



952-214-0400
carverridgeseniorliving.com

SEPTEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Cooking Time 2:00 Snack Time 2:15 Catholic Communion (B) 3:00 Coloring Time 5:30 Balloon Exercise 6:00 Puzzle Table 7:00 Musical on Tv	2 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Trivia 2:00 Snack Time 3:00 Coloring Time 5:30 Bingo 6:00 Puzzle Table 7:00 Aroma Therapy	3 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Coffee with Friends 10:00 Trivia (P) 10:30 Virtual Exercise (Ch. 48) 11:00 Parachutte Fun 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 3:30 Mocktail Hour 5:30 Movie Night & Popcorn 7:00 New Magazine Hour	4 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Daily Delight Packets/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn
5 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Lutheran Church Service- Ch. 48 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn	6 Labor Day 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Lutheran Communion (B) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Daily Chronicles 1:00 Craft/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Hallway Bowling 6:00 Puzzle Table 7:00 Hand Massage	7 Rosh Hashanah Begins 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Cards/ Games 2:00 Snack Time 3:00 Coloring Time 6:00 Puzzle Table 7:00 Music Hour	8 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Cooking Time 2:00 Snack Time 2:15 Catholic Communion (B) 3:00 Coloring Time 5:30 Balloon Exercise 6:00 Puzzle Table 7:00 Musical on Tv	9 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Catholic Communion (B) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Trivia 2:00 Snack Time 3:00 Coloring Time 5:30 Bingo 6:00 Puzzle Table 7:00 Aroma Therapy	10 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Coffee with Friends 10:00 Trivia (P) 10:30 Virtual Exercise (Ch. 48) 11:00 Parachutte Fun 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 3:30 Mocktail Hour 5:30 Movie Night & Popcorn 7:00 New Magazine Hour	11 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Daily Delight Packets/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn
12 Grandparent's Day 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Lutheran Church Service- Ch. 48 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn	13 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Daily Chronicles 1:00 Craft/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Hallway Bowling 6:00 Puzzle Table 7:00 Hand Massage	14 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Cards/ Games 2:00 Snack Time 3:00 Coloring Time 6:00 Puzzle Table 7:00 Music Hour	15 Yom Kippur Begins 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Cooking Time 2:00 Snack Time 2:15 Catholic Communion (B) 3:00 Coloring Time 5:30 Balloon Exercise 6:00 Puzzle Table 7:00 Musical on Tv	16 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Trivia 2:00 Snack Time 3:00 Coloring Time 4:00 Aroma Therapy 5:30 Bingo 6:00 Puzzle Table 7:00 Aroma Therapy	17 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Coffee with Friends 10:00 Trivia (P) 10:30 Virtual Exercise (Ch. 48) 11:00 Parachutte Fun 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 3:30 Mocktail Hour 5:30 Movie Night & Popcorn 7:00 New Magazine Hour	18 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Daily Delight Packets/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Lutheran Church Service- Ch. 48 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn	20 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Daily Chronicles 1:00 Craft/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Hallway Bowling 6:00 Puzzle Table 7:00 Hand Massage	21 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Cards/ Games 2:00 Snack Time 3:00 Coloring Time 6:00 Puzzle Table 7:00 Music Hour	22 Fall Begins 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Cooking Time 2:00 Snack Time 2:15 Catholic Communion (B) 3:00 Coloring Time 5:30 Balloon Exercise 6:00 Puzzle Table 7:00 Musical on Tv	23 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Catholic Communion- Bistro 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Trivia 2:00 Snack Time 3:00 Coloring Time 4:00 Aroma Therapy 5:30 Bingo 6:00 Puzzle Table 7:00 Aroma Therapy	24 8:00 Breakfast 9:00 Bike Time (NuStep) 10:00 Coffee with Friends 10:00 Trivia (P) 10:30 Virtual Exercise (Ch. 48) 11:00 Parachutte Fun 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 3:30 Mocktail Hour 5:30 Movie Night & Popcorn 7:00 New Magazine Hour	25 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Daily Delight Packets/ Coloring 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn
26 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Lutheran Church Service- Ch. 48 1:00 Outside/ Social Hour 2:00 Snack Time 3:00 Coloring Time 5:30 Movie Night & Popcorn	27 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Daily Chronicles 1:00 Craft/ Coloring 1:00 St. John's Lutheran Communion (B) 2:00 Snack Time 3:00 Coloring Time 5:30 Hallway Bowling 6:00 Puzzle Table 7:00 Hand Massage	28 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Cards/ Games 2:00 Snack Time 3:00 Coloring Time 6:00 Puzzle Table 7:00 Music Hour	29 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Walking Group 1:00 Cooking Time 2:00 Snack Time 2:15 Catholic Communion (B) 3:00 Coloring Time 5:30 Balloon Exercise 6:00 Puzzle Table 7:00 Musical on Tv	30 8:00 Breakfast 9:00 Bike Time (NuStep) 10:30 Virtual Exercise (Ch. 48) 11:00 Coffee & Conversations 1:00 Trivia 2:00 Snack Time 3:00 Coloring Time 4:00 Aroma Therapy 5:30 Bingo 6:00 Puzzle Table 7:00 Aroma Therapy		