

LAH Senior Connections Calendar (218-732-3137)

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/2	3 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 10:30 Solos - SS 12:00-3:00-Whist & Cribbage-SS 10:00-2 Caregiver Closet	4 9:00 American Mahjong – SS 1-3:00 Chess - NS 10:00-2 Caregiver Closet	5 9:30 Coffee - DR 10:30 Cancer Support Group-AR 11:00 Headwaters Bridge - DR 11-1:45 Hand, Foot & Toe - NS 12:30-3:30 Hospital Aux - SS 1:45-4:00 Knitting Club - NS 1 pm CG Discussion Group-AR 10:00-2 Caregiver Closet	6 10:30 Exercise - AR 12-4pm Duplicate Bridge - SS 1 pm Afternoon Out - AR 1pm Mahjong - NS 10:00-2 Caregiver Closet	7 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 10:-12 Caregiver Closet	8
9	10 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 10-3:30 Sewing Club - NS 12:00-3:00-Whist & Cribbage-SS 10:00-2 Caregiver Closet	11 9:00 American Mahjong – SS 10-3:30 Sewing Club - NS 1-3:00 Chess - NS 10:00-2 Caregiver Closet	12 9:30 Coffee - DR 10:00 Medicare 101 Appts with Dale Rollie - Call to Schedule :800-333-2433 11:00 Headwaters Bridge - SS 11-1:45 Hand, Foot & Toe - NS 1:45-4:00 Knitting Club - NS 1 pm Parkinson's Discussion-AR 10:00-2 Caregiver Closet	13 10:30 Exercise - AR 12-4pm Duplicate Bridge - SS 1 pm Afternoon Out - AR 1pm Mahjong - NS 10:00-2 Caregiver Closet	14 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) Foot Clinic: Call to schedule appt 218-314-7776 10:-12 Caregiver Closet	15
16	17 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 12:00-3:00-Whist & Cribbage-SS 10:00-2 Caregiver Closet	18 9:00 American Mahjong – SS 1-3:00 Chess - SS 10:00-2 Caregiver Closet	19 9:30 Coffee - DR 11:00 Headwaters Bridge - SS 11-1:45 Hand, Foot & Toe - NS 1:45-4:00 Knitting Club - NS 1 pm CG Discussion Group - AR 10:00-2 Caregiver Closet	20 10:30 Exercise - AR 12-4pm Duplicate Bridge - SS 1 pm Afternoon Out - AR 1pm Mahjong - NS 1-3pm Book Club - DR 10:00-2 Caregiver Closet	21 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) Foot Clinic: Call to schedule appt 218-314-7776 10:-12 Caregiver Closet	22
23	24 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 12:00-3:00-Whist & Cribbage-SS 10:00-2 Caregiver Closet	25 9:00 American Mahjong – SS 1-3:00 Chess - NS 10:00-2 Caregiver Closet 1:00 Caregivers Book Club - AR	26 9:30 Coffee - DR 11:00 Headwaters Bridge - SS 11-1:45 Hand, Foot & Toe - NS 1:45-4:00 Knitting Club - NS 10:00-2 Caregiver Closet	27 10:30 Exercise - AR 12-4pm Duplicate Bridge - SS 1 pm Afternoon Out - AR 1pm Mahjong - NS 10:00-2 Caregiver Closet	28 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 10:-12 Caregiver Closet	29
30	31 8:00 Qi Gong & Tai Chi - SS (\$20/Class-Led by Sue/BioBalance) 12:00-3:00-Whist & Cribbage-SS 10:00-2 Caregiver Closet			NS – NorthStar Room (Senior Connections) SS – Sunshine Room (Senior Connections) AR – Activity Room (Living at Home) CR – Conference Room (Living At Home) DR – Dining Room		



Living at Home
of the Park Rapids Area

LAH Office Hours- Door 1

Mon-Thurs 9am - 3pm

Friday 9am - Noon

CG Closet Hours-Door 3

Mon-Thurs 10am - 2pm

Friday 10am-12pm