




April 2026 Alpine and Grove

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Room Abbreviation Key</p> <p>AR- Art Room Birch Conf.- 1st Fl Conf. Room B- Bistro CH- Chapel CR- Club Room FR-Fitness Room</p> <p>G- Grove Dining Room GL2- Grove Lounge 2nd floor GL3-Grove Lounge 3rd floor Lab- Labyrinth TH- Theater WP- Wellness Pool WS- Wellness Studio</p>		 <p>All Activities are Subject to Change!</p>		<p>1</p> <p>9:00 Gentle Yoga—WS 10:00 Shopping Outing: Whole 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 6:30 Movie Night: Grumpy Old Men—TH</p> <p>April Fool's Day</p>	<p>2</p> <p>9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Armchair Travel "Checking Out Chile"—TH 11:30 Piano with Jaki 1:00 Cribbage—G 4:00 Mass of the Lord's Supper—CH</p>	<p>3</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Good Friday Service—CH 3:10 Twins Home Opener- (Channel:668-3)—TH 3:30 Happy Hour—CR</p> <p>Good Friday</p>	<p>4</p> <p>9:45 Ladies' Group—B 1:00 Movie Matinee: Song Sung Blue—TH 1:30 Coloring, Coffee, & Conversations with Gabriella —G 4:00 Mass—CH 6:30 Game Night—CR or G</p>
<p>5</p> <p>10:00 Easter Morning Mass—CH 3:30 Happy Hour—CR</p> <p>Easter </p>	<p>6</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Ecumenical Service—CH 10:30 Trivia—GL2 11:00 Olive Garden Lunch Outing 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 5:30 Uplifting Message from Eagle Brook Church—TH</p>	<p>7</p> <p>9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 2:00 Ben Baldridge—Elvis '56 & Rockabilly Performance—CH 3:30 Happy Hour -CR</p>	<p>8</p> <p>9:00 Gentle Yoga—WS 10:00 Shopping Outing: Kowalski'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: Grumpier Old men—TH</p>	<p>9</p> <p>9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Financial Fraud Trends and Prevention—TH 11:00 Word Communion—CH 12:30 Saxophone with Chris 1:00 Cribbage—G 2:00 Ice Cream Social: Root Beer Floats—B</p>	<p>10</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Remembering the 70's—TH 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR</p>	<p>11</p> <p>9:45 Ladies' Group—B 10:00 Memorists—G 1:00 Movie Matinee: Wicked -TH 1:30 Coloring, Coffee, & Conversations with Gabriella —G 4:00 Mass—CH 6:30 Game Night—CR or G</p>	
<p>12</p> <p>10:00 Mass—CH 3:30 Happy Hour—CR 2:30 Divine Mercy Service—CH 3:30 Happy Hour—CR</p>	<p>13</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Word Game—GL3 1:15 Coffee Social—B 2:00 Unwrapping Music "Sammy David Junior"—TH 5:30 Uplifting Message from Eagle Brook Church—TH</p>	<p>14</p> <p>9:00 FUNctional Fitness—WS 10:00 All Resident Meeting—CH 10:30 Rosary—CH 11:00 Mass—CH 12:30 Choir Practice—CH 1:00 500 Cards—G 3:30 Happy Hour -CR</p>	<p>15</p> <p>9:00 Gentle Yoga—WS 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 2:30 ** Shopping Outing: Trader Joe's ** (time Change) 3:00 Bundles of Love—G 6:30 Movie Night: Thursday Murder Club -TH</p>	<p>16</p> <p>9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 OUTING-Sidekick Theater: "Birthday Candles" - \$51 -includes lunch *please pay by April 6th* 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G</p>	<p>17</p> <p>9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Classic TV: The Lucy Show "The Draft"—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</p>	<p>18</p> <p>9:45 Ladies' Group—B 1:00 Movie Matinee: Meet Me In Saint Louis -TH 1:30 Coloring, Coffee, & Conversations with Gabriella —G 4:00 Mass—CH 6:30 Game Night—CR or G</p>	

April 2026 Alpine and Grove

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 10:00 Ecumenical Service—CH 10:30 Trivia—GL2 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 5:30 Uplifting Message from Eagle Brook Church—TH	21 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 Resident Dining Meeting—B 1:00 500 Cards—G 2:00 St. Pascal's Group—G	22 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: Far and Away—TH Earth Day	23 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Armchair Travel "Meteora, Greece"—TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G	24 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Classic TV: The Dick Van Dyke Show "Give Me Your Walls"—TH 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: Guys and Dolls—TH 1:30 Coloring, Coffee, & Conversations with Gabriella—G 1:30 Guided Craft with Tina—AR 4:00 Mass—CH
26 10:00 Mass—CH 3:30 Happy Hour—CR	27 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:30 Word Game—GL3 1:15 Coffee Social—B 2:00 Unwrapping Music—TH 5:30 Uplifting Message from Eagle Brook Church—TH	28 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 12:30 Choir Practice—CH 2:00 Tim Meyer Music—CH 3:00 Monthly Birthday Party Celebration—G 3:30 Happy Hour—CR	29 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Hyvee 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 Dementia Care Giver Support Group—CR 6:30 Movie Night: The New Daughter—TH	30 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Ted Talks "Laughter is Medicine" TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G	 <p>All Activities are Subject to Change!</p>	

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 & 3rd Monday day of the Month)

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

Occupational

Emotional

Physical

Intellectual

Social

Spiritual