


January 2026 Care Center

AR- Art Room
CH- Chapel
LTC—Long Term
Care

***Means this activity
takes place outside of
the care center, and you
may need to ask for
transportation!

Contact activity department with requests at
651-209-9182

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Room Abbreviation Key AR- Art Room Birch Conf.- 1st Fl Conf. Room B- Bistro CH- Chapel CR- Club Room EPL- Employee Parking Lot FR—Fitness Room G- Grove Dining Room L- Library Lab- Labyrinth TH- Theater W- Willow Dining WP- Wellness Pool WS- Wellness Studio				1 10:00 Mass “Mary, Mother of God” - CH*** Independent Leisure *Activities Specialist Off	2 10:00 Manicures—LTC 11:00 Mass—CH*** 1:30 Resident Council—LTC *Activities Specialist Off	3 2:00 Craft and Snack with Saint Ambrose—LTC 4:00 Mass—CH***
4 10:00 Mass—CH*** 12:00 Vikings/Packers Game—TV 2:00 Quarter Bingo and Snack with ERHS Key Club—LTC	5 Independent Leisure *Activities Specialist Off	6 10:30 Pet Therapy—LTC 11:00 Mass—CH*** 2:00 Jonathan Edwards Music—CH*** 2:30 Stretch N Flex—LTC	7 9:30 Trivia—LTC 9:30 Manicures—LTC 11:00 Worship Service with Communion—CH*** 1:00 Word Communion- CH*** 2:00 QUARTER BINGO—LTC	8 9:30 Flower Arranging— AR*** 11:00 Word Communion— CH*** 1:45 Piano Music with Jaki—LTC 2:30 Stretch N Flex—LTC 6:30 Spirit Song Radio Show—CH***	9 9:15 Brain and Body (10 minutes) - LTC 9:30 Seated Back Stretch (12 minutes) - LTC 9:45 Core Strengthen (8 minutes) - LTC 10:00 Guided Meditation—LTC 11:00 Mass—CH*** 2:00 QUARTER BINGO—LTC	10 4:00 Mass—CH*** *Activities Specialist Off
11 10:00 Mass—CH*** *Activities Specialist Off	12 Glazed Donut Day 9:15 Chair Belly Dance (29 minutes) - LTC 9:45 Family Feud—LTC 10:30 Guided Meditation— LTC 2:00 QUARTER BINGO—LTC 3:00 Happy Hour—LTC	13 10:30 Pet Therapy—LTC 11:00 Mass—CH*** 2:00 Bingo—TCU 2:30 Stretch N Flex—LTC	14 9:30 Trivia—LTC 1:00 Word Communion- CH*** 2:00 QUARTER BINGO—LTC	15 11:00 Word Communion— CH*** 1:30 Saxophone Music with Chris—LTC 2:30 Stretch N Flex—LTC *Activities Specialist Off	16 9:30 Pet Therapy—LTC 10:00 Manicures—LTC 11:00 Mass—CH*** 2:00 QUARTER BINGO—LTC	17 2:00 Craft and Snack with Saint Ambrose—LTC 4:00 Mass—CH***

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
18 10:00 Mass—CH *** 2:00 Quarter Bingo and Snack with ERHS Key Club—LTC	19 Independent Leisure *Activities Specialist Off	20 11:00 Mass—CH *** 2:00 Bingo—TCU 2:30 Stretch N Flex—LTC	21 9:30 Trivia—LTC 11:00 Worship Service — CH *** 1:00 Word Communion- CH *** 2:00 QUARTER BINGO—LTC	22 Blonde Brownie Day 9:30 Flower Arranging—AR *** 11:00 Word Communion—CH *** 1:45 Piano Music with Jaki—LTC 2:30 Stretch N Flex—LTC 3:00 Happy Hour—LTC	23 9:15 Range of Motion (10 minutes) - LTC 9:30 Arthritis Workout (11 minutes) - LTC 10:00 Guided Meditation—LTC 11:00 Mass—CH *** 2:00 QUARTER BINGO—LTC	24 4:00 Mass—CH *** *Activities Specialist Off
25 10:00 Mass—CH *** *Activities Specialist Off	26 9:15 Seated Stretches (18 minutes) - LTC 9:35 Gentle Chair Pilates (17 minutes) - LTC 9:45 Spin and Solve Game—LTC 10:30 Guided Meditation—LTC 2:00 Rockin' Woody—CH	27 11:00 Mass—CH *** 2:00 Bingo—TCU 2:30 Stretch N Flex—LTC	28 9:30 Trivia—LTC 1:00 Word Communion- CH *** 2:00 QUARTER BINGO—LTC 3:00 January Birthday Celebration—LTC	29 11:00 Word Communion—CH *** 1:30 Saxophone Music with Chris—LTC 2:30 Stretch N Flex—LTC *Activities Specialist Off	30 10:00 Manicures—LTC 11:00 Mass—CH *** 2:00 QUARTER BINGO—LTC	31 1:30 Craft with Tina and Saint Ambrose—AR 4:00 Mass—CH ***

**All Activities
are Subject
to Change!**

St. Therese Pastoral Care Services

Catholic Mass

Tuesday and Friday 11:00 a.m.
Saturday 4:00 p.m. Sunday 10:00 a.m.

Catholic Word and Communion

Wednesday at 1:00p.m. and Thursday at 11:00 a.m.

Ecumenical Service

11:00a.m. Communion Service (1st Wednesday of the Month)
11:00a.m. Liturgy of the Word Service (3rd Wednesday of the Month)

All worship services can be seen on **T.V. Station 1-3**

Occupational

Emotional

Physical

Intellectual

Social

Spiritual