

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<h1>January 2026</h1> 	<p>10:00am-Morning Social 1 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery</p> <p>New Year's Day</p>	<p>10:00am-Morning Social 2 10:30am- Chair Zumba 11:00am- Art History 2:00pm- Trivia Time 2:45pm- Catholic Communion 3:00pm- Friday Movie 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 3 10:30am- Move 2 Music 11:00am- Armchair Travel 2:00pm-Bingo 4:30pm- Package Delivery</p>	
<p>10:00am-Morning Social 4 10:30am- Morning Stretch 11:15am- Faith through Music W/ Jerry Roman 2:00pm- Daily Word & Devotions 3:00pm- Happy Hour 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 5 10:30am- Chair Exercise 11:00am- Jazz W/ Quentin 2:00pm- Balloon Badminton 3:00pm- Happy Hour 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 6 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Smoothie Social 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 7 10:30am- Trivia Time 11:00am- Yoga W/ Tiffany 2:30pm- Resident Council meeting (AH) 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 8 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour W/ Rearview Mirror 4:30pm- Mail Delivery 6:00pm- Movie Night 7:15pm- Catholic</p>	<p>10:00am-Morning Social 9 10:30am-Morning Stretch 11:00am- Piano Tunes W/ Jerry Roman 1:30pm- Bus Trip (Mall) 1:45pm- Forest Hills Choir W/ Vicky Merlo 2:45pm- Catholic</p>
<p>10:00am-Morning Social 11 10:30am- Morning Stretch 2:00pm- Daily Word & Devotions 3:00pm- Room Visits 4:30pm- Package Delivery</p>	<p>10:00am-Morning Social 12 10:30am- Chair Exercise 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Wine Tasting 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 13 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Wine Tasting 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 14 10:30am- Trivia Time 11:00am- Yoga W/ Tiffany 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 15 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 16 10:30am- Chair Zumba 11:00am- Puzzle Time 2:00pm-Bingo 3:00pm- Ice Cream Social 4:30pm- Package Delivery</p>
<p>10:00am-Morning Social 18 10:30am- Morning Stretch 2:00pm- Daily Word & Devotions 3:00pm- Room Visits 4:30pm- Package Delivery</p>	<p>10:00am-Morning Social 19 10:30am- Chair Exercise 11:00pm-MLK Day History Special 2:00pm- Balloon Badminton 3:00pm- Happy Hour 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 20 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Cooking Class W/ Cora 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 21 10:30am- Trivia Time 11:00am-Yoga W/ Tiffany 2:30pm- Rehab Fun W/ Frankie 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 22 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery 6:00pm- Movie Night 7:00pm- Catholic</p>	<p>10:00am-Morning Social 23 10:30am- Morning Stretch 1:30pm- Bus Trip (Walmart) 1:45pm- Forest Hills Choir W/ Vicky Merlo 2:45pm- Catholic</p>
<p>10:00am-Morning Social 25 10:30am- Morning Stretch 2:00pm- Daily Word & Devotions 3:00pm- Room Visits 4:30pm- Package Delivery</p>	<p>10:00am-Morning Social 26 10:30am- Chair Exercise 2:00pm- Balloon Badminton 3:00pm- Happy Hour 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 27 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm-Nail Spa 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 28 10:30am- Trivia Time 11:00am- Yoga W/ Tiffany 2:00pm- Monicas Creations 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 29 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery</p>	<p>10:00am-Morning Social 30 10:30am- Morning Stretch 2:00pm- Men's Club 2:45pm- Catholic Communion 3:00pm- Friday Movie 4:30pm- Mail Delivery</p>

All Activities are subject to change.