

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Events marked with an asterisk (*) will take place in other areas of Ebenezer Ridges campus or out in the community. To board the free shuttle/outing bus, please sign up at the front desk and report to the lobby 30 minutes prior to the scheduled time for each event.



1:15 Bible Study - CH
2:00 Afternoon Movie: Back to You and Me - TH

New Year's Day

9:30 *Balance* Exercise Class - WR
10:30 Catholic Communion - CH
11:30 Lunch with Ebenezer Preschoolers - DR
1:15 Life History Visits
2:00 Manicures (By Appt. - 2nd floor)
3:00 Happy Hour - CR
6:15 Evening Movie: One Fine Day - TH

9:30 Worship Service - CR
10:45 Northern Clay Center Pottery Class - WR
***12:45 Outing: Savage American Legion (Music by Hi-Hats)**
1:30 Dime Bingo - CR
3:00 Hot Cocoa Social - CR
6:30 Catholic Rosary - CH

9:30 *Balance* Exercise Class - CR
10:45 Healing Hands (Hand Massages - Sign up at the front desk)
1:00 Life History Visits
***2:00 Arbor Belles Women's Group: Music Performance by Red Hats - ECH**
3:15 Happy Hour - CR
6:00 The Mary Tyler Moore Show - TH

9:30 *Arthritis Foundation* Exercise Class - CR
10:45 HealthRHYTHMS Drumming Session - CR
***1:00 Shopping Outing: Cub Foods (Burnsville)**
1:30 Wii Bowling - TH
3:00 Popcorn Social - CR
6:00 Evening Movie: Maudie - TH

9:30 *Arthritis Foundation* Exercise DVD - CR
1:15 Current Events - Lobby
2:00 500 Card Game - CS
3:00 Afternoon Refreshments - CR

9:30 Morning Devotions - CR
1:00 Afternoon Movie - TH
3:00 Afternoon Refreshments - CR

9:30 *Arthritis Foundation* Exercise Class - CR
10:45 Morning Greetings from Ebenezer Preschoolers
1:15 Bible Study - CH
2:45 Arbor Lites Choir Practice - CR
3:30 Happy Hour - CR
6:00 Comedy Hour: The Andy Griffith Show - TH

9:30 *Balance* Exercise Class - WR
***10:30 Catholic Mass - ECH**
1:15 MacPhail Center for Music "Music for Life" Program - CR
2:00 Manicures (By Appt. - 2nd floor)
3:00 Happy Hour - CR
6:15 Evening Movie: Gifted Hands ~ The Ben Carson Story - TH

9:30 Worship Service - CR
10:45 Art with Heart with Artists Debbie & Sue - WR
***11:00 Lunch Outing: Red Lobster (Burnsville)**
1:30 Dime Bingo - CR
3:00 Hot Cocoa Social - CR
6:30 Catholic Rosary - CH

9:30 *Stretch* Exercise DVD - WR
10:30 Community Outreach Project with Harriet Bishop Elementary Students: Cheerful Givers Birthday Bags - CR
2:00 Music with Colleen Hiebeler - CR
3:30 Happy Hour - CR
6:00 HealthRHYTHMS Drumming Community Sharing Session - CR

9:30 *Arthritis Foundation* Exercise DVD - CR
10:45 HealthRHYTHMS Drumming Session - CR
***1:00 Shopping Outing: Target (Burnsville)**
1:30 Wii Bowling - TH
3:00 Popcorn Social - CR
6:00 Evening Movie: The Help - TH

9:30 *Arthritis Foundation* Exercise DVD - CR
1:15 Current Events - Lobby
2:00 500 Card Game - CS
3:00 Afternoon Refreshments - CR

9:30 Morning Devotions - CR
1:00 Afternoon Movie - TH
3:00 Afternoon Refreshments - CR

9:30 *Arthritis Foundation* Exercise Class - CR
10:45 Snowman Project with Ebenezer Preschoolers - CR
1:00 Project Veteran Pet Visits
1:15 Bible Study - CH
2:00 Relaxation Session: Adult Coloring - CS
3:00 Happy Hour - CR
6:00 Tribute to Dr. Martin Luther King - TH
Martin Luther King Day

9:30 *Balance* Exercise Class - WR
***11:00 Ebenezer Ridges Intergenerational Birthday Party - Arbors MC Community Room**
1:15 MacPhail Center for Music "Music for Life" Program - CR
3:00 Happy Hour - CR
***3:45 Catholic Mass - ECH**
6:15 Evening Movie: One Night with the King - TH

9:30 Worship Service - CR
10:45 Northern Clay Center Pottery Class - WR
***1:00 Outing: Dollar Tree (Apple Valley)**
1:30 Dime Bingo - CR
3:00 Hot Cocoa Social - CR
6:30 Catholic Rosary - CH

9:30 *Balance* Exercise Class - CR
10:45 Healing Hands (Hand Massages - Sign up at the front desk)
1:00 Food Forum with Bill - CR
1:30 Resident Forum - CR
4:00 Book Club - CR
6:00 The Mary Tyler Moore Show - TH
6:00 Honoring Choices Advanced Care Planning Class - WR

9:30 *Arthritis Foundation* Exercise Class - CR
10:45 HealthRHYTHMS Drumming Session - CR
***1:00 Shopping Outing: Cub Foods (Burnsville)**
1:30 Wii Bowling - TH
3:00 Popcorn Social - CR
6:00 Evening Movie: Joyful Noise - TH

9:30 *Arthritis Foundation* Exercise DVD - CR
1:15 Current Events - Lobby
2:00 500 Card Game - CS
3:00 Afternoon Refreshments - CR

9:30 Morning Devotions - CR
1:00 Afternoon Movie - TH
3:00 Afternoon Refreshments - CR

9:30 *Arthritis Foundation* Exercise Class - CR
10:45 Snowman Project with Ebenezer Preschoolers - CR
1:15 Bible Study - CH
2:45 Arbor Lites Choir Practice - CR
3:30 Happy Hour - CR
6:00 Comedy Hour: The Andy Griffith Show - TH

9:30 *Balance* Exercise Class - WR
10:30 Catholic Communion - CH
12:00 Special Lunch with Ebenezer Preschoolers - DR
1:15 MacPhail Center for Music "Music for Life" Program - CR
2:00 Manicures (By Appt. - 2nd floor)
3:00 Happy Hour - CR
6:15 Evening Movie: Last Ounce of Courage - TH

9:30 Worship Service - CR
10:45 Art with Heart with Artists Debbie & Sue - WR
***11:00 Lunch Outing: Osaka Seafood Steakhouse (Apple Valley)**
1:00 Low Vision Support Group with Vision Loss Resources - WR
1:30 Dime Bingo - CR
3:00 Hot Cocoa Social - CR
6:30 Catholic Rosary - CH

9:30 *Stretch* Exercise DVD - CR
10:30 Exploring Art with Debbie - WR
10:45 Healing Hands (Hand Massages - Sign up at the front desk)
1:00 Welcoming Committee Meeting - CH
2:00 Accordion/Vocal Music with Mark Stillman - CR
3:30 Happy Hour - CR
6:00 The Mary Tyler Moore Show - TH

9:30 *Arthritis Foundation* Exercise Class - CR
(No HealthRHYTHMS Drumming Session today)
12:30 - 2:30 pm Green Books Book Fair - CR
***1:00 Shopping Outing: Target (Burnsville)**
***2:00 Art with Heart Annual Resident Art Exhibit - ECH**
3:30 Popcorn Social - CR
6:00 Evening Movie: Gifted - TH
Australia Day

9:30 *Arthritis Foundation* Exercise DVD - CR
1:15 Current Events - Lobby
2:00 500 Card Game - CS
3:00 Afternoon Refreshments - CR

9:30 Morning Devotions - CR
1:00 Afternoon Movie - TH
3:00 Afternoon Refreshments - CR

9:30 *Arthritis Foundation* Exercise Class - CR
***10:30 Wintertime Beach Bash with Ebenezer Preschoolers - ECH**
1:15 Bible Study - CH
2:45 Arbor Lites Choir Practice - CR
3:30 Happy Hour - CR
6:00 Comedy Hour: The Andy Griffith Show - TH

9:30 *Balance* Exercise Class - WR
10:45 Welcoming Committee Meeting - CR
1:15 MacPhail Center for Music "Music for Life" Program - CR
2:00 Manicures (By Appt. - 2nd floor)
3:00 Happy Hour - CR
6:15 Evening Movie: The Game Plan - TH

9:30 Worship Service - CR
10:45 Life History Visits
***1:00 Scenic Drive: Fort Snelling State Park**
1:30 Wellness Presentation with Margo - CR
3:00 Hot Cocoa Social - CR
6:30 Catholic Rosary - CH

January 2018
Arbors at Ridges Assisted Living

Tu B'Shevat

LOCATION KEY: **CH** = Arbors Chapel (1st floor); **CR** = Community Room (1st floor); **CS** = Care Suites Dining Room (1st floor); **DR** = Dining Room (1st floor); **ECH** = Ebenezer Chapel; **MC** = Arbor Lane Memory Care; **PDR** = Private Dining Room (1st floor); **RP** = Ridge Point Community Room; **TH** = Theater Room (1st floor); **WR** = Wellness Room (1st floor)