

November 2026 Alpines and Grove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Mass—CH 1:30 Bus Outing "Into the Woods" WHS Theatre $8 by 10/26 3:30 Happy Hour—CR	**2** 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Ecumenical Service-CH 1:30 Monday Manicures with Heidi-GL2 2:00 MacPhail Unwrapping Music "Kenny Rogers:-TH 6:00 Uplifting Message from Eagle Brook Church-TH	**3** 9:00 FUNctional Fitness—WS 10:00/11:00 Bus to voting poll 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice-CH 1:30 Lake Elmo Banking—L 2:00 Bus to Voting poll 3:30 Happy Hour -CR	**4** 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Walmart 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night: Masterplan- TH	**5** 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 1:30 Culinary Meeting-B 2:00 Rummikub- GL3	**6** 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:00 Learn about Self Driving Tesla's-TH 11:00 Mass—CH 3:00 Circuit Training—FR 3:30 Happy Hour—CR	**7** 9:45 Ladies' Group—B 1:00 Movie Matinee: The Invite -TH 1:30 Guided Craft with Tina-B 4:00 Mass—CH 6:30 Game Night—CR or G
8 10:00 Mass—CH 3:30 Happy Hour—CR	**9** 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Veteran's Day Service-CH 11:45 Pie for Veteran's-B 1:00 Hand & Foot-G 1:00 Monday Manicures with Heidi-GL2 6:00 Uplifting Message from Eagle Brook Church-TH	**10** 9:00 FUNctional Fitness—WS 10:00 All Resident Council-CH 10:30 Rosary—CH 11:00 Mass—CH 11:30 Veteran's Lunch-G 12:30 Choir Practice-CH 1:30 Memorists-G 3:30 Happy Hour -CR	**11** 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Aldi's 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night:The Bluff- TH	**12** 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Rummikub- GL3 2:00 Entertainment with Jonathan Edwards-CH	**13** 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:15 Arm Chair Travel: Living in Tasmania 11:00 Mass—CH 2:00 EMenu Discussion-TH 3:00 Circuit Training—FR 3:30 Happy Hour—CR	**14** 9:45 Ladies' Group—B 1:00 Movie Matinee: Support the Girls -TH 4:00 Mass—CH 6:30 Game Night—CR or G
15 10:00 Mass—CH 1:30 Bus Outing "High School Musical" New Life Academy $12 by 11/8 3:30 Happy Hour—CR	**16** 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Ecumenical Service-CH 1:00 Monday Manicures with Heidi-GL2 1:00 Hand & Foot Cards—G 2:00 Margarita Monday-B 6:00 Uplifting Message from Eagle Brook Church-TH	**17** 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice-CH 2:00 Monthly Birthday Party-G 3:30 Happy Hour -CR	**18** 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Cub 10:00 Aqua Fit—WP 1:30 New Life Academy Service-CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night:Hang Em High- TH	**19** 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:00 Bus Outing: Como Conservatory & Lunch at Burgers & Bottles 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Rummikub- GL3	**20** 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:15 Ted Talks: "The Power of Vulnerability" 11:00 Mass—CH 3:00 Circuit Training—FR 3:30 Happy Hour—CR 4:30 Book Club-G 5:30 Book Club-CR	**21** 9:45 Ladies' Group—B 1:00 Movie Matinee: Relationship Goals -TH 10:30 Bus Outing: Chanhassen Dinner Theater "Annie"- $120 due by 11/2 4:00 Mass—CH 6:30 Game Night—CR or G

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22 10:00 Mass—CH 3:30 Happy Hour —CR	**23** 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Bus Lunch Outing: The Par T Barn 1:00 Monday Manicures with Heidi-GL2 1:30 Hand & Foot-G 6:00 Uplifting Message from Eagle Brook Church-TH	**24** 9:00 FUNctional Fitness —WS 10:30 Rosary—CH 11:00 Mass—CH 2:00 Entertainment-CODA-CH 3:30 Happy Hour -CR	**25** 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Target 10:00 Aqua Fit—WP 11:30 Thanksgiving Lunch 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night:Reminders of Him- TH	**26** 10:00 Thanksgiving Mass 	**27** 9:00 Better Balance—WS 10:00 Aqua Fit—WP 3:00 Circuit Training—FR 3:30 Happy Hour—CR	**28** 9:45 Ladies' Group—B 1:00 Movie Matinee: Camelot -TH 4:00 Mass—CH 6:30 Game Night—CR or G
29 10:00 Mass—CH 3:30 Happy Hour —CR	**30** 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Monday Manicures with Heidi-GL2 2:00 MacPhail Unwrapping Music-TH 6:00 Uplifting Message from Eagle Brook Church-TH	Occupational Emotional Physical Intellectual Social Spiritual	Activities subject to change			

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