

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Seasons at Apple Valley Independent & Assisted Living Life Enrichment Calendar

								9:00 Bible Study (AC) 10:00 Resident Council (CH) 11:30 Bean Bag Toss (FC) 11:30 Bus: Walmart 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 May Day Bouquets/Cookies & Coffee (C) 3:30 Happy Hour (AC) <small>May Day</small>	1	12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	2
2:30 Cookies & Coffee (C) 3:00 Hymns & Prayers (CH)	3 10:00 Bingo (ALR) 11:30 Bus: Cub/Goodwill 1:00 Games (L) 1:00 Cards: 500 (C) 1:30 Exercise (FC) 2:30 Cookies & Coffee (C)	4 9:30 Exercise (FC) 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C) 3:00 Tech Help (C) <small>Cinco de Mayo</small>	5 9:00 Virtual Service (Ch 2) 9:30 Exercise (FC) 10:30 Risen Savior (CH) 11:30 Bus: Applebee's 12:30 Wii Bowling (T) 1:00 Shepherd of the Valley (CH) 1:15 Wii Bowling (T) 2:00 Arts & Crafts: Birdhouses (CA) 2:30 Cookies & Coffee (C)	6 9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: The Incredibles (T) 1:30 Chair Yoga (FC) 2:00 Dakota County Library (L) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee	7 9:00 Bible Study (AC) 9:30 Exercise (FC) 10:15 Pokeno (LC) 11:30 Bus: Lund's & Byerly's 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	8 10:15 Bingo (ALR) 12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	9				
2:30 Cookies & Coffee (C) 3:00 Hymns & Prayers (CH) <small>Mother's Day National Skilled Nursing Care Week</small>	10 10:00 Bingo (ALR) 11:30 Bus: Target 1:00 Games (L) 1:00 Cards: 500 (C) 1:30 Exercise (FC) 2:30 Cookies & Coffee (C)	11 9:30 Exercise (FC) 9:30 Therapy Dog Visit (Lobby) 10:30 Risen Savior Mass (CH) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:00 Tech Help (C)	12 9:00 Virtual Service (Ch 2) 9:30 Exercise (FC) 11:30 Bus: Perkins 12:30 Wii Bowling (T) 1:00 Grief Support Group (AC) 1:15 Wii Bowling (T) 2:00 Arts & Crafts: Rock Painting (CA) 2:30 Cookies & Coffee (C)	13 9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: Hot Pursuit (T) 1:30 Chair Yoga (FC) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee 3:00 Dementia Education Series (T)	14 9:00 Bible Study (AC) 9:30 Exercise (FC) 10:30 Bean Bag Toss (FC) 11:30 Bus: Hobby Lobby/Cub 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	15 12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C) <small>Armed Forces Day</small>	16				
2:30 Cookies & Coffee (C) 3:00 Hymns & Prayers (CH)	17 10:00 Bingo (ALR) 11:30 Bus: Walmart 1:00 Games (L) 1:00 Cards: 500 (C) 1:30 Exercise (FC) 2:30 Cookies & Coffee (C) <small>Victoria Day (Canada)</small>	18 9:30 Exercise (FC) 11:30 Bus: Saver's/Aldi 1:00 Walking Club (FC) 1:15 Bible Study (AC) 1:30 Cards: Hand & Foot (L) 2:00 Trivia (T) 2:30 Cookies & Coffee (C) 3:00 Tech Help (C)	19 9:00 Virtual Service (Ch 2) 9:30 Exercise (FC) 10:30 Risen Savior (CH) 1:00 May Birthday Party (ALR)	20 9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: Million Dollar Baby (T) 1:30 Chair Yoga (FC) 2:00 Cards: Up the River (CA) 2:30 Cookies & Coffee <small>Shavuot Begins</small>	21 9:00 Bible Study (AC) 9:30 Exercise (FC) 10:15 Pokeno (LC) 11:30 Bus: Marshall's/HomeGoods/Hy-Vee 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	22 10:15 Bingo (ALR) 12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	23				
2:30 Cookies & Coffee (C) 3:00 Hymns & Prayers (CH)	24 1:00 Games (L) 1:00 Cards: 500 (C) 2:30 Cookies & Coffee (C) <small>Memorial Day</small>	25 9:30 Exercise (FC) 9:30 Therapy Dog Visit (Lobby) 10:30 Book Club (L) 1:00 Walking Club (FC) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:00 Tech Help (C)	26 9:00 Virtual Service (Ch 2) 9:30 Exercise (FC) 10:30 Risen Savior (CH) 11:30 Bus: Little Six Casino 12:30 Wii Bowling (T) 1:15 Wii Bowling (T) 2:00 Arts & Crafts: Mandala Turtles (CA) 2:30 Cookies & Coffee (C)	27 9:00 Virtual Mass (Ch 2) 10:00 Bingo (ALR) 1:00 Movie: Love, Weddings, & Other Disasters (T) 1:30 Tea Party (ALR) 2:00 Cards: Up the River (CA)	28 9:00 Bible Study (AC) 9:30 Exercise (FC) 10:30 Bean Bag Toss (FC) 11:30 Bus: Target 1:00 Bridge (C) 1:30 Cards: Hand & Foot (L) 2:30 Cookies & Coffee (C) 3:30 Happy Hour (AC)	29 12:30 Wii Bowling (T) 1:00 Cards: 500 (C) 1:15 Wii Bowling (T) 2:30 Cookies & Coffee (C)	30				
2:30 Cookies & Coffee (C) 3:00 Hymns & Prayers (CH)	31 ROOM & FLOOR GUIDE: AC: AMBER CLUB – 1 ST FL CH: CHAPEL – 4 TH FL L: LIBRARY – 3 RD FL ALR: AUTUMN LEAVES RESTAURANT – 1 ST FL CA: CREATIVE ARTS – 2 ND FL LC: LEARNING CENTER – 3 RD FL C: CAFÉ – 1 ST FL FC: FITNESS CENTER – 1 ST FL T: THEATER – 2 ND FL										

If you have questions or have suggestions for the calendar, please reach out to Kimberly at kimberlyhatlestad-mcculloch@ecumen.org

Activity Guide:

Exercise: Physical movement time led by LE staff every Monday, Tuesday, Wednesday, and Friday in the Fitness Center. A great way to get your body moving that isn't too strenuous. Staff are great about offering any modifications to movements you may need.

Therapy Dog Visits: Every other Tuesday, a therapy dog, Bohdi, visits our community! Come down and visit with Bohdi on your way to your apartment after breakfast or stop down just to see him. Bohdi loves any and all forms of attention! You can find him and his owner, Tom, in the lobby.

Arts & Crafts: Each week LE staff will have a planned craft for residents to make. Crafts cover a variety of mediums. Past crafts have included painting, color-by-number, origami, sewing, and yarn crafts

Wii Bowling: Come get some frames in with a video game version of bowling! Easy to learn, and a great way to compete against friends and neighbors.

Cookies & Coffee: 7 days a week residents can get together, chat, meet their neighbors, and enjoy wonderful goodies from the kitchen!

Bean Bag Toss: Also known as "Bags" or "Cornhole." Play in teams and see who makes it to 100 points first! Held every other Friday in the Fitness Center.

Pokeno: An easy to learn game that is a mix between bingo and poker. We play every other Friday in the Learning Center.

Trivia: On the 1st, 3rd, and 5th Tuesday of the month at 2:00 in the Theater. New topics and questions each week!

Happy Hour: Every Friday at 3:30 in the Amber Club. Come end the week socializing with neighbors and friends, and enjoy a snack prepared by the kitchen.

Chair Yoga: On Thursdays in the Fitness Center. Follow along to a completely seated stretching and strengthening yoga routine!

Tech Help Time: Every Tuesday in the Café, we will have staff available to assist residents with technology-phones, computers, and tablets galore!