

- 10:00 🏀 Fun and Fitness
Get that body moving! These classes are hosted by our life enrichment team.
Fitness Room
- 11:00 Worship Service with Pastor Jon
Pastor Jon will be preaching the for a worship service.
Grand Portage Theater Room
- 12:30 🏀 After Lunch Walk
Get that blood moving after lunch with a walk! Meet in the Fireside Lounge. We will walk the 1st floor or outside if weather allows.
Fireside Lounge
- 1:00 🧩 Bingo
Feeling lucky? Come play bingo and win prizes!
The Pub
- 1:00 🧩 Bridge
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!
Frontenac Game Room
- 2:30 👥 Rummikub with Neighbors
Head to the card room for a rousing game of rummikub!
Frontenac Game Room
- 3:00 🦋 Rosary
Join us in the library for the reciting of the rosary. The rosary will be held Monday, Wednesday and Friday with communion on Fridays.
The Library

March 14, 2023

AL/IL

Tuesday

created
with
Sagely








- 7:30 Caramel French Toast Breakfast
Caramel French Toast breakfast day for all!
Cascade Main Dining Room
- 10:00 🥁 DrumFit
Designed for older adults this program uses movement through drumming. It is easy and fun to learn. Due to limited supplies, limit 5 residents and first come first served.
Fitness Room
- 10:30 👥 Sewing, Stitching, and Needlework Group
Do you enjoy sewing, stitching, needlework? This is the activity for you. Every Tuesday and Friday at 10:30 in the craft room, bring your own project to work on or come to chit chat. Not sure what to do? Sydnee will be present to teach you how to crochet.
Itasca Craft Room
- 12:30 🥁 After Lunch Walk
Get that blood moving after lunch with a walk! Meet in the Fireside Lounge. We will walk the 1st floor or outside if weather allows.
Fireside Lounge
- 1:00 👥 Women's Chit Chat
Come and socialize with the ladies of Gable Pines. Wine and non-alcoholic beverages will be served at this event.
The Pub
- 2:00 Food Forum
Movie Theater Lobby
- 3:00 👥 500 with Friends!
Join us for a game of 500! New players and experts alike are welcome!
Frontenac Game Room

March 15, 2023

AL/IL

Wednesday

created
with Sagely

- 9:30  Women's Get Smart Group
Engage with the women of Gable Pines at Women's Get Smart Group where a variety of topics will be discussed in this resident led activity.
Cascade Main Dining Room
- 10:00  Fun and Fitness
Get that body moving! These classes are hosted by our life enrichment team.
Fitness Room
- 11:00  Bible Study
Bible Study is back with Margaret!
Forestville Rooftop Patio
- 12:30  After Lunch Walk
Get that blood moving after lunch with a walk! Meet in the Fireside Lounge. We will walk the 1st floor or outside if weather allows.
Fireside Lounge
- 1:00  Let's Get Crafty
This staff led activity is for residents who are experts and residents who are newbies!
Itasca Craft Room
- 2:00  Hand and Foot
Venture to the pub for a fun game of hand and foot!
The Pub
- 3:00  Rosary
Join us in the library for the reciting of the rosary. The rosary will be held Monday, Wednesday and Friday with communion on Fridays.
The Library

March 16, 2023








AL/IL


Thursday


created
with
Sagely


- 10:00  **Movie and Popcorn**
Venture on down to the movie theater for the showing of " Pot o' Gold" (1941). Jimmy goes to work with his uncle, the owner of a food factory. Before he gets there, he befriends an Irish family who happens to be his uncle's worst enemy because of their love for music and in-house band who constantly practices. Cast: James Stewart, Paulette Goddard. This movie is: Comedy, Musical, Romance. Duration 1h 26m.
Grand Portage Theater Room
- 10:00  **Newtrax Circular**
The Newtrax Circular is a free bus for residents to get out in the community to get some shopping done. A map of all the stop s is available by the concierge desk. This is not a supervised event.
Lobby
- 12:30  **After Lunch Walk**
Get that blood moving after lunch with a walk! Meet in the Fireside Lounge. We will walk the 1st floor or outside if weather allows.
Fireside Lounge
- 1:00  **Cribbage**
Come and play a friendly game of cribbage with friends.
Frontenac Game Room
- 2:00  **Historical Presentation with David Jones: United States Flag: Origins, Evolution and Symbolism**
Guest presenter David Jones will discuss the origins and evolution of the U.S. flag along with symbolism behind the Star-Spangled Banner. Enjoyer interesting talk and great refreshments!
Grand Portage Theater Room
- 3:00  **Men's Group**
Enjoy a beverage and discuss a variety of topics.
The Pub


St. Patrick's Day

- 10:00  Fun and Fitness
Get that body moving! These classes are hosted by our life enrichment team.
Fitness Room
- 10:30  Sewing, Stitching, and Needlework Group
Do you enjoy sewing, stitching, needlework? This is the activity for you. Every Tuesday and Friday at 10:30 in the craft room, bring your own project to work on or come to chit chat. Not sure what to do? Sydnee will be present to teach you how to crochet.
Itasca Craft Room
- 12:30  After Lunch Walk
Get that blood moving after lunch with a walk! Meet in the Fireside Lounge. We will walk the 1st floor or outside if weather allows.
Fireside Lounge
- 1:00  Book Club
Come join us for our new book club hosted by Sydnee! The book will be provided.
Forestville Rooftop Patio
- 2:00  St. Patrick's Day Happy Hour
Dress in your best St. Patrick's Day attire! Join us for a happy hour social! We will have both alcoholic and non alcoholic options available.
The Pub
- 3:00  Rosary
Join us in the library for the reciting of the rosary. The rosary will be held Monday, Wednesday and Friday with communion on Fridays.
The Library
- 3:00  Rummikub with Neighbors
Head to the card room for a rousing game of rummikub!
Frontenac Game Room

11:00  DrumFit
Designed for older adults this program uses movement through drumming. It is easy and fun to learn. Due to limited supplies, limit 5 residents and first come first served.
Fitness Room

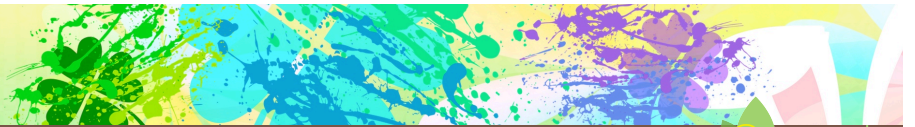
1:00  Movie and Popcorn
Venture down to the movie theater for a showing of "Leap Year" (2010). A chance encounter with a dashing Irish innkeeper upends an American women's carefully planned trip to Dublin to propose to her boyfriend on February 29th. Cast: Amy Adams, Matthew Goode and more. This movie is: Romantic Comedy. Duration: 1h 40m. Rated: PG
Grand Portage Theater Room

1:30  Skip-Bo
Join your neighbors in a fun game of Skip-Bo!
Frontenac Game Room

3:25  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 staff will not be in attendance for this outing. Sign up at concierge!
Lobby




March 19, 2023

AL/IL



Sunday

created with Sagely

- 11:00  Dominos
Grab a friend head down to the game room for a fun game of dominos!
Frontenac Game Room
- 1:00  500 with Friends!
Join us for a game of 500! New players and experts alike are welcome!
Frontenac Game Room
- 6:30  Phase 10
Phase 10 is based on a variant of rummy known as Liverpool rummy, and is a member of the contract rummy family.
Frontenac Game Room