


February 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 11:00 Lunch Outing: Lakewood Tavern 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 2:00 Unwrapping Music—TH **Groundhog Day**	3 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 Bridge—G (Sign-up CR) 1:00 500 Cards—G (Sign-up CR) 1:30-2:00 Lake Elmo Banking—L 3:30 Happy Hour —CR	4 9:00 Gentle Yoga—WS 9:45 Men's Group—B 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: The Miracle Season-TH	5 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Black History Month Movie: Ride to Freedom: The Rosa Parks Story-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G 2:00 Dale Martel Music—CH	6 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:30 2026 Winter Olympics Opening Ceremonies-TH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	7 9:45 Ladies' Group—B 1:00 Movie Matinee: Letters to Juliet-TH 4:00 Mass—CH 6:30 Game Night—CR or G
8 10:00 Mass—CH 3:30 Happy Hour—CR 5:30 Super Bowl: Seahawks vs Patriots-TH	9 9:00 Better Balance—WS 10:00 Aqua Fit—WP 10:00 OUTING-Treasure Island Casino 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B	10 9:00 FUNctional Fitness—WS 10:00 All Resident Meeting—CH 10:30 Rosary—CH 11:00 Mass—CH 1:00 Bridge—G (Sign-up CR) 1:00 500 Cards—G (Sign-up CR) 2:00 Ben Baldrige—Johnny Cash Performance—CH 3:30 Happy Hour "Meet N Greet Karren"—CR	11 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Hy-Vee 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: Our Souls at Night-TH	12 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Black History Month Movie: One Night in Miami-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G	13 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 -w/a Valentine's Day discussion—CR	14 9:45 Ladies' Group—B 10:00 Memorists—G 1:00 Movie Matinee: You've Got Mail-TH 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 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 2:00 Unwrapping Music—TH	17 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH * Choir Practice Starts 1:00 Bridge—G (Sign-up CR) 1:00 500 Cards—G (Sign-up CR) 2:00 Resident Dining Meeting—B 3:30 Mardi Gras Themed Happy Hour with a treat—CR	18 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Walmart (Woodbury) 10:00 Aqua Fit—WP 11:00 Mass-CH 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Ash Wednesday Interfaith Distribution of Ashes-CH 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night: Nyad-TH **Ash Wednesday**	19 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Black History Month Movie: The Autobiography of Miss Jane Pittman-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G 2:00 Tim McGuire—Outside Dining Room	20 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Stations of the Cross-CR 3:30 Happy Hour—CR	21 9:45 Ladies' Group—B 1:00 Movie Matinee: People We Meet On Vacation-TH 4:00 Mass—CH 6:30 Game Night—CR or G

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
10:00 Mass—CH 3:30 Happy Hour—CR	9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 3:00 Lenter Prayer Time of Reflection-CH 5:30 Uplifting Message from Eagle Brook Church-TH	9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 Bridge—G (Sign-up CR) 1:00 500 Cards—G (Sign-up CR) 2:00 Mary Franz Music—CH 3:30 February Birthday Celebration—B 3:30 Happy Hour—CR	9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Trader Joe'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: Twins-TH	9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 10:30 Black History Month Movie: Harriet-TH 11:00 Word Communion—CH 11:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G	9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:00 Stations of the Cross-CH 3:30 Happy Hour—CR	9:45 Ladies' Group—B 1:00 Movie Matinee: The Bucket List-TH 1:30 Guided Craft with Tina—AR 4:00 Mass—CH 6:30 Game Night—CR or G

Room Abbreviation Key

AR- Art Room	FR—Fitness Room
Birch Conf.- 1st Fl	G- Grove Dining Room
Conf. Room	L- Library
B- Bistro	Lab- Labyrinth
CH- Chapel	TH- Theater
CR- Club Room	W- Willow Dining
EPL- Employee Parking	WP- Wellness Pool
	WS- Wellness Studio

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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)

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

Occupational

Emotional

Physical

Intellectual

Social

Spiritual