


June 2026 Alpines and Grove

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>All Activities are Subject to Change!</p>	<p>1</p> <p>8:45 Bus Outing: Bear Fishing-on White Bear Lake-Free</p> <p>9:00 Better Balance—WS</p> <p>10:00 Aqua Fit—WP</p> <p>10:00 Ecumenical Service-CH</p> <p>1:00 Hand & Foot Cards—G</p> <p>1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up)</p> <p>1:15 Coffee Social—B</p> <p>5:30 Uplifting Message from Eagle Brook Church-TH</p>	<p>2</p> <p>8:00 Walking Club-B</p> <p>9:00 FUNctional Fitness—WS</p> <p>10:30 Rosary—CH</p> <p>11:00 Mass—CH</p> <p>12:30 Choir Practice-CH</p> <p>1:00 500 Cards—G</p> <p>1:30 Lake Elmo Banking—L</p> <p>3:30 Happy Hour -CR</p>	<p>3</p> <p>9:00 Gentle Yoga—WS</p> <p>10:00 Shopping Outing: Walmart</p> <p>10:00 Aqua Fit—WP</p> <p>12:40 Twins Radio on the Patio -LAB</p> <p>1:00 Word Communion—CH</p> <p>1:00/2:00 Cycling Without Age "Trishaw Rides"-Grove Residents -(sign up)</p> <p>1:30 Quarter Bingo—G</p> <p>2:00 Circuit Training—FR</p> <p>3:00 Bundles of Love—G</p> <p>6:00/7:00 Cycling Without Age "Trishaw Rides" (sign up)</p> <p>6:30 Movie Night: That's What I Am-TH</p>	<p>4</p> <p>8:00 Walking Club-B</p> <p>9:00 FUNctional Fit—WS</p> <p>10:00 Tai Chi—WS</p> <p>10:45 Armchair Travel -South Pacific Island Time-TH</p> <p>11:00 Word Communion—CH</p> <p>11:30 Piano with Jaki</p> <p>1:00 Cribbage—G</p> <p>2:00 Rummikub- GL2</p>	<p>5</p> <p>9:00 Better Balance—WS</p> <p>10:00 Aqua Fit—WP</p> <p>10:15 Dick Van Dyke Show "Hustling the Hustler"-TH</p> <p>11:00 Mass—CH</p> <p>1:00 500 Cards—CR</p> <p>3:00 Circuit Training—FR</p> <p>3:30 Happy Hour—CR</p>	<p>6</p> <p>9:45 Ladies' Group—B</p> <p>1:00 Movie Matinee: Tortilla Soup-TH</p> <p>1:30 Coloring, Coffee, & Conversations with Gabriella -G</p> <p>4:00 Mass—CH</p> <p>6:30 Game Night—CR or G</p>	
	<p>7</p> <p>10:00 Mass—CH</p> <p>3:30 Happy Hour—CR</p>	<p>8</p> <p>9:00 Better Balance—WS</p> <p>10:00 Aqua Fit—WP</p> <p>10:30 Trivia-GL3</p> <p>1:00 Hand & Foot Cards—G</p> <p>1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up)</p> <p>1:15 Coffee Social—B</p> <p>2:00 Margarita Monday-B</p> <p>5:30 Uplifting Message from Eagle Brook Church-TH</p> <p>6:15 Bus outing Como Pavillion Music "Southside Big Band"</p>	<p>9</p> <p>8:00 Walking Club-B</p> <p>9:00 FUNctional Fitness—WS</p> <p>10:00 All Resident Council-CH</p> <p>10:30 Rosary—CH</p> <p>11:00 Mass—CH</p> <p>12:30 Choir Practice-CH</p> <p>1:00 500 Cards—G</p> <p>2:00 Tara B. Music-CH</p> <p>3:30 Happy Hour -CR</p>	<p>10</p> <p>9:00 Gentle Yoga—WS</p> <p>10:00 Shopping Outing: Hyvee</p> <p>10:00 Aqua Fit—WP</p> <p>1:00 Word Communion—CH</p> <p>1:00/2:00 Cycling With out Age "Trishaw Rides"-Grove Residents -(sign up)</p> <p>1:30 Quarter Bingo—G</p> <p>2:00 Circuit Training—FR</p> <p>2:30 Bus Outing: Cruisin' On The Croix Car Show</p> <p>3:00 Bundles of Love—G</p> <p>6:00/7:00 Cycling Without Age "Trishaw Rides" (sign up)</p> <p>6:30 Movie Night:Two if by Sea -TH</p>	<p>11</p> <p>8:00 Walking Club-B</p> <p>9:00 FUNctional Fit—WS</p> <p>10:00 Tai Chi—WS</p> <p>10:45 Ted Talks-How to be better at Conversations-TH</p> <p>11:00 Word Communion—CH</p> <p>11:30 Piano with Jaki</p> <p>1:00 Cribbage—G</p> <p>2:00 Rummikub- GL2</p>	<p>12</p> <p>9:00 Better Balance—WS</p> <p>10:00 Aqua Fit—WP</p> <p>10:15 The Lucy Show "Babysitter Lucy"-TH</p> <p>11:00 Mass—CH</p> <p>1:00 500 Cards—CR</p> <p>3:00 Circuit Training—FR</p> <p>3:30 Happy Hour—CR</p>	<p>13</p> <p>9:45 Ladies' Group—B</p> <p>1:00 Movie Matinee: From The Vine-TH</p> <p>1:30 Coloring, Coffee, & Conversations with Gabriella -G</p> <p>4:00 Mass—CH</p> <p>6:30 Game Night—CR or G</p>
	<p>14</p> <p>10:00 Mass—CH</p> <p>3:30 Happy Hour—CR</p>	<p>15</p> <p>9:00 Better Balance—WS</p> <p>10:00 Aqua Fit—WP</p> <p>10:00 Ecumenical Service-CH</p> <p>11:00 Unwrapping Music-TH</p> <p>1:00 Hand & Foot Cards—G</p> <p>1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpine Residents -(sign up)</p> <p>1:15 Coffee Social—B</p> <p>5:30 Uplifting Message from Eagle Brook Church-TH</p> <p>6:00 Spirit Song Choir "Summer Radio Show"-CH</p>	<p>16</p> <p>8:00 Walking Club-B</p> <p>9:00 FUNctional Fitness—WS</p> <p>10:30 Rosary—CH</p> <p>11:00 Mass—CH</p> <p>12:30 Choir Practice-CH</p> <p>1:45 Resident Dining Meeting-B</p> <p>2:30 Wellness Series with Dietary and Therapy-CH</p> <p>1:00 500 Cards—G</p> <p>3:30 Happy Hour -CR</p>	<p>17</p> <p>9:00 Gentle Yoga—WS</p> <p>10:00 Shopping Outing: Aldi's</p> <p>10:00 Aqua Fit—WP</p> <p>1:00 Word Communion—CH</p> <p>1:00/2:00 Cycling Without Age "Trishaw Rides"-Grove Residents -(sign up)</p> <p>1:30 Quarter Bingo—G</p> <p>2:00 Circuit Training—FR</p> <p>3:00 Bundles of Love—G</p> <p>6:00/7:00 Cycling Without Age "Trishaw Rides" (sign up)</p> <p>6:30 Movie Night: Answer Man-TH</p>	<p>18</p> <p>8:00 Walking Club-B</p> <p>9:00 FUNctional Fit—WS</p> <p>10:00 Tai Chi—WS</p> <p>10:45 Armchair Travel -Getting to know Guatemala-TH</p> <p>11:00 Word Communion—CH</p> <p>11:30 Piano with Jaki</p> <p>1:00 Cribbage—G</p> <p>2:00 Rummikub- GL2</p> <p>4:00 Saint Therese Spring Choir Concert-CH</p>	<p>19</p> <p>9:00 Better Balance—WS</p> <p>10:00 Aqua Fit—WP</p> <p>10:00 Donuts with Dad-G</p> <p>11:00 Mass—CH</p> <p>1:00 500 Cards—CR</p> <p>3:00 Circuit Training—FR</p> <p>3:30 Happy Hour—CR</p> <p>4:30 Book Club-G</p> <p>5:30 Book Club-CR</p>	<p>20</p> <p>9:45 Ladies' Group—B</p> <p>1:00 Movie Matinee: Samaritan-TH</p> <p>1:30 Coloring, Coffee, & Conversations with Gabriella -G</p> <p>1:30 Guided Craft with Teena-B</p> <p>4:00 Mass—CH</p> <p>6:30 Game Night—CR or G</p>

June 2026 Alpines and Grove

Sun	Mon	Tue	Wed	Thu	Fri	Sat
21 10:00 Mass—CH 3:30 Happy Hour—CR	22 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Word Games—GL3 1:00 Hand & Foot Cards—G 1:00/2:00 Cycling Without Age "Trishaw Rides"—Alpine Residents -(sign up) 1:15 Coffee Social—B 5:30 Uplifting Message from Eagle Brook Church—TH 6:15 Outing: Open Door Theater "Footloose" at Oltman Middle School \$10 Donation	23 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 11:00 Lunch Outing: Angelina's Kitchen Italian Restaurant 1:00 500 Cards—G 2:00 Monthly Birthday Party-G 3:30 Happy Hour —CR	24 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Cub 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 6:00/7:00 Cycling Without Age "Trishaw Rides" (sign up) 6:30 Movie Night: Love, Weddings, & Other Disasters - TH	25 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Ted Talks –Music and the Brain—TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 NEW RESIDENT "MEET -N - GREET"—B	26 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Oral Health as we age—TH 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Staff Pinning Ceremony—CH 3:00 Circuit Training—FR 3:30 Happy Hour—CR	27 9:45 Ladies' Group—B 1:00 Movie Matinee: Out To Sea—TH 1:30 Coloring, Coffee, & Conversations with Gabriella –G 4:00 Mass—CH 6:30 Game Night—CR or G
28 10:00 Mass—CH 3:30 Happy Hour—CR	29 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Trivia —GL3 1:00 Hand & Foot Cards—G 1:00/2:00 Cycling With Age "Trishaw Rides"—Alpine Residents -(sign up) 1:15 Coffee Social—B 2:00 Entertainment with Colleen Wold Hiebler—CH 5:30 Uplifting Message from Eagle Brook Church—TH	30 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:30 Memorists—CR 3:00 Tim McGuire on Piano—Outside of Dining Room 3:30 Happy Hour —CR	 <p>All Activities are Subject to Change!</p>			

Room Abbreviation Key

AR— Art Room	FR—Fitness Room
Birch Conf.— 1st Fl	G— Grove Dining Room
Conf. Room	L— Library
B— Bistro	Lab— Labyrinth
CH— Chapel	TH— Theater
CR— Club Room	W— Willow Dining
EPL— Employee Parking Lot	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

10:00a.m. Communion Service (1st Monday of the Month)

10:00a.m. Liturgy of the Word Service (3rd Monday of the Month)

All worship services can be seen on T.V. Station 1-3

Occupational

Physical

Social

Emotional

Intellectual

Spiritual