

SAVAGE SENIOR LIVING

Monthly Updates



Movie Suggestion Box:

There will now be a Movie Suggestion Box in the Bistro! Please share with us your suggestions for movies you would like to watch! Movies will be played every Wednesday night and Saturday afternoon! We can't forget the popcorn either!

Gratitude Soup:

Starting on November 1st, there will be a soup pot near Shelly's desk. Please drop in your favorite recipe, as well as something you are thankful for here at our community. All recipes and notes of gratitude should be submitted by December 2nd.

This Month's Health Chat: What is The MELT Method?

On November 7th we will be having a very special guest! Her name is Rita, and she has been teaching a Pilot Class on the MELT Method here at our community. MELT is a method of self treatment that can help with effects from chronic pain and aging! Join us at 1:00 pm in the Theater to learn more about the MELT Method and how it may be of benefit for you!

This Month's Craft Class: Wooden Picture Holder!

Join us on Tuesday, November 20th at 3:00 pm to make a Wooden Picture Holder, a crafty way to keep and share your pictures! Crafters and Artist of any skill level are encouraged to participate! Please sign up in advance to for this class by November 15th!



Antique Road Show!

November 27th at 3:00 in the Dining Room!

Do you have an special antique or unique item? Bring it down to the Dining Room on November 27th to showcase it in our very own Savage Senior Living Antique Road Show! Show your antique item and share it's interesting past and stories that it may have! Don't have an antique or item to show? That's ok! Come down to look and learn about other interesting finds here in the community! Refreshments and treats will also provided!

SAVE THE DATE!

Outings

November 6th: Hy-Vee
November 7th Baker's Square
November 13th: Walmart
November 16th: Tim Hortons Coffee and Donuts
November 20th: Cub
November 27th: Target
November 30th: Olive Garden Lunch

Live Music

November 13th: James Kirkendall
November 15th Birthday Music w/ Lara
November 23rd: Robert Lybscomb
November 29th: Favorite Folk Tunes w/ Lara

Misc.

November 8th: Bean Bag Tournament
November 14th: Activity Committee Meeting
November 19th: Mystery Party (ask Emily for more information)
November 21st: TED Talk Presentation
November 23rd: Card Club and Journal Making
November 26th: Ping Pong Tournament
November 27th Antique Road Show, Show off your Antiques!
November 28th: Town Hall Meeting
Bunco every Tuesday!

Look out for Pop Up Events throughout the month!

NOVEMBER ACTIVITIES

Savage Senior Living at Fen Pointe



Independent & Assisted Living
Memory Care, Enhanced Care
5950 W. 130th Lane
Savage, MN 55378
(952)-808-8725

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First Floor (D) Dining Room (B) Bistro (P) Patio (M) The Meadows (MP) The Meadows Patio	Second Floor (T) Theater (S) Hair Salon Third Floor (A) Art Studio (F) Fitness Center (FR) Family Room	Fourth Floor (C) Chapel (L) Library Extra (O) Outing; Please sign up in the binder located by 1st floor elevator. (*) Lara Music Therapist BC Bridgewood Church	*Activities Calendars are subject to change. Please see weekly activity schedules and signs located by the Bistro for current updates. Thank you.	1* 9:30 Walking Club (B) 10:30 Music Together (C) 11:00 Bible Study w/ Pastor Walt (D) 1:00 Chair Yoga w/ Emily (C) 2:30 Thanksgiving Song Writing w/ Lara (D) 6:30 Thursday Night Fun w/ BC (B)	2 9:20 Strength & Conditioning w/ Ben (C) 10:30 Rosary (C) 11:00 Relaxation Coloring (B) 1:00 Chair Chi w/ Emily (C) 2:00 Happy Hour (B)	3 10:0 Independent Exercise (F) 11:00 Coffee and Conversation (B) 11:30 Manicures w/ Debbie (B) 2:00 Movie Matinee: Mama Mia! (T) 5:30 Game Night: Monopoly (B)
4 Daylight Savings Ends 10:00 Independent Exercise (F) 11:00 Bridgewood Service (C) 12:00 Vikings vs. Lions (T, Please Sign Up for Pot Luck) 4:00 Sunday Night Relaxation (L) *Don't forget to turn your clocks back 1 hour!	5* National Donut Day 9:20 Strength & Conditioning w/ Ben (C) 11:00 Ball Movement w/ Myrna (D) 1:30 500 Card Club (L) 2:00 Worship w/ Pastor George (C) 3:00 Donut Social (B) 6:30 Farkle w/ Ed (B)	6 9:30 Walking Club w/ Cynthia (B) 10:30 Communion (C) 10:30 Bus Trip: Hy-Vee (O) 1:00 Chair Yoga w/ Emily (C) 1:30 Card Club (L) 2:00 Let's Play BUNCO! (B) 3:30 Creative Writing (D)	7 9:30 Strength & Conditioning w/ Ben (C) 11:00 Bakers Square Lunch Outing (O) 1:00 Health Chat: What is MELT? (T) 2:00 Bingo (D) 6:00 Movie Night: A Wrinkle in Time (T)	8 9:30 Morning Meditation w/ Emily (C) 10:30 Music Together (C) 11:00 Bible Study w/ Pastor Walt (D) 2:30 Team Trivia (B) 3:30 Bean Bag Tournament (B) 6:30 Thursday Night Fun w/ BC (B)	9 9:20 Strength & Conditioning w/ Ben (C) 10:30 Rosary (C) 11:00 Puzzle Club (B) 1:00 Chair Chi w/ Emily (C) 2:00 Happy Hour (B)	10 10:0 Independent Exercise (F) 11:00 Coffee and Conversation (B) 11:30 Relaxation Coloring (B) 2:00 Movie Matinee: Trouble with the Curve (T) 5:30 Game Night: Scrabble (B)
11 National Sundaes Day 10:00 Independent Exercise (F) 11:00 Bridgewood Service (C) 11:30 Coffee and Treats (B) 2:00 Ice Cream Sundae Social (B) 4:00 Sunday Night Relaxation (L)	12 9:20 Strength & Conditioning w/ Ben (C) 11:00 Ball Movement w/ Myrna (D) 1:30 500 Card Club (L) 2:00 Worship w/ Pastor George (C) 3:00 Make your Own Flavored Popcorn Social (B) 6:30 Farkle w/ Ed (B)	13 9:30 Walking Club w/ Cynthia (B) 10:30 Bus Trip: Walmart (O) 1:00 Independent Exercise (F) 1:30 Card Club (L) 2:00 Let's Play BUNCO! (B) 3:00 Musical Performance by James Kirkendall (B)	14 9:30 Strength & Conditioning w/ Ben (C) 10:30 Your New Read Book Club (L) 1:00 Activity Committee w/ Emily (B) 2:00 Bingo (D) 6:00 Movie Night: The King's Speech (T)	15* November Birthday Day! 9:30 Morning Meditation w/ Emily (C) 10:30 Music Together (C) 11:00 Bible Study w/ Pastor Walt (D) 12:00 Pizza Party (D) 1:30 Card Club (L) 1:00 Chair Yoga (C) 2:30 Birthday Music w/ Lara (B) 6:30 Thursday Night Fun w/ BC (B)	16 9:20 Strength & Condition w/ Ben (C) 10:30 Rosary (C) 11:00 Donuts and Coffee at Time Hortons (O) 1:00 Chai Chi w/ Emily (C) 2:00 Happy Hour (B)	17 10:0 Independent Exercise (F) 11:00 Coffee and Conversation (B) 11:30 Puzzle Club (B) 2:00 Movie Matinee: Steel Magnolia's (T) 5:30 Game Night: Yahtzee (B)
18 10:00 Independent Exercise (F) 11:00 Bridgewood Service (C) 12:00 Vikings vs. Bears (T, Please Sign Up for Pot Luck) 4:00 Sunday Night Relaxation (L)	19* 9:20 Strength and Conditioning w/ Ben (C) 11:00 Ball Movement w/ Myrna (D) 1:30 500 Card Club (L) 2:00 Worship w/ Pastor George (C) 3:00 Mystery Party (B) 6:30 Farkle w/ Ed (B)	20 9:30 Walking Club w/ Cynthia (B) 10:30 Bus Trip: Cub (O) 1:00 Chair Yoga w/ Emily (C) 1:30 Card Club (L) 2:00 Let's Play BUNCO! (B) 3:00 Wooden Picture Holder Craft Event (B, Please Sign Up)	21 9:30 Strength & Conditioning w/ Ben (C) 10:30 Mugs and Muffins (B) 1:00 TED Talk Presentation (T) 2:00 Bingo (D) 6:00 Movie Night: The Truman Show (T)	22 Happy Thanksgiving 9:00-12:00 Watch the Macy's Thanksgiving Day Parade (T) 12:30 Thanksgiving Football Game Bear vs. Lions (T) 1:30 Card Club (L) 2:00 Family Movie: A Charlie Brown Thanksgiving (T)	23 9:20 Strength & Conditioning w/ Ben (C) 10:30 Rosary (C) 11:00 Card and Journal Making (B) 1:00 Chair Chi w/ Emily (C) 2:00 Happy Hour (B) 2:30 Music by Robert L. (B)	24 10:0 Independent Exercise (F) 11:00 Coffee and Conversation (B) 11:30 Manicures w/ Debbie (B) 2:00 Movie Matinee: Secretariat (T) 5:30 Game Night: Skipbo (B)
25 10:00 Independent Exercise (F) 11:00 Bridgewood Service (C) 11:30 Coffee and Treats (B) 2:00 Puzzle Club (B) 7:20 Vikings vs. Packers (T)	26* 9:20 Strength and Conditioning w/ Ben (C) 11:00 Ball Movement w/ Myrna (D) 1:30 500 Card Club (L) 2:00 Worship w/ Pastor George (C) 3:00 Ping Pong Tournament (B) 6:30 Farkle w/ Ed (B)	27 9:30 Walking Club w/ Cynthia (B) 10:30 Bus Trip: Target (O) 1:00 Chair Yoga w/ Emily (C) 1:30 Card Club (L) 2:00 Let's Play BUNCO! (B) 3:00 Antique Roadshow (D)	28 National French Toast Day 9:30 Strength & Conditioning w/ Ben (C) 10:30 French Toast Flip (B) 11:00 St. James Church Service (C) 1:00 Town Hall Meeting (L) 2:00 Bingo (D) 6:00 Movie Night: Miracle (T)	29* 9:30 Morning Meditation w/ Emily (C) 10:30 Music Together (C) 11:00 Bible Study w/ Pastor Walt (D) 1:00 Chair Yoga w/ Emily (C) 2:30 Favorite Folk Tunes (T) 6:30 Thursday Night Fun w/ BC (B)	30 9:20 Strength & Conditioning w/ Ben (C) 10:30 Rosary (C) 11:00 Lunch Outing to Olive Garden (O) 1:00 Chair Chi w/ Emily (C) 2:00 Happy Hour (B)	*Please sign up for events & bus trips at least 24 hours in advanced. If spots are full we would be more than happy to add to you to our wait list.

NOVEMBER ACTIVITIES

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THE MEADOWS
 5950 W. 130th Lane
 Savage, MN 55378
 (952)-808-8725

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First Floor (D) Dining Room (B) Bistro (P) Patio (M) The Meadows (MP) The Meadows Patio	Second Floor (T) Theater (S) Hair Salon Third Floor (A) Art Studio (F) Fitness Center (FR) Family Room	Fourth Floor (C) Chapel (L) Library Extra (O) Outing; Please sign up in the binder located by 1st floor elevator. (*) Lara Music Therapist BC Bridgewood Church	*Activities Calendars are subject to change. Please see weekly activity schedules and signs located by the Bistro for current updates. Thank you.	1* Morning Exercise Coffee and Chit Chat Music Together (C) Comedy Hour Thanksgiving Song Writing w/ Lara (D) Jazz Music	2 Morning Exercise Coffee and Chit Chat Volley Ball Practice Relaxation Coloring Chair Chi w/ Emily (C) Happy Hour (B) Yoga Breathing	3 Morning Exercise Coffee and Chit Chat Brain Teasers Nail Spa Sing-A-Long Movie Matinee Book Reading
4 Daylight Savings Ends Morning Exercise Coffee and Chit Chat Spiritual Services Sunday Baking Football Game Piano Music *Don't forget to turn your clocks back 1 hour!	5* National Donut Day Morning Exercise Coffee and Chit Chat Piano Music w/ John Hymn Sing Catch and Share Tell a Story Puzzle Club	6 Morning Exercise Coffee and Chit Chat Brain Games Communion Crafting Club Chair Yoga Story Share	7 Morning Exercise Brain Games Cooking Club Sign Language Bingo Karaoke Wednesday Movie Night	8 Morning Exercise Coffee and Chit Chat Music Together (C) Comedy Hour Scrapbook and Reminiscing Puzzle Club Jazz Music	9 Morning Exercise Coffee and Chit Chat Volley Ball Practice Relaxation Coloring Chair Chi w/ Emily (C) Happy Hour (B) Yoga Breathing	10 Morning Exercise Coffee and Chit Chat Brain Teasers Nail Spa Sing-A-Long Movie Matinee Book Reading
11 National Sundaes Day Morning Exercise Coffee and Chit Chat Spiritual Services Sunday Baking Sundae Social Football Game Piano Music	12 Morning Exercise Coffee and Chit Chat Piano Music w/ John Hymn Sing Catch and Share Tell a Story Puzzle Club	13 Morning Exercise Coffee and Chit Chat Brain Games Communion Crafting Club Chair Yoga Story Share Musical Performance by James Kirkendall (B)	14 Morning Exercise Brain Games Cooking Club Sign Language Bingo Karaoke Wednesday Movie Night	15* November Birthday Day! Morning Exercise Music Together (C) Pizza Party (D) Chair Yoga Birthday Music w/ Lara (B) Poetry Reading Jazz Music	16 Morning Exercise Coffee and Chit Chat Volley Ball Practice Relaxation Coloring Chair Chi w/ Emily (C) Happy Hour (B) Yoga Breathing	17 Morning Exercise Coffee and Chit Chat Brain Teasers Nail Spa Sing-A-Long Movie Matinee Book Reading
18 Morning Exercise Coffee and Chit Chat Spiritual Services Sunday Baking Football Game Piano Music	19* Morning Exercise Coffee and Chit Chat Piano Music w/ John Hymn Sing Catch and Share Tell a Story Puzzle Club	20 Morning Exercise Brain Games Communion Crafting Club Chair Yoga Story Share	21 Morning Exercise Brain Games Cooking Club Sign Language Bingo Karaoke Wednesday Movie Night	22 Happy Thanksgiving Watch the Macy's Thanksgiving Day Parade (T) Thanksgiving Football Game Bear vs. Lions (T) Thankful Discussions Family Movie: A Charlie Brown Thanksgiving (T)	23 Morning Exercise Coffee and Chit Chat Relaxation Coloring Chair Chi w/ Emily (C) Happy Hour (B) Happy Hour (B) Music by Robert L. (B)	24 Morning Exercise Coffee and Chit Chat Brain Teasers Nail Spa Sing-A-Long Movie Matinee Book Reading
25 Morning Exercise Coffee and Chit Chat Spiritual Services Sunday Baking Football Game Piano Music	26* Morning Exercise Coffee and Chit Chat Piano Music w/ John Hymn Sing Catch and Share Tell a Story Puzzle Club	27 Morning Exercise Brain Games Communion Crafting Club Chair Yoga Story Share	28 National French Toast Day Morning Exercise Brain Games Cooking Club Sign Language Bingo Karaoke Wednesday Movie Night	29* Morning Exercise Coffee and Chit Chat Music Together (C) Comedy Hour Chick Soup for the Soul Reading Music w/ Lara Jazz Music	30 Morning Exercise Coffee and Chit Chat Volley Ball Practice Relaxation Coloring Chair Chi w/ Emily (C) Happy Hour (B) Yoga Breathing	