


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>*10:30 Worship Service - ECH</b></p> <p>1:00 Afternoon Movie - TH</p> <p><b>1:30 Dime Bingo - CR</b></p> <p>3:00 Afternoon Refreshments - CR</p>	<p><b>2</b></p> <p><b>9:30 Arthritis Foundation Exercise DVD - CR</b></p> <p><b>1:15 Bible Study - CH</b></p> <p><b>2:00 Afternoon Movie - TH</b></p> <p>Labor Day</p>	<p><b>3</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>10:30 Catholic Communion - CH</b></p> <p>11:30 Lunch with Ebenezer Preschool Friends - DR</p> <p><b>2:00 Encouragement Group with Chaplain Darin - WR</b></p> <p>3:00 Happy Hour - CR</p> <p><b>6:00 Evening Movie - TH</b></p>	<p><b>4</b></p> <p>7:45 Coffee Chats - CR</p> <p><b>9:00 Podiatry with In-House Senior Services - WR</b></p> <p><b>9:30 Ebenezer Memorial Service - CR</b></p> <p>10:45 Life History Visits</p> <p><b>*1:00 Shopping Trip: Dollar Tree (Eagan)</b></p> <p><b>3:00 National Macadamia Nut Day Cookie Social - CH</b></p> <p>6:30 Catholic Rosary - CH</p>	<p><b>5</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 SAIL Fitness Class - CR</p> <p><b>10:45 HealthRHYTHMS Drumming for Wellness - CR (No MacPhail Music today)</b></p> <p><b>2:30 Guatemalan Worry Dolls Project with Erin - WR</b></p> <p>2:30 Pet Visits with Scruffy</p> <p>3:30 Happy Hour - CR</p> <p><b>6:00 Music Videos with Erin - CR</b></p>	<p><b>6</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>10:45 In the News - CR</b></p> <p><b>*1:00 Shopping Trip: Target (Burnsville)</b></p> <p><b>*2:00 Minnesota State Parks Presentation with Doug Ohman - ECH</b></p> <p><b>3:15 National Beer Lover's Day Beer Tasting Social - CR</b></p> <p><b>6:00 Evening Movie - TH</b></p>	<p><b>7</b></p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p><b>10:30 Cards &amp; Games - CR</b></p> <p>10:45 Friendship Visits</p> <p><b>1:00 Showcase of 1940's &amp; 50's Actors/Actresses with Amy - CR</b></p> <p>3:00 Afternoon Refreshments - CR</p>
<p><b>8</b></p> <p><b>*10:30 Worship Service - ECH</b></p> <p>1:00 Afternoon Movie - TH</p> <p><b>1:30 Dime Bingo - CR</b></p> <p>3:00 Afternoon Refreshments - CR</p> <p>Grandparents' Day</p>	<p><b>9</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Stretch &amp; Strength Exercise - CR</p> <p>10:15 Morning Visits with Ebenezer Ridges Childcare Infants</p> <p><b>10:45 Grandparents Day Project with Ebenezer Preschool Friends - CR</b></p> <p>1:15 Bible Study - CH <b>(No Arbor Lites Choir today)</b></p> <p>3:30 Happy Hour - CR</p> <p><b>6:00 Evening Movie - TH</b></p>	<p><b>10</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>*10:30 Catholic Mass - ECH</b></p> <p>1:00 Food Forum - WR</p> <p><b>2:00 Sinatra Music by Todd Anderson - CR</b></p> <p>3:30 National Ants on a Log Day Social - CR</p> <p><b>6:00 This Land is Your Land Travel Talk with Amy: South Carolina - CR</b></p>	<p><b>11</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Communion Service - CR</p> <p><b>11:00 Art with Heart with Artists Debbie &amp; Sue - WR</b></p> <p><b>*1:00 Minnesota's Largest Candy Store (Jordan)</b></p> <p><b>1:00 - 3:00 Social Worker Marlies V. Open Office Hours - 2nd floor (By appt. - please sign up in lobby)</b></p> <p>1:30 Dime Bingo - CR</p> <p><b>3:00 National Day of Service and Remembrance Social - CR</b></p> <p>6:30 Catholic Rosary - CH</p>	<p><b>12</b></p> <p><b>National Day of Encouragement</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 SAIL Fitness Class - CR</p> <p><b>10:45 Rhythms of Life Community Drumming DVD (Musical Documentary) - TH</b></p> <p><b>2:30 Always Rise Higher Education Project with Erin - WR</b></p> <p>2:00 Manicures (By Appt. - 2<sup>nd</sup> floor)</p> <p><b>2:30 Pet Visits with Scruffy</b></p> <p>3:30 Happy Hour - CR</p> <p><b>6:00 Music Videos with Erin - CR</b></p>	<p><b>13</b></p> <p><b>8:00 - 10:00 am Muffins for Memories Alzheimer's Association Fundraiser - Lobby</b></p> <p><b>7:45 Coffee Bistro Cart - Lobby</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>10:45 In the News - CR</b></p> <p><b>*1:00 Shopping Trip: Cub Foods (Burnsville)</b></p> <p><b>1:30 Wellness Presentation with Kari: Dementia Education - CR</b></p> <p>3:00 Fresh Fruit Social - CR</p> <p><b>6:00 Evening Movie - TH</b></p>	<p><b>14</b></p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p><b>*10:45 Picnic Outing: Hidden Falls (St. Paul)</b></p> <p>1:30 Cards &amp; Games - CR</p> <p>3:00 Afternoon Refreshments - CR</p>
<p><b>15</b></p> <p><b>*10:30 Worship Service - ECH</b></p> <p>1:00 Afternoon Movie - TH</p> <p><b>1:30 Dime Bingo - CR</b></p> <p>3:00 Afternoon Refreshments - CR</p>	<p><b>16</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Stretch &amp; Strength Exercise Class - CR</p> <p><b>10:15 Morning Visits with Ebenezer Ridges Childcare Infants</b></p> <p>1:15 Bible Study - CH</p> <p><b>2:00 Capturing Life Stories Video Project (Please sign up in the lobby)</b></p> <p><b>2:45 Arbor Lites Choir Practice - CR</b></p> <p>3:30 Happy Hour - CR</p> <p><b>6:00 Rick Steves' Travel Series: Portugal's Heartland - TH</b></p>	<p><b>17</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>*11:00 Ebenezer Ridges Intergenerational Birthday Party - Arbor Lane Community Room</b></p> <p>1:00 Welcoming Committee Meeting - CH</p> <p><b>2:00 Resident Forum - CR</b></p> <p>3:00 Happy Hour - CR</p> <p><b>*3:30 Catholic Rosary &amp; Mass - ECH</b></p> <p>6:00 Game Night: Farkle - CR</p>	<p><b>18</b></p> <p>7:45 Coffee Chats - CR</p> <p><b>9:30 Worship Service - CR</b></p> <p><b>11:30 National Cheeseburger Day Special Lunch - DR</b></p> <p><b>*1:00 Outing: History on the Go! Bus Tour of Historic Fort Snelling</b></p> <p>1:30 Dime Bingo - CR</p> <p>3:00 Chef's Special Social - CR</p> <p><b>6:30 Catholic Rosary - CH</b></p>	<p><b>19</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 SAIL Fitness Class - CR</p> <p><b>10:45 HealthRHYTHMS Drumming for Wellness - CR</b></p> <p><b>1:15 MacPhail Center for Music "Music for Life" Program - CR</b></p> <p>2:00 Manicures (By Appt. - 2<sup>nd</sup> floor)</p> <p><b>2:30 Pet Visits with Scruffy</b></p> <p>3:00 Happy Hour - CR</p> <p><b>6:00 Music Videos with Erin - CR</b></p>	<p><b>20</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>*10:00 Outing with Ebenezer Preschoolers: Sponsel's MN Harvest Apple Orchard (Jordan)</b></p> <p><b>10:45 In the News - CR</b></p> <p>1:00 Brain Wellness Games - CR</p> <p><b>3:00 National Punch Day Social - CR</b></p> <p>6:00 Evening Movie - TH</p> <p>Oktoberfest Begins</p>	<p><b>21</b></p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p><b>10:45 Photo/Travel Stories with Erin - CR</b></p> <p>1:30 Cards &amp; Games - CR</p> <p>3:00 Afternoon Refreshments - CR</p>
<p><b>22</b></p> <p><b>*10:30 Worship Service - ECH</b></p> <p>1:00 Afternoon Movie - TH</p> <p><b>1:30 Dime Bingo - CR</b></p> <p><b>3:00 National Ice Cream Cone Day Social - CR</b></p>	<p><b>23</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Stretch &amp; Strength Exercise Class - CR</p> <p><b>10:15 Morning Visits with Ebenezer Ridges Childcare Infants</b></p> <p>1:15 Bible Study - CH</p> <p><b>2:45 Arbor Lites Choir Practice - CR</b></p> <p>3:30 Happy Hour - CR</p> <p><b>*4:00 Alzheimer's Walk Fundraiser Dinner Outing: Pizza Ranch (Lakeville)</b></p> <p><b>6:00 Evening Movie - TH</b></p> <p>Autumn Begins</p>	<p><b>24</b></p> <p><b>7:30 Special Breakfast - DR</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>*10:30 Catholic Mass - ECH</b></p> <p><b>12:00 Pizza Lunch with Ebenezer Preschool Friends - CR</b></p> <p><b>2:00 Music by Jim Kirkendall - CR</b></p> <p>3:30 National Cherries Jubilee Day Social - CR</p> <p><b>6:00 This Land is Your Land Travel Talk with Amy: Michigan - CR</b></p>	<p><b>25</b></p> <p>7:45 Coffee Chats - CR</p> <p><b>9:30 Worship Service - CR</b></p> <p><b>*10:45 Lunch Outing: D. Fongs (Savage)</b></p> <p><b>11:00 Art with Heart with Artists Debbie &amp; Sue - WR</b></p> <p><b>1:00 - 3:00 Social Worker Marlies V. Open Office Hours - 2nd floor (By appt. - please sign up in lobby)</b></p> <p>1:30 Dime Bingo - CR</p> <p><b>3:00 National One-Hit Wonder Day &amp; Margarita Social - CR</b></p> <p><b>6:30 Catholic Rosary - CH</b></p>	<p><b>26</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 SAIL Fitness Class - CR</p> <p><b>10:45 Exploring Art with Debbie - WR</b></p> <p><b>1:15 MacPhail Center for Music "Music for Life" Program - CR</b></p> <p>2:00 Manicures (By Appt. - 2<sup>nd</sup> floor)</p> <p><b>2:30 Pet Visits with Scruffy</b></p> <p>3:00 Happy Hour - CR</p> <p><b>6:00 Summer's End S'mores Social - Front Parking Lot</b></p>	<p><b>27</b></p> <p>9:30 Balance Exercise Class - CR</p> <p><b>10:45 In the News - CR</b></p> <p><b>*1:00 Shopping Trip: Lunds &amp; Byerlys (Burnsville)</b></p> <p>1:00 Brain Wellness Games - CR</p> <p><b>3:00 Fresh Fruit Social - CR</b></p> <p>6:00 Evening Movie - TH</p>	<p><b>28</b></p> <p>9:30 Arthritis Foundation Exercise DVD - CR</p> <p><b>10:45 Showcase of 1940's &amp; 50's Actors/Actresses with Amy - CR</b></p> <p><b>*1:00 Apple Orchard Outing: Applewood (Lakeville)</b></p> <p>3:00 Afternoon Refreshments - CR</p>
<p><b>29</b></p> <p><b>*10:30 Worship Service - ECH</b></p> <p>1:00 Afternoon Movie - TH</p> <p><b>1:30 Dime Bingo - CR</b></p> <p>3:00 Afternoon Refreshments - CR</p>	<p><b>30</b></p> <p><b>7:45 Coffee Chats - CR</b></p> <p>9:30 Stretch &amp; Strength Exercise Class - CR</p> <p><b>10:15 Morning Visits with Ebenezer Ridges Childcare Infants</b></p> <p>1:15 Bible Study - CH</p> <p><b>2:00 Slide Presentation with Mike: The Great Northern Railroad - WR</b></p> <p>2:45 Arbor Lites Choir Practice - CR</p> <p><b>3:30 National Love People Day &amp; Hot Mulled Cider Social - CR</b></p> <p><b>6:00 Rick Steves' Travel Series: The Heart of England - TH</b></p> <p>Rosh Hashanah (first Day)</p>	 <h1>September 2019</h1> <h2>Arbors at Ridges Events Calendar</h2>				

**LOCATION KEY:** **CH** = Arbors Chapel (1<sup>st</sup> floor); **CR** = Community Room (1<sup>st</sup> floor); **CS** = Care Suites Dining Room (1<sup>st</sup> floor); **DR** = Dining Room (1<sup>st</sup> floor); **ECH** = Ebenezer Chapel; **PDR** = Private Dining Room (1<sup>st</sup> floor); **TH** = Theater Room (1<sup>st</sup> floor); **WR** = Wellness Room (1<sup>st</sup> floor)