

# January 2026 IL/AL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>Room Abbreviation Key</div><div>AR- Art Room Birch Conf.- 1st Fl Conf. Room B- Bistro CH- Chapel CR- Club Room EPL- Employee Parking Lot</div><div>FR—Fitness Room G- Grove Dining Room L- Library Lab- Labyrinth TH- Theater W- Willow Dining WP- Wellness Pool WS- Wellness Studio</div></div>		<div><div></div><div>All Activities are Subject to Change!</div><div></div></div>		<div><div>New Years Day! 1</div><div>10:00 Mass “Mary, Mother of God” - CH</div></div>	<div><div>2</div><div>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</div></div>	<div><div>3</div><div>9:45 Ladies' Group—B 1:00 Movie Matinee: Champagne Problems TH 4:00 Mass—CH 6:30 Game Night—CR or G</div></div>
<div><div>4</div><div>10:00 Mass—CH 3:30 Happy Hour—CR</div></div>	<div><div>5</div><div>9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand &amp; Foot Cards—G 1:15 Coffee Social—B</div></div>	<div><div>6</div><div>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</div></div>	<div><div>7</div><div>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</div></div>	<div><div>8</div><div>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</div></div>	<div><div>9</div><div>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</div></div>	<div><div>10</div><div>9:45 Ladies' Group—B 1:00 Movie Matinee: Ford vs Ferrari—TH 4:00 Mass—CH 6:30 Game Night—CR or G</div></div>
<div><div>11</div><div>10:00 Mass—CH 3:30 Happy Hour—CR</div></div>	<div><div>12</div><div>9:00 Better Balance—WS 10:00 Aqua Fit—WP 1:00 Hand &amp; Foot Cards—G 1:15 Coffee Social—B</div></div>	<div><div>13</div><div>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</div></div>	<div><div>14</div><div>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</div></div>	<div><div>15</div><div>9:00 FUNctional Fit—WS 10:00 Tai Chi—WS 11:00 Word Communion—CH 11:00 Lunch Outing: Woodbury Cafe 11:30 Piano with Jaki 12:30 Saxophone with Chris 1:00 Bridge—G (Sign-up CR) 1:00 Cribbage—G</div></div>	<div><div>16</div><div>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</div></div>	<div><div>17</div><div>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</div></div>



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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

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

Occupational

Physical

Social

Emotional

Intellectual

Spiritual