



HAPPY NEW YEAR



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY JANUARY 2020

New Year's Day 01 02 03 04

09:30 Open Gym F 10:00 Coffee Social FL 10:00 Newtrax Circular L 10:00 Coffee Social FL
 10:00 Coffee Social FL 10:00 Group Exercise with GP staff F 10:00 Group Exercise with GP staff FL
 10:45 Bingo GR 10:30 Group Exercise with the YMCA F 01:00 Trivia P 10:30 Coloring Club ARI
 01:00 Open Craft Room ARI 01:00 Ted Talk Thursday T 02:30 Jazz Music with Patrick Sullivan FL 10:45 Bingo GR
 02:30 Movie Matinee T 02:00 Dominos L 03:30 Rummikub with Neighbors GR
 06:30 Worship Services T 03:15 500 GR 06:30 Rummikub L3 GR

05 06 07 08 09 10 11
 09:30 Open Gym F 10:00 Coffee Social FL 09:30 Group Exercise with GP staff F 09:30 Open Gym F All Day Law Enforcement Appreciation Day! 10:00 Coffee Social FL 10:00 Coffee Social FL
 10:00 Coffee Social FL 10:45 Group Exercise with the YMCA F 10:00 Coffee Social FL 10:00 Coffee Social FL 10:00 Group Exercise with GP staff F 10:00 Group Exercise with GP staff FL
 10:30 Wii Bowling GR 02:00 Walking Group L 10:00 Lets Talk Tuesday FL 10:45 Bingo GR 10:00 Coffee Social FL 01:00 Trivia P 10:30 Coloring Club ARI
 01:00 Open Craft Room ARI 02:00 Communion T 01:00 Coloring Club ARI 01:00 Open Craft Room ARI 10:00 Newtrax Circular L 10:00 Group Exercise with GP staff F 02:00 Happy Hour CL 10:45 Bingo GR
 01:30 500 GR 03:00 Rummikub with Neighbors GR 02:00 Piano Music with Nate Hance MDR 10:30 Group Exercise with the YMCA F 02:00 Rummikub GR 03:30 Movie Matinee " T
 02:30 Rook GR 06:30 Ladies Night Chat and Laugh ARI 02:30 Bible Study with Steve RP 02:30 Movie Matinee T 02:00 Dominos L 06:30 Rummikub with Neighbors GR
 03:30 Cribbage Club GR 06:30 500 GR 02:00 Town Hall Meeting T 03:15 Bus to St. Pius X L
 06:30 Wii Bowling GR 06:30 Worship Services T 03:15 500 GR 03:30 Rummikub with Neighbors GR

12 13 14 15 16 17 18
 09:30 Open Gym F 10:00 Coffee Social FL 07:30 Waffle Breakfast MDR 10:00 Movie Matinee T 10:00 Coffee Social FL 07:30 Breakfast for a Cause MDR 10:00 Coffee Social FL 10:00 Coffee Social FL
 10:00 Coffee Social FL 10:45 Group Exercise with the YMCA F 09:30 Group Exercise with GP staff F 10:00 Coffee Social FL 10:00 Newtrax Circular L 10:00 Coffee Social FL 10:00 Group Exercise with GP staff F 10:00 Group Exercise with GP staff FL
 10:30 Wii Bowling GR 02:00 Walking Group L 10:45 Bingo with PAI GR 10:30 Open Craft Room ARI 10:30 Group Exercise with the YMCA F 10:00 Group Exercise with GP staff F 10:30 Coloring Club ARI
 01:00 Open Craft Room ARI 03:00 Rummikub with Neighbors GR 01:00 Coloring Club ARI 02:00 Visit From The St. Paul Winter Carnival Queen FL 02:00 Dominos L 01:00 Trivia P 10:45 Bingo GR
 01:30 500 GR 06:30 Ladies Night Chat and Laugh ARI 02:00 Food Forum CL 03:00 Live Music with Randy Roloffs FL 02:00 Happy Hour CL 02:00 Movie Matinee " T
 02:30 Rook GR 02:30 Bible Study with Steve RP 03:00 Monthly Birthday celebration! MDR 03:30 Men's group L3 03:30 Rummikub with Neighbors GR
 03:30 Cribbage Club GR 06:30 500 GR 06:30 Rummikub GR 06:30 Rummikub GR

19 20 21 22 23 24 25
 09:30 Open Gym F Birthday of Martin Luther King, Jr. 20 All Day National Hugging Day 09:30 Open Gym F 10:00 Coffee Social FL 10:00 Coffee Social FL 10:00 Coffee Social FL 10:00 Coffee Social FL
 10:00 Coffee Social FL 10:45 Group Exercise with the YMCA F 09:30 Group Exercise with GP staff F 10:00 Coffee Social FL 10:00 Newtrax Circular L 10:00 Group Exercise with GP staff F 10:00 Group Exercise with GP staff F
 10:30 Wii Bowling GR 01:30 Polka Music with Linda FL 09:30 Group Exercise with GP staff F 10:45 Bingo GR 10:30 Group Exercise with the YMCA F 01:00 Trivia P 10:00 Group Exercise with GP staff F
 01:00 Open Craft Room ARI 02:00 Communion T 10:00 Lets Talk Tuesday FL 01:00 Open Craft Room ARI 10:00 Coffee Social FL 02:00 Live Music with Gary Carlson MDR 10:45 Bingo GR
 01:30 500 GR 03:00 Rummikub with Neighbors GR 02:30 Bible Study with Steve RP 02:30 Movie Matinee T 03:15 500 GR 06:30 Rummikub GR 02:00 Movie Matinee " T
 02:30 Rook GR 06:30 Ladies Night Chat and Laugh ARI 03:30 Cribbage Club GR 06:30 500 GR 06:30 Rummikub GR 03:15 Bus to St. Pius X L
 03:30 Rummikub with Neighbors GR 06:30 Wii Bowling GR 06:30 Rummikub GR 03:30 Rummikub with Neighbors GR

26 27 28 29 30 31
 09:30 Open Gym F 10:00 Coffee Social FL 09:30 Group Exercise with GP staff F All Day National Puzzle Day! 10:00 Coffee Social FL All Day National Hot Cocoa Day! 10:00 Coffee Social FL
 10:00 Coffee Social FL 10:45 Group Exercise with the YMCA F 09:30 Open Gym F 09:30 Open Gym F 10:00 Newtrax Circular L 10:00 Coffee Social FL 10:00 Coffee Social FL
 10:30 Wii Bowling GR 02:00 Rosary Services T 10:00 Coffee Social FL 10:00 Coffee Social FL 10:30 Group Exercise with the YMCA F 10:00 Group Exercise with GP staff F
 01:00 Open Craft Room ARI 02:00 Walking Group L 10:45 Bingo GR 10:30 Group Exercise with the YMCA F 10:00 Group Exercise with GP staff F
 01:30 500 GR 03:00 Rummikub with Neighbors GR 01:00 Open Craft Room ARI 02:00 Dominos L 01:00 Trivia P
 02:30 Rook GR 06:30 Ladies Night Chat and Laugh ARI 02:30 Bible Study with Steve RP 03:00 Sing A longs with Marge CL 03:30 Men's group L3
 03:30 Rummikub with Neighbors GR 06:30 Rummikub GR 06:30 Rummikub GR



Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services

Meeting Places

- CL Camden Club Lounge
- T Grand Portage Theater Room
- ARI Itasca Craft Room
- MDR Cascade Main Dining Room
- F Fitness Room
- FL Fireside Lounge
- GR Frontenac Game Room
- P The Pub
- L Lobby
- L3 The 3rd floor Library
- RP Forestville Rooftop Patio