


# NOVEMBER 2026

## GRATITUDE & REFLECTION

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>12:45 PH Bean Bags (CR)<br>1:30 SP Devotion and Melodies of Faith (CR)<br>2:30 SO Cards and Conversation (CS) | **2**<br>10:00 PH Exercises (CR)<br>10:30 SP Songs of Faith (CR)<br>1:30 OC Recipe and Reminisce (CR)<br>3:15 PH Walk and Wellness<br>3:30 SO Music by Lydia (CS)<br>6:00 SO Game Night (CR) | **3**<br>Election Day<br>10:00 PH Exercises (CR)<br>10:30 IL Wheel of Fortune (CR)<br>12:30 OC Vaccine Clinic (CR)<br>1:30 IL Joyful Ringers-Bell Choir (CR)<br>2:00 OC Walmart Outing<br>3:15 IL Cards and Conversation (CS) | **4**<br>10:00 PH Exercise - WOW (CR)<br>10:30 SP Worship with Pastor Paul (CR)<br>1:30 SP Bible Study with Pastor Paul (CR)<br>2:30 SO Popcorn & Community (CS)<br>3:00 PH Walk and Wellness | **5**<br>10:00 SP Catholic Communion (CR)<br>10:45 PH Exercises (CR)<br>1:30 IL Bingo (CR)<br>2:30 OC Social Hour-Scavenger Hunt (CS)<br>3:30 IL Deal Me in Card Group (CS)<br>3:30 SO Music by Lydia (CS) | **6**<br>10:00 PH Exercises (CR)<br>10:30 OC Resident Council (CR)<br>1:30 OC Blessing Snack Mix (CR)<br>3:30 PH Walk and Wellness Club | **7**<br>1:30 IL Bingo (CR)<br>2:30 SO Coffee and Conversation (CS) |
| **8**<br>12:30 SO Rogers High School Play-"Shrek the Musical"<br>12:45 PH Hatchet Throw (CR)<br>1:30 SP Devotion and Melodies of Faith (CR)<br>2:30 SO Cards and Conversation (CS) | **9**<br>10:00 PH Exercises (CR)<br>10:30 SP Songs of Faith (CR)<br>1:30 IL Yahtzee (CR)<br>2:00 OC Brewery Outing<br>3:00 PH Walk and Wellness | **10**<br>10:00 PH Exercises (CR)<br>10:30 IL Piggy Bankers (CR)<br>1:30 EM Pet Visits<br>1:30 IL Joyful Ringers-Bell Choir (CR)<br>2:00 EM Veteran's Recognition (CR)<br>2:30 SO Social Hour-Veteran's Recognition (CS)<br>3:15 IL Cards and Conversation (CS) | **11**<br>Veteran's Day<br>9:00 OC Dollar Store Outing<br>10:00 PH Exercise - WOW (CR)<br>10:30 SP Worship with Pastor Paul (CR)<br>1:30 SP Bible Study with Pastor Paul (CR)<br>2:30 SO Popcorn & Community (CS)<br>3:15 PH Walk and Wellness<br>5:30 EM Pet Visits | **12**<br>10:00 SP Catholic Communion (CR)<br>10:45 PH Exercises (CR)<br>1:30 IL Bingo (CR)<br>2:30 EM Social Hour-Bounty of Gratitude (CS)<br>3:15 IL Deal Me in Card Group (CS) | **13**<br>10:00 PH Exercises (CR)<br>10:30 EM Gratitude Wheel (CR)<br>2:00 OC Turkey Craft (CR)<br>3:30 PH Walk and Wellness Club | **14**<br>1:30 IL Bingo (CR)<br>2:30 SO Coffee and Conversation (CS) |
| **15**<br>12:45 PH Horse Shoes (CR)<br>1:30 SP Devotion and Melodies of Faith (CR)<br>2:30 SO Cards and Conversation (CS) | **16**<br>10:00 PH Exercises (CR)<br>10:30 SP Songs of Faith (CR)<br>1:00 SO Culinary Corner-Culinary Demo (CS)<br>2:00 SO Birthday Bash-Music by the Frog Hollow Boys (DR)<br>3:00 PH Walk and Wellness<br>3:30 SO Music by Lydia (CS)<br>6:00 SO Game Night (CR) | **17**<br>Happy Birthday to Paul W!<br>9:00 OC Casino Outing<br>10:00 PH Exercises (CR)<br>10:30 IL Wheel of Fortune (CR)<br>1:30 IL Joyful Ringers-Bell Choir (CR)<br>2:30 EM Legacy of Gratitude Coffee (CS)<br>3:30 IL Cards and Conversation (CS) | **18**<br>10:00 PH Exercise - WOW (CR)<br>10:30 SP Worship with Pastor Paul (CR)<br>11:00 SO MN Squatch here to visit in Dining Room (DR)<br>1:30 SP Bible Study with Pastor Paul (CR)<br>2:30 SO Popcorn & Community -Meet the Adminstrative Team (CS)<br>3:15 PH Walk and Wellness | **19**<br>10:00 PH Exercises (CR)<br>10:30 OC Resident Meeting (CR)<br>1:30 IL Bingo (CR)<br>2:30 SO Ice Cream Social (CS)<br>3:15 IL Deal Me In Card Group (CS) | **20**<br>10:00 PH Exercises (CR)<br>10:30 IL Gratitude Jingo (CR)<br>1:00 EM Sustainable Safari Outing<br>1:30 SO Movie Matinee and Snack (CR)<br>3:30 PH Walk and Wellness Club | **21**<br>1:30 IL Bingo (CR)<br>2:30 SO Coffee and Conversation (CS) |
| **22**<br>12:45 PH Washer Toss (CR)<br>1:30 SP Devotion and Melodies of Faith (CR)<br>2:30 SO Cards and Conversation (CS) | **23**<br>10:00 PH Exercises (CR)<br>10:30 SP Songs of Faith (CR)<br>1:00 OC Friendsgiving Prep (CR)<br>3:00 PH Walk and Wellness<br>4:30 SO Friendsgiving Meal-RSVP at Front Desk by 11/16/26-Limit 15 people (CR)<br>6:00 SO Game Night (CR) | **24**<br>10:00 PH Exercises (CR)<br>10:30 IL Piggy Bankers (CR)<br>11:00 SO Culver's Outing<br>1:30 IL Joyful Ringers-Bell Choir (CR)<br>2:30 SO Friendsgiving Pie Social (CS)<br>3:30 IL Cards and Conversation (CS) | **25**<br>10:00 PH Exercise - WOW (CR)<br>10:30 SP Worship with Pastor Mike (CR)<br>1:30 SP Bible Study with Pastor Mike (CR)<br>2:30 SO Popcorn & Community (CS)<br>3:30 PH Walk and Wellness<br>5:30 EM Pet Visits | **26**<br>Happy Thanksgiving and Happy Birthday to Mauna S and Betty D!<br>10:30 IL Bingo (CR)<br>3:30 IL Cards and Conversation | **27**<br>Happy Birthday to Harry!<br>10:00 PH Exercises (CR)<br>10:30 IL Trivia (CR)<br>1:30 OC Baking (CR)<br>3:30 PH Walk and Wellness Club | **28**<br>1:30 IL Bingo (CR)<br>2:30 SO Coffee and Conversation (CS) |
| **29**<br>12:45 PH Bean Bag Toss (CR)<br>1:30 SP Devotion and Melodies of Faith (CR)<br>2:30 SO Cards and Conversation (CS) | **30**<br>10:00 PH Exercises (CR)<br>10:30 SP Songs of Faith (CR)<br>1:00 OC Culinary Connection-Culinary Committee (CS)<br>2:00 IL Made in Minnesota (CR)<br>3:30 PH Walk and Wellness<br>6:00 SO Game Night (CR) | EM Emotional<br>EN Environmental<br>IL Intellectual<br>OC Occupational<br>PH Physical<br>SO Social<br>SP Spiritual | CR Community Room<br>CS Coffee Shop<br>DR Dining Room | | | |

INDEPENDENT & ASSISTED LIVING | CONTACT LIFE ENRICHMENT AT 763-241-7682

* ALL ACTIVITIES ARE SUBJECT TO CHANGE *

Guardian Angels
BY THE LAKE




# November 2026

## Gratitude & Reflection

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 SP Devotions and Melodies of Faith (MC2)<br>2:45 IL Social Hour-Fishbowl Game (MC1)<br>3:15 PH Bean Bag Toss (MC1) | **2**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 IL Nuts About Peanut Butter (MC2)<br>12:45 EM Hand Massages<br>2:00 PH Ring Toss (MC1)<br>2:45 SO Social Hour-Table Talk (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Hatchet Throw (MC1) | **3**<br>Election Day<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 EM Sing-along (MC2)<br>12:45 IL Cards and Conversation (MC1)<br>2:15 EM Music with Kristen (MC1)<br>2:45 SO Social Hour-Opposites (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Golf Putt (MC2) | **4**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises-Wellness on Wheels (MC2)<br>11:00 SP Worship Service with Pastor Paul (MC2)<br>12:45 EM Fancy Nails (MC1)<br>2:00 SO Movie Matinee and Snack (MC2)<br>3:30 PH Games and Gathering (MC1)<br>5:30 EM Creative Coloring (MC1) | **5**<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 IL True/False (MC2)<br>12:45 IL Puzzle Fun (MC1)<br>2:00 IL Grocery Game<br>2:45 SO Social Hour-Mind Joggers (MC1)<br>3:15 PH Games and Gathering<br>5:30 IL Wheel of Fortune (MC2) | **6**<br>9:30 SO Morning Mingle (MC2)<br>10:00 EN Garden Club (MC2)<br>12:45 IL YouTube Fun (MC2)<br>2:00 PH Parachute Fun (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Football Toss Game (MC2) | **7**<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 IL Good News/Daily Chronicles (MC2)<br>3:15 IL Bingo (MC1) |
| **8**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 SP Devotions and Melodies of Faith (MC2)<br>2:45 SO Social Hour- (MC1)<br>3:15 PH Ring Toss (MC1) | **9**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 IL Gratitude Dice (MC2)<br>12:45 EM Hand Massages (MC1)<br>2:00 IL Grocery Game (MC1)<br>2:45 SO Social Hour-The Good Old Days (MC1)<br>3:15 PH Games and Gathering<br>5:30 PH Noodle Ball (MC1) | **10**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>12:45 IL Card Games (MC1)<br>2:15 EM Music with Kristen (MC1)<br>2:45 SO Ice Cream Sundaes (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Beach Ball Kick/Toss (MC2) | **11**<br>Veteran's Day<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises-Wellness on Wheels (MC2)<br>11:00 SP Worship Service with Pastor Paul (MC2)<br>12:45 EM Fancy Nails (MC1)<br>2:45 SO Coffee and Conversation (MC1)<br>3:15 PH Games and Gathering (MC1) | **12**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 IL List Three (MC2)<br>12:45 IL Puzzle Fun (MC1)<br>2:00 IL Gratitude Bingo (MC1)<br>2:45 EM Legacy of Gratitude Coffee (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Frisbee Toss (MC2) | **13**<br>5:30 IL Wheel of Fortune (MC2)<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 EM Gratitude Ball Toss (MC2)<br>1:30 OC Painting with Suzy (MC1)<br>2:00 IL Picture Pokeno (MC1)<br>2:45 SO Social Hour-True/False (MC1)<br>3:15 PH Games and Gathering (MC1) | **14**<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 IL Good News/Daily Chronicles (MC2)<br>3:15 IL Bingo (MC2) |
| **15**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 SP Devotions and Melodies of Faith (MC2)<br>2:45 SO Social Hour- (MC1)<br>3:15 PH Balloon Volley (MC1) | **16**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>12:45 EM Hand Massages (MC1)<br>2:00 SO Birthday Bash-Music by Mary (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Horse Shoes (MC2) | **17**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 EM Gratitude Wheel (MC2)<br>12:45 IL Card Games (MC1)<br>2:15 EM Music with Kristen (MC1)<br>2:45 SO Social Hour-Famous Pairs (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Ball Darts (MC2) | **18**<br>Happy Birthday to Lucille C!<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises-Wellness on Wheels (MC2)<br>11:00 SP Worship Service with Pastor Paul (MC2)<br>12:45 IL Hangman (MC2)<br>2:00 OC Make Blessing Snack Mix (MC1) | **19**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 IL Piggy Bankers (MC2)<br>12:45 IL Puzzle Fun (MC1)<br>2:00 IL Gratitude Bingo (MC1)<br>2:45 EM Legacy of Gratitude Coffee (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Balloon Volley (MC2) | **20**<br>2:45 SO Social Hour-Homemade Betty Crocker Product (MC1)<br>9:30 SO Morning Mingle (MC2)<br>10:00 EN Garden Club with Summer (MC2)<br>2:00 EM Made in Minnesota-Betty Crocker (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Baseball Toss Game (MC2) | **21**<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 IL Good News (MC2)<br>3:15 IL Bingo (MC1) |
| **22**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 SP Devotions and Melodies of Faith (MC2)<br>2:45 SO Social Hour- (MC1) | **23**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 EM Fall Dice Talk (MC2)<br>12:45 EM Hand Massages (MC1)<br>2:00 OC Recipe and Reminisce (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 IL Wheel of Fortune (MC2) | **24**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 EM Reminisce-Holiday Foods (MC2)<br>12:45 IL Card Games (MC1)<br>2:15 EM Music with Kristen (MC1)<br>2:45 SO Friendship Pie Social (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Bean Bag Toss (MC2) | **25**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises-Wellness on Wheels (MC2)<br>11:00 SP Worship Service with Pastor Mike (MC2)<br>12:45 EM Fancy Nails<br>3:15 PH Games and Gathering (MC1)<br>5:30 EM Pet Visits | **26**<br>Thanksgiving Day<br>9:30 PH Exercise and Mind Joggers (MC2)<br>1:30 EM Thanksgiving Dice Game (MC1)<br>2:45 SO Social Hour-True/False (MC1) | **27**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>2:00 PH Ping Pong (MC1)<br>2:45 SO Social Hour-Conversation Cards (MC1)<br>3:15 PH Games and Gathering (MC1)<br>5:30 IL Yahtzee (MC1) | **28**<br>Happy Birthday to Leroy Brown!<br>9:30 SO Morning Mingle (MC1)<br>10:30 PH Exercises (MC2)<br>11:00 IL Good News (MC2)<br>3:15 IL Bingo (MC1) |
| **29**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 SP Devotions and Melodies of Faith (MC2)<br>2:45 SO Social Hour- (MC1) | **30**<br>9:30 SO Morning Mingle (MC2)<br>10:30 PH Exercises (MC2)<br>11:00 IL Finish the Phrase (MC2)<br>12:45 EM Hand Massages (MC2)<br>2:00 SO Men's Group (MC2)<br>2:45 SO Social Hour-Ice Cream (MC2)<br>3:15 PH Games and Gathering (MC1)<br>5:30 PH Target Shoot (MC1) | EM Emotional<br>EN Environmental<br>IL Intellectual<br>OC Occupational<br>PH Physical<br>SO Social<br>SP Spiritual | MC1 Memory Care 1<br>MC2 Memory Care 2 | | | |

**Memory Care | Contact Life Enrichment at 763-241-7682**

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