

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <p>8:30 Morning Stretch OYO</p> <p>7:10 Vikings</p>				<p>Ways to Wellness</p> <p>Physical</p> <p>Emotional</p> <p>Intellectual</p> <p>Spiritual</p> <p>Environmental</p> <p>Social</p> <p>Occupational</p>	<p>1</p> <p>8:00 Hot Breakfast</p> <p>9:00 Mindful Meditation</p> <p>10:30 Full Body Stretch</p> <p>11:00 Poetry Club</p> <p>1:00 Hand & Foot Club</p> <p>5:00 Res. Led Happy Hour</p>	<p>2</p> <p>8:00 Continental Breakfast</p> <p>**8:30 Yoga with Amanda</p> <p>10:30 Coffee Chat with Neighbors</p>
<p>3</p> <p>8:30 Morning Stretch OYO</p> <p>12:00 Vikings</p>	<p>4</p> <p>8:00 <i>Special Breakfast</i></p> <p>9:45 Yoga with Laura</p> <p>12:00 MissFit Fitness</p> <p>1:00 500 Card Club</p> <p>5:00 Fitness with 3Click</p> <p>6:00 Puzzle Club</p>	<p>5</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>10:00 Coffee Chat w/ Sara</p> <p>1:00 Knitting Club</p> <p>4:00 Happy Hour</p> <p>5:00 Art with Genevieve</p>	<p>6</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga Flow with Mary</p> <p>11:00 Community Cleanup</p> <p>2:30 \$1 Massage with Ellen</p> <p>3:00 Zumba with Eriko</p>	<p>7</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>12:00 MissFit Fitness</p> <p>2:00 Bridge Club</p> <p>3:00 Strength Balance with Eriko</p> <p>5:00 Happy Hour</p>	<p>8</p> <p>8:00 Hot Breakfast</p> <p>9:00 Mindful Meditation</p> <p>10:30 Full Body Stretch</p> <p>11:00 Poetry Club</p> <p>1:00 Hand & Foot Club</p> <p>5:00 Res. Led Happy Hour</p>	<p>9</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga with Mary</p> <p>10:30 Coffee Chat with Neighbors</p>
<p>10</p> <p>8:30 Morning Stretch OYO</p> <p>12:00 Vikings</p>	<p>11</p> <p>8:00 Continental Breakfast</p> <p>9:45 Yoga with Laura</p> <p>12:00 MissFit Fitness</p> <p>1:00 500 Card Club</p> <p>5:00 Fitness with 3Click</p> <p>6:00 Puzzle Club</p>	<p>12</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>10:00 Coffee Chat w/ Sara</p> <p>1:00 Knitting Club</p> <p>4:00 Happy Hour</p> <p>\$5 Tuesday Movie Tickets</p>	<p>13</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga Flow with Mary</p> <p>11:00 Community Cleanup</p> <p>2:30 \$1 Massage with Ellen</p> <p>3:00 Zumba with Eriko</p>	<p>14</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>12:00 MissFit Fitness</p> <p>2:00 Bridge Club</p> <p>3:00 Strength Balance with Eriko</p> <p>5:00 Happy Hour</p>	<p>15</p> <p>8:00 Hot Breakfast</p> <p>9:00 Mindful Meditation</p> <p>10:30 Full Body Stretch</p> <p>11:00 Poetry Club</p> <p>1:00 Hand & Foot Club</p> <p>5:00 Res. Led Happy Hour</p>	<p>16</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga with Mary</p> <p>10:30 Coffee Chat with Neighbors</p>
<p>17</p> <p>8:30 Morning Stretch OYO</p> <p>12:00 Vikings</p>	<p>18</p> <p>8:00 <i>Special Breakfast</i></p> <p>9:45 Yoga with Laura</p> <p>12:00 MissFit Fitness</p> <p>1:00 500 Card Club</p> <p>2:00 Game Show Adventure</p> <p>5:00 Fitness with 3Click</p> <p>6:00 Puzzle Club</p>	<p>19</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>10:00 Coffee Chat w/ Sara</p> <p>1:00 Knitting Club</p> <p>4:00 Happy Hour</p> <p>5:00 Art with Genevieve</p>	<p>20</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga Flow with Mary</p> <p>11:00 Community Cleanup</p> <p>2:30 \$1 Massage with Ellen</p> <p>3:00 Zumba with Eriko</p>	<p>21</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>12:00 MissFit Fitness</p> <p>2:00 Bridge Club</p> <p>3:00 Zumba</p> <p>5:00 Happy Hour</p>	<p>22</p> <p>8:00 Hot Breakfast</p> <p>9:00 Mindful Meditation</p> <p>10:30 Full Body Stretch</p> <p>11:00 Poetry Club</p> <p>1:00 Hand & Foot Club</p> <p>5:00 Resident Happy Hour</p>	<p>23</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga with Mary</p> <p>10:30 Coffee Chat with Neighbors</p> <p>2:00 Book Club</p>
<p>24</p> <p>8:30 Morning Stretch OYO</p>	<p>25</p> <p>8:00 Continental Breakfast</p> <p>9:45 Yoga with Laura</p> <p>11:00 Fall Cleanse</p> <p>12:00 MissFit Fitness</p> <p>1:00 500 Card Club</p> <p>5:00 Fitness with 3Click</p> <p>6:00 Puzzle Club</p>	<p>26</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>1:00 Knitting Club</p> <p>4:00 Happy Hour</p> <p>\$5 Tuesday Movie Tickets</p>	<p>27</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga Flow with Mary</p> <p>10:00 Coffee Chat w/ Sara</p> <p>11:00 Community Cleanup</p> <p>2:30 \$1 Massage with Ellen</p> <p>3:00 Zumba with Eriko</p>	<p>28</p> <p>8:00 Continental Breakfast</p> <p>8:00 Morning Inspirations</p> <p>9:45 Strength Circuit 3Click</p> <p>12:00 MissFit Fitness</p> <p>2:00 Bridge Club</p> <p>3:00 Zumba</p>	<p>29</p> <p>8:00 Hot Breakfast</p> <p>9:00 Mindful Meditation</p> <p>10:30 Full Body Stretch</p> <p>11:00 Poetry Club</p> <p>1:00 Hand & Foot Club</p> <p>5:00 Halloween Happy Hour</p>	<p>30</p> <p>8:00 Continental Breakfast</p> <p>9:00 Yoga with Mary</p> <p>10:30 Coffee Chat with Neighbors</p>

EVENTS

\$5 Movie Ticket Nights

Get out and see a movie with your neighbors. 9900 Shelard Parkway @ Emagine Willow Creek Theater. RSVP to (spaciotti@avidorliving.com) if you wish to obtain a movie ticket on us! You must become a loyalty member at the theater to get the \$5 ticket price, so don't forget, and that is free! There will be applicable taxes, plus any food/beverage you will want for the movie. Ticket prices at this price are for Tuesday's ONLY, and for anytime on a Tuesday.

New Fitness

We will be adding in some classes with 3Click Fitness, including Mat Pilates on Sunday's and Cardio + Strength Circuit with Ashton. Monday's from 5pm-5:45pm. This is designed to be a well-rounded workout class, Cardio + Strength Circuit is designed to combine a full body strength training workout with aerobic exercise. Participants can expect a mixture of free weight, bodyweight, and machine strength training with calisthenic aerobics for a fun and energizing workout!

Game Show Adventure

Game Show Battle Rooms located in Golden Valley! Join some daytime fun while venturing out for this exciting and fun adventure! RSVP to (spaciotti@avidorliving.com) if you would like to attend. We will pay the cost of the ticket, but you will want to arrange car-pooling with your neighbors to get there. We will be playing the Classic Showdowns!!! RSVP limit of 12 people. Info: gameshowbattlerooms.com/Minneapolis