

## Embrace the World

## Assisted Living July 2016

AT VADNAIS HEIGHTS  Embrace the World							July 2016
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
Activity Room- Garden Island (Garden Level)  T Theatre Room -Grand Portage (Garden Level)  MDR Main Dining Room Cascade (First Floor)  ARI Activity Room- Itasca (2nd Floor)  CL Club Lounge "Camden"  (3rd  FL First  GR Ga  (1s)  (1s)  FR Room  (3rd  FR Fitt  (2rd  Fritt  (2nd Floor)  B Carden	reside Lounge (1st Floor) Family and Friends for Happy Hour! Sta USA, Ford Floor)  The Life Enrichment reside Lounge (1st Floor)  The Life Enrichment reside Lounge (1st Floor)  The Life Enrichment reside Lounge (1st Floor)  Family and Friends for Happy Hour! Sta USA,  The Life Enrichment reside Lounge (1st Floor)  Family and Friends for Happy Hour! Sta USA,  The Life Enrichment reside Lounge (1st Floor)  Family and Friends for Happy Hour! Sta USA,  The Life Enrichment reside Lounge (1st Floor)  State of Floor (1st Floor)	catured Activities nunity? Join Amber on Thursdays for a walking our and get to know Gable Pines  ds are welcome to join us each Friday at 3 p.m. tay tuned to the Menu for meal options from the A, Caribbean Islands, and Canada!  nent Team is looking for volunteers and resident are interested in hosting an activity, helping with on of activities, assisting with movies, etc, Please ar Life Enrichment Director, Amber West!	HAVE AN AN AN AN AMERICAN INTERPOLATION OF THE PROPERTY OF THE	OFJULY	9:30 Weight Lifting- F 10:00 Coffee Social -B 1:00 Traveling Nails- R 2:00 Flag Paintings-ARI 3:00 Happy Hour-CL	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR 2:00 Saturday Matinée-T	Saturday, July 9  at 2 p.m T  Family Matinée A movie for kids and adults to enjoy. This month we will be showing "The Peanuts Movie"
9:30 Chair Yoga DVD-F 10:00 Coffee Social-B 1:00 Brain Teasers -CD 4:00 Before Dinner Card Games with Neighbors - GR 6:15 Night at the Cinema- T	★ Undependence Day ★ 4     10:00 Coffee Social- B     12:00 Fourth of July     Festivities -MDR/FL     12:00 BBQ -RP     6:30 Tai Chi Video-F	9:30 Garden Walk-F 10:00 Coffee Social-B 10:15 Come Bake with Me- RP 1:00 Art Class- ARI 3:00 Bingo-GR 2:30	00 Coffee Social-B 0 Arm Chair Travels: Caribbean Islands-ARS	10:00 Coffee Social-B 11:00 Walking Tour with Amber-FL	9:30 Weight Lifting- F 10:00 Coffee Social -B 1:00 Traveling Nails- R 3:00 Happy Hour and Taste of the Caribbean -CL	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR 2:00 Family Matinée "The Peanuts Movie" and popcorn-T	Tuesday, July 12  at 10 a.m B  Warm Welcomes- We invite all new residents to join us for our daily coffee social and meet your neighbors
9:30 Chair Yoga DVD-F 10:00 Coffee Social-B 1:00 Brain Teasers -CD 6:15 Night at the Cinema-T	9:30 Garden Walk-F 10:00 Coffee Social-B 1:00 Scrabble with Amber-GR 2:00 Social Hour-CL 3:00 Before Dinner Games-GR 6:30 Tai Chi Video-F	Checks)- Spa in Garden Level 10:00 9:30 Garden Walk-F 1:00 10:00 Coffee Social-B 2:00	00 Coffee Social-B 0 Arm Chair Travels: USA-ARS 0 Social Hour-CL	<ul><li>10:00 Coffee Social-B</li><li>11:00 Walking Tour with Amber-FL</li><li>2:00 Gardening Club-P</li></ul>	8:30 Breakfast for a Cause -MDR 9:30 Weight Lifting- F 10:00 Coffee Social -B 1:00 Traveling Nails- R 3:00 Social Hour -CL	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR	Friday, July 15 from 8:30 a.m 10:30 a.m MDR Breakfast for a Cause
9:30 Chair Yoga DVD-F 10:00 Coffee Social-B 1:00 Brain Teasers -CD 6:15 Night at the Cinema-T	9:30 Garden Walk-F 10:00 Coffee Social-B 2:00 Social Hour-CL 3:00 Before Dinner Games-GR 6:30 Tai Chi Video-F	9:30 Garden Walk-F       9:30         10:00 Coffee Social-B       10:00         10:15 Come Bake with Me- RP       1:00         1:00 Art Class- ARI       2:00         3:00 Bingo-GR       2:30	00 Coffee Social-B 0 Arm Chair Travels: New Orleans-ARS	10:00 Coffee Social-B 11:00 Resident Council-CL	9:30 Weight Lifting- F 10:00 Coffee Social -B 1:00 Traveling Nails- R 3:00 Happy Hour and Taste of the South-CL	23 11:00 Public Grand Opening -MDR/FL 2:30 Saturday Matinée-T	Thursday, July 21  at 11 a.mCL  Resident Council  Each month we will have a resident council meeting. We welcome all residents to please join us as we discuss things going on in the activities. Topics will range from maintenance, house keeping, dining, nursing, to activities.
9:30 Chair Yoga DVD-F 10:00 Coffee Social-B 1:00 Brain Teasers -CD 6:15 Night at the Cinema-T	9:30 Garden Walk-F 10:00 Coffee Social-B 1:00 Scrabble with Amber-GR 2:00 Social Hour-CL 3:00 Before Dinner Games-GR 6:30 Tai Chi Video-F	9:30 Garden Walk-F       9:30         10:00 Coffee Social-B       10:00         1:00 Art Class- ARI       11:00         3:00 Bingo-GR       1:00         2:00       2:30	00 Coffee Social-B 00 Lunch Outing-TBT 0 Arm Chair Travels: Canada-ARS	10:00 Coffee Social-B 11:00 Walking Tour with Amber-FL	9:30 Weight Lifting- F 10:00 Coffee Social -B 1:00 Traveling Nails- R 3:00 Happy Hour and Taste of the Canada -CL	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR 2:00 Saturday Matinée-T	There will a staff member from each department to answer any questions that you may have.  Saturday, July 23 from 11 a.m 2 p.mMDR/FL Public Grand Opening
9:30 Chair Yoga DVD-F 10:00 Coffee Social-B 1:00 Brain Teasers -CD	from 11	lic Grand Opening Saturday, July 23 1 a.m2 p.mMDR/FL ds, and community are encouraged to	to attend!	Join us in wishing all residents, associates, family, and friends a very happy birthday!	Join us from a photos with the Director	or of Life Enrichment, Amber West, by email at	Please join us in celebrating the grand opening of Gable Pines.  Residents of Gable Pines and throughout the community are invited to join  NOTE: Scheduled activities are subject to change without notice. Please see bulletin board for any possible changes.  Managed by Life Care Services Life Care Services