SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. 8:45am Morning Worship (Church Service on Ch.14) 10:30am Exercise 9:30am Noodle Ball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**2.** 10:30am Exercise 10:45am Bowling 11:30am Lunch 1:00pm Watercolor Painting 2:30pm Cookies & Coffee 4:30pm Dinner	**3.** 10:30m Exercise 10:45am Volleyball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**4.** 10:00am Lutheran Church Service (located in Community Room) 11:30am Lunch 1:00pm Yarn Mat Making 2:30pm Cookies & Coffee 4:30pm Dinner	**5.** 10:30 Exercise 10:45pm Air Hockey 11:30am Lunch 1:00pm Spa Day 2:30pm Cookies & Coffee 4:30pm Dinner	**6.** 10:30 Exercise 10:45am Balloon Game 11:30pm Lunch 1:00pm Jeopardy 2:30pm Cookies & Coffee 4:30pm Dinner	**7.** 10:30 Exercise 9:30am A-Z Around the World Activity 11:30am Lunch 1:00pm Pictionary / Scattagories 2:30pm Cookies & Coffee 4:30pm Dinner
8. 8:45am Morning Worship (Church Service on Ch.14) 10:30am Exercise 9:30am Noodle Ball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**9.** 10:30am Catholic Mass (located in community room) 11:30am Lunch 1:00pm Beading & Jewelry Making 2:30pm Cookies & Coffee 4:30pm Dinner	**10.** 10:30 Exercise 10:45am Volleyball 11:30am Lunch 1:45pm Ice Cream Social (located on West Unit) 2:30pm Cookies & Coffee 4:30pm Dinner	**11.** 10:00am Flag Raising Ceremony (located in front parking lot) 11:30am Lunch 1:00pm Table Games 2:30pm Cookies & Coffee 4:30pm Dinner	**12.** 10:30 Exercise 9:30pm Air Hockey 11:30am Lunch 1:30pm LIVE MUSIC Feat. Michael Riddle (located in main dining room) 2:30pm Cookies & Coffee 4:30pm Dinner	**13.** 10:30 Exercise 9:30am Balloon Game 11:30pm Lunch 1:30pm November Birthday Party! (located in West Unit) 2:30pm Cookies & Coffee 4:30pm Dinner	**14.** 10:30 Exercise 9:30am A-Z Around the World Activity 11:30am Lunch 1:00pm Pictionary / Scattegories 2:30pm Cookies & Coffee 4:30pm Dinner
15. 8:45am Morning Worship (Church Service on Ch.14) 10:30am Exercise 10:45am Noodle Ball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**16.** 10:30 Exercise 10:45am Bowling 11:30am Lunch 1:30pm LIVE MUSIC Feat. Nini Salem (located in Willows 1) 2:30pm Cookies & Coffee 4:30pm Dinner	**17.** 10:15am Exercise 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**18.** 10:30am Catholic Mass (located in community room) 11:30am Lunch 1:00pm Bookmark Making 2:30pm Cookies & Coffee 4:30pm Dinner	**19.** 10:15am Exercise 11:30am Lunch 1:00pm Spa Day 2:30pm Cookies & Coffee 4:30pm Dinner	**20.** 8:30am Made to Order Breakfast! (located in South Unit) 10:15am Exercise 11:30am Lunch 1:00pm Wood Coaster Painting 2:30pm Cookies & Coffee 4:30pm Dinner	**21.** 10:30 Exercise 10:45am A-Z Around the World Activity 11:30am Lunch 2:30pm Cookies & Coffee 1:00pm Pictionary / Scattegories 4:30pm Dinner
22. 8:45am Morning Worship (Church Service on Ch.14) 10:30am Exercise 10:45am Noodle Ball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**23.** 9:45am Dog Days with Tator 10:30am Catholic Mass (located in community room) 11:30am Lunch 1:00pm Water Coloring 2:30pm Cookies & Coffee Making 4:30pm Dinner	**24.** 9:15:am Exercise 10:45am Volleyball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner 6:00pm Family Council Meeting (located in community room)	**25.** 10:30 Exercise 10:45am Cornhole 11:30am Lunch 2:30pm Cookies & Coffee 2:30pm LIVE MUSIC Feat. The Squires Band (Located in main dining room) 4:30pm Dinner	**26.** 10:30 Exercise 10:45am Air Hockey 11:30am Lunch 2:30pm Cookies & Coffee 1:30pm Thanksgiving Bingo (Located in West Unit) 4:30pm Dinner	**27.** 10:30 Exercise 10:45am Balloon Game 11:30am Lunch 1:00pm UNO 2:30pm Cookies & Coffee 4:30pm Dinner	**28.** 10:30 Exercise 10:45am A-Z Around the World Activity 11:30am Lunch 2:30pm Cookies & Coffee 1:00pm Pictionary / Scattegories 4:30pm Dinner
29. 8:45am Morning Worship (Church Service on Ch.14) 10:30am Exercise 10:45am Noodle Ball 11:30am Lunch 1:00pm Bingo 2:30pm Cookies & Coffee 4:30pm Dinner	**30.** 10:30 Exercise 10:45am Bowling 11:30am Lunch 1:00pm Beading and Jewelry 2:30pm Cookies & Coffee making 4:30pm Dinner		**November South Activities Calendar**	Notice: Activities may be subject to change.	For questions, please contact Dominique Ayers, Director of Resident Experience (651)-275-8087	Portwind Senior Living 13936 Lower 59th Street, Oak Park Heights Minnesota

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. 8:45am Morning Worship (Church Service on Ch.14) 9:15am Exercise 9:30 Noodle Ball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**2.** 9:15am Exercise 9:30am Bowling 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Watercolor Painting 4:30pm Dinner	**3.** 9:15am Exercise 9:30am Volleyball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**4.** 10:00am Lutheran Church Service (Located in Community Room) 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Yarn Mat Making 4:30pm Dinner	**5.** 9:15am Exercise 9:30pm Air Hockey 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Spa Day 4:30pm Dinner	**6.** 9:15am Exercise 9:30am Balloon Game 11:30pm Lunch 2:30pm Cookies & Coffee 2:45pm Jeopardy 4:30pm Dinner	**7.** 9:15am Exercise 9:30am A-Z Around the World Activity 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Pictionary / Scattagories 4:30pm Dinner
8. 8:45am Morning Worship (Church Service on Ch.14) 9:15am Exercise 9:30am Noodle Ball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**9.** 10:30am Catholic Mass (located in community room) 11:30am Lunch 2:30pm Cookies & Coffee Making 2:45pm Beading & Jewelry 4:30pm Dinner	**10.** 9:15am Exercise 9:30am Volleyball 11:30am Lunch 1:45pm Ice Cream Social (located on West Unit) 2:30pm Cookies & Coffee 4:30pm Dinner	**11.** 10:00am Flag Raising Ceremony (located in front parking lot) 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Table Games 4:30pm Dinner	**12.** 9:15am Exercise 9:30pm Air Hockey 11:30am Lunch 1:30pm LIVE MUSIC Feat. Michael Riddle (located in main dining room) 2:30pm Cookies & Coffee 4:30pm Dinner	**13.** 9:15am Exercise 9:30am Balloon Game 11:30pm Lunch 1:30pm November Birthday Party! (located in West Unit) 2:30pm Cookies & Coffee 4:30pm Dinner	**14.** 9:15am Exercise 9:30am A-Z Around the World Activity 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Pictionary / Scattegories 4:30pm Dinner
15. 8:45am Morning Worship (Church Service on Ch.14) 9:15am Exercise 9:30am Noodle Ball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**16.** 9:15am Exercise 9:30am Bowling 11:30am Lunch 1:30pm LIVE MUSIC Feat. Nini Salem (located in Willows 1) 2:30pm Cookies & Coffee 4:30pm Dinner	**17.** 10:15am Exercise 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**18.** 10:30am Catholic Mass (located in community room) 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bookmark Making 4:30pm Dinner	**19.** 8:30am Made to Order Breakfast! (located in West Unit) 10:15am Exercise 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Spa Day 4:30pm Dinner	**20.** 10:15am Exercise 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Wood Coaster Painting 4:30pm Dinner	**21.** 9:15am Exercise 9:30am A-Z Around the World Activity 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Pictionary / Scattegories 4:30pm Dinner
22. 8:45am Morning Worship (Church Service on Ch.14) 9:15am Exercise 9:30am Noodle Ball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**23.** 10:30am Catholic Mass (located in community room) 9:45am Dog Days with Tator 11:30am Lunch 2:30pm Cookies & Coffee Making 2:45pm Water Coloring 4:30pm Dinner	**24.** 9:15:am Exercise 9:30am Volleyball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner 6:00pm Family Council Meeting (located in community room)	**25.** 9:15am Exercise 9:30am Cornhole 11:30am Lunch 2:30pm Cookies & Coffee 2:30pm LIVE MUSIC Feat. The Squires Band (Located in main dining room) 4:30pm Dinner	**26.** 9:15am Exercise 9:30am Air Hockey 11:30am Lunch 2:30pm Cookies & Coffee 1:30pm Thanksgiving Bingo (Located in West Unit) 4:30pm Dinner	**27.** 9:15am Exercise 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm UNO 4:30pm Dinner	**28.** 9:15am Exercise 9:30am A-Z Around the World Activity 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Pictionary / Scattegories 4:30pm Dinner
29. 8:45am Morning Worship (Church Service on Ch.14) 9:15am Exercise 9:30am Noodle Ball 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Bingo 4:30pm Dinner	**30.** 9:15am Exercise 9:30am Bowling 11:30am Lunch 2:30pm Cookies & Coffee 2:45pm Beading and jewelry making 4:30pm Dinner		**November West Activities Calendar**	Notice: Activities may be subject to change.	For questions, please contact Dominique Ayers, Director of Resident Experience (651)-275-8087	Portwind Senior Living 13936 Lower 59th Street, Oak Park Heights Minnesota

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:15am Morning Worship {Church Service Ch.14} 9:45am Noodle Ball 11:30am Lunch 1:00pm Spa Day 2:30pm Cookies and Coffee 4:30pm Dinner	2 9:00am Exercise 9:30am Cornhole 11:30am Lunch 1:00pm Watercolor Painting 2:30pm Cookies and Coffee 4:30pm Dinner	3 9:00am Exercise 9:30am Ring toss 11:30am Lunch 1:00pm Yarn Mat Craft 2:30pm Cookies and Coffee 4:30pm Dinner	4 **10:00am Lutheran Service {Located in Community Room}** 11:30am Lunch 1:00pm Jeopardy 2:30pm Cookies and Coffee 4:30pm Dinner	5 9:00am Exercise 9:30am Balloon Ball 11:30am Lunch 1:00pm BINGO 2:30pm Cookies and Coffee 4:30pm Dinner **6:00pm Family Council {Located in Community Room}**	6 9:00am Exercise 9:30am Cornhole 11:30am Lunch 1:00pm Card Games 2:30pm Cookies and Coffee 4:30pm Dinner	7 9:00am Exercise 9:30am Volleyball 11:30am Lunch 1:00pm BINGO 2:30pm Cookies and Coffee 4:30pm Dinner
8 9:15am Morning Worship {Church Service Ch.14} 9:45am Noodle Ball 11:30am Lunch 1:00pm Spa Day 2:30pm Cookies and Coffee 4:30pm Dinner	9 **10:30am Catholic Church Service {Located in Community Room}** 11:30am Lunch 1:00pm UNO 2:30om Cookies and Coffee 4:30pm Dinner	10 9:00am Exercise 9:30am Ring Toss 11:30am Lunch **1:45pm Ice Cream Social {Located on West Unit}** 2:30pm Cookies and Coffee 4:30pm Dinner	11 **10:00am Flag Rasing Ceremony {Located in Front Parking lot}** 11:30am Lunch 2:30pm Cookies and Coffee 1:00pm String Painting 4:30pm Dinner	12 9:00am Exercise 9:30am Balloon Ball 11:30am Lunch **2:30pm Live Music Feat. Michael Riddle {Located in the Main dining room}** 2:30pm Cookies and Coffee 4:30pm Dinner	13 9:00am Exercise 9:30am Cornhole 11:30am Lunch **1:45 November Birthday Party {Located in Willows 2}** 2:30pm Cookies and Coffee 4:30pm Dinner	14 9:00am Exercise 9:30am Volleyball 11:30am Lunch 1:00pm BINGO 2:30pm Cookies and Coffee 4:30pm Dinner
15 9:15am Morning Worship {Church Service Ch.14} 9:45am Noodle Ball 11:30am Lunch 1:00pm Spa Day 2:30pm Cookies and Coffee 4:30pm Dinner	16 9:00am Exercise 9:30am Cornhole 11:30am Lunch **1:30pm Live Music Feat. Nini Salem {Located in Willows 1}** 2:30pm Cookies and Coffee 4:30pm Dinner	17 **8:30am Made to order Breakfast {Located in Willows 2}** 10:15am Ring Toss 11:30am Lunch 1:00pm Coaster Painting 2:30pm Cookies and Coffee 4:30pm Dinner	18 **10:30am Catholic Church Service {Located in Community Room}** 11:30am Lunch 1:00pm Make your own Bookmark 2:30pm Cookies and Coffee 4:30pm Dinner	19 10:15am Exercise 10:30am Balloon Ball 11:30am Lunch 1:00pm BINGO 2:30pm Cookies and Coffee 4:30pm Dinner	20 10:15am Exercise 10:30am Cornhole 11:30am Lunch 1:00pm Table Games 2:30pm Cookies and Coffee 4:30pm Dinner	21 9:00am Exercise 9:30am Volleyball 11:30am Lunch 2:30pm Cookies and Coffee 1:00pm BINGO 4:30pm Dinner
22 9:15am Morning Worship {Church Service Ch.14} 9:45am Noodle Ball 11:30am Lunch 2:30pm Cookies and Coffee 1:00pm Spa Day 4:30pm Dinner	23 **10:30am Catholic Church Service {Located in Community Room}** 11:30am Lunch 1:00pm Card Games 2:30pm Cookies and Coffee 4:30pm Dinner	24 9:00am Exercise 9:30am Ring Toss 11:30am Lunch 1:00pm Tie Blanket Craft 2:30pm Cookies and Coffee 4:30pm Dinner	25 9:00am Exercise 9:30am Bowling 11:30am Lunch **2:30pm LIVE MUSIC Feat. The Squires Band (Located in the Main Dining room)** 2:30pm Cookies and Coffee 4:30pm Dinner	26 9:00am Exercise 9:30am Balloon Ball 11:30am Lunch **1:30pm Thanksgiving BINGO (Located in the West Unit)** 2:30pm Cookies and Coffee 4:30pm Dinner	27 9:00am Exercise 9:30am Cornhole 11:30am Lunch 2:30pm Cookies and Coffee 1:00pm Card Games 4:30pm Dinner	28 9:00am Exercise 9:30am Volleyball 11:30am Lunch 2:30pm Cookies and Coffee 1:00pm BINGO 4:30pm Dinner
29 9:15am Morning Worship {Church Service Ch.14} 9:45am Noodle Ball 11:30am Lunch 2:30pm Cookies and Coffee 1:00pm Spa Day 4:30pm Dinner	30 9:00am Exercise 9:30am Cornhole 11:30am Lunch 1:00pm Beading and jewelry Making 2:30pm Cookies and Coffee 4:30pm Dinner		November Activities Callendar Willows 1	Notice: Activities may be subject to change	For Questions, please contact the Director of Resident Experience Dominique Ayers (651-275-8087)	Portwind Senior Living 13936 Lower 59th Street, Oak Park Heights Minnesota

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8 9:15am Morning Worship {Church Service Ch.14} 11:00am Noodle Ball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Spa Day 4:30pm Dinner	9 **10:30am Catholic Church Service {Located in Community Room}** 11:30am Lunch 2:30om Cookies and Coffee 2:45pm UNO 4:30pm Dinner	10 10:30am Exercise 11:00am Ring Toss 11:30am Lunch **1:45pm Ice Cream Social {Located on West Unit}** 2:30pm Cookies and Coffee 4:30pm Dinner	11 **10:00am Flag Rasing Ceremony {Located in Front Parking lot}** 11:30am Lunch 2:45pm String Painting 2:30pm Cookies and Coffee 4:30pm Dinner	12 10:30am Exercise 11:00am Balloon Ball 11:30am Lunch **2:30pm Live Music Feat. Michael Riddle {Located in the Main dining room}** 2:30pm Cookies and Coffee 4:30pm Dinner	13 10:30am Exercise 11:00am Cornhole 11:30am Lunch **1:45 November Birthday Party {Located in Willows 2}** 2:30pm Cookies and Coffee 4:30pm Dinner	14 10:30am Exercise 11:00am Volleyball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm BINGO 4:30pm Dinner
15 9:15am Morning Worship {Church Service Ch.14} 11:00am Noodle Ball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Spa Day 4:30pm Dinner	16 10:30am Exercise 11:00am Cornhole 11:30am Lunch **1:30pm Live Music Feat. Nini Salem {Located in Willows 1}** 2:30pm Cookies and Coffee 4:30pm Dinner	17 **8:30am Made to order Breakfast {Located in Willows 2}** 10:15am Ring Toss 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Coaster Painting 4:30pm Dinner	18 **10:30am Catholic Church Service {Located in Community Room}** 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Make your own Bookmark 4:30pm Dinner	19 10:15am Exercise 10:30am Balloon Ball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm BINGO 4:30pm Dinner	20 10:15am Exercise 10:30am Cornhole 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Table Games 4:30pm Dinner	21 10:30am Exercise 11:00am Volleyball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm BINGO 4:30pm Dinner
22 9:15am Morning Worship {Church Service Ch.14} 11:00am Noodle Ball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Spa Day 4:30pm Dinner	23 **10:30am Catholic Church Service {Located in Community Room}** 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Card Games 4:30pm Dinner	24 10:30am Exercise 11:00am Ring Toss 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Tie Blanket Craft 4:30pm Dinner	25 10:30am Exercise 11:00am Bowling 11:30am Lunch **2:30pm LIVE MUSIC Feat. The Squires Band (Located in the Main Dining room)** 2:30pm Cookies and Coffee 4:30pm Dinner	26 10:30am Exercise 11:00am Balloon Ball 11:30am Lunch **1:30pm Thanksgiving BINGO (Located in the West Unit)** 2:30pm Cookies and Coffee 4:30pm Dinner	27 10:30am Exercise 11:00am Cornhole 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Card Games 4:30pm Dinner	28 10:30am Exercise 11:00am Volleyball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm BINGO 4:30pm Dinner
29 9:15am Morning Worship {Church Service Ch.14} 11:00am Noodle Ball 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Spa Day 4:30pm Dinner	30 10:30am Exercise 11:00am Cornhole 11:30am Lunch 2:30pm Cookies and Coffee 2:45pm Beading and jewelry Making 4:30pm Dinner		November Activities Callendar Willows 2	Notice: Activities may be subject to change	For Questions, please contact the Director of Resident Experience Dominique Ayers (651-275-8087)	Portwind Senior Living 13936 Lower 59th Street, Oak Park Heights Minnesota