



August 2026

Benedictine Madonna Towers Assisted & Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 HASfit TV Exercise – Channel 11.1
2 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	3 10:00 Strength & Balance Exercise – Auditorium	4 9:30 HASfit TV Exercise – Channel 11.1 10:00 Garden Club Meeting – Outdoor Raised Gardens 11:00 CREW Cookout Fundraiser – Auditorium 1:00 Resident Council – Hobby Room	5 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Walmart North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	6 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Gift of Gab– 2 nd Floor Act. Room 3:00 Happy Hour – Rochester Room	7 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Outing: Days of Yesteryear by Historical Society of Olmstead County – Lobby	8 9:30 HASfit TV Exercise – Channel 11.1
9 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	10 10:00 Strength & Balance Exercise – Auditorium 1:00 September Activity Planning Meeting – Hobby Room	11 9:30 HASfit TV Exercise – Channel 11.1 10:30 Town Hall Meeting – Auditorium & Channel 73.1 1:00 Library Committee Meeting – Hobby Room 1:30 Live music with Gary Froiland – Auditorium	12 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	13 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Ice Cream Social – 2 nd Floor Act. Room 3:00 Happy Hour – Rochester Room	14 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium	15 9:30 HASfit TV Exercise – Channel 11.1
16 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	17 10:00 Strength & Balance Exercise – Auditorium	18 9:30 HASfit TV Exercise – Channel 11.1 10:00 What’s for Dinner Meeting – Dining Room 1:00 August Birthday Celebration with live music by Colby Tushaus – Auditorium	19 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Target North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	20 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Trivia– 2 nd Floor Act. Room 3:00 Happy Hour – Rochester Room	21 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 2:00 Outing to Flapdoodles South – Lobby	22 9:30 HASfit TV Exercise – Channel 11.1
23 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	24 10:00 Strength & Balance Exercise – Auditorium 1:30 Movie Matinee: JAWS (1975) with Popcorn, Soda & Snacks	25 9:30 HASfit TV Exercise – Channel 11.1 1:00-3:00 Petting Zoo – Outside Skilled Nursing Facility 2:00 Ice Cream Malts & Cookies – Gazebo	26 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	27 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 10:00 Gentle Yoga – Rochester Room 1:00 Grandstand Show: Sister Luv – Auditorium 3:00 Happy Hour with Spiked Slushies & Mini Corndogs – Bistro/ Patio	28 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo Bonanza with Cheese Curds & Lemonade – Auditorium	29 9:30 HASfit TV Exercise – Channel 11.1
30 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	31 10:00 Strength & Balance Exercise – Auditorium 7:00 Live music with the Rochester Big Band – Auditorium	Contact Collin Volkman, Wellness Director at 507-206-2364 with any questions.				

Activities subject to change.