

Zion Lutheran Church Chisago City

Adult & Community Activities 2026

WEEKLY

Caregivers Courage support group, led by Vicki Mickelsen, parish nurse, meets the first and third Wednesday mornings of the month at 9:30 am in the library. If you or someone you know is a caregiver, please come and invite them to join the group. Bring a beverage if you wish. For more information, contact Vicki at gandvmick@frontiernet.net.

Grief Support Group, led by Pastor Sarah, meets in the library on the second and fourth Wednesday mornings of the month at 10:00 am. This group is open to people in the community as well. If you know someone who has lost a loved one and could use a caring group that understands the pain of grief, please let them know about this group.

Community Meal happens every Monday of the year including holidays from 4-6pm in our Fellowship Hall. Year round, this weekly event brings together 250+ people from all walks of life to share a meal. No reservations necessary.

Games Day is held most Wednesdays at 1:00 pm. Join us and bring your favorite game!

Bible Study led by Pastor Sarah Kerkes meets Thursdays at 10 am.

Men's Bible Study led by Pastor Richard Baumann meets Saturdays at 8:30am Sept. to May.

Bell Choir meets Monday at 5:30 pm from Sept. to May and performs every other week.

Choir meets Monday at 6:30 pm from September to May and performs every other week.

MONTHLY

Page Turners Book Club meets the first Monday of the month at 6:00 pm.

Quilters & Missions group meets the first Thursday each month, 12:30-2:30 PM.

New participants welcome!

MOVEMENT

Tai Chi led by Bill Jabas meets every Monday at 9:30 am in room 124.

Strength and Flexibility (55+) led by Norine Phillips meets every Tuesday and Thursday from 8:30-9:15 am in the choir room. **Cardio** class meets immediately after at 9:30 am. Cardio class is dance based. Both classes are open to the public.

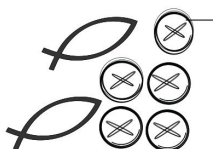
Yoga led by Teresa Rosen meets Wednesday mornings at 8:30 am in the Choir Room.

(Donations are welcome to pay the fitness instructors.)

EVENTS

Senior Worship and Luncheon is held quarterly (March/June/September/December) We have a brief service with communion. Lunch is served following with table service.

Intergenerational events and field trips are offered regularly throughout the year.



Zion Evangelical Lutheran Church
Where the Hungry are Fed



To Register or For more information:
28005 Old Towne Road, Chisago City
651.257.2713 // zionlcc.org