

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|--|
| <p>1:30PM Movie (T) 1</p> <p><i>"Noah's Ark" (1999)</i> TV Miniseries 2 ¼ hrs.</p> | <p>HAPPY LABOR DAY 2</p> <p>8:30AM Walking Group (L) 1PM Seated Strength (F) 2PM Water Aerobics (P)</p> | <p>10AM Chair Yoga (F) 11AM Gentle Ai-Chi (P) 2PM Curtis & Loretta Music (CH) 3PM Tuesday Book Club (CR) 3:30PM Mexican-Train (2AL) 4PM Garden Club (CY) WoodShed Open:10AM-12PM</p> <p>3</p> | <p>8:30AM Walking Group (L) 4 1PM Seated Strength (F) 1PM Catholic Mass with Father Deziel (CH) 2PM Water Aerobics (P) 3PM Yard Games (CH/CY) WoodShed Open:10AM-12PM</p> | <p>10AM M. Media Art (2AL) 5 1PM Worship (CH) 3:30PM Meet the Lyngblomsten Foundation at Wally's 6PM Film Based on a Book (T) <i>"The Accidental President" (2020)</i> Documentary 1 ¾ hrs.</p> | <p>9AM Culinary Chat (CH) 6 10AM Friday Book Club (CR) 3:00PM Cribbage (2AL)</p> | <p>8:30AM Walking Group (L) 7 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)</p> |
| <p>1:30PM Movie (T) 8</p> <p><i>"Seems Like Old Times" (1980)</i> Rom/Com 1 ¾ hrs.</p> <p>Grandparents Day</p> | <p>8:30AM Walking Group (L) 9 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P)</p> | <p>9AM TARGET 10 10AM Chair Yoga (F) 11AM Gentle Water Work (P) 3PM 500 Cards (2AL) WoodShed Open:10AM-12PM</p> | <p>8:30AM Walking Group (L) 11 12PM AFTERNOON CRUISE WITH BEAR BOATING 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 2PM Bridge (2AL) 5:45PM Evening Nails (2AL) WoodShed Open:10AM-12PM</p> | <p>10AM Chair Yoga (F) 12 10AM M. Media Art (2AL) 1PM Worship (CH) 2:15 Bingo (CH) 3:30PM Chapel Choir (CH) 6PM Smores Night (CY)</p> | <p>9:45AM LIBRARY 13 10AM Jeopardy (S) 2PM History of American Jewelry (CH) 3:15PM Hand & Foot (2AL)</p> | <p>8:30AM Walking Group (L) 14 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)</p> |
| <p>1:30PM Movie (T) 15</p> <p><i>"The Apple Dumpling Gang" (1975)</i> Family/Comedy 1 ¾ hrs.</p> | <p>8:30AM Walking Group (L) 16 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Jeopardy (S) 2PM Water Aerobics (P)</p> | <p>10AM FIRE DRILL 17 10AM Clay Building (S) 10AM Chair Yoga (F) 2PM Arm Chair Travel: Belize, Central America (T) 3PM Mexican Train (2AL) 4PM Garden Club (CY) WoodShed Open:10AM-12PM</p> | <p>8:30AM Walking Group (L) 18 10:30AM Memory Loss Caregiver Support Group (S) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 3PM Yard Games (CH/CY) WoodShed Open:10AM-12PM</p> | <p>10AM Chair Yoga (F) 19 10AM M. Media Art (2AL) 1PM Worship (CH) 2PM Men's Group (G) 2:15PM Snack n' Chat (CR) 3:30PM Grief Support Group (CR) 6PM Movie Night (T) <i>"The Long Game" (2023)</i> Drama 2hrs.</p> | <p>11AM Gentle Yoga (F) 20 2PM September Birthday Celebration in the Tavern 3:15PM 500 (2AL)</p> | <p>8:30AM Walking Group (L) 21 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)</p> <p>Oktoberfest Begins</p> |
| <p>1:30PM Movie (T) 22</p> <p><i>"The Over the Hill Gang Rides Again" (1970)</i> Western/Comedy 1 ¾ hrs.</p> <p>Autumn Begins</p> | <p>8:30AM Walking Group (L) 23 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P) 5PM Happy Hour in the Tavern</p> | <p>9AM WALMART 24 10AM Clay Building (S) 10AM Chair Yoga (F) 11AM Gentle Water Work (P) 3PM Tuesday Book Club (CR) 3PM Hand & Foot (2AL) WoodShed Open:10AM-12PM</p> | <p>8:30AM Walking Group (L) 25 9AM FORT SNELLING HISTORY ON THE GO! 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 2PM Bridge (2AL) 5:45PM Evening Nails (2AL) WoodShed Open:10AM-12PM</p> | <p>10AM AAMODTS APPLE ORCHARD 26 10AM Chair Yoga (F) 10AM M. Media Art (2AL) 1PM Worship (CH) 2:15PM Bingo (CH) 3:30PM Chapel Choir (CH) 6PM Smores Night (CY)</p> | <p>10AM Friday Book Club (CR) 27 11AM Gentle Yoga (F) 3PM Fall Festival (CH) 4:15PM Cribbage (2AL)</p> | <p>8:30AM Walking Group (L) 28 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)</p> |
| <p>1:30PM Movie (T) 29</p> <p><i>"Chicago" (2002)</i> Musical 1 ¾ hrs.</p> | <p>8:30AM Walking Group (L) 30 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P) 2:30PM Resident Mtg (CH)</p> |  <p>September 2024 Lyngblomsten at Lino Lakes ITEMS IN RED REQUIRE REGISTRATION AT THE FRONT DESK.</p> | | | | |

Room Key located on last page of newsletter. **Schedule subject to change.** Any questions, call Director of Life Enrichment, Kaitlyn Olson (651) 515-1730.