






- 10:00  Fun and Fitness  
*Get that body moving! These classes are hosted by our life enrichment team.*  
Fitness 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

- 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
- 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  Trivia with Don!  
*Ahhh, Trivia, one of the best ways to get our brain moving. Questions cover a variety of categories and skill levels.*  
The Pub
- 3:00  500 with Friends!  
*Join us for a game of 500! New players and experts alike are welcome!*  
Frontenac Game Room

March 29, 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  Hand and Foot  
*Venture to the pub for a fun game of hand and foot from 1:00-3:00!*  
The Pub
- 1:00  Let's Get Crafty  
*This staff led activity is for residents who are experts and residents who are newbies!*  
Itasca Craft 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 30, 2023

AL/IL

Thursday




created  
with  
Sagely

- 9:30      **OUTING: Mystic Lake Casino**  
*Try your luck at Mystic Lake Casino! We will leave Gable Pines at 9:30 AM and will return to Gable Pines around 2:30 PM.*  
Lobby
- 10:00     **Movie and Popcorn**  
*Venture on down to the movie theater for the showing of "Sleepless in Seattle" (1993). Destiny brings together a Seattle widower and a Baltimore journalist when a recently widowed man's son calls a radio talk-show in an attempt to find his father a partner. Starring: Tom Hanks and Meg Ryan. This movie is: Romantic Comedy. Duration: 1h 45m. Rated: PG*  
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       **Musical Entertainment with Joe Ahern**  
*Joe provides a high energy vocal and guitar performance, playing popular music from the 20s up to the 60s.*

- 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 Wii Games  
Frontenac Game Room
- 2:00  Happy Hour  
*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 "Fletch" (1985). Irwin M. "Fletch" Fletcher is a newspaper reporter being offered a large sum to off a cancerous millionaire, but is on the run, risking his job and finding clues when it's clear the man is healthy. Starring: Chevy Chase and Joe Don Baker. This movie is: Comedy, Goofy, Mystery. Duration: 1h 38m. Rated: PG*  
Grand Portage Theater Room
- 1:00 🧩 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
- 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



- 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