


























- 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
Grand Portage Theater Room
- 12:30  After Lunch Walk with Laura
Come get that blood moving after lunch! Laura will be joining us for the walks every Monday. We will walk 1st floor or outside weather permitting.
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
- 10:30  Sewing and Stitching 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.
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  Cribbage
Come and play a friendly game of cribbage with friends. We are looking for another group of four people to join us!
Frontenac Game Room
- 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  Don's Trivia
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

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Fitness Room
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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
- 7:00  Games with Sydnee
Come to the game room to play games led by Sydnee! We will rotate through different games such as Rummikub, Five Crowns, and more!
Frontenac Game Room

- 9:30  Gable Pines ALZ Walk
Lobby
- 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 "Love Again". A young woman tries to ease the pain of her fiancé's death by sending romantic texts to his old cell phone number, and forms a connection with the man the number has been reassigned to. Duration: 1hr 44m. Cast: Priyanka Chopra Jones, Sam Heughan, and Celine Dion. This movie is: Comedy, Drama, and Romance. Rated: PG-13
Grand Portage Theater Room
- 11:15  OUTING: WBL VFW
Lobby
- 12:30  After Lunch Walk
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Fireside Lounge
- 1:00  Cribbage
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Frontenac Game Room

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Fireside Lounge
- 1:00  Veterans Group
All Gable Pine's Veteran's, and supporters are welcome to join this discussion to tell and hear stories and experiences. This group will be led by Rigo! There will be beer and soda.
The Pub
- 2:00  Happy Hour
Join us for a happy hour social! We will have both alcoholic and non alcoholic options available.
Forestville Rooftop Patio
- 2:00  Ice Cream Social!
It's National Ice Cream Cone Day! Come to the Rooftop Patio to enjoy some delicious Ice Cream and games!
Forestville Rooftop Patio
- 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 "Don't Worry Darling". While her husband leaves home everyday to work in a top secret facility, a young 1950s housewife begins to question her life when she notices strange behavior from the other wives in the neighborhood. Duration: 2hr 2m. Cast: Florence Pugh, Harry Styles, and Chris Pine. This movie is: Drama, Mystery, and Thriller Rated: R
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

- 10:00  Dominos
Grab a friend head down to the game room for a fun game of dominos!
Frontenac Game Room
- 10:30  OUTING: Lake Elmo Inn
Lobby
- 1:00  500 with Friends!
Join us for a game of 500! New players and experts alike are welcome!
Frontenac Game Room
- 1:00  Movie and Popcorn
Venture down to the theater for the showing of "Shania Twain Not Just A Girl". From Nashville newcomer to international icon, singer Shania Twain transcends genres across borders amid triumphs and setbacks in this documentary. Duration: 1hr 28m. Cast: Shania Twain, Kelsea Ballerini, and Marc Bouwer. This movie is: Documentary, Biography, and Music. Rated: TV-MA
Grand Portage Theater 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