

JANUARY 2026		ACTIVITIES		
Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED IN OBSERVATION OF NEW YEARS DAY	2 CLOSED IN OBSERVATION OF NEW YEARS DAY
5 Sole Solutions by appt only) 9am Exercise 12pm Euchre 1pm Chair Volleyball	6 8am Tuesdays with Tech 10:am BINGO 12pm Bridge 3pm Clogging	7 9am Exercise 12:15pm The Art Cart	8 12:30pm Chair Yoga 1pm Alzheimer's Support Group	9 9am Exercise 10am BINGO 10:15am Bible study 12pm Euchre 1pm Line Dancing
12 Sole Solutions by appt only) 9am Exercise 12pm Euchre 1pm Chair Volleyball	13 8am Tuesdays with Tech 10am BINGO 10am Blood Pressure Clinic 12pm Bridge 3pm Clogging	14 9am Exercise 9:30am O.S.H.I.P. 10:15am Board Meeting	15 12:30pm Chair Yoga 1pm Sound Bowl Meditation	16 9am Exercise 10am BINGO 10:15am Bible study 12pm Euchre 1pm Line Dancing
19 CLOSED IN OBSERVATION OF MARTIN LUTHER KING JR DAY	20 COMMODITIES 8am Tuesdays with Tech 10:am BINGO 12pm Bridge 3pm Clogging	21 9am Exercise 9:30am O.S.H.I.P. 1pm S.A.L.T MEETING	22 12:30pm Chair Yoga	23 9am Exercise 10am BINGO 10:15am Bible study 12pm Euchre 1pm Line Dancing
26 9am Exercise 12pm Euchre 1pm Chair Volleyball	27 8am Tuesdays with Tech 10:am BINGO 11:30 Fellowship Luncheon 12pm Bridge 3pm Clogging	28 9am Exercise 1pm Alzheimer Brain Health	29 12:30pm Chair Yoga	30 9am Exercise 10am BINGO 10:15am Bible study 12pm Euchre 1pm Line Dancing