





JANUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Aquatic Exercise Wednesday mornings Must see Bre prior to attending!</p> <p>Aquatic Exercise resumes Wednesday January 8th at 9:15 am.</p>		<p>King & Queen Voting 21st - 24th</p>  <p>Winter Wonderland Week of 27 - 31</p>	<p>1</p>  <p>7:00 - Morning Coffee - FL 10:00 - Rose Bowl Parade 2:30 - Afternoon Coffee - D 4:00 - Rose Bowl - ESPN</p>	<p>2</p> <p>7:00 - Morning Coffee - FL 10:00 - Bible Study - LL 12:00 - Hand & Foot - GR 1:00 - Stronger Seniors Strength - WC 1:00 - Bridge - GR 2:30 - Afternoon Coffee - D 3:30 - Catholic Service - C 6:15 - Evening Movie: "The Good, The Bad & The Ugly" - WC</p>	<p>3</p> <p>7:00 - Morning Coffee - FL 10:30 - Gentle Exercise - WC 10:30 - Scrabble - GR 2:00 - Bingo - LL 2:30 - Afternoon Coffee - D</p>	<p>4</p> <p>7:00 - Morning Coffee - FL 10:30 - Seated Yoga - WC 1:00 - Farkle - GR 1:00 - Water Coloring - LL 2:30 - 2024 Trivia - WC 2:30 - Afternoon Coffee - D</p>
<p>5</p> <p>7:00 - Morning Coffee - FL 1:30 - Chapel with Holy Communion - Chapel 2:30 - Afternoon Coffee - D 2:30 - Community Crafting Hour - LL</p>	<p>6</p> <p>7:00 - Morning Coffee - FL 9:45 - Walmart Outing 10:30 - Gentle Exercise - WC 11:15 - Documentary: "Life on Our Plant: Episode 7" - WC 2:00 - Community Update - DR 3:30 - Quilting Update Meeting - LL 2:30 - Afternoon Coffee - D</p>	<p>7</p> <p>7:00 - Morning Coffee - FL 9:30 - Fantasy Football Sheet Pick Up - FL 9:45 - Aldi/Burlington Outing 10:15 - Stronger Seniors Stretch - WC 10:30 - Scrabble - GR 1:00 - Bridge - GR 2:00 - Bingo - LL 2:30 - Afternoon Coffee - D 6:45 - Cribbage - GR</p>	<p>8</p> <p>7:00 - Morning Coffee - FL 10:00 - Visits with Bergen - FL 10:15 - Seated Tai Chi - WC 1:00 - Farkle - GR 1:30 - Chapel - C 2:30 - Elvis Song Music Bingo - LL 2:30 - Afternoon Coffee - D</p>	<p>9</p> <p>7:00 - Morning Coffee - FL 9:45 Cub Foods Outing 10:00 - Bible Study - LL 12:00 - Hand & Foot - GR 1:00 - Stronger Seniors Strength - WC 1:00 - Bridge - GR 1:30 - Free Nail Polishing - LL 2:00 - Wine Social - DR 2:30 - Afternoon Coffee - D 3:30 - Catholic Service - C</p>	<p>10</p> <p>7:00 - Morning Coffee - FL 10:30 - Gentle Exercise - WC 10:30 - Scrabble - GR 10:40 - Open Door Pantry - LL 2:00 - Bingo - LL 2:30 - Afternoon Coffee - D</p>	<p>11</p> <p>7:00 - Morning Coffee - FL 10:30 - Seated Yoga - WC 1:00 - Farkle - GR 1:00 - Water Coloring - LL 2:30 - Matinee Movie: "Brooklyn" - WC 2:30 - Afternoon Coffee - D</p>
<p>12</p> <p>7:00 - Morning Coffee - FL 1:30 - Chapel - Channel 3 2:30 - Afternoon Coffee - D 2:30 - Community Crafting Hour - LL</p>	<p>13</p> <p>7:00 - Morning Coffee - FL 9:45 - Walmart Outing 10:30 - Gentle Exercise - WC 11:15 - Documentary: "Life on Our Plant: Episode 8" - WC 2:00 - Birthday Party - DR 2:30 - Afternoon Coffee - D</p>	<p>14</p> <p>7:00 - Morning Coffee - FL 9:30 - Fantasy Football Sheet Pick Up - FL 9:45 - Dollar Tree Outing 10:15 - Stronger Seniors Stretch - WC 10:30 - Scrabble - GR 1:00 - Bridge - GR 2:00 - Bingo - LL 2:30 - Afternoon Coffee - D 6:45 - Cribbage - GR</p>	<p>15</p> <p>7:00 - Morning Coffee - FL 10:15 - Seated Tai Chi - WC 1:00 - 3:00 - Farkle - GR 1:30 - Chapel - C 2:30 - 3:30 Resident Shredding LL 2:30 - Afternoon Coffee - D</p>	<p>16</p> <p>7:00 - Morning Coffee - FL 9:45 - Fresh Thyme/Michaels Outing 10:00 - Bible Study - LL 12:00 - Hand & Foot - GR 1:00 - Stronger Seniors Strength - WC 1:00 - Bridge - GR 1:30 - Free Nail Polishing - LL 2:00 - Winter Punch Social - LL/D 2:30 - Afternoon Coffee - D 3:30 - Catholic Service - C 6:15 - Evening Movie: "Space Cowboys" - WC</p>	<p>17</p> <p>7:00 - Morning Coffee - FL 10:30 - Gentle Exercise - WC 10:30 - Scrabble - GR 10:45 - Lunch Outing: Carbone's 2:00 - Bingo - LL 2:30 - Afternoon Coffee - D</p>	<p>18</p> <p>7:00 - Morning Coffee - FL 10:30 - Seated Yoga - WC 1:00 - Farkle - GR 1:00 - Water Coloring - LL 2:30 - Matinee Movie: "The Queen" - WC 2:30 - Afternoon Coffee - D</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 7:00 - Morning Coffee - FL 1:30 - Chapel - Channel 3 2:30 - Afternoon Coffee - D 2:30 - Community Crafting Hour - LL	20 7:00 - Morning Coffee - FL 10:30 - Gentle Exercise - WC 2:30 - Afternoon Coffee - D 6:30 - 500 (Card Game) - WC  Check under TV in Front Lobby for MLF Information Packets.	21 Winter Wonderland Voting Week Begins 7:00 - Morning Coffee - FL 9:30 - Fantasy Football Sheet Pick Up - FL 9:45 - Cub Foods Outing 10:00 - Fireside Chat - DR 10:15 - Stronger Seniors Stretch - WC 10:30 - Scrabble - GR 12:30 - Rays of Hope - C 1:00 - Bridge - GR 2:30 - Afternoon Coffee - D 2:00 - Bingo - LL 6:45 - Cribbage - GR	22 7:00 - Morning Coffee - FL 10:15 - Seated Tai Chi - WC 1:00 - Farkle - GR 1:30 - Chapel - C 2:00 - 3:30 Business Office Hours 102 2:30 - Afternoon Coffee - D	23 7:00 - Morning Coffee - FL 10:00 - Bible Study- LL 12:00 - Hand & Foot - GR 1:00 - Stronger Seniors Strength - WC 1:00 - Bridge - GR 1:30 - Free Nail Polishing - LL 2:00 - Dakota County Book Exchange - LL 2:30 - Afternoon Coffee - D 3:30 - Catholic Service - C	24 Winter Wonderland Voting Week Ends 7:00 - Morning Coffee - FL 10:30 - Gentle Exercise - WC 10:30 - Scrabble - GR 2:00 - Bingo - LL 2:30 - Afternoon Coffee - D	25 7:00 - Morning Coffee - FL 10:30 - Seated Yoga - WC 1:00 - Farkle - GR 1:00 - Water Coloring - LL 2:30 - Matinee Movie: "Men in Black" - WC 2:30 - Afternoon Coffee - D
26 7:00 - Morning Coffee - FL 1:30 - Chapel - Channel 3 2:30 - Afternoon Coffee - D 2:30 - Community Crafting Hour - LL	27 7:00 - Morning Coffee - FL 9:45 - Target Outing 10:30 - Gentle Exercise - WC 11:15 - Book Club - WC 2:00 - Focus Meeting - DR 2:30 - Afternoon Coffee - D 3:30 - Calendar Planning for February - D	28 7:00 - Morning Coffee - FL 9:30 - Fantasy Football Sheet Pick Up - FL 9:45 - JoAnn's/Savers Outing 10:15 - Stronger Seniors Stretch - WC 10:30 - Scrabble - GR 1:00 - Bridge - GR 2:00 - Crystal Bingo (Free Bingo) - LL 2:30 - Afternoon Coffee - D 6:45 - Cribbage - GR	29 7:00 - Morning Coffee - FL 10:15 - Seated Tai Chi - WC 1:00 - 3:00 - Farkle - GR 1:30 - Chapel - C 2:30 - Afternoon Coffee - D 2:30 - January Craft - LL 3:00 - Memorial Service - DR	30 7:00 - Morning Coffee - FL 10:00 - Bible Study- LL 12:00 - Hand & Foot - GR 1:00 - Stronger Seniors Strength - WC 1:00 - Bridge - GR 1:30 - Free Nail Polishing - LL 2:30 - Afternoon Coffee - D 3:30 - Catholic Service - C 6:15 - Evening Movie: "Love Actually" - WC	31 7:00 - Morning Coffee - FL 9:30 - Free Table - LL 10:30 - Gentle Exercise - WC 10:30 - Scrabble - GR 2:00 - Winter Wonderland Happy Hour - DR 2:30 - Afternoon Coffee - D	

Bre Schlick, Activities Director
 Questions about Activities?
 Email: Bre.Schlick@CassiaLife.org
 Phone: 952-236-2620
 Office: Lower Level

Villa Salon:
 Mondays and Thursdays
 open at 9:00 am
 #213

Apple Valley Villa
 a ministry of  **cassia**

Location Key
 LL - Lower Level Activity Room
 GR - Game Room
 D - Deli
 FL - Front Lobby
 WC - 3rd floor Wellness Center
 C - 4th floor Chapel
 DR - Fireside Dining Room

Calendar subject to change. Please check weekly calendar for updates or changes. Updates can also be found on Ch. 3.