

August 2026 Alpines and Grove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Occupational Emotional Physical Intellectual Social Spiritual	ACTIVITIES SUBJECT TO CHANGE					1 9:45 Ladies' Group —B 1:00 Movie Matinee: Little Pink House -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass —CH 6:30 Game Night —CR or G
2 10:00 Mass —CH 3:30 Happy Hour —CR	3 9:00 Better Balance —WS 10:00 Aqua Fit —WP 11:00 Ecumenical Service -CH 11:00 Unwrapping Music -TH 1:00/2:00 Cycling Without Age "Trishaw Rides" -Alpines Residents -(sign up) 1:15 Coffee Social —B 2:00 SING A LONG with RITA -CH 6:00 Uplifting Message from Eagle Brook Church-TH	4 8:00 Walking Club -B 9:00 FUNctional Fitness —WS 10:30 Rosary —CH 11:00 Mass —CH 1:00 500 Cards —G 1:30 Lake Elmo Banking —L 2:00 Charles Kemper Music -CH 3:30 Happy Hour -CR 4:30 National Night Out -LAB	5 9:00 Gentle Yoga —WS 10:00 Shopping Outing: Hyvee 10:00 Aqua Fit —WP 1:00 Word Communion —CH 1:00/2:00 Cycling Without Age "Trishaw Rides" -Grove Residents -(sign up) 1:30 Quarter Bingo —G 2:00 Circuit Training —FR 3:00 Bundles of Love —G 3:00 Faith Sharing Group -GL2 6:00/7:00 Cycling w/o age - (sign up) 6:30 Movie Night: Voicemails for Isabelle - TH	6 8:00 Walking Club -B 9:00 FUNctional Fit —WS 9:30 Bus Outing-Bell Museum Tour with Planetarium Show \$18 please pay by 8/3 10:00 Tai Chi —WS 11:00 Word Communion —CH 11:30 Piano with Jaki 1:00 Cribbage —G 2:00 Rummikub - GL3	7 8:00 Bus Outing-White Bear Lake Farmer's Market 9:00 Better Balance —WS 10:00 Aqua Fit —WP 11:00 Mass —CH 1:00 500 Cards —CR 3:00 Circuit Training —FR 3:30 Happy Hour —CR 5:30 Book Club -CR	8 9:45 Ladies' Group —B 1:00 Movie Matinee: The Good the Bad the Ugly -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass —CH 6:30 Game Night —CR or G
9 10:00 Mass —CH 3:30 Happy Hour —CR	10 9:00 Better Balance —WS 10:00 Aqua Fit —WP 1:00 Hand & Foot Cards —G 1:00/2:00 Cycling Without Age "Trishaw Rides" -Alpines Residents -(sign up) 1:15 Coffee Social —B 2:00 Sound Healing Class -B 6:00 Uplifting Message from Eagle Brook Church-TH	11 8:00 Walking Club -B 9:00 FUNctional Fitness —WS 10:00 All Resident Council -CH 10:30 Rosary —CH 11:00 Mass —CH 1:00 500 Cards —G 1:30 Memorists -G 3:30 Happy Hour -CR	12 9:00 Gentle Yoga —WS 10:00 Shopping Outing: Aldi's 10:00 Aqua Fit —WP 1:00 Word Communion —CH 1:00/2:00 Cycling w/o Age "Trishaw Rides" -Grove Residents -(sign up) 1:30 Quarter Bingo —G 2:00 Circuit Training —FR 3:00 Bundles of Love —G 6:00/7:00 Cycling w/o age - (sign up) 6:15 Bus Outing: Harmonic Relief Show Choir Como Pavillion 6:30 Movie Night: Old Henry - TH	13 8:00 Walking Club -B 9:00 FUNctional Fit —WS 10:00 Tai Chi —WS 11:00- Bus Outing: Tavern 19 Stonebrook and Shopping at World's Largest Candy Store in Jordan 11:00 Word Communion —CH 11:30 Piano with Jaki 1:00 Cribbage —G 2:00 Rummikub - GL3	14 9:00 Better Balance —WS 10:00 Aqua Fit —WP 11:00 Mass —CH 1:00 500 Cards —CR 3:00 Circuit Training —FR 3:30 Happy Hour —CR	15 9:45 Ladies' Group —B 1:00 Movie Matinee: Thirteen Lives -TH 1:30 Guided Craft with Tina -B 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass —CH 6:30 Game Night —CR or G



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Mass—CH 3:30 Happy Hour—CR	17 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Ecumenical Service-CH 1:00 Hand & Foot Cards—G 1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up) 1:15 Coffee Social—B 1:30 Margarita Monday-B 6:00 Uplifting Message from Eagle Brook Church-TH	18 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 11:00 Lunch Outing: The Wick Pub & Grill 1:00 500 Cards—G 1:30 Resident Dining Meeting-B 3:30 Happy Hour -CR	19 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Trader Joe's 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:00/2:00 Cycling w/o Age "Trishaw Rides"-Grove Residents -(sign up) 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 3:30 Bus Outing-Saint Paul Park Car Show-Free 6:00/7:00 Cycling w/o age- (sign up) 6:30 Movie Night:Project Hail Mary-TH	20 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Armchair Travel-Sarah Desert, Africa-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Colleen Raye Music-CH	21 8:00 Bus Outing-White Bear Lake Farmer's Market 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	22 9:45 Ladies' Group—B 1:00 Movie Matinee: The Guns of Navarone-TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G
23 10:00 Mass—CH 3:30 Happy Hour—CR	24 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand & Foot Cards—G 1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up) 1:15 Coffee Social—B 2:00 Sing a long with Rita-CH 6:00 Uplifting Message from Eagle Brook Church-TH	25 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 2:00 Monthly Birthday Party & Piano w/Tim McGuire-G 3:30 Happy Hour -CR 6:15 Bus Outing: Vibronauts at Como Pavillion	26 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Target 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:00/2:00 Cycling w/o Age "Trishaw Rides"-Grove Residents -(sign up) 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 3:00 Faith Sharing Group-GL2 6:00/7:00 Cycling w/o age- (sign up) 6:30 Movie Night: 12 Angry Men - TH	27 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Ted Talks- Why you don't like the sound of your voice & Do you talk to yourself? How to Harness your inner voice-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Rummikub- GL3	28 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	29 9:45 Ladies' Group—B 1:00 Movie Matinee: August-Osage County-TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G
30 10:00 Mass—CH 3:30 Happy Hour—CR	31 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand & Foot Cards—G 1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up) 1:15 Coffee Social—B 1:30 Root Beer Floats-B 6:00 Uplifting Message from Eagle Brook Church-TH	Room Key Abbreviation AR- Art Room B- Bistro CH- Chapel CR- Club Room FR—Fitness Room G- Grove Dining Room GL2-Grove Lounge 2nd floor GL3-Grove Lounge 3rd floor L- Library Lab- Labyrinth TH- Theater WP- Wellness Pool WS- Wellness Studio		St. Therese Pastoral Care Services Catholic Mass Tuesday and Friday 11:00 a.m. Saturday 4:00 p.m. Sunday 10:00 a.m. Catholic Word and Communion Wednesday at 1:00p.m. and Thursday at 11:00 a.m Ecumenical Service 11:00a.m. Communion Service (1st Monday of the Month) 11:00a.m. Liturgy of the Word Service (3rd Monday of the Month) All worship services can be seen on T.V. Station 1-3		