

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
				1 NO Exercise	2 Pajama Day 10:30 Mental Aerobics 2-3 Happy Hour	3 7:00 Bingo
4 3-4 Carpet Bowling	5 9:30 walk & Talk 10:45 Mental Aerobic 3:00 Left Right Center	6 10:30-11:30 Exercise Class 2:00 Crib Club	7 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	8. 10:30-11:30 Yoga Class 1-4 Absolute Hearing 3:00 Left Right Center	9 Pajama Day 10:30 Mental Aerobics 2-3 Happy Hour	10 7:00 Bingo
11 3-4 Carpet Bowling	12 9:30 Walk & Talk 10:45 Mental Aerobics 3:00 Left Right Center	13 10:30-11:30 Exercise Class 2:00 Crib Club	14 10:30 Pharmasave Talk Topic: Lungs 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	15 10:30-11:30 Yoga Class 3:00 Left Right Center	16 Pajama Day 10:30 Mental Aerobics 2-3 Happy Hour	17 7:00 Bingo
18 3-4 Carpet Bowling	19 9:30 Walk & Talk 10:45 Mental Aerobics 3:00 Left Right Center	20 10:30-11:30 Exercise Class 2:00 Crib Club	21 9:00-12:00 Absolute Hearing 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	22 10:30-11:30 Yoga Class 3:00 Left Right Center	23 Pajama Day 10:30 Mental Aerobics 2-3 Happy Hour	24 7:00 Bingo
25 3-4 Carpet Bowling	26 9:30 Walk & Talk 10:45 Mental Aerobics 3:00 Left Right Center	27 10:30-11:30 Exercise Class 2:00 Crib Club	28 2:00 Sandbag Toss 2:00 Knitting Club 7:00 Bingo	29 10:30-11:30 Yoga Class 3:00 Left Right Center	30 Pajama Day 10:30 Mental Aerobics 2-3 Happy Hour	31. 7:00 Bingo