

September 2026 Alpines and Grove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Occupational Emotional Physical Intellectual Social Spiritual		1 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 9:00 Bus Outing-Red Wing Pontoon Ride & Lunch Outing to Kelly's 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 1:30 Lake Elmo Banking—L 3:30 Happy Hour -CR	2 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 Cycling w/o age- (sign up) 6:30 Movie Night: Remember the Titans - TH	3 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	4 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:15 Arm Chair Travel: Oxford, England-T 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 1:30 Marx Music-CH 3:30 Happy Hour-CR	5 9:45 Ladies' Group—B 1:00 Movie Matinee: Matilda -TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G
6 10:00 Mass—CH 3:30 Happy Hour —CR	7  11:00 Ecumenical Service-CH 1:15 Coffee Social—B 6:00 Uplifting Message from Eagle Brook Church-TH	8 8:00 Walking Club-B 9:00 FUNctional Fitness— WS 10:00 All Resident Council- CH 10:30 Rosary—CH 11:00 Mass—CH 1:30 Memorists-G 3:30 Happy Hour -CR	9 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:The Runner - TH	10 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 11:00 Bus Outing Joseph's Restaurant and Aamodt's Apple Orchard/Wine Tasting 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Rummikub- GL3	11 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:00 Bus Outing: Bundles of Love Corporate Tour and Lunch 11:00 Mass—CH 1:00 500 Cards—CR 2:00 Our Lady of Fatima Statue- CH 3:00 Circuit Training—FR 3:30 Happy Hour—CR	12 9:45 Ladies' Group—B 1:00 Movie Matinee: Wicked for Good-TH 1:30 Craft with Tina-B 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G
13 10:00 Mass—CH 3:30 Happy Hour —CR	14 9:00 Better Balance—WS 10:00 Aqua Fit—WP 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 Karaoke Sing a long-CH 6:00 Uplifting Message from Eagle Brook Church-TH	15 8:00 Walking Club-B 9:00 FUNctional Fitness—WS 9:30-1:30 Vaccination Clinic-G 10:30 Rosary—CH 12:30 Choir Practice-CH 11:00 Mass—CH 1:30 Resident Dining Meeting- B 2:00 Wellness Series-TH 3:00 Apple Tasting-B 3:30 Happy Hour -CR	16 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Lund'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 2:30 Bus Outing-Grove Residents Fall Scenic Drive 3:00 Bundles of Love—G 6:00 Cycling w/o age- (sign up) 6:30 Movie Night: Rudy - TH	17 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:15 Craft-Fall Decor-AR 11:00 Word Communion— CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Meet N Greet Woodbury City Council and Mayoral Candidates-CH	18 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 10:15 Ted Talks: How Societies can Grow Old Better 11:00 Mass—CH 1:00 500 Cards—CR 1:00 Cultural Event presentation "Mexico" by Cassandra -TH (snack to follow in Bistro) 3:00 Circuit Training—FR 3:30 Happy Hour—CR 4:30 Book Club-G 5:30 Book Club - CR	19 9:45 Ladies' Group—B 1:00 Movie Matinee: Willy Wonka & The Chocolate Factory-TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G

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20 10:00 Mass—CH 3:30 Happy Hour—CR	21 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) 2:00 Sing a long with Rita-CH 3:00 Margarita Monday-B 6:00 Uplifting Message from Eagle Brook Church-TH	22 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 3:30 Happy Hour -CR	23 9:00 Gentle Yoga—WS 10:00 Shopping Outing: Aldi'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: Mercy - TH	24 8:00 Walking Club-B 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:45 Ted Talks: How to speak so people remember you-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—CR 2:00 Rummikub- GL3 4:30 Oktoberfest-PL 5:00 Bavarian Musikmeisters-PL	25 9:00 Better Balance—WS 9:30 Confessions-CH 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	26 9:45 Ladies' Group—B 1:00 Movie Matinee: The Love Hypothesis-TH 1:30 Coloring, Coffee, & Conversations with Gabriella -AR 4:00 Mass—CH 6:30 Game Night—CR or G
27 10:00 Mass—CH 3:30 Happy Hour—CR	28 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Bus Lunch Outing- Hope Breakfast Bar 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 Michael Riddle Music-CH 6:00 Uplifting Message from Eagle Brook Church-TH	29 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 Tim McGuire Piano Music-outside of Dining Room 3:30 Happy Hour -CR	30 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: Dan in Real Life - TH	ACTIVITIES SUBJECT TO CHANGE		

Room Key Abbreviation

AR- Art Room	GL2-Grove Lounge 2 nd floor
B- Bistro	GL3-Grove Lounge 3 rd floor
CH- Chapel	L- Library
CR- Club Room	Parking Lot-PL
FR—Fitness Room	TH- Theater
G- Grove Dining Room	WP- Wellness Pool
	WS- Wellness Studio

St. Therese Pastoral Care Services

<u>Catholic Mass</u>
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
<u>Ecumenical Service</u>
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