

September 2026				October 2026		
Main Street Apartments						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Key: Wellness Center- W.C. Dining Room-D.R. Living Room-L.R. Community Room- C.R. Senior Apartments- S.A. Assisted Living- A.L Town Square-T.S- (By grand piano) Activity Sign up: Marissa 827-2222 mspann@elderspan.com Cyndi 827-3535 Cyndi@elderspan.com	28 9am -Women's Bible Study-SA L.R. 10am -Coloring-SA L.R. 1pm -Pinochle-SA D.R. 3:00 -Rosary-Chapel 3:30 -Tim Doctor Music-C.R. *No Wellness Classes this week. Sign up for the new session	29 10:00 -Mass-SA Chapel 12:30 -Bridge-SA LR 1:30 -Wii Bowling-Community Room 2pm -Trivia-C.R. Please sign up	30 9:30 -Mass- Chapel 10:00 -Coffee and Conversation-Café 12:45-3 Mah Jongg MS D.R. 1pm -500 and Sheepshead-SADR 1:15 Bible Study – SA LR 3:00 -Memorial Blessing and reception for Gerry Ring-Courtyard /Cafe 3:00 -Rosary-Chapel 3:30 -Eucharistic Adoration-Chapel	1 9:30 -Mass-Chapel 10:00 -Coffee and Conversation-Café 11am -Full Body Strength-WC-Come and give it a try for free!!! 2:00 -Cribbage-SA L.R. 3:00 -Rosary-Chapel 5PM -Bus leaves for Culvers and Glean-Please sign up 5:30 -Euchre-SA DR	2 10:45 -Bible Study-AL Activity Room 12:30 -Bridge-SA L.R. 1:30 -Rummikub-SA D.R. 2PM -Fire Alarm TEST 2pm -Apple Cider Floats-SA Dining Room 3:00 -Rosary-Chapel	3 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass –SA Chapel

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4 12:45-3 Mah Jongg-Café 1pm -Rummikub-SA Dining Rm. 3pm -Rosary-Chapel 5:30 -Euchre-SA Dining Room	5 9am -Women's Bible Study-SA L.R. 10am -Coloring-SA L.R. 10am -Coffee and Coloring-SA D.R. 11am -Upper Body Strength-Wellness Center 12:45 -Friends of B.W.-SA Private D.R. 1pm -Chair Yoga-W.C 1pm -Pinochle-SA D.R. 2pm -Advanced Cardio-W.C. 2pm -Tenant Meeting For residents of Main Street-C.R. 3:00 -Rosary-Chapel	6 9:00 -Morning stretch-W.C. 9:30 -Bus picks up for Pendarvis Tour and lunch out-Please sign up 10:00 -Mass-SA Chapel 11:00 -Lower Body Strength-W.C. 12:30 -Bridge-SA LR 1pm -Chair Yoga-W.C 1:30 -Wii Bowling-Community Room 2:00 -Work On Balance-W.C. 3:30 -Main Street Tenant Happy Hour-Cafe	7 9:00am -Breathing & Meditation-W.C 9:30 -Mass- Chapel 10:00 -Coffee and Conversation-Café 11am -Upper Body Strength-WC 12:45-3 Mah Jongg-MS D.R. 1pm Chair Yoga-WC 1pm -500 and Sheepshead-SADR 1:15 Bible Study – SA LR 2pm -Advanced Cardio-W.C 3:00 -Rosary-Chapel 3:30 -Eucharistic Adoration-Chapel *New Library Books Come Today	8 9:00am - Morning Stretch-W.C. 9:30 -Mass-Chapel 10:00 -Coffee and Conversation-Café 11am -Full Body Strength-W.C. 1pm -Chair Yoga-wc 1:30 -Halloween Craft-C.R.-Please sign up 2pm -Work on Balance -W.C. 2:00 -Cribbage-SA L.R. 3:00 -Rosary-Chapel 3:30 -Wauna Strummers-Town Square 4:45 -Chili Supper-Please sign up \$8 5:30 -Euchre-SA DR	9 9:00am -Breathing Meditation-W.C. 9am -Bagel Bar-SA D.R. 10:45 -Bible Study-AL Activity Room 11am -Full Body Strength-W.C. 12:30 -Bridge-SA L.R. 1pm -Chair Yoga-W.C 1pm -Quilts of Valor Ceremony-SA D.R. 1:30 -Rummikub-SA D.R. 2pm -Work on Balance-W.C 3:00 -Rosary-Chapel	10 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass –SA Chapel

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11 12:45-3 Mah Jongg-Café 1pm -Rummikub-SA Dining Rm. 3pm -Rosary-Chapel 5:30 -Euchre-SA Dining Room	12 9am -Women's Bible Study-SA L.R. 10am -Coloring-SA L.R. 11am -Upper Body Strength-Wellness Center 12-3 -Giveaway Table-SA L.R. 1pm -Chair Yoga-W.C 1pm -Pinochle-SA D.R. 1:30 -All Saints Singers-T.S. 2pm -Advanced Cardio-W.C. 3:00 -Rosary-Chapel Cyndi is out of The office this week.	13 9:00 -Morning stretch-W.C. 10:00 -Mass-SA Chapel 11:00 -Lower Body Strength-W.C. 12:30 -Bridge-SA LR 1pm -Chair Yoga-W.C 1:30 -Wii Bowling-Community Room 2:00 -Work On Balance-W.C.	14 9:00am -Breathing & Meditation-W.C 9:30 -Mass- Chapel 10:00 -Coffee and Conversation-Café 11am -Upper Body Strength-WC 12:45-3 Mah Jongg-MS D.R. 1pm Chair Yoga-WC 1pm -500 and Sheepshead-SADR 1:15 Bible Study – SA LR 2pm -Advanced Cardio-W.C 2pm -Fall Craft-SA D.R.-Please Sign up 3:00 -Rosary-Chapel 3:30 -Eucharistic Adoration-Chapel	15 9:00am - Morning Stretch-W.C. 9:30 -Mass-Chapel 10:00 -Coffee and Conversation-Café 11am -Full Body Strength-W.C. 1pm -Chair Yoga-wc 2pm -Work on Balance -W.C. 2:00 -Cribbage-SA L.R. 3:00 -Rosary-Chapel 5:30 -Euchre-SA DR 6:45 -Bus leaves for Verona for Adams Family Musical-Please sign up.	16 9:00am -Breathing Meditation-W.C. 9am -Donuts and Coffee-SA D.R. 10:45 -Bible Study-AL Activity Room 11am -Full Body Strength-W.C. 12:30 -Bridge-SA L.R. 1pm -Chair Yoga-W.C 1:30 -Rummikub-SA D.R. 2pm -Work on Balance-W.C 3:00 -Rosary-Chapel	17 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass –SA Chapel Happy Birthday Tony!

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18 12:45-3 Mah Jongg-Café 1pm -Rummikub-SA Dining Rm. 3pm -Rosary-Chapel 5:30 -Euchre-SA Dining Room	19 9am -Women's Bible Study-SA L.R. 9:30-12 -Vaccine Clinic-C.R. 10am -Coloring-SA L.R. 10am -Bus leaves for Tumbled Rock, Ski Hi and drive through Devil's Lake-Please sign up 11am -Upper Body Strength-Wellness Center 12:45 -Friends of B.W. -SA Private D.R. 1pm -Chair Yoga-W.C 1pm -Pinochle-SA D.R. 2pm -Advanced Cardio-W.C. 3:00 -Rosary-Chapel	20 9:00 -Morning stretch-W.C. 10:00 -Mass-SA Chapel 11:00 -Lower Body Strength-W.C. 12:30 -Bridge-SA LR 1pm -Chair Yoga-W.C 1:30 -Wii Bowling-Community Room 2:00 -Work On Balance-W.C. 3:30 -Main Street Tenant Happy Hour-Cafe	21 9:00am -Breathing & Meditation-W.C 9:30 -Mass- Chapel 10:00 -Coffee and Conversation-Café 11am -Upper Body Strength-WC 12:45-3 Mah Jongg-MS D.R. 1pm Chair Yoga-WC 1pm -500 and Sheepshead-SADR 1:15 Bible Study – SA LR 1:30 -Technology Class with Joyce-AARP-C.R. 2pm -Advanced Cardio-W.C 3:00 -Rosary-Chapel 3:30 -Eucharistic Adoration-Chapel Happy Birthday Jo! Apt 313	22 9:00am - Morning Stretch-W.C. 9:30 -Mass-Chapel 10:00 -Coffee and Conversation-Café 11am -Full Body Strength-W.C. 1pm -Chair Yoga-wc 2pm -Work on Balance -W.C. 2:00 -Cribbage-SA L.R. 2:30 -Trivia-C.R. Please sign up 3:00 -Rosary-Chapel 5:30 -Euchre-SA DR	23 9:00am -Breathing Meditation-W.C. 9am -Yogurt Bar-SA D.R. 10:45 -Bible Study-AL Activity Room 11am -Full Body Strength-W.C. 12:30 -Bridge-SA L.R. 1pm -Chair Yoga-W.C 1:30 -Rummikub-SA D.R. 2pm -Work on Balance-W.C 3:00 -Rosary-Chapel	24 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass –SA Chapel

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25 12:45-3 Mah Jongg-Café 1pm -Rummikub-SA Dining Rm. 3pm -Rosary-Chapel 5:30 -Euchre-SA Dining Room	26 9am -Women's Bible Study-SA L.R. 10am -Coloring-SA L.R. 11am -Upper Body Strength-Wellness Center 1pm -Chair Yoga-W.C 1pm -Pinochle-SA D.R. 1:30 -All Saints Singers-T.S. 2pm -Advanced Cardio-W.C. 3:00 -Rosary-Chapel 3:30 -Tim Doctor Music-C.R.	27 9am -Preventative Maintenance 2 nd floor 9:00 -Morning stretch-W.C. 10:00 -Mass-SA Chapel 11:00 -Lower Body Strength-W.C. 12:30 -Bridge-SA LR 1pm -Chair Yoga-W.C 1:30 -Wii Bowling-Community Room 2:00 -Work On Balance-W.C. 2pm -Halloween Bingo-Cafe	28 9am -Preventative Maintenance 3rd floor 9:00am -Breathing & Meditation-W.C 9:30 -Mass- Chapel 10:00 -Coffee and Conversation-Café 11am -Upper Body Strength-WC 12:45-3 Mah Jongg-MS D.R. 1pm Chair Yoga-WC 1pm -500 and Sheepshead-SADR 1:15 Bible Study – SA LR 2pm -Advanced Cardio-W.C 3:00 -Rosary-Chapel 3:30 -Eucharistic Adoration-Chapel	29 9am -Preventative Maintenance 4th floor 9:00am - Morning Stretch-W.C. 9:30 -Mass-Chapel- St. James Kids here today 10:00 -Coffee and Conversation-Café 11am -Full Body Strength-W.C. 1pm -Chair Yoga-wc 2pm -Work on Balance -W.C. 2:00 -Cribbage-SA L.R. 3:00 -Rosary-Chapel 5:30 -Euchre-SA DR	30 9:00am -Breathing Meditation-W.C. 9:30 -Book Club-SA L.R. 10:45 -Bible Study-AL Activity Room 11am -Full Body Strength-W.C. 12:30 -Bridge-SA L.R. 1pm -Chair Yoga-W.C 1:30 -Rummikub-SA D.R. 1:30-2:30 -Casey and Greg, Ice Cream Social and Costume Contest!-Café 2pm -Work on Balance-W.C 3:00 -Rosary-Chapel	31 1:30-2:30 -Kids Halloween trick or treating-Assisted Living Activity Room 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass –SA Chapel