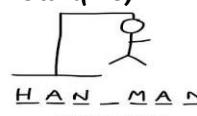
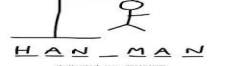


January

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 AC – Activity Center C – Cyber lounge D – Dining room W – Gym Lower Level L – Lobby	Breakfast 7am - 9am Lunch 11am - 1pm Dinner 4pm - 6pm 5 10am(AC) Current Events 11am(AC) TV & Phone Workshop 1pm(AC) Golden Health Wellness 2:30pm(AC) Men's Group Meeting	HAPPY MARTIN LUTHER KING JR. DAY 6 10am(W) Morning Workout 11:45(L) WAL*MART  3pm(AC)  7pm(AC)  ANGER...Management!	Cheers To New Year's Eve 7 10am(AC) Chair Yoga 11:45(L) WAL*MART  3pm(AC)  7pm(AC) NA/AA	1 10am(AC) Morning Meditation 12pm(AC) Spades 2pm(AC)  7pm(AC)  8 10am(AC) Line Dancing 11:45(L) WAL*MART  5pm(AC) Women's Group 7pm(AC) 	2 10am(AC) Line Dancing 11:45(AC)  2pm(AC)  7pm(AC) NA/AA 9 10am(AC) Hot Cocoa Social  11:45(L) Gaint Connect Four 3pm(AC)  7pm(AC) NA/AA	3 10am(AC) Vision Board Social 11:45(AC)  1:30(AC) Tea & Muffins 6pm(AC) Game Night 10 10am(AC) Paint & Sip 11:45(AC) Snowflake SunCatchers 2pm(DR)  6pm(AC) Ol' Skool Grooves

11 	12 10am(AC) Classical Sounds 12pm(AC) TV & Phone Workshop 1pm(AC) Golden Health Wellness 2:30pm(AC) Vision Board	13 10am(AC) Morning Stretches 11:45(L)  2pm(DR) Resident Council MEETING  7pm(AC) 	14 9am(L)  10am(AC)  2:30(AC) DIY Snow Globe 7pm(AC) NA/AA	15  10am(AC) Morning Meditation 11am(L)  3pm(AC) Spades 7pm(AC) 	16 10am(W) Morning Workout 11:45(L)  2pm(DR)  7pm(AC) NA/AA	17 10am(AC)  11:45(AC)  2pm(AC) Pillow Making 6pm(AC) Game Night
18 	19 10am(W) Morning Workout 12pm(AC) TV & Phone Workshop 1pm(AC) Golden Health Wellness 2:30pm(AC) Men's Group Meeting	20 10am(L)  2:30(AC)  7pm(AC) 	21 10am(AC)  11:45(AC)  2:30(AC) Wine & Cheese 7pm(AC) NA/AA	22 10am(AC) Morning Stretches 1:30(DR)  2:30(AC) Pillow Making 7pm(AC) 	23 10am(AC) Chair Yoga 11m(AC) RTA Renewal  2pm(DR)  7pm(AC) NA/AA	24 10am(AC) Classical Sounds 11:45(AC) Nail Spa 2:30(AC) Tea & Social Hour 6pm(AC) Ol' Skool Grooves
25 	26 10am(W) Morning Workout 12pm(AC) Create Email 1pm(AC) Golden Health Wellness 2pm(AC) TV & Phone Workshop	27 10am(AC) Line Dancing Diamond Art 2pm(DR)  7pm(AC) 	28 10am(W) Morning Workout 11:45(AC) Giant Connect Four 2pm(DR)  7pm(AC) NA/AA Birthday Celebration	29 10am(AC) Classical Sounds 12pm(AC)  5pm(L)  7pm(AC) 	30 10am(AC) Muffins & Tea 11:45(AC)  2:30(AC)  7pm(AC) NA/AA	31  11:45(AC)  2pm(DR)  6pm(AC) Game

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