## G BLE PINES AT VADNAIS HEIGHTS

AT VADNAIS HE	AT VADNAIS HEIGHTS						July 2010	
SUNDAY	MONDAY	TUESDAY	WEDNESD	AY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
Activity Room- Garden(3rdIsland (Garden Level)FLTTheatre Room -Grand Portage (Garden Level)GRMDRMain Dining Room Cascade (First Floor)RPARIActivity Room- Itasca (2nd Floor)FCLClub Lounge "Camden" (2nd Floor)CD	<ul> <li>ivity Room "Sibley"</li> <li>d Floor) Vaulted Ceilings</li> <li>eside Lounge (1st Floor)</li> <li>me Room "Frontenac"</li> <li>t Floor)</li> <li>oftop Patio "Forestville"</li> <li>d Floor)</li> <li>ness Center (2nd Floor)</li> <li>fé-Bistro- (1st Floor)</li> <li>ncierge Desk</li> </ul>	<b>Catured Activities</b> mmunity? Join Amber on <b>Thursdays</b> for a walking tour and get to know Gable Pines ment Team is looking for volunteers and resident ou are interested in hosting an activity, helping with own of activities, assisting with movies, etc, Please our Life Enrichment Director, Amber West!	FOU	rican Inde		<ul> <li>9:30 Weight Lifting- F</li> <li>10:00 Coffee Social -B</li> <li>1:00 Traveling Nails- R</li> <li>2:00 Flag Paintings-ARI</li> <li>3:00 Happy Hour-CL</li> </ul>	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR 2:00 Saturday Matinée-T	<b>Thursday, July 7</b> at 5:30 p.m. Marketfest in White Bear <i>We will leave Gable Pines at 5:30</i> <i>p.m. and return home at 9 p.m.</i> <b>Saturday, July 9</b> at 2 p.m T Family Matinée A movie for kids
<ul> <li>9:30 Chair Yoga DVD-F</li> <li>10:00 Coffee Social-B</li> <li>1:00 Brain Teasers -CD</li> <li>4:00 Before Dinner Card Games with Neighbors - GR</li> <li>6:15 Night at the Cinema- T</li> </ul>	<ul> <li>Independence Day</li> <li>10:00 Coffee Social- B</li> <li>12:00 Fourth of July Festivities -MDR/FL</li> <li>12:00 BBQ -RP</li> <li>6:30 Tai Chi Video-F</li> </ul>	<b>5</b> 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	<ul> <li>9:30 Weight Lifting-F</li> <li>10:00 Coffee Social-B</li> <li>1:00 Arm Chair Travels: Car Islands-ARS</li> <li>2:00 Social Hour-CL</li> <li>2:30 Trip to the Cinema and Popcorn-T</li> </ul>	ribbean	<ul> <li>9:30 Cardio Fitness- F</li> <li>10:00 Coffee Social-B</li> <li>11:00 Walking Tour with Amber-FL</li> <li>2:00 Gardening Club-P</li> <li>3:00 Cribbage with friends-CR</li> </ul>	<ul> <li>9:30 Weight Lifting- F</li> <li>10:00 Coffee Social -B</li> <li>1:00 Traveling Nails- R</li> <li>3:00 Happy Hour and Taste of the Caribbean -CL</li> </ul>	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR 2:00 Family Matinée "The Peanuts Movie" and popcorn-T	and adults to enjoy. This month we will be showing "The Peanuts Movie" <b>Tuesday, July 12</b> at 10 a.mB Warm Welcomes- We invite all new residents to join us for our daily coffee social and meet your
<ul> <li>9:30 Chair Yoga DVD-F</li> <li>10:00 Coffee Social-B</li> <li>1:00 Brain Teasers -CD</li> <li>6:15 Night at the Cinema-T</li> </ul>	<ul> <li>9:30 Garden Walk-F</li> <li>10:00 Coffee Social-B</li> <li>10:15 Trip to Target</li> <li>1:00 Scrabble with Amber-GR</li> <li>2:00 Social Hour-CL</li> <li>3:00 Before Dinner Games-GR</li> <li>6:30 Tai Chi Video-F</li> </ul>	<ul> <li>9:00-11:00 Wellness Clinic (Vital Checks)- Spa in Garden Level</li> <li>9:30 Garden Walk-F</li> <li>10:00 Coffee Social-B</li> <li>10:00 Warm Welcomes- B</li> <li>1:00 Art Class-ARI</li> <li>3:00 Bingo-GR</li> </ul>	<ul> <li>9:30 Weight Lifting-F</li> <li>10:00 Coffee Social-B</li> <li>1:00 Arm Chair Travels: US</li> <li>2:00 Social Hour-CL</li> <li>2:30 Trip to the Cinema and Popcorn-T</li> </ul>		<ul> <li>9:30 Cardio Fitness- F</li> <li>10:00 Coffee Social-B</li> <li>11:00 Walking Tour with Amber-FL</li> <li>2:00 Gardening Club-P</li> <li>3:00 Cribbage with friends-CR</li> </ul>	<ul> <li>8:30 Breakfast for a Cause -MDR</li> <li>9:30 Weight Lifting- F</li> <li>10:00 Coffee Social -B</li> <li>1:00 Traveling Nails- R</li> <li>3:00 Social Hour -CL</li> </ul>	9:30 Open Gym-F 10:00 Coffee Social-B 10:00 Bingo- GR 2:00 Saturday Matinée-T	neighbors Friday, July 15 from 8:30 a.m 10:30 a.mMDR Breakfast for a Cause Cascade Dining Room Tuesday, July 19
<ul> <li>9:30 Chair Yoga DVD-F</li> <li>10:00 Coffee Social-B</li> <li>1:00 Brain Teasers -CD</li> <li>6:15 Night at the Cinema-T</li> </ul>	<ul> <li>9:30 Garden Walk-F</li> <li>10:00 Coffee Social-B</li> <li>2:00 Social Hour-CL</li> <li>3:00 Before Dinner Games-GR</li> <li>6:30 Tai Chi Video-F</li> </ul>	<ul> <li>9:30 Garden Walk-F</li> <li>10:00 Coffee Social-B</li> <li>10:15 Come Bake with Me- RP</li> <li>1:00 Art Class- ARI</li> <li>3:00 Bingo-GR</li> <li>5:00 Depart for Taste of Vadnais Heights</li> </ul>	<ul> <li>9:30 Weight Lifting-F</li> <li>10:00 Coffee Social-B</li> <li>10:15 Trip to Festival Foods</li> <li>1:00 Arm Chair Travels-New Orleans-ARS</li> <li>2:00 Social Hour-CL</li> <li>2:30 Trip to the Cinema and Popcorn-T</li> </ul>	W	<ul> <li>9:30 Cardio Fitness- F</li> <li>10:00 Coffee Social-B</li> <li>11:00 Resident Council-CL</li> <li>2:00 Gardening Club-P</li> <li>3:00 Cribbage with friends-CR</li> </ul>	<ul> <li>9:30 Weight Lifting- F</li> <li>10:00 Coffee Social -B</li> <li>1:00 Traveling Nails- R</li> <li>3:00 Happy Hour and Taste of the South-CL</li> </ul>	23 11:00 Public Grand Opening -MDR/FL 2:30 Saturday Matinée-T	at 5 p.m. Taste of Vadnais Heights We will leave Gable Pines at 5 p.m. and return home by 8:30 p.m. <b>Thursday, July 21</b> at 11 a.m CL Resident Council Each month we will have a resident council meeting. We
<ul> <li>24</li> <li>9:30 Chair Yoga DVD-F</li> <li>10:00 Coffee Social-B</li> <li>1:00 Brain Teasers -CD</li> <li>6:15 Night at the Cinema-T</li> </ul>	<ul> <li>2</li> <li>9:30 Garden Walk-F</li> <li>10:00 Coffee Social-B</li> <li>10:15 Trip to Super Walmart</li> <li>1:00 Scrabble with Amber-GR</li> <li>2:00 Social Hour-CL</li> <li>3:00 Before Dinner Games-GR</li> <li>6:30 Tai Chi Video-F</li> </ul>	25 9:30 Garden Walk-F 10:00 Coffee Social-B 1:00 Art Class- ARI 3:00 Bingo-GR	<ul> <li>9:30 Weight Lifting-F</li> <li>10:00 Coffee Social-B</li> <li>11:00 Lunch Outing-TBT</li> <li>1:00 Arm Chair Travels: Car</li> <li>2:00 Social Hour-CL</li> <li>2:30 Trip to the Cinema and Popcorn-T</li> </ul>	nada-ARS	<ul> <li>28</li> <li>9:30 Cardio Fitness- F</li> <li>10:00 Coffee Social-B</li> <li>11:00 Walking Tour with Amber-FL</li> <li>2:00 Gardening Club-ARO</li> <li>3:00 Cribbage with friends-CR</li> <li>5:30 Depart for Marketfest</li> </ul>	<ul> <li>29</li> <li>9:30 Weight Lifting- F</li> <li>10:00 Coffee Social -B</li> <li>1:00 Traveling Nails- R</li> <li>3:00 Happy Hour and Taste of the Canada -CL</li> </ul>	<ul> <li>9:30 Open Gym-F</li> <li>10:00 Coffee Social-B</li> <li>10:00 Bingo- GR</li> <li>2:00 Saturday Matinée-T</li> </ul>	in the activities. Topics will range from maintenance, house keeping, dining, nursing, to activities. There will a staff member from each department to answer any questions that you may have.
31 9:30 Chair Yoga DVD-F 10:00 Coffee Social-B 1:00 Brain Teasers -CD		<b>blic Grand Opening</b> Saturday, July 23 from 11 a.m2 p.m. nds, and community are encourag	ed to attend!	Hap	<i>by Birthday!!</i> Join us in wishing all residents, associates, family, and friends a very happy birthday!	Join us from a photos with th Directo	a month we are celebrating orthomore celebrating orthomore and any different cultural regions round the world each month. If you have any or experiences that you would like to share he residents during a month please contact the or of Life Enrichment, Amber West, by email at hber@gablepines.com.	Saturday, July 23         from 11 a.m 2 p.m.         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™

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Independent Living July 2016