

July 2026 Alpines and Grove

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Room Abbreviation Key AR– Art Room B– Bistro CH– Chapel CR– Club Room EPL– Employee Parking Lot 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		All Activities are Subject to Change!	1 9:00 Gentle Yoga—WS 10:00 Aqua Fit—WP 10:30 Bus Outing: Guys and Dolls at the Chanhassen Dinner Theater:\$89 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: Forest Gump-TH	2 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:00 Shopping Bus Outing: Target 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Red, White and Blue Day-Bomb Pops-B 2:00: Karaoke Sing a long-CH	3 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass (honoring the birth of our nation)—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	4 9:45 Ladies' Group—B 4:00 Mass—CH 6:30 Game Night—CR or G 
5 10:00 Mass—CH 3:30 Happy Hour—CR	6 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 2:00 SING A LONG with RITA-CH 5:30 Uplifting Message from Eagle Brook Church-TH	7 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 Entertainment with Crooner Dean-CH 3:30 Happy Hour -CR 6:15 Bus Outing: Como Pavillion: “A Night of Barbershop Quartets”	8 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Whole Foods 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:00/2:00 Cycling With out 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:: She Came To Me -TH	9 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 PRIZE BINGO w/ Resurrection Church Youth Group -G 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Rummikub-GL2	10 9:00 Better Balance—WS 9:00 Men’s Breakfast and Fellowship-hosted by Pastoral Care-G 10:00 Aqua Fit—WP 10:45 Armchair Travel -Dubai, United Arab Emirates-TH 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	11 9:45 Ladies' Group—B 1:00 Movie Matinee: My One & Only-TH 1:30 Coloring, Coffee, & Conversations with Gabriella – G 4:00 Mass—CH 6:30 Game Night—CR or G
12 10:00 Mass—CH 3:30 Happy Hour—CR	13 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Trivia-GL3 11:00 Unwrapping Music-”Fats Domino”-TH 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 Margarita Monday-B 5:30 Uplifting Message from Eagle Brook Church-TH	14 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 3:30 Happy Hour -CR	15 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 6:00/7:00 Cycling Without Age “Trishaw Rides” (sign up) 6:30 Movie Night: According to Greta-TH	16 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:00 Bus Outing: Treasure Island Casino-(free our bus) 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Rummikub– GL2	17 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 4:30 Book Club-G 5:30 Book Club-CR	18 9:45 Ladies' Group—B 1:00 Movie Matinee: Shotgun Wedding-TH 1:30 Guided Craft with Tina-B 1:30 Coloring, Coffee, & Conversations with Gabriella – G 4:00 Mass—CH 6:30 Game Night—CR or G

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
19 10:00 Mass—CH 3:30 Happy Hour—CR	20 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Ecumenical Service-CH 11:00 Lunch Outing: Chili’s 1:00 Hand & Foot Cards—G 1:00/2:00 Cycling Without Age “Trishaw Rides”-Alpine Residents -(sign up) 1:15 Coffee Social—B 2:00 Sing a long with Rita-CH 5:30 Uplifting Message from	21 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 1:00 Navigating Grief and Loss-CH 1:30 Resident Dining Meeting-B 2:00 St. Pascals Group-G 3:30 Happy Hour -CR	22 9:00 Gentle Yoga—WS 10:00 Aqua Fit—WP 11:30 Bus Outing: Saints Game \$29 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 2:30 Pinning Ceremony-CH 3:00 Bundles of Love—G 6:00/7:00 Cycling Without Age “Trishaw Rides” (sign up) 6:00 Spirit Song Choir “Radio Show”-CH	23 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:00 Shopping Outing: Kowalski’s 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Lori Ronchak Hammered Dulcimer-C	24 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	25 9:45 Ladies' Group—B 1:00 Movie Matinee: Leatherheads-TH 1:30 Coloring, Coffee, & Conversations with Gabriella -G 2:00 Pastoral Care Volunteer Fair -B 4:00 Mass—CH 6:30 Game Night—CR or G
26 10:00 Mass—CH 3:30 Happy Hour—CR	27 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Word Games-GL3 1:00 Hand & Foot Cards—G 1:30 Bus Outing Harriet Island Riverboat 90 minute Sightseeing Cruise: \$15.75 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	28 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 2:00 Tim McGuire on Piano- Outside of Dining Room 2:00 Monthly Birthday Party-G 3:30 Happy Hour -CR	29 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: Drowning Mona- TH	30 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—G 2:00 Rummikub- GL2	31 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:15 Ted Talks “Depression, the Secret we all share”-TH 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR	 All Activities are Subject to Change! 

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

Spiritual