

Walker Plaza Activities for September 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00-Morning Stretch-4th 10:30-Brain Teasers-4th 1:15-Fitness Class 1:30-Wellness Clinic, RN office 1:30-Schwan's 2:00--Trivia Teams-4th 3:15-Trivia Teams-1st	2 10:00-Interfaith Chapel 1:15-Walking Club 2:00-Wii Games-4th 2:00-4:00-AVON 3:15-Plaza Singers Rehearsal 4:00-Nikki's Nail Salon-4th	3 9-11-Massage Therapy 10:00-Morning Stretch/Sing-4th 1:15-Fitness Class 2:00-Bingo-4th 3:00-All House Piano Bar-4th	4 10:00-Pals on Paws-4th 7:00-Bingo
5 No Services	6 LABOR DAY OFFICE CLOSED	7 10:00-Morning Stretch-4th 10:30-Brain Teasers-4th 1:15-Walking Club 2:00-Hang Man-4th 3:15-Wii Games 4:00-Nikki's Nail Salon-4th	8 10:00-Morning Stretch-4th 10:00-Zion Communion 10:30-Brain Teasers-4th 1:15-Fitness Class 2:00-Scenic Drive for AL 3:15-Trivia Teams	9 10:00-Interfaith Chapel 1:15-Walking Club 1:30--Bunco-4th 2:30-Resident Council Mtg 4:00-Small Group/1 on 1's-4th	10 10:00-Morning Stretch/Sing-4th 1:15-Fitness Class 2:00-Bingo-4th 2:00-Zion Coffee Party	11 10:00-Let's Get Together-4th 2:00-Afternoon Social-4th 7:00 pm- Bingo
12 2:00-Chapel Anoka United Methodist	13 9:00-Meeting w/ Mark 10:00-Fitness/News-4th 1:15-Fitness Class 2:00-Bible Study 2:00-Happy Hour-4th 3:30-Happy Hour-1st 6:30-Pie and Coffee Assisted Living Residents & Families	14 10:00-Morning Stretch-4th 10:30-Remember When?-4th 1:15-Walking Club 2:00- Wii Games-4th 3:15- Wii Games-1st 10:00-Nikki's Nail Salon-4th	15 10:00-Morning Stretch/Sing-4th 12:00-AL Picnic by the River 1:15-Fitness Class 1:30-Schwan's 1:30-Wellness Clinic, RN office 2:00-Hang Man-4th 3:15-Trivia Teams	16 10:00-Interfaith Chapel 1:15- Walking Club 2:00-4:00-AVON 2:00-Monthly Birthday Party 4:00-Small Group/1 on 1's-4th 6:30-Legislative Forum	17 9-11-Massage Therapy 10:00-Morning Stretch/Sing-4th 1:15-Fitness Class 2:00-Bingo-4th 3:00-All House Piano Bar-4th	18 10:00-Puzzles & Games- 4 th 7:00-Bingo
19 2:00-Chapel Independent Baptist	20 9:00-Meeting w/ Mark 10:00-Fitness/News-4th 10:00-Hearing Aide Checks 1:15-Fitness Class 2:00-Bible Study 2:00-Happy Hour-4th 3:30-Happy Hour-2nd floor	21 10:00-Morning Stretch-4th 10:30-Brain Teasers-4th 1:15-Walking Club 1:30-Memorial Service 3:15- Wii Games 4:00-Nikki's Nail Salon-4th 5:00-White Linen Night Dinner	22 10:00-Morning Stretch/Sing-4th 1:15-Fitness Class 2:00-Scenic Drive for AL 3:15-Trivia Teams	23 10:00-Interfaith Chapel 1:15-Walking Club 2:00-Bunco-4th 3:15-Plaza Ringers Rehearsal 4:00-Small Group/1 on 1's-4th	24 8:30-Breakfast @ Sparky's 9-11:00-Massage Therapy 10:00-Morning Stretch/Sing-4th 1:15-Fitness Class 2:00-Bingo-4th 3:00-Meet & Greet Coffee Bar	25 10:00-Let's Get Together- 4 th 1:30-Pie and Polka Fest 7:00-Bingo
26 2:00-Chapel Maranatha Free Lutheran	27 9:00-Meeting w/ Mark 10:00-Fitness/News-4th 1:15-Fitness Class 2:00-Plaza University 3:30-Happy Hour-3rd floor	28 10:00-Morning Stretch-4th 10:30-Brain Teasers-4th 1:15-Walking Club 2:00-Wii Games-4th 3:15-Wii Games-1st 10:00-Nikki's Nail Salon-4th	29 10:00-Morning Stretch/Sing-4th 1:15-Fitness Class 1:30-Schwan's 2:00--Bean Bag Teams-4th 3:15-Trivia Teams	30 10:00-Interfaith Chapel 1:15-Walking Club 2:00-4:00-AVON 2:00-Story Hour-4th 3:15-Plaza Ringers Rehearsal 4:00-Small Group/1 on 1's-4th		