

January 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
				*9:00 Coach Frank-AL *10:00 Body in Motion *11:00 Penny Pitch *1:00 BINGO *2:00 Hydration *3:00 The Hangover *6:00 Recipe Chat (HAPPY NEW YEAR!)	*9:00 Coach F-MC *10:00 Hand WTS *11:00 BINGO *1:30 Live Church *3:00 Hydration *4:00 Winter Crafts *6:00 Wisdom Chats (Nat'l Science Fiction)	*9:00 Mind Meditation *10:00 Hand WTS *11:00 Group Coloring *1:00 Bible Study *3:00 Hydration *4:00 Picture This *6:00 New Years Resolution (Nat'l Choc Cherry Day)
*9:00 Church TV *11:00 Monopoly *1:00Memory GM *2:00 Hydration *3:00 Bridesmaid *4:00 Connect 4 *6:00 Musicology (Nat'l Cuddle Day)	*9:00 Coach F-AL *10:00 Heal/Toe *11:00 Meditations *1:00 Karaoke *2:00 Hydration *4:00 Yesterday *6:00 Memory Time (Nat'l Bird Day)	*9:00 Coach F-MC *10:00 Laugh Yoga *11:00 Scenic Ride *1:00 Gone W/Wind *2:00 Hydration *4:00 BINGO *6:00 Movie Chat (Nat'l Bean Day)	*9:00 Coach F-AL *10:00 Chaircise *11:00 Arts/Crafts *1:00 Karaoke *2:00 Hydration *3:00 Say Words *4:00 Puzzles *6:00 Travel Chat (Nat;l Toffee Day)	*9:00 Coach Frank-AL *10:00 Bompuzen *11:00 Chili's Bar & Grill *2:00 Hydration *3:00 Movie *4:00 Picture Collages *6:00 Social Talk (Nat'l English Toffee D)	*9:00 Coach F-MC *10:00 Noodlecise *11:00 BINGO *2:00 Hydration *3:00 Miracle on 34th *4:00 Memory Games *6:00 Group Stories (Nat'l Law Enforcement)	*9:00 Noodlecise *10:00 VITAS *1:00 Bible Study *3:00 Hydration *4:00 Charades *6:00 Family Tree (Nat'l Eagles D)
*9:00 Church TV *11:00 Coloring *1:00 Singing Rain *2:00 Hydration *4:00 Puzzles *6:00 Memory GM (National Milk Day)	*9:00 Coach F-AL *10:00 Laugh Yoga *11:00 Hand WTS *1:00 Sweet Home AL *2:00 Hydration *3:00 Jewelry Making *6:00 Exchange Jewelry Talk (Nat'l Chicken Day)	*9:00 Coach F-MC *10:00 BINGO *11:00 Scenic Ride *1:00 Ms. Doubtfire *2:00 Hydration *4:00 Checkers *6:00 Social Talk (Nat'l Peachie Day)	*9:00 Coach F-MC *10:00 MaryKay *11:00 Spa Day *1:00 Photo Day *2:00 Hydration *3:00 Chess *4:00 UNO *6:00 Nightcap (Nat'l Pet Day)	*9:00 Coach Frank-AL *10:00 Heal/Toe Stretches *11:00 RED LOBSTER *2:00 Hydration *3:00 Movie *4:00 Coloring group *6:00 Current Events (Nat'l Bagel Day)	*9:00 Coach F-MC *10:00 Body In Motion *11:00 Cup Biz *1:30 Live Church *3:00 Hydration *4:00 The Intern *6:00 Hall Walkathon (Nat'l Fig Newton D)	*9:00 Laugh Yoga *10:00 Inspire V *1:00 Bible Study *3:00 Hydration *4:00 Irishman *6:00 Quiet Reflex (Nat'l Classy Day)
*9:00 Word of Faith *1:00 AIRPLANE! *2:00 Hydration *3:00 Group Color *4:00 Chess Club *6:00 Nightcap (Winnie Poo Day)	*9:00 Coach F-AL *10:00 Hand WTS *11:00 Relax Muscle *1:00 Sr Moment *2:00 Hydration *4:00 Group Color *6:00 Hot Tea/Chat (National Popcorn)	*9:00 Coach F-MC *10:00 Zen *11:00Scenic Ride *1:00 BINGO *2:00 Hydration *3:00 Say Word *6:00 Show Me (Nat'l Cheese)	*9:00 Coach F-AL *10:00 Hand WTS *11:00 Memory GM *1:00 Calendar G *2:00 Hydration *4:00 BINGO *6:00 Hot Tea/Chat (Nat'l Granola Bar Day)	*9:00 Coach Frank-AL *10:00 Shojo Zen *11:00 Cafe Social House *2:00 Hydration *3:00 The Bucket List *4:00 BINGO *6:00 Winter Social (Nat'l Polka Dot Day)	*9:00 Coach F-MC *10:00 Hand WTS *11:00 Checkers *1:00 Gotta Dance *2:00 Hydration *4:00 Knitting Club *6:00 I Spy Walk (Nat'l Pie Day)	*9:00 Zen *10:00 Breathing Yoga *11:00 Guess Who? *1:00 Bible Study *3:00 Hydration *4:00 Lampoons Vacay *6:00 Scrabble (Nat'l Peanut Butter)
*9:00 Church TV *11:00 Match Up *1:00 Grumpy Old MN *2:00 Hydration *3:00 Jenga Challenge *4:00 Crafts *6:00 Current Events (Nat'l Florida Day)	*9:00 Coach F-AL *10:00 METTA *11:00 Chaircise *1:00 Karaoke *2:00 Hydration *4:00 BINGO *6:00 Collages Chat (Nat'l Spouses Day)	*9:00 Coach F-MC *10:00 Noodlecise *11:00 Say Word *1:00Scenic Ride *2:00 Hydration *3:00 4 Weddings *6:00 Musicology (Holocaust Memory)	*9:00 Coach F-MC *10:00 Breathe MEDDI *11:00 Checkers *1:00 Cinderella *2:00 Hydration *4:00 BINGO *6:00 Disney Chat (Blueberry Pancake)	*9:00 Coach Frank-AL *10:00 Meditation *11:00 TEXAS ROADH *2:00 Hydration *3:00 Gran Torino *4:00 Puzzles *6:00 The Life Chat (Nat'l Puzzle Day)	*9:00 Coach F-MC *10:00 Body In Motion *11:00 Penny Pitch *1:00 Simion Says *2:00 Hydration *3:00 Man Called Ove *6:00 Life Lessons (Nat'l Fun @ Work)	*9:00 Hatha Yoga *10:00 Noodlecise *11:00 Tic Tac Toe *1:00 Bible Study *3:00 Hydration *4:00 YG Frank *6:00 Show ME (Nat'l Hot Choc Day)