

May 2026 Alpine and Grove

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Room Abbreviation Key</p> <p>AR— Art Room Birch Conf.— 1st Fl B— Bistro CH— Chapel CR— Club Room EPL— Employee Parking Lot</p> <p>FR—Fitness Room G— Grove Dining Room L— Library Lab— Labyrinth TH— Theater WP— Wellness Pool WS— Wellness Studio</p>		<p><i>All Activities are Subject to Change!</i></p>			<p>1</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 1:00 or 1:45 Craft with Karren -sign up in Library-AR 3:00 Circuit Training—FR 3:30 Happy Hour—CR</p>	<p>2</p> <p>9:45 Ladies' Group—B 1:00 Movie Matinee: Manchester by Sea-TH 4:00 Mass—CH 6:30 Game Night—CR or G 6:57PM Kentucky Derby on NBC</p>
<p>3</p> <p>10:00 Mass—CH 3:30 Happy Hour—CR</p>	<p>4</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Ecumenical Service-CH 10:30 Word Game-GL3 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 2:00 Chicken Soup for the Soul "Thanks Mom" w/Karren-GL2 5:30 Uplifting Message from Eagle Brook Church-TH</p>	<p>5</p> <p>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 Cinco De Mayo Celebration-B 3:30 Happy Hour -CR</p>	<p>6</p> <p>9:00 Gentle Yoga—WS 10:00 Shopping Outing: Cub Foods 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 6:00 Games with volunteers-G 6:30 Movie Night: Home Again TH</p>	<p>7</p> <p>8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 State Services for the Blind-Information Session-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G</p>	<p>8</p> <p>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</p>	<p>9</p> <p>9:45 Ladies' Group—B 10:00 Memorists-G 11:30 Bus Outing: The Guthrie Theater: "Little Women" 1:00 Movie Matinee: Terms of Endearment-TH 1:30 Guided Craft with Tina-AR 4:00 Mass—CH 6:30 Game Night—CR or G</p>
<p>10</p> <p>10:00 Mass—CH 3:30 Happy Hour—CR</p>	<p>11</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Lunch Outing: Junction 70 1:15 Coffee Social—B 2:00 Unwrapping Music—TH 5:30 Uplifting Message from Eagle Brook Church-TH</p>	<p>12</p> <p>8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:00 ALL Resident Meeting -CH 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 12:30 Choir Practice-CH 3:30 Happy Hour -CR</p>	<p>13</p> <p>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: Remarkably Bright Creatures-TH</p>	<p>14</p> <p>8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Armchair Travel "North Island New Zealand"- TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Learn how to play Rummikub— GL3 6:30 Scholarship Ceremony and Reception-CH</p>	<p>15</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Ted Talks "Being a Sizzling Senior" -TH 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</p>	<p>16</p> <p>9:45 Ladies' Group—B 1:00 Movie Matinee: The Lost Husband-TH 4:00 Mass—CH 6:30 Game Night—CR or G</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
17 10:00 Mass—CH 3:30 Happy Hour—CR	18 10:00 Aqua Fit—WP 10:00 Ecumenical Service-CH 10:30 Word Game-GL3 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 5:30 Uplifting Message from Eagle Brook Church-TH 6:30 Spirit Song Concert—CH	19 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice-CH 2:00 Dining Resident Meeting-B 1:00 500 Cards—G 3:30 Happy Hour -CR	20 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Target 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 Choice -TH	21 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Armchair Travel "A Summer in Paris"-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Fashion Show-CH 2:30 Shopping Event-WS	22 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	23 9:45 Ladies' Group—B 1:00 Movie Matinee: Light of My Life -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -G 4:00 Mass—CH 6:30 Game Night—CR or G
24 10:00 Mass—CH 3:30 Happy Hour—CR	25 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B Memorial Day: Community Life Off today	26 8:00 Walking Club-B 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 Piano Music with Tim McGuire-Outside of DR 3:30 Happy Hour -CR	27 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Lunds & Byerley's 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:00 Cycling With Age "Trishaw Rides"- (sign up) 1:30 Quarter Bingo—G 2:00 Senior Fitness Testing -WS 3:00 Bundles of Love—G 6:30 Movie Night: Elsa & Fred -TH Senior Health and Fitness Day	28 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Ted Talks "How to Live to be 100+"-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Rummikub-GL3	29 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Armchair Travel "London, Then and Now"-TH 11:00 Mass—CH 1:00 500 Cards—CR 2:00 Amy & Adams Performance-CH 3:00 Circuit Training—FR 3:30 Happy Hour—CR	30 9:45 Ladies' Group—B 1:00 Movie Matinee: Crime 101 -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -G 4:00 Mass—CH 6:30 Game Night—CR or G

31 10:00 Mass—CH 3:30 Happy Hour—CR

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

All Activities are Subject to Change!

Occupational

Physical

Social

Emotional

Intellectual

Spiritual