

# March 2026 Alpine and Grove

*All Activities are Subject to Change!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Mass—CH 3:30 Happy Hour—CR	2 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:15 Coffee Social—B 2:00 Unwrapping Music—TH 3:00 Lenten Prayer Time of Reflection-CH 5:30 Uplifting Message from Eagle Brook Church-TH 6:30 Spirit Song Choir—CH	3 9:00 FUNctional Fitness—WS 9:00 Donuts and Coffee-B 10:30 Rosary—CH 11:00 Mass—CH 11:30 Bridge—G 1:30-2:00 Lake Elmo Banking—L 2:00 Cake and Champagne Celebration - DR 3:00 Ribbon Cutting with Chambers-Lobby 3:30 Happy Hour—CR 3:30 The Floras Music—CH 5:00 Special Dinner-DR **10 Year Anniversary**	4 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Super 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 Life List-TH	5 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Armchair Travel "Meet Me in Milan"-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Writer's Group Initial Interest Meeting-CR	6 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Norm the Goldendoodle Visits -all day 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Stations of the Cross-CH 3:30 Happy Hour—CR	7 9:45 Ladies' Group—B 1:00 Movie Matinee: Westside Story-TH 4:00 Mass—CH 6:30 Game Night—CR or G
8 10:00 Mass—CH 3:30 Happy Hour—CR	9 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Lunch Outing: Southern Social 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 3:00 Lenten Prayer Time of Reflection-CH 5:30 Uplifting Message from Eagle Brook Church-TH	10 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 2:00 Jonathan Edwards-CH 3:30 Happy Hour -CR	11 9:00 Gentle Yoga—WS 9:45 Men's Group—B 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 6:30 Movie Night: Moving On-TH	12 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Game: Wheel of Fortune-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Cribbage—G	13 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Norm the Goldendoodle Visits -all day 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Stations of the Cross-CH 3:30 Happy Hour	14 9:45 Ladies' Group—B 10:00 Memorists—G 1:00 Movie Matinee: My Wild Irish Rose-TH 1:30 Guided Craft with Tina—AR 4:00 Mass—CH 6:30 Game Night—CR or G
15 10:00 Mass—CH 3:30 Happy Hour—CR	16 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:15 Coffee Social—B 2:00 Unwrapping Music—TH 3:00 Lenten Prayer Time of Reflection-CH 5:30 Uplifting Message from Eagle Brook Church-TH	17 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 11:30 Bridge—G 1:00 Resident Dining Meeting—B 2:30 Truth or Blarney with Sherbert Floats-B	18 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Aqua Fit—WP 11:00 Mass-CH 12:30 Shopping Outing: Aldi's** 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: Happy Gilmore 2-TH	19 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Ted Talks Life's 3rd Act and Celebrating Lifelong Friendships-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Cribbage—G 2:00 Writer's Group-CR	20 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 10:00 Norm the Goldendoodle Visits -all day 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Stations of the Cross-CH 3:30 Happy Hour—CR	21 9:45 Ladies' Group—B 1:00 Movie Matinee: Green Book-TH 4:00 Mass—CH 6:30 Game Night—CR or G



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22 10:00 Mass—CH 3:30 Happy Hour—CR	23 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 3:00 Lenten Prayer Time of Reflection-CH 5:30 Uplifting Message from Eagle Brook Church-TH	24 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 2:00 March Birthday Celebration—G 2:00 Tim McGuire—Outside Dining Room 3:30 Happy Hour—CR	25 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Walmart 10:00 Aqua Fit—WP 11:30 Bridge—CR 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: Back in Action	26 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 The Dick Van Dyke Show- "A Man's Teeth"-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Bridge —G	27 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Norm the Goldendoodle Visits -all day 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Stations of the Cross-CH 3:30 Happy Hour—CR	28 9:45 Ladies' Group—B 1:00 Movie Matinee: The Map of Tiny Perfect Things-TH 4:00 Mass—CH 6:30 Game Night—CR or G
29 10:00 Mass—CH 3:30 Happy Hour—CR	30 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 Bus Outing- Marjorie McNeely Conservatory & Lunch at Stout's Pub & Grill 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 3:00 Lenten Prayer Time of Reflection-CH 5:30 Uplifting Message from Eagle Brook Church-TH	31 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 500 Cards—G 2:00 Niny Salem Performance—CH 3:30 Happy Hour—CR	<b>Room Abbreviation Key</b> AR- Art Room Birch Conf.- 1st Fl Conf. Room B- Bistro CH- Chapel CR- Club Room EPL- Employee Parking FR—Fitness Room G- Grove Dining Room L- Library Lab- Labyrinth TH- Theater W- Willow Dining WP- Wellness Pool WS- Wellness Studio		 <p><b>All Activities are Subject to Change!</b></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

11:00a.m. Communion Service (1st Wednesday of the Month)  
 11:00a.m. Liturgy of the Word Service (3rd Wednesday of the Month)

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

Occupational      Emotional  
 Physical            Intellectual  
 Social                Spiritual