

9:00 - 10:00

Front Porch

COFFEE AND CONVERSTAION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

10:00 - 10:30

Fitness Room

FUN AND FITNESS

Get that body moving, at fun and fitness! These classes are hosted by our life enrichment team.

10:30 - 11:00

Fitness Room

WALKING GROUP

Want to get your steps in? Join us for a walking group! Meet at the fitness center and we will walk outside weather permitting.

1:00 - 3:00

Frontenac Game
Room

BRIDGE GROUP

Our bridge group is in search of an alternate! We currently have one full table for bridge. If there is enough resident interest, we would be happy to add a second table. Spectators welcome!

2:00 - 3:00

Cascade Main
Dining Room

MUSICAL ENTERTAINMENT WITH NATE HANCE

Come and enjoy the piano and vocals from Nate Hance.

3:00 - 4:00

The Library

ROSARY

Join us in the library for the reciting of the rosary. The rosary will be held Monday, Wednesday, and Friday.

3:30 - 4:30

Frontenac Game
Room

RUMMIKUB WITH NEIGHBORS

Head to the card room for a rousing game of rummikub!

7:00 - 9:00

Grand Portage
Theater Room

MOVIE AND POPCORN IN THE THEATER

Venture on down to our movie theater for the showing of "Tower Heist" and some popcorn! When a group of workers at a ritzy Manhattan condo realize their boss has swindled them out of their pensions, the vow to reap their own justice. Rated: PG-13. Duration: 1 hour 44 minutes. Cast: Casey Affleck, Eddie Murphy, Ben Stiller and more. This movie is: comedy, action and adventure.

Tuesday, August 09, 2022

7:30 - 10:00

Cascade Main
Dining Room

ALZ BREAKFAST BUFFET FUNDRAISER

Join us for another great fundraiser to support our Walk to Fight Alzheimer's! Our culinary team will be making a delicious breakfast buffet. The buffet will be \$5 per person, cash only. Family and friends are welcome to join! Please note if you are a resident who already gets hot breakfast included in your plan, you will not have to pay \$5, if you would still like to do so we would be happy to accept your donation.

9:00 - 10:00

Front Porch

COFFEE AND CONVERSTAIION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

10:00 - 10:30

Fitness Room

CARDIO DRUMMING

Cardio Drumming is a non-impact workout designed with everyone in mind. The workout is to music using drum sticks and an exercise ball. No matter the age or ability, drumming is for you. Due to supplies, limit 5 residents, first come first serve.

10:30 - 11:30

Itasca Craft Room

SEWING, STITCHING, AND NEEDLE WORK GROUP

Do you enjoy sewing, stitching, needle work? This is the activity for you. Every Tuesday at 10:30 in the craft room, bring your projects to work on the craft room. Please note Sydnee will not be in attendance this week and this will be resident led.

1:00 - 2:00

Front Porch

WOMEN'S CHIT CHAT

Come and socialize with the ladies of Gable Pines. Wine and non-alcoholic beverages will be served at this event. PLEASE NOTE WE WILL HAVE THIS WEEKS CHIT CHAT ON THE FRONT PORCH, WEATHER PERMITTING.

2:00 - 2:30

Grand Portage
Theater Room

FOOD FORUM

Come share your opinion about all things dining, both good and bad.

3:00 - 4:30

Frontenac Game
Room

500 WITH FRIENDS!

Join us for a game of 500! New players, and experts alike are welcome!

6:30 - 7:30

Front Porch

LEMONADE ON THE FRONT PORCH

Wind down at the end of the day with an ice-cold glass of lemonade and visiting with your neighbors.

Wednesday, August 10, 2022

9:00 - 10:00

Front Porch

COFFEE AND CONVERSTAION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

10:00 - 10:30

Fitness Room

FUN AND FITNESS

Get that body moving, at fun and fitness! These classes are hosted by our life enrichment team.

10:45 - 1:00

Lobby

OUTING: DOCK CAFE

The Dock Café has a variety of delicious food! Join us for this great lunch outing. Sign up at the concierge desk asap.

1:00 - 2:30

Itasca Craft Room

LET'S GET CRAFTY

Come one, come all and get crafty with our life enrichment team! Earlier in the month the life enrichment team and Gable Pine residents picked out crafts for the month. Curious about which craft we will do this day? Come and ask Cassie, our life enrichment director!

3:00 - 4:00

The Library

ROSARY

Join us in the library for the reciting of the rosary. The rosary will be held Monday, Wednesday, and Friday.

Thursday, August 11, 2022

9:00 - 10:00

Front Porch

COFFEE AND CONVERSTAIION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

10:00 - 12:30

Grand Portage
Theater Room

MOVIE AND POPCORN IN THE THEATER

Venture on down to our movie theater for the showing of "The Perfect Storm" and some popcorn! As a huge storm approaches, a fisherman who's on a run of bad luck risks everything for an enormous catch, going beyond his boat's normal reach. Rated PG-13. Duration: 2 hours 9 minutes. Cast: George Clooney, Mark Walberg, John C. Reilly and more. This movie is: Dark

10:00 - 11:45

Lobby

NEWTRAX CIRCULAR

****FULLY VACCINATED RESIDENTS ONLY****The Newtrax Circular is free bus for residents to get out in the community to get some shopping done! A map of all the stops is available by the concierge desk. This is not a supervised event. Please wear a mask and attend on your own accord.

1:00 - 1:50

Frontenac Game
Room

CRIBBAGE

Come and play a friendly game of cribbage with friends!

2:00 - 2:45

Grand Portage
Theater Room

TOWN HALL MEETING

Join us to hear the latest news From the Gable Pines management team, and share your opinions on some topics. We will also have time to hear concerns, and compliments from you all. We hope to see you there!

3:00 - 4:00

The Pub

MEN'S GROUP

Join the other men of Gable Pines to have some casual conversation, and reminisce about the good old days. There will be beer and other non alcoholic beverages available.

Friday, August 12, 2022

9:00 - 10:00

Front Porch

COFFEE AND CONVERSTAION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

10:00 - 10:30

Fitness Room

FUN AND FITNESS

Get that body moving, at fun and fitness! These classes are hosted by our life enrichment team.

10:30 - 11:00

Fitness Room

WALKING GROUP

Want to get your steps in? Join us for a walking group! Meet at the fitness center and we will walk outside weather permitting.

2:00 - 2:50

The Pub

HAPPY HOUR

Join us in the pub for a happy hour social! We will have both alcoholic and non alcoholic options available! This is a great event for new residents to get to know their neighbors!

3:00 - 4:00

The Library

ROSARY AND COMMUNION

Join us in the library for the reciting of the rosary. The rosary will be held Monday, Wednesday, and Friday. On Friday's we will also have communion after the rosary.

3:30 - 4:30

Frontenac Game Room

RUMMIKUB WITH NEIGHBORS

Head to the card room for a rousing game of rummikub!

Saturday, August 13, 2022

9:00 - 10:00

Front Porch

COFFEE AND CONVERSTAION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

11:00 - 11:30

Fitness Room

CARDIO DRUMMING

Cardio Drumming is a non-impact workout designed with everyone in mind. The workout is to music using drum sticks and an exercise ball. No matter the age or ability, drumming is for you. Due to supplies, limit 5 residents, first come first serve.

1:00 - 3:30

Grand Portage Theater Room

MOVIE AND POPCORN IN THE THEATER

Venture on down to our movie theater for the showing of "Just Like Heaven" and some popcorn! When a heartbroken architect moves into a new apartment, he clashes with the previous tenant's spirit which lingers behind. Rated: PG-13. Duration: 1 hour 34 minutes. Cast: Reese Witherspoon, Mark Ruffalo, Donal Logue, and more. This movie is: Charming, feel-good, romantic comedy.

1:30 - 2:30

Frontenac Game Room

SKIP-BO

Join your neighbors in a fun game of Skip-Bo! Skip-Bo is a quick play party game that keeps everyone on their toes. Attempt to create building piles by stacking cards in ascending order based off of their numbers.

3:00 - 4:00

Frontenac Game Room

FARKLE

FARKLE is a push-your-luck game in which the objective is to be the first player to accumulate 10,000 points

3:30 - 5:00

Lobby

OUTING: CHURCH OF ST. PIUS X

Join your neighbors to Mass at the Church of St. Pius X. The bus will pick up at Gable Pines at 3:30 for 4:00 Mass. The bus will pick back up at St. Pius at 5:05. Please note that staff will not be attending this outing. Sign up at concierge!

Sunday, August 14, 2022

9:00 - 10:00

Front Porch

COFFEE AND CONVERSATION

Is there anything better than a hot cup of coffee in the morning and chatting with your neighbors? Grab a cup of coffee from the lobby and meet on the front porch for this resident led activity.

10:00 - 11:00

The Library

NON-DENOMINATIONAL WORSHIP MEETING

Join us in our continuous efforts to organize a non-denominational worship service. Come with your ideas and resources to start a non-denominational at Gable Pines. Please note this will be resident led.

1:00 - 2:00

Frontenac Game Room

500 WITH FRIENDS!

The card room is open! Join us for a game of 500! New players, and experts alike are welcome!

3:00 - 4:00

Frontenac Game
Room

DOMINOS

Dominos is back! Bring a friend and get playing!

6:30 - 7:30

Frontenac Game
Room

PHASE 10

Phase 10 is based on a variant of rummy known as Liverpool rummy, and is a member of the contract rummy family.