


November 2022

Chapel View Senior Living –Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30-Bus Trip-Target 10:00- Exercise 10:00- Hymn Sing in Chapel 1:00-Bus Trip-Target 1:30-Wii Bowling 3:00-Trivia	2 10:00- Exercise 10:00-Ch 68-Bible Study 10:30- Communion in Chapel 1:30-Paint/ Color/ Puzzles 2:30- Arm Chair Travel-Mediterranean 3:30-Breathing and Relaxation	3 10:00- Exercise 10:30- Bible Study 1:30-Air Hockey 2:00-Treat w/ RN Sarah 3:00- 3 rd Floor Discussion Group	4 10:00-Exercise 10:20-Weekly Reflection/Gratitude 2:00 –Donna Leak’s 92 nd Birthday Party 3:30-Popcorn and Movie “The Family Stone”	5 10:00-Exercise (Peer Led) 10:45–Ch 68-Seated Stretch 11:15–Ch 68-NEWS! 2:00-Ch 68 Movie
6 Day Light Saving! Set your clock back one hour! 11:00-Ch 68-Catholic Mass 2:00– Worship in Chapel	7 10:00- Exercise 10:30-Anoka Tech Students 1:30-BINGO 3:00-Craft-Plant a Flower	8 9:30-Bus Trip-Cub Foods 10:00- Exercise 10:30-Hymn Sing in Chapel 11:00-Voting Trip 1:00-Bus Trip-Thrift Store 1:30-Wii Bowling 3:00-Trivia	9 10:00- Exercise 10:00-Ch 68-Bible Study 10:30- Communion in Chapel 2:00-Happy Hour and Food Tasting	10 10:00- Exercise 10:30-Bible Study 1:30-Air Hockey 3:00- 3 rd Floor Discussion Group	11 Happy Veterans Day! 10:00-Exercise 10:20-Weekly Reflection/Gratitude 2:00 –Write a letter to a veteran! 3:30 Popcorn and Movie “The Rare Breed”	12 10:00-Exercise (Peer Led) 10:45 –Ch 68-Seated Stretch 11:15–Ch 68-NEWS! 2:00-Ch 68 Movie
13 11:00-Ch 68-Catholic Mass 2:00–Worship in Chapel	14 10:00- Exercise 10:30-Anoka Tech Students 1:30-BINGO 3:00-Monday Treat-Pumpkin Pie Parfait	15 9:30-Bus Trip-Wal Mart 10:00- Exercise 10:00-Hymn Sing in Chapel 1:00-Bus Trip-Dollar Tree 1:30– Wii Bowling 3:00-Trivia	16 10:00- Exercise 10:00-Ch 68-Bible Study 10:30- Communion in Chapel 1:30-Card Games 3:30-Classic TV Shows and Snacks	17 10:00- Exercise 10:30- Bible Study 1:30-Air Hockey 3:00- 3 rd Floor Discussion Group	18 10:00- Exercise 10:30-Resident Council 2:000 –Popcorn & Movie “Evan Almighty”	19 10:00-Exercise (Peer Led) 10:45–Ch 68-Seated Stretch 11:15–Ch 68-NEWS! 2:00-Ch 68 Movie
20 11:00-Ch 68-Catholic Mass 2:00–Worship in Chapel	21 10:00- Exercise 10:30-Anoka Tech Students 1:30-BINGO 3:00- Craft-Christmas Center Pieces	22 9:30-Bus Trip- Fleet Farm 10:00- Exercise 10:00-Hymn Sing in Chapel 12:00-Bus Trip-Lions Tap 1:30-Wii Bowling 2:00-Bus Trip-Scenic Drive 3:00-Trivia	23 10:00- Exercise 10:00-Ch 68-Bible Study 10:30- Communion in Chapel 2:00-Birthday Party w/ Live Entertainment	24 Happy Thanksgiving! Office Closed	25 Black Friday! Office Closed	26 10:00-Exercise (Peer Led) 10:45–Ch 68-Seated Stretch 11:15–Ch 68-NEWS! 2:00-Ch 68 Movie
27 11:00-Ch 68-Catholic Mass 2:00–Worship in Chapel	28 10:00- Exercise 10:30-Anoka Tech Students 1:30-BINGO 3:00-Monday Treat-Chips and Dip	29 9:30-Bus Trip-Aldis 10:00- Exercise 10:00-Hymn Sing in Chapel 1:00-Bus Trip-Knollwood 1:30-Wii Bowling 3:00-Trivia 4:45-Pizza Party! Sign up with Meghan by 2PM	30 10:00- Exercise 10:00-Ch 68-Bible Study 10:30- Communion in Chapel 1:30-Paint/Color 2:30-Documentary 3:30-Caring Club	Happy Birthday! Donna L-4 th Delores S-6 th Mary S-10 th John H-19 th Fred J-22 nd Nancy B-22 nd	Highlighted activities take place in the Care Center Chapel, if you need help getting to the Care Center ask Meghan!	All other activities take place in the community room

