

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Exercise Video (Exercise Room) 1 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 12:00 Eagle Pointe State Fair <i>*State Fair Themed Food</i> <i>*Carnival Games</i> (Rum River Patio)	9:00 Exercise Video (Exercise Room) 2 9:30 Coffee & Social (The Landing) 1:00 Bus Outing: Walmart 6:00 Cribbage (Rum River Lounge)	9:00 Exercise Video (Exercise Room) 3 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Arts & Crafts w/Shannon - Fall Lighted Jar Lantern- (Gathering Place)	9:00 Exercise Video (Exercise Room) 4 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 3:00 Happy Hour & Karaoke (The Landing)	9:30 Coffee & Social (Junction) 5 11:00 Music Group (Gathering Place) 2:00 Board Games (Rum River Lounge) 6:00 Popcorn & Movie: Dumplin' (Gathering Place)
	9:00 Virtual Church Service (Junction) 6 3:00 Bridge Game (Ambassador Room)	9:00 Silver Sneakers (Exercise Room) 7 9:30 Coffee & Social (The Landing) 12:00 Twins Game (Junction) 2:00 Bible Study (Ambassador Room) 6:30 Movie & Popcorn: Viewers Choice (Junction) Labor Day (Shannon out of office)	9:00 Exercise Video (Exercise Room) 8 9:30 Coffee & Social (Junction) 2:00 Chat w/Chef Ben (The Landing) (Shannon out of office)	9:00 Exercise Video (Exercise Room) 9 9:30 Coffee & Social (The Landing) 10:00 Catholic communion Service (Rum River Lounge) 10:30 Pickle Ball Lesson w/Chayse (Pickle Ball Court) 12:00 Twins Game (Junction) 6:00 Cribbage (Rum River Lounge) (Shannon out of office)	9:00 Exercise Video (Exercise Room) 10 9:30 Coffee & Social (Junction) 10:30 Exercise Video (Gathering Place) 1:00 Coloring w/Shannon (Gathering Place)	9:00 Exercise Video (Exercise Room) 11 9:30 Coffee & Social (The Landing) 10:30 Exercise Video (Gathering Place) 3:00 Happy Hour & Trivia (The Landing) Patriot Day

*Programs may occasionally change to best meet resident interest and community needs *Please sign up for bus outings and trips *Outings where food or treats are available are the residents' financial responsibility

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Virtual Church Service (Junction) 13 3:00 Bridge Game (Ambassador Room) 3:00 Vikings vs Packers (Junction)	9:00 Silver Sneakers (Exercise Room) 14 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 2:00 Gardening Club (Patio) 2:00 Bible Study (Ambassador Room) 6:30 Movie & Popcorn: Viewers Choice (Junction)	9:00 Exercise Video (Exercise Room) 15 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Foodie Club: Make & Take w/Shannon - Caramel Apples - (Junction)	9:00 Exercise Video (Exercise Room) 16 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 12:40 Twins Game (Junction) 1:00 Bingo (Gathering Place) 6:00 Cribbage (Rum River Lounge)	9:00 Exercise Video (Exercise Room) 17 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Arts & Crafts w/Shannon - Dried Orange & Cinnamon Door Hangers - (Gathering Place)	9:00 Exercise Video (Exercise Room) 18 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 3:00 Happy Hour & Comedy (The Landing)	9:30 Coffee & Social (Junction) 19 11:00 Music Group (Gathering Place) 2:00 Board Games (Rum River Lounge) 6:00 Popcorn & Movie: A League of Their Own (Gathering Place)
9:00 Virtual Church Service (Junction) 20 3:00 Bridge Game (Ambassador Room) 12:00 Vikings vs Bears (Junction)	9:00 Silver Sneakers (Exercise Room) 21 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Bus Outing: Apple Orchard-Sunrise River 2:00 Bible Study (Ambassador Room) 6:30 Movie & Popcorn: Viewers Choice (Junction)	9:00 Exercise Video (Exercise Room) 22 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Foodie Club: Make & Take w/Shannon - Apple Crisp - (Junction) Autumnal Equinox	9:00 Exercise Video (Exercise Room) 23 9:30 Coffee & Social (The Landing) 10:00 Catholic Communion Service (Rum River Lounge) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Bingo (Gathering Place) 2:45 Twins Game (Junction) 6:00 Cribbage (Rum River Lounge)	9:00 Exercise Video (Exercise Room) 24 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Assisted Living Resident Council (Gathering Place)	9:00 Exercise Video (Exercise Room) 25 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 3:00 Happy Hour & Live Music (The Landing) Roy Holdren September Birthday Celebration	9:30 Coffee & Social (Junction) 26 11:00 Music Group (Gathering Place) 2:00 Board Games (Rum River Lounge) 6:00 Popcorn & Movie: A Beautiful Day in the Neighborhood (Gathering Place)
9:00 Virtual Church Service (Junction) 27 3:00 Bridge Game (Ambassador Room) 3:00 Vikings vs Buccaneers (Junction)	9:00 Silver Sneakers (Exercise Room) 28 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 12:30 Bus Outing: Lunch @ MC's Garage 2:00 Bible Study (Ambassador Room) 6:30 Movie & Popcorn: Viewers Choice (Junction)	9:00 Exercise Video (Exercise Room) 29 9:30 Coffee & Social (Junction) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Foodie Club: Make & Take w/Shannon - Apple Pie In a Cup - (Junction)	9:00 Exercise Video (Exercise Room) 30 9:30 Coffee & Social (The Landing) 10:30 Exercises w/Shannon (Gathering Place) 1:00 Bingo (Gathering Place) 6:00 Cribbage (Rum River Lounge)			

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