



SUN	MON	TUE	WED	THU	FRI	SAT	THE COLONY™
				1 9:45 Better Balance CR 10:30 Brain Power FL 11:00 Catholic Rosary FL 11:10 Bank Run 11:45 Lunch at Culvers 1:00 Book Club FL 2:00 Trivia FL	2 9:45 Rise and Thrive CR 10:30 Bible Study CR 10:30 Creative Coloring CT 12:15 Wii Bowling CR 2:00 Violin Duo with the Dettmers CR	3 1:00 Majong A 1:00 Bridge FL 1:30 Movie in the Theater	<p style="text-align: center;">OUTINGS</p> <p>Cub Foods Target Walmart Dollar Store Bank Run Lunch at Culvers Drive Through Arboretum Trip to General Store Lunch at the Arboretum</p> <p style="text-align: center;">Calendar Key</p> <p>A=Atrium CR=Community Room FL=Fireside Lounge C=Café ES=Exercise Studio P=Patio GV=Garden View FD=Fine Dining T=Theater CT=Coloring Tables</p> <p>The Waters Integrative Therapy of the Month is RELAXATION AND BREATHING.</p> <p>All Waters Integrative Therapies are incorporated into our classes. These include: Yoga, Relaxation and Breathing, Guided Imagery, Stretch and Meditation, Aromatherapy and Tai Chi</p>
4 10:00 Catholic Communion Service CR 1:30 Movie in the Theater 2:00 Colony Worship Service CR	5 9:45 Rise and Thrive CR 10:30 Seated Yoga ES 10:30 Cub Foods 12:30 Fancy Fingers A 12:30 Wii Bowling CR 2:00 Trivia FL 3:00 Waters Academy CR 6:45 Games with Janice FL	6 9:45 Better Balance CR 10:30 Resident QA Team DR 10:30 Good News Café 1:30 Resident Council CR 1:30 Movie in the Theater 3:00 Wordscapes CR 6:39 NCL Bingo CR	7 9:45 Rise and Thrive CR 10:30 Dollar Store 10:30 Relaxation ES 12:30 Wii Bowling CR 2:00 Ice Cream on the Patio GV 6:30 Second Hand Hounds CR	8 9:45 Better Balance CR 10:30 Brain Power FL 11:00 Catholic Rosary FL 1:00 Drive-Thru Arboretum 11:10 Bank Run 1:00 Book Club FL 2:00 Trivia FL	9 9:45 Rise and Thrive CR 10:30 Bible Study CR 10:30 Creative Coloring CT 12:15 Wii Bowling CR 2:00 "The Splendid Westwind Trio" CR	10 1:00 Bridge FL 1:00 Majong A 1:30 Movie in the Theater	
11 10:00 Catholic Communion Service CR 1:30 Movie in the Theater 2:00 Colony Worship Service CR	12 9:45 Rise and Thrive CR 10:30 Seated Yoga ES 10:30 Cub Foods 12:30 Wii Bowling CR 2:00 Trivia FL 3:00 Waters Academy CR 6:45 Games with Janice FL	13 9:45 Better Balance CR 10:30 Good News Café 1:00 Writers Club FL 2:00 Procraftination GV 1:30 Movie in the Theater 3:00 Wordscapes CR	14 9:45 Rise and Thrive CR 10:30 Target 10:30 Relaxation ES 12:30 Wii Bowling CR 2:00 Happy Hour and Music with Dan Newton CR 6:30 Second Hand Hounds CR	15 9:45 Better Balance CR 10:30 Brain Power FL 10:30 Wellness Clinic A 11:00 Catholic Rosary FL 11:00 General Store 11:10 Bank Run 1:00 Book Club FL 2:00 Trivia FL	16 9:45 Rise and Thrive CR 10:30 Bible Study CR 10:30 Creative Coloring CT 12:15 Wii Bowling CR 1:00 The Colony vs Eden Prairie High School Football Game on the Patio	17 9:45 Exercise CR 10:30 Wii Bowling CR 1:00 Bridge FL 1:00 Majong A 1:30 Movie in the Theater	
18 10:00 Catholic Communion Service CR 1:30 Movie in the Theater 2:00 Colony Worship Service CR	19 9:45 Rise and Thrive CR 10:30 Cub Foods 10:30 Seated Yoga ES 12:30 Wii Bowling CR 12:30 Fancy Fingers CR 2:00 Trivia FL 3:00 Waters Academy CR 6:45 Games with Janice FL	20 9:45 Better Balance CR 10:30 Colony Sing Along CR 10:30 Good News Cafe 1:00 Conversation with the Chef CR 1:30 Movie in the Theater 3:00 Wordscapes CR 6:30 NCL Bingo CR	21 9:45 Rise and Thrive CR 10:30 Walmart 10:30 Relaxation with Guided Imagery ES 12:30 Wii Bowling CR 2:00 Games CR 6:30 Second Hand Hounds CR	22 9:45 Better Balance CR 10:30 Brain Power FL 11:00 Catholic Rosary FL 11:10 Bank Run 11:15 Arboretum Lunch 1:00 Book Club FL 2:00 Travel To Pennsylvania with Dale Blanshan CR	23 9:45 Rise and Thrive CR 10:30 Bible Study CR 10:30 Creative Coloring CT 12:15 Wii Bowling CR 2:00 Colony Cocktail Hour Garden View	24 10:30 Bingo with Todd CR 1:00 Bridge FL 1:00 Majong A 1:30 Movie in the Theater	
25 10:00 Catholic Communion Service CR 1:30 Movie in the Theater 2:00 Colony Worship Service CR	26 9:45 Rise and Thrive CR 10:30 Cub Foods 10:30 Seated Yoga ES 12:30 Wii Bowling CR 2:00 Trivia FL 3:00 Waters Academy CR 6:45 Games with Janice FL	27 9:45 Better Balance CR 10:30 Colony Sing Along RC 10:30 Good News Café 11:00 Catholic Mass CR 1:00 Sharing Loss FL 1:30 Movie in the Theater 3:00 Wordscapes CR	28 9:45 Rise and Thrive CR 10:30 Target 10:30 Relaxation ES 12:30 Wii Bowling CR 2:00 Bingo with Ginny CR 6:30 Second Hand Hounds CR	29 9:45 Better Balance CR 10:30 Brain Power FL 11:00 Catholic Rosary FL 11:10 Bank Run 1:00 Book Club 2:00 State Fair Party on the first floor	30 9:45 Rise and Thrive CR 10:30 Bible Study CR 10:30 Creative Coloring CT 12:15 Wii Bowling CR 2:00 Birthday Party CR	31 9:45 Exercise CR 10:30 Bingo with John CR 1:00 Bridge FL 1:00 Majong A 1:30 Movie in the Theater	