



920 Anne St. NW | Bemidji MN, 56601 | Recreation Therapy Department: 218-364-8933

Scheduled Activities Are Subject To Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Coffee Social hour - C DR 12:30pm Mail Call 1:30pm Beach Volleyball - MPR 3:00pm Afternoon Affirmations & Activity Cart - V	10:00am Pet Therapy - Lear 12:30pm Mail Call 1:30pm Guitar with Kevin - MPR 3:30pm Activity Cart Favorites
3	4	5	6	7	8	9
10:30am Left Right Center - Lear 1:00pm Vikings Game - Thea 1:30pm Chapel Service - MPR	National Chocolate Day 8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Coffee Grind travels to India - C DR 12:30pm Mail Call 1:30pm Tournament - Lear 1:35pm Mindfulness Activities & 1:1 - C TV 3:00pm Afternoon Affirmations & Activity Cart - V	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Colorful Creations - Lear 12:30pm Mail Call 1:30pm Woodworking - Lear 1:35pm Mindfulness Activities & 1:1s - C TV 4:30pm Afternoon Affirmations - V 6:00pm Activity Cart Favorites - B DR	National Candy Corn Day 8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind travels to Puerto Rico - Libr 12:30pm Mail Call 1:30pm Art - Lear 1:35pm Mindfulness Activities - C TV 3:30pm Afternoon Affirmations & Shake A Day!	8:30am Morning Connections 10:00am Catholic Communion - Meditation 10:30am 1:1 Visit - V 10:30am Music featuring piano, violin and trombone - MPR 12:30pm Mail Call 1:30pm Indoor Shooting Range - Lear 1:35pm Mindfulness Activities - C TV 5:45pm Bingo hosted by Girl Scouts - MPR 7:00pm Activity Cart Favorites - B DR	Happy Birthday Elwood 8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Bible Study - Chap 10:30am Bored Boards - Lear 12:30pm Mail Call 1:30pm Music Group - MPR 1:35pm Mindfulness Activities - C TV 3:00pm Afternoon Affirmations & Activity Cart - V	Happy Birthday Stan 10:30am Fit - Fab & Fun - Thea 12:30pm Mail Call 1:00pm The Silver Screen - Thea 3:30pm Activity Cart Favorites
10	11	12	13	14	15	16
Marine Birthday 10:30am Hymns Choir - Thea 1:00pm Vikings Game - Thea 1:30pm Chapel Service - MPR 2:30pm Activity Cart time 1:1 with residents	Veterans Day! 10:00 Live Stream State of Minnesota Veterans Day Celebration 12:00 Welcome & Prime Rib Lunch (for resident and guest) 12:45 Guest speaker Wendell Affield 1:30 BINGO - In Country Motorcycle Group	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Colorful Creations - Lear 12:30pm Mail Call 1:30pm Arts & Crafts - Lear 1:35pm Mindfulness Activities - C TV 2:00pm Bingo - MPR 3:00pm Afternoon Affirmations & Activity Cart - V 6:00pm Activity Cart Favorites - C DR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Bible Study - Chap 10:30am Bored Boards - Lear 12:30pm Mail Call 1:35pm Mindfulness Activities - C TV 2:00 Bemidji State Athletic Dept. - Tatoos and Brews 3:30pm Afternoon Affirmations & Shake A Day! 6:00pm Activity Cart Favorites - C DR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 2:00 Fergus Falls Choir 3:00pm Activity Cart Favorites & 1:1s - B DR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 2:00pm Pet Therapy - Lear 3:30pm Activity Cart Favorites & 1:1s - C DR	8:30am Morning Connections 10:30am Fit - Fab & Fun - Thea 12:30pm Mail Call 1:30pm Painting - Lear 3:30pm Activity Cart Favorites
17	18	19	20	21	22	23
8:30am Morning Connections 10:30am Spa & Relaxation Group - Lear 1:00pm Vikings Game - Thea - Off 1:30pm Chapel Service - MPR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 1:30pm Bowling - Off 1:35pm Mindfulness Activities - C TV 3:30pm Activity Cart Favorites - C DR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Colorful Creations - Lear 12:30pm Mail Call 1:30pm Music - MPR 1:35pm Mindfulness Activities - C TV 3:00pm Afternoon Affirmations & Activity Cart - V 6:00pm Activity Cart Favorites - C DR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Bible Study - Chap 10:30am Bored Boards - Lear 12:30pm Mail Call 1:35pm Mindfulness Activities - C TV 2:00pm Classic Country Live Entertainment - MPR 3:30pm Afternoon Affirmations & Shake A Day!	8:30am Morning Connections 10:00am Catholic Mass - Meditation 10:30am 1:1 Visit - V 10:30am Resident Council 10:30am The Daily Grind - C DR 12:30pm Mail Call 1:30pm Woodworking - Lear 1:35pm Mindfulness Activities - C TV 3:00pm Afternoon Affirmations & Activity Cart - V	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 1:30pm Live Entertainment with Guy & John - MPR 3:00pm Afternoon Affirmations & Activity Cart - V	10:30am Fit - Fab & Fun - Thea 12:30pm Mail Call 1:30pm Arts & Crafts - Lear 3:30pm Activity Cart Favorites
24	25	26	27	28	29	30
10:30am Arts & Crafts - Lear 1:00pm Vikings Game - Thea - Off 1:30pm Chapel Service - MPR	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 1:30pm Tournament - Lear 1:35pm Mindfulness Activities - C TV 3:00pm Afternoon Affirmations & Activity Cart - V	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Colorful Creations - Lear 12:30pm Mail Call 1:30pm Holiday Decorating - Lear 1:35pm Mindfulness Activities - C TV 2:00pm Bingo - MPR 3:00pm Afternoon Affirmations & Activity Cart - V 6:00pm Activity Cart Favorites - C DR	Happy Birthday Tommy 8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am Bible Study - Chap 10:30am Bored Boards - Lear 12:30pm Mail Call 1:30pm Baking Pies - Lear 1:35pm Mindfulness Activities - C TV 3:30pm Afternoon Affirmations & Shake A Day! 6:00pm Activity Cart Favorites - B DR	Happy Thanksgiving! Happy Birthday Lee 8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 1:30 Live music with Mike and Tom 1:30pm Live Entertainment with Mike & Tom - MPR 3:00pm Afternoon Affirmations & Activity Cart - V	8:30am Morning Connections 10:30am 1:1 Visit - V 10:30am The Daily Grind - C DR 12:30pm Mail Call 1:30pm Comedy Hour - MPR 1:35pm Mindfulness Activities - C TV 3:00pm Afternoon Affirmations & Activity Cart - V	10:30am Fit - Fab & Fun - Thea 12:30pm Mail Call 1:00pm The Silver Screen - Thea 3:30pm Activity Cart Favorites

B DR - Dining Room C DR - Dining Room C TV - TV Room Chap - Chapel Lear - Learning Studio
 Libr - Library / Club Room MPR - Multi-Purpose Room Off - Off Campus Thea - Theatre V - Resident Rooms/Varied