

January 2026 IL/AL

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		 <p>All Activities are Subject to Change!</p>		New Years Day! 1 10:00 Mass "Mary, Mother of God" - CH	2 9:00 Better Balance-WS 10:00 Aqua Fit-WP 11:00 Mass-CH 1:00 500 Cards-CR 3:00 Circuit Training-FR 3:30 Happy Hour-CR	3 9:45 Ladies' Group-B 1:00 Movie Matinee: Champagne Problems TH 4:00 Mass-CH 6:30 Game Night-CR or G
4 10:00 Mass-CH 3:30 Happy Hour-CR	5 9:00 Better Balance-WS 10:00 Aqua Fit-WP 1:00 Hand & Foot Cards-G 1:15 Coffee Social-B	6 9:00 FUNctional Fitness-WS 10:30 Rosary-CH 11:00 Mass-CH 1:00 Bridge-G (Sign-up CR) 1:00 500 Cards-G (Sign-up CR) 1:30-2:00 Lake Elmo Banking-L 2:00 Jonathan Edwards Music-CH 3:30 Happy Hour-CR	7 9:00 Gentle Yoga-WS 9:45 Men's Group-B 10:00 Shopping Outing: Whole Foods 10:00 Aqua Fit-WP 11:00 Ecumenical Communion Service 1:00 Word Communion-CH 1:30 Quarter Bingo-G 2:00 Circuit Training-FR 3:00 Bundles of Love-G 6:30 Movie Night: Merv-TH	8 9:00 FUNctional Fit-WS 10:00 Tai Chi-WS 11:00 Word Communion-CH 11:30 Piano with Jaki 1:00 Bridge-G (Sign-up CR) 1:00 Cribbage-G 6:30 Spirit Song Radio Show-CH	9 9:00 Better Balance-WS 10:00 Aqua Fit-WP 11:00 Mass-CH 1:00 500 Cards-CR 3:00 Circuit Training-FR 3:30 Happy Hour-CR	10 9:45 Ladies' Group-B 1:00 Movie Matinee: Ford vs Ferrari-TH 4:00 Mass-CH 6:30 Game Night-CR or G
11 10:00 Mass-CH 3:30 Happy Hour-CR	12 9:00 Better Balance-WS 10:00 Aqua Fit-WP 1:00 Hand & Foot Cards-G 1:15 Coffee Social-B	13 9:00 FUNctional Fitness-WS 10:30 Rosary-CH 11:00 Mass-CH 1:00 Bridge-G (Sign-up CR) 1:00 500 Cards-G (Sign-up CR) 2:00 Tim McGuire-Outside Dining Room 3:30 Happy Hour-CR	14 9:00 Gentle Yoga-WS 9:45 Men's Group-B 10:00 Shopping Outing: Cub 10:00 Aqua Fit-WP 1:00 Word Communion-CH 1:30 Quarter Bingo-G 2:00 Circuit Training-FR 3:00 Bundles of Love-G 6:30 Movie Night: Wake Up Dead Man: A Knives Out Mystery-TH	15 9:00 FUNctional Fit-WS 10:00 Tai Chi-WS 11:00 Word Communion-CH 11:00 Lunch Outing: Woodbury Cafe 1:00 Bridge-G (Sign-up CR) 1:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Cribbage-G	16 9:00 Better Balance-WS 10:00 Aqua Fit-WP 11:00 Mass-CH 1:00 500 Cards-CR 3:00 Circuit Training-FR 3:30 Happy Hour-CR	17 9:45 Ladies' Group-B 1:00 Movie Matinee: Cheaper by the Dozen-TH 4:00 Mass-CH 6:30 Game Night-CR or G

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	18 10:00 Mass—CH 3:30 Happy Hour—CR	19 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B	20 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 Bridge—G (Sign-up CR) 1:00 500 Cards—G (Sign-up CR) 2:00 St. Pascal's Group—G 3:30 Happy Hour—CR	21 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Trader Joe's 10:00 Aqua Fit—WP 11:00 Ecumenical Liturgy Service 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night: How to Lose a Guy in 10 Days—TH	22 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 11:00 Word Communion—CH 11:30 Piano with Jaki 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G	23 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	24 9:45 Ladies' Group—B 1:00 Movie Matinee: Cheaper by the Dozen 2—TH 4:00 Mass—CH 6:30 Game Night—CR or G
	25 10:00 Mass—CH 3:30 Happy Hour—CR	26 9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand & Foot Cards—G 1:15 Coffee Social—B 2:00 Rockin' Woody—CH	27 9:00 FUNctional Fitness—WS 10:30 Rosary—CH 11:00 Mass—CH 1:00 Bridge—G (Sign-up CR) 1:00 500 Cards—G (Sign-up CR) 2:30 January Birthday Celebration—B 3:30 Happy Hour—CR	28 9:00 Gentle Yoga—WS 9:45 Men's Group—B 10:00 Shopping Outing: Walmart (Woodbury) 10:00 Aqua Fit—WP 1:00 Word Communion—CH 1:30 Quarter Bingo—G 2:00 Circuit Training—FR 3:00 Bundles of Love—G 6:30 Movie Night: The Hustle—TH	29 9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 11:00 Word Communion—CH 11:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G	30 9:00 Better Balance—WS 10:00 Aqua Fit—WP 11:00 Mass—CH 1:00 500 Cards—CR 3:00 Circuit Training—FR 3:30 Happy Hour—CR	31 9:45 Ladies' Group—B 1:00 Movie Matinee: Little Women—TH 1:30 Guided Craft with Tina—AR 3:00 Tech Support—L 4:00 Mass—CH 6:30 Game Night—CR or G

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are Subject
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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
Physical
Social



Emotional
Intellectual
Spiritual

