:45 *Morning Walkers Group—DR 1:00 Coffee Shop Outing - IR (Rachel) 1:00 Assertiveness Skills - LC (Kali) 1:00 Basic Computer Skills - 5FTV (Cynthia) 1:30 Target - IR (Haley) 3:30 *Yoga—FC (Rebecca) 4:15 Letters from Andrew—CR C 7:00 AA (LC) 7:00 Pokeno - 3FTV</p>	<p>30 10:30 Morning Wake Up in the Dining Room 2:00 Chess and Checkers Club - IR (Jonathan) 4:00 *Fitness Center Open</p>