

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>April 2021- Building A</div> <div>Chaska Heights Senior Living Wellness Calendar – Assisted Living</div>				<div>1</div> <div>9:30-10:00 - Prayer & Scripture (see #2)</div> <div>10:15 – 10:45am - EXERCISE CLASS (see #4)</div> <div>1:00 – 2:00pm</div> <div>Crafting Hour (see #11)</div> <div>2:30-4:00pm –Easter Egg Hunt Celebration!</div> <div>Meet in the Community Room</div>	<div>2 10:15 – 10:45</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2)</div> <div>2:30pm</div> <div>Happy Hour (see #5)</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div> <div>2:00pm & 6:00pm</div> <div>Good Friday Service Channel 990</div>	<div>3 10:00</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00-1:30pm</div> <div>BINGO – (see#2)</div> <div>2:00</div> <div>Movie and Popcorn in community room</div>
<div>4 Happy Easter Sunday!</div> <div>9:30am & 4:00pm:</div> <div>Westwood Community Church Channel 990</div> <div>10:00am: Easter Service with Pastor Lane in Community Room</div> <div>10:30am & 5:00pm:</div> <div>Chaplain Randy Channel 990</div> <div>11:00AM Catholic Easter Mass Channel 990</div> <div>All Day: Find the Hidden Item! (see #13)</div>	<div>5 10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Spring Cleaning Week 1:1 help (See # 15)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2)</div> <div>2:00-3:00pm</div> <div>“What’s the Scoop!” ice cream social (see #7)</div> <div>3:00-4:00pm</div> <div>Sharpen your minds! (see #17)</div>	<div>6 9:30-10:00 – Discipleship Class (see #8)</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Spring Cleaning Week 1:1 help (See # 15)</div> <div>1:30pm Walking Club! (See #19)</div> <div>2:30pm-3:30pm - Happy Hour (see #5)</div> <div>3:15 – 4:15pm</div> <div>Scenic Drive! Must sign up</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>7 10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>10:30</div> <div>Rosary and Communion (see #12)</div> <div>11:30-1:00pm</div> <div>Spring Cleaning Week 1:1 help (#15)</div> <div>1:00pm</div> <div>Live Chaplain Chats (# 6)</div> <div>2:00-2:30pm: Think Quick Games! (see #20)</div> <div>3:00-4:00pm</div> <div>Coffee and Music In Community Room</div>	<div>8</div> <div>9:30-10:00 - Prayer & Scripture (see #2)</div> <div>10:15 – 10:45am - EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Spring Cleaning Week 1:1 help (#15)</div> <div>1:00 – 2:00pm</div> <div>Crafting Hour (see #11)</div> <div>1:30pm Walking Club! (See #19)</div> <div>3:00-4:00pm - Sharpen your minds! (see #17)</div>	<div>9</div> <div>10:15 – 10:45</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Spring Cleaning Week 1:1 help (#15)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2)</div> <div>2:30pm</div> <div>Happy Hour (see #5)</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>10</div> <div>10:00</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00-1:30pm</div> <div>BINGO – (see#2)</div> <div>2:00</div> <div>Movie and Popcorn in community room</div>
<div>11</div> <div>9:30am & 4:00pm:</div> <div>Westwood Community Church Channel 990</div> <div>10:30am & 5:00pm:</div> <div>Chaplain Randy Channel 990</div> <div>11:00AM Catholic Mass Channel 990</div> <div>All Day: Find the Hidden Item! (see # 13)</div>	<div>12</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2)</div> <div>2:00-3:00pm</div> <div>“What’s the Scoop!” Root beer floats social (see #7)</div> <div>3:00-4:00pm</div> <div>Sharpen your minds! (see #17)</div>	<div>13 9:30-10:00 – Discipleship Class (see #8)</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00pm Gardening Club! (see #18)</div> <div>1:30pm Walking Club! (See #19)</div> <div>2:30pm-3:30pm - Happy Hour (see #5)</div> <div>3:15 – 4:15pm</div> <div>Scenic Drive! Must sign up</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>14</div> <div>10:15 – 10:45am - EXERCISE CLASS (see #4)</div> <div>10:30</div> <div>Rosary and Communion (see #12)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2 back page)</div> <div>3:00-4:00pm</div> <div>Jeopardy Game! In Community Room</div>	<div>15 9:30-10:00 - Prayer & Scripture (see #2)</div> <div>10:15 – 10:45am - EXERCISE CLASS (#4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see # 18)</div> <div>1:00 – 2:00pm</div> <div>Crafting Hour (see #11)</div> <div>2:00-3:00pm – Women’s Club! (see #14)</div> <div>3:00-4:00pm - Sharpen your minds! (see #17)</div> <div>3:15- 4:15pm -Scenic Drive! Must sign up</div>	<div>16 10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:00pm Cooking Demo with Dietician Jill ! (see # 10)</div> <div>2:30pm</div> <div>Happy Hour (see #5)</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>17</div> <div>10:00</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00-1:30pm</div> <div>BINGO – (see#2)</div> <div>2:00</div> <div>Movie and Popcorn in community room</div>
<div>18</div> <div>9:30am & 4:00pm:</div> <div>Westwood Community Church Channel 990</div> <div>10:00am: Service with Pastor Lane in Community Room</div> <div>10:30am & 5:00pm:</div> <div>Chaplain Randy Channel 990</div> <div>11:00AM Catholic Mass Channel 990</div> <div>All Day: Find the Hidden Item! (see #13)</div>	<div>19</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2 back page)</div> <div>2:00-3:00pm</div> <div>“What’s the Scoop!” ice cream social (see #7)</div> <div>3:00-4:00pm</div> <div>Sharpen your minds! (see #17)</div>	<div>20 9:30-10:00 – Discipleship Class (see #8)</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:30pm Walking Club! (See #19)</div> <div>2:30pm-3:30pm - Happy Hour (see #5)</div> <div>3:15 – 4:15pm</div> <div>Scenic Drive! Must sign up</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>21 10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>10:30</div> <div>Rosary and Communion (see #12)</div> <div>11:30-1:00pm</div> <div>Spring Cleaning Week 1:1 help (#15)</div> <div>1:00pm</div> <div>Live Chaplain Chats (# 6)</div> <div>2:00-2:30pm: Think Quick Games! (see #20)</div> <div>3:00-4:00pm</div> <div>Coffee and Music In Community Room</div>	<div>22 9:30-10:00 - Prayer & Scripture (see #2)</div> <div>10:15 – 10:45am - EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:00 – 2:00pm</div> <div>Crafting Hour (see #11)</div> <div>2:00-3:00pm – Coffee with a Cop</div> <div>3:00-4:00pm - Sharpen your minds! (see #17)</div> <div>3:15- 4:15pm -Scenic Drive! Must sign up</div>	<div>23 10:15 – 10:45</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2)</div> <div>2:30pm</div> <div>April Birthday Celebration & Happy Hour (see #5)</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>24</div> <div>10:00</div> <div>EXERCISE CLASS (see #4)</div> <div>1:00-1:30pm</div> <div>BINGO – (see#2)</div> <div>2:00</div> <div>Movie and Popcorn in community room</div>
<div>25</div> <div>9:30am & 4:00pm:</div> <div>Westwood Community Church Channel 990</div> <div>10:30am & 5:00pm:</div> <div>Chaplain Randy Channel 990</div> <div>11:00AM Catholic Mass Channel 990</div> <div>All Day: Find the Hidden Item! (see #13)</div>	<div>26</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see # 18)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2 back page)</div> <div>2:00-3:00pm</div> <div>“What’s the Scoop!” Root beer float social (see #7)</div> <div>3:00-4:00pm</div> <div>Sharpen your minds! (see #17)</div>	<div>27 9:30-10:00 – Discipleship Class (see #8)</div> <div>10:15 – 10:45am</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:30pm Walking Club! (See # 19)</div> <div>2:30pm-3:30pm - Happy Hour (see #5)</div> <div>3:15 – 4:15pm</div> <div>Scenic Drive! Must sign up</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>28 10:15 – 10:45am - EXERCISE CLASS (see #4)</div> <div>10:30</div> <div>Rosary and Communion (see #12)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see # 18)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2 back page)</div> <div>2:00-2:30pm: Think Quick Games! (see #20)</div> <div>3:00-4:00pm</div> <div>Cokes and Jokes in the Community Room</div>	<div>29 9:30-10:00 - Prayer & Scripture (see #2)</div> <div>10:15 – 10:45am - EXERCISE CLASS (see #4)</div> <div>1:00 – 2:00pm</div> <div>Crafting Hour (see #11)</div> <div>2:00-3:00pm – Men’s Club! (see #14)</div> <div>*2:00-3:00pm Walking Club! (See #19)</div> <div>3:00-4:00pm - Sharpen your minds! (see #17)</div> <div>3:15- 4:15pm -Scenic Drive! Must sign up</div>	<div>30 10:15 – 10:45</div> <div>EXERCISE CLASS (see #4)</div> <div>11:30-1:00pm</div> <div>Time to work in the Garden! (see #18)</div> <div>1:00 – 1:45pm</div> <div>BINGO (see #2)</div> <div>2:30pm</div> <div>Happy Hour (see #5)</div> <div>5:30pm</div> <div>Late Night Bingo! (see #2)</div>	<div>IMPORTANT:</div> <div>This Calendars Activities and locations are Subject to Last Minute Change!</div>

Activity Explanation and Location

Channel 990 on your TV recurring activities:

Everyday: 11am Catholic Mass

Everyday: 1:00pm exercise routine

Everyday: Delightfully Distance Bingo: Bingo 30 #s Monday - Friday. Weekend Bingo 30 #s Sat. & Sun. Tune into **Channel 990** on your television to play. Call 952-361-6104 if you have a Bingo! Remember to clear your card every Saturday & Monday morning.

Individual Activity packets: *Packets Available on Tuesdays & Fridays by Elevator 4 on 1st floor.*

- 2. BINGO!** In the community room or otherwise stated area. **(Must stay 6 ft. apart, Mask Required!)**
- 4. EXERCISE CLASS in the wellness room** : . **(Must stay 6 ft. apart, Mask Required!)**
- 5. Happy Hour:** Will be in the Community Room or otherwise stated area. **(Must stay 6 ft. apart, Mask Required!)**
- 6. Zoom Chaplain Chats:** Join us in the Community Room for live Chaplain Chats with Pastor Randy! Space is limited please sign up with Catherine in the wellness room. **(Must stay 6 ft. apart, Mask Required!)**
- 7. What’s the Scoop:** Come enjoy a delicious treat and catch up on current events! In the Community Room **(Must stay 6 ft. apart, Mask Required!)**
- 8. Discipleship Today** held in Stoughton Pub on 2nd floor. Join us for a chance to explore how this week’s Gospel lesson applies to life TODAY. Please bring your bible if you have one. **(Must stay 6 ft. apart, Mask Required!)**.
- 9. Prayer & Scripture** held in Stoughton Pub on 2nd floor . Join us for the opportunity to dive deep into scripture. A great way to connect with others while connecting in prayer. **(Must stay 6 ft. apart, Mask Required!)**.
- 10. Dietician Cooking Demo:** Our very own Chef Tim and Dietician Jill will be giving a cooking demonstration and share a delicious treat! Don’t miss out. Location in Crosstown Dining. **(Must stay 6 ft. apart, Mask Required!)**
- 11. Crafting Hour:** Held in the Community Room. Join us while we express our creative side. **(Must stay 6 ft. apart, Mask Required!)**
- 12. Rosary and Communion:** Come join in Rosary and Communion held in the Community Room, Wednesdays. MUST SIGN UP in front of Community Room. **(Must stay 6 ft. apart, Mask Required!)**
- 13. Find the Hidden item!** somewhere on the floors in your building is a hidden object, or maybe a few. Find the item and collect your prize in community life!
- 14. Women’s Club/ Men’s Club:** Calling all ladies! Calling All Men! Come join us for some laughter and fun. Monthly themes; any questions please see Catherine in Community Life. **(Must stay 6 ft. apart, Mask Required!)**
- 15. Spring Cleaning week!** It’s time to spring clean our apartments! If you would like help cleaning or organizing, please call Community Life to schedule an appointment (952) 361-6104. We will also have a “Lost and Found” table located in the front lobby.
- 16. Scenic Drive:** Limit 4! Mask required, MUST SIGN UP CALL 952-361-6104
- 17. Sharpen Your Minds:** will be in the Stoughton Pub – Individual Puzzles, coloring and trivia. Let’s have fun and keep our minds sharp. **(Must stay 6 ft. apart, Mask Required!)**
- 18. Gardening Club:** Time to take advantage of the nice weather and get outside! There are multiple garden areas at Chaska Heights. Find your favorite, pick a few weeds, or just enjoy the flowers!
*NOTE: The FIRST meeting April 13th at 1:00pm we will be planting flowers/plants. Meeting times after this will be to maintain them.
- 19. Walking Club:** Meet in the Wellness room, we will be going for an outside walk together! **(Must stay 6 ft. apart, Mask Required!)** *Note: If the weather is bad, an exercise class will be available in it’s place.
- 20. Think Quick Game:** Keep your mind active and sharp every Wednesday at these simple quick think games! **(Must stay 6 ft. apart, Mask Required!)** **Location to be decided