

Global Pointe Programs Calendar | April 18-May 1, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>Programs Change! You no longer need to sign-up for movies and TV in the RKO Theatre.</p>	<p>19</p> <p>10am Lutheran Service (LER)</p> <p>11am Catholic Service (LER)</p> <p>12-1pm Mindful Mondays: Chair Yoga (LER)</p> <p>2pm Movie: My Octopus Teacher (RKO)</p> <p>3:30pm Bingo (EALC)</p>	<p>20</p> <p>9:45am Team Trivia (SKY)</p> <p>11am Strength & Balance (LER)</p> <p>2pm TV on the Big Screen Schitt's Creek, Season 1, Episodes 9-12. (RKO)</p> <p>4pm Needle Workers Group (SKY/PC)</p>	<p>21—AHI Podiatry on site today. Talk to the Front Desk if you need paper-work to enroll.</p> <p>9:30am Walking Group—Join us in the lobby for 15-20 minutes outside at a moderate pace. We don't leave anyone behind. (LOBBY)</p> <p>11am Grief & Loss Support Group with Laurie Endris MSW, LGSW (LER)</p> <p>2pm Movie: Wasp Network (RKO)</p> <p>4pm Social Hour (SKY/PC)</p>	<p>22</p> <p>9:45am Morning Stretch (LER)</p> <p>10:30am Edwards Safe Passage Service Intro and Demo (PARKING LOT) Just 30 minutes!</p> <p>2pm Bingo (EALC)</p> <p>3:30pm Never Stand Still (LER) A behind-the-scenes documentary about the Jacob's Pillow Dance Festival featuring interviews and performances from the festival. 74 minutes.</p>	<p>23</p> <p>10am TED Talk: The Super Mario Effect - Tricking Your Brain into Learning More Mark Rober (LER)</p> <p>11am Strength & Balance (LER)</p> <p>2pm Movie: The Pianist (RKO)</p>	<p>24</p> <p>2pm Movie: Dances with Wolves (RKO)</p>
<p>25</p> <p>7pm The 93rd Academy Awards (Pointe Club, 5th floor).</p> <p>Reminder: Make sure your cell phone is on silent/vibrate or leave it in your apartment when you attend programs.</p>	<p>26</p> <p>10am Lutheran Service (LER)</p> <p>11am Catholic Service (LER)</p> <p>12-1pm Mindful Mondays: Lying Down Yoga (LER)</p> <p>2pm Movie: Invictus (RKO)</p> <p>3:30pm Bingo (EALC)</p>	<p>27</p> <p>9:45am Team Trivia (SKY)</p> <p>11am Strength & Balance (LER)</p> <p>2pm TV on the Big Screen Schitt's Creek, Season 1, Episode 13 and Season 2, Episodes 1-3. (RKO)</p> <p>4pm Needle Workers Group (SKY/PC)</p>	<p>28</p> <p>9:30am Walking Group—Join us in the lobby for 15-20 minutes outside at a moderate pace. We don't leave anyone behind! (LOBBY)</p> <p>2pm Movie: War Horse (RKO)</p> <p>4pm Social Hour (SKY/PC)</p>	<p>29</p> <p>9:45am Morning Stretch (LER)</p> <p>10:30am Book Club Discussion: Nomadland by Jessica Bruder</p> <p>2pm Bingo (EALC)</p> <p>3:30pm Cantus: The COVID-19 Sessions (LER) Over the course of three days (March 17, 18, & 20, 2020) Cantus filmed what would eventually be called the COVID-19 Sessions. These recordings were a direct response to the fear and uncertainty in the world as we began dealing with the coronavirus pandemic. 75 minutes</p>	<p>30</p> <p>10am TED Talk: Hunting for dinosaurs showed me our place in the universe Kenneth Lacovara (LER)</p> <p>11am Strength & Balance (LER)</p> <p>2pm Movie: The Girl with the Dragon Tattoo (RKO)</p>	<p>May 1</p> <p>10am Adath Jeshurun Virtual Shabbat Morning Service (LER)</p> <p>2pm Movie: There Will Be Blood (RKO)</p>

See the reverse for room key and additional information.

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Wellness Center Changes

Starting Monday, April 12 there will be some changes in the Wellness Center.

M/W/F—Open Gym. No sign-up needed. You must wear a mask and maintain 6ft distancing from other users. Limited to 5 people.

Tu/Th/Sat—By Appointment.

Sign-up for a 45 minute slot using the sheets at the door. You'll have the room to yourself.

Talk to Kate with questions.

1245-2pm Tu/Th is BeFit time.

That means Kate will always be in the Wellness Center during this time for questions and to assist you with the equipment. All AL/EAL, and IL residents are welcome to attend BeFit

1245-2pm M/W/F is Reflections

Fitness Field Trip. This gives our Reflections residents a chance to use the Wellness Center. Kate is always present during this time.

Edwards Safe Passage Ride Care

Join us in the parking lot for a brief demo from a local Covid-safe ride care company available to residents for rides in the greater Twin Cities area.

Thursday, April 22 at 10:30am

This is a great option for a ride if Global Pointe or a loved one isn't able to take you.

Book Club Meeting

Thursday, April 29 at 10:30am (LER)

We're reading *Nomadland* by Jessica Bruder for the month of April. It's a non-fiction sociology title. Join us for the discussion if you've read the book. A movie was recently made based on the book and it's up for seven Oscars this month!

Grief & Loss Support Group

Wednesday, **April 21** at 11am (LER)

Led by Lifesprk Hospice's Laurie Endris, MSW, LGSW

This group usually meets the 2nd Wednesday of every month. All are welcome. No sign-up needed.

Movie Descriptions—All movies start at 2pm. No sign-up needed!!!

We're focusing on award-nominated movies to celebrate the 93rd Academy Awards on Sunday, April 25. Join us in the Pointe Club (5th floor) at 7pm if you'd like to watch the Oscars with others.

4/19—My Octopus Teacher (2020, Nature/Ecology Documentary, 1hr25min) A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

4/21—Wasp Network (2020, Political Drama, 2hr8min) Based on a true and gripping story: Cuban spies infiltrate exile groups in the 1990s to stop terrorism against the island, but at a high personal cost. Starring: Penélope Cruz, Edgar Ramírez, Wagner Moura.

4/23—The Pianist (2002, Drama, 2hr28min) Famed Polish pianist Wladyslaw Szpilman struggles to survive the onslaught of Nazi tyranny during World War II in this drama based on his memoirs. Starring: Adrien Brody, Thomas Kretschmann, Frank Finlay.

4/24—Dances with Wolves (1990, Military Drama, 3hr1min) On the frontier, a Civil War soldier bonds with a Sioux tribe and adapts to their way of life, becoming their ally amid growing threats. Starring: Kevin Costner, Mary McDonnell, Rodney Grant.

4/26—Invictus (2009, Political Drama, 2hr13min) In post-apartheid South Africa, President Nelson Mandela chases a dream to unite his people through rugby in this sports drama based on a true story. Starring: Morgan Freeman, Matt Damon, Tony Kgoroge.

4/28—War Horse (2011, Military Drama, 2hr27min) During World War I, the bond between a young Englishman and his loyal horse, Joey, is tested when Joey is sold to the cavalry and sent to France. Starring: Emily Watson, David Thewlis, Peter Mullan.

4/30—The Girl with the Dragon Tattoo (2011, Mystery, 2hr38min) When a young computer hacker is tasked with investigating a prying journalist, their separate missions become entangled amid a decades-old conspiracy. Starring: Daniel Craig, Rooney Mara, Christopher Plummer

5/1—There Will Be Blood (2007, Drama, 2hr38min) An ambitious prospector strikes it rich and turns a simple village into a boomtown, stoking the ire of a charismatic young preacher. Starring: Daniel Day-Lewis, Paul Dano, Kevin J. O'Connor

Reminder: you no longer need to sign-up for movies! Just come!

Do you have suggestions for programs, events, or movies? Share them with Kate and she'll do her best to make them happen.

Location Key

RKO Theatre (RKO) - Basement

Enhanced Assisted Living Common Room (EALC) – 1st floor

Life Enrichment / Activity Room (LER) – 2nd floor

Wellness Center (WEL) – 2nd floor

Sky Bar (SKY) – 5th floor

Pointe Club (PC) – 5th floor

Kate 763-285-8733

Front Desk 763-278-8000

Reminder: Need a ride to a medical, vision, or dental appointment within 5 miles of Global Pointe? Talk to Kate or leave your request with the Front Desk at least one week in advance. The shuttle is available Tuesday/Thursday 8am-3pm.