






- 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 for a worship service.
Grand Portage Theater Room
- 11:30**  **OUTING: The Orchid**
Enjoy Vietnamese cuisine? Come on this outing with us to The Orchid! Spots are limited so reserve yours at the front desk.
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**  **Bingo**
Feeling lucky? Come play bingo and win prizes!
Forestville Rooftop Patio
- 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

May 9, 2023


AL/IL





Tuesday

created with 

7:30 Waffle Breakfast
Waffle 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






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

1:00  Women's Chit Chat
Come and socialize with the ladies of Gable Pines out on our back patio. Wine and non-alcoholic beverages will be served at this event.
Back Patio








2:00 Food Forum
Anyone is welcome to attend the food forum to give input on meals here at Gable Pines.
Grand Portage Theater Room

3:00  500 with Friends!
Join us for a game of 500! New players and experts alike are welcome!
Frontenac Game Room

- 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
Come join bible study 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
- 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

- 9:30-10:00  Blood Pressure Clinic
This event is for all of our residents who would like their blood pressure checked. It is free of charge and will be from 9:30-10am.
Private Dining
- 9:50  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
- 10:00  Movie and Popcorn
Venture on down to the movie theater for the showing of "Pretty Woman". A man in a legal but hurtful business needs an escort for some social events. Starring: Richard Gere and Julia Roberts Duration: 1hr 59m. This movie is: Comedy, Romance.
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  Cribbage
Come and play a friendly game of cribbage with friends.
Frontenac Game Room
- 2:00  Town Hall
Get a recap and updates from the Resident Council meeting the week prior from our management team!
Grand Portage Theater Room
- 3:00  Men's Group
Enjoy a beverage and discuss a variety of topics. Men's Group is every 2nd and 4th Thursday of the month.
The Pub






- 10:00  Fun and Fitness
Get that body moving! These classes are hosted by our life enrichment team.
Fitness Room
- 10:30  Mother's Day Manicures
Pamper yourself for Mother's Day and enjoy a manicure from our Life Enrichment team!
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  Craft with Volunteers
Our volunteers will be here to lead a wonderful craft.
Itasca Craft Room
- 2:00  Mother's Day Event
Join us for a Mother's Day Event! There will be musical entertainment by Sandy Waterman, along with alcoholic and non-alcoholic mimosas and a photo booth!
Cascade Main Dining 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
- 3:00  Rummikub with Neighbors
Head to the card room for a rousing game of rummikub!
Frontenac Game Room



- 10:00  Card Making with Diane
Card making with Diane is back! Come to the craft room and learn how to make cards, stamping, and more!
Itasca Craft 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 "True Spirit". A tenacious Australian teen chases her dreams- and faces her fears- as she sets out to become the youngest person to sail solo around the world. Starring: Teagan Croft. Duration: 1hr 45m. This move is: Inspiring, heartfelt, feel-good.
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



Mother's Day

- 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