



October 2026 Alpines and Grove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Occupational Emotional Physical Intellectual Social Spiritual	ACTIVITIES SUBJECT TO CHANGE			9:00 FUNctional Fit —WS 1 10:00 Tai Chi —WS 11:00 Feast Day Celebration -Mass with Archbishop Bernard Hebda-CH 12:00 Feast Day Social —B 11:30 Piano with Jaki 1:00 Cribbage —CR 2:00 Rummikub - GL3	9:00 Better Balance —WS 2 9:30 Confessions-CH 10:00 Aqua Fit —WP 10:15 Arm Chair Travel: Anchorage, Alaska-T 11:00 Mass—CH 3:00 Circuit Training —FR 2:00 Fashion Show and Shopping-CH/WS 3:30 Happy Hour -CR	9:45 Ladies' Group —B 3 1:00 Movie Matinee: A Beautiful Day in the Neighborhood-TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night —CR or G
4 10:00 Mass—CH 3:30 Happy Hour —CR	5 9:00 Better Balance —WS 10:00 Aqua Fit —WP 11:00 Ecumenical Service-CH 1:30 Hand & Foot Cards —G 1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up) 1:15 Coffee Social —B 6:00 Uplifting Message from Eagle Brook Church-TH	6 9:00 FUNctional Fitness — WS 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice-CH 1:30 Lake Elmo Banking —L 3:30 Happy Hour -CR	7 9:00 Gentle Yoga —WS 10:00 Shopping Outing: Walmart 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 Cycling w/o age- (sign up) 6:30 Movie Night: 9 to 5- TH	8 8:00 Walking Club-B 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	9 9:00 Better Balance —WS 9:30 Confessions-CH 10:00 Aqua Fit —WP 11:00 Mass—CH 3:00 Circuit Training —FR 3:30 Happy Hour —CR	10 9:45 Ladies' Group —B 1:00 Movie Matinee: Steel Magnolias -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night —CR or G
11 10:00 Mass—CH 3:30 Happy Hour —CR	12 9:00 Better Balance —WS 10:00 Aqua Fit —WP 1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up) 1:15 Coffee Social —B 2:00 MacPhail Unwrapping Music-TH 3:15 Bus Outing Scenic Drive 6:00 Uplifting Message from Eagle Brook Church-TH	13 9:00 FUNctional Fitness — WS 10:00 All Resident Council- CH 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice-CH 1:30 Memorists-CR 2:00 Adam Daniel Music-CH 3:30 Happy Hour -CR	14 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 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 Cycling w/o age- (sign up) 6:30 Movie Night:Casablanca- TH	15 8:00 Walking Club-B 9:00 FUNctional Fit —WS 10:00 Tai Chi —WS 1045 Bus outing: Sidekick Theater "Arsenic & Old Lace" \$57 please pay by October 5th 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage —CR 2:00 Rummikub - GL3	16 9:00 Better Balance —WS 9:30 Confessions-CH 10:00 Aqua Fit —WP 10:15 Bus Outing-Bundles of Love Charity Craft Show 11:00 Mass—CH 3:00 Circuit Training —FR 3:30 Happy Hour —CR 4:30 Book Club-G 5:30 Book Club - CR	17 9:45 Ladies' Group —B 1:00 Movie Matinee: Love of your Life -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night —CR or G



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 Mass—CH 3:30 Happy Hour—CR	19 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Ecumenical Service-CH 11:00 Lunch Outing: Ray J's American Grill 1:30 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	20 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice-CH 2:00 Monthly Birthday Party-G 2:00 Tim McGuire Piano Music-outside dining room 3:30 Happy Hour -CR	21 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 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 Cycling w/o age- (sign up) 6:30 Movie Night:The Last House- TH	22 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:15 Bus Outing-James J Hill House Tour & lunch @ Obb's \$12 pay by 10/15 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Rummikub- GL3 6:30 Spirit Song Choir-CH	23 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:15 Ted Talks- 11:00 Mass—CH 3:00 Circuit Training—FR 3:30 Happy Hour—CR	24 9:45 Ladies' Group—B 1:00 Movie Matinee: Don't Say Good Luck -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 1:30 Bus Outing-Saint Paul Gangster Tour-\$40 pay by 10/16 4:00 Mass—CH 6:30 Game Night—CR or G
25 10:00 Mass—CH 3:30 Happy Hour—CR	26 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:30 Hand & Foot Cards—G 1:00/2:00 Cycling Without Age "Trishaw Rides"-Alpines Residents -(sign up) 1:15 Coffee Social—B 6:00 Uplifting Message from Eagle Brook Church-TH	27 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 3:30 Happy Hour -CR 5:30 Trick or Treat Event-CH	28 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Cvb 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 Cycling w/o age- (sign up) 6:30 Movie Night:Ghostbusters- TH	29 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:00 Bus Outing: Little Six Casino 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Rummikub- GL3	30 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 11:00 Mass—CH 3:00 Circuit Training—FR 2:00 Malt Shop Melodies-CH 3:00 Halloween Treats-B 3:30 Happy Hour—CR	31 9:45 Ladies' Group—B 1:00 Movie Matinee: 1922 -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G

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