

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2026 Activity Calendar		Abbreviation Key GR= Game Room L= Lounge MR= Meeting Room DR= Dining Room A= Atrium SS= Soda Shop		9:30am Women's Coffee (SS) ¹ 11:15am New Year's Day Brunch/ Steel Drum Music by Gabe Lamong (DR)	9:00am Women's Billiards (GR) ² 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	7:30am Ping Pong (MR) ³ 8:00pm Men's Billiards (GR)
2:00pm Mah-Jongg (GR) ⁴	9:00am Women's Billiards (GR) ⁵ 10:15am Dance/ Vickie Oates (MR) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 4:45pm Cocktails & Conversations (A)	8:30am Audiology Associates (L) ⁶ 9:00am Men's Coffee (SS) 10:00am Grocery/ Kroger 2:00pm Movie: The Hiding Place (MR) 3:00pm Knit Time (A) 3:00pm Whist Card Games (GR)	9:00am Women's Billiards (GR) ⁷ 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR)	9:30am Women's Coffee (SS) ⁸ 3:00pm Trivia: Tom & Alene (MR) 7:15pm Music/ Richland Trubadors (MR)	9:00am Women's Billiards (GR) ⁹ 10:45am Lunch Bunch/ The Dozens Bakery 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	7:30am Ping Pong (MR) ¹⁰ 8:00pm Men's Billiards (GR)
2:00pm Mah-Jongg (GR) ¹¹ 3:00pm 3rd Floor Art Crawl	9:00am Women's Billiards (GR) ¹² 10:15am Dance/ Vickie Oates (MR) 2:00pm Annual Meeting (MR) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 4:45pm Cocktails & Conversations (A)	9:00am Men's Coffee (SS) ¹³ 10:00am Grocery Trip/ Publix 2:00pm Lecture/ Debra Fish Braver Angels (MR) 3:00pm Knit Time (A) 3:00pm Whist Card Games (GR)	9:00am Women's Billiards (GR) ¹⁴ 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR)	9:30am Women's Coffee (SS) ¹⁵ 7:15pm Music/ Dennis Scott (MR)	9:00am Women's Billiards (GR) ¹⁶ 9:45am The Frist Art Museum & Lunch at Cafe Cheeserie 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	7:30am Ping Pong (MR) ¹⁷ 8:00pm Men's Billiards (GR)
2:00pm Mah-Jongg (GR) ¹⁸	9:00am Women's Billiards (GR) ¹⁹ 10:15am Dance/ Vickie Oates (MR) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 4:45pm Cocktails & Conversations (A)	9:00am Men's Coffee (SS) ²⁰ 10:00am Grocery/ Kroger 2:00pm Lecture/ Katherine Sheridan (MR) 3:00pm Knit Time (A) 3:00pm Whist Card Games (GR)	9:00am Women's Billiards (GR) ²¹ 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR)	9:30am Women's Coffee (SS) ²² 3:00pm Trivia: Lavonne & Vicki (MR)	9:00am Women's Billiards (GR) ²³ 11:15am Greenbrier Distillery lunch & tour 2:00pm Bible Study (GR) 3:00pm Book Club: Frances Hahn (MR) 4:30pm Relax at the Rendezvous (L)	7:30am Ping Pong (MR) ²⁴ 8:00pm Men's Billiards (GR)
2:00pm Mah-Jongg (GR) ²⁵	9:00am Women's Billiards (GR) ²⁶ 10:15am Dance/ Vickie Oates (MR) 2:00pm Resident Council (MR) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 4:45pm Cocktails & Conversations (A)	9:00am Men's Coffee (SS) ²⁷ 10:00am Grocery Trip/ Publix 2:00pm Mackenzie Miller/ PT (MR) 3:00pm Knit Time (A) 3:00pm Whist Card Games (GR) 5:30pm Birthday Dinner (MR)	9:00am Women's Billiards (GR) ²⁸ 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR) 7:15pm Music/ Belmont (MR)	9:30am Women's Coffee (SS) ²⁹ 2:00pm Sara's Tech Talk (GR)	9:00am Women's Billiards (GR) ³⁰ 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	7:30am Ping Pong (MR) ³¹ 8:00pm Men's Billiards (GR)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2026 Exercise Classes		All classes are in Meeting Room except the below. Chair Dance Yoga - Lounge Weights & Motion-Gym & back hall Watercise- Pool		8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	
4 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Dance Yoga 10:15am Dance with Vickie Oates 11:00am Strength, Mobility & Balance	5	8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	6 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	7 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	8 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	9
11 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Dance Yoga 10:15am Dance with Vickie Oates 11:00am Strength, Mobility & Balance	12	8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	13 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am No Class 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	14 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	15 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	16
18 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Dance Yoga 10:15am Dance with Vickie Oates 11:00am Strength, Mobility & Balance	19	8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	20 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	21 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	22 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	23
25 8:30am Stretch 9:00am Watercise 9:30am Tai Chi 10:00am Chair Dance Yoga 10:15am Dance with Vickie Oates 11:00am Strength, Mobility & Balance	26	8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	27 8:00am Weight Management 8:30am Stretch 9:00am Gym Time 9:00am Watercise 9:30am Tai Chi 10:00am Weights & Motion 10:30am Weight Management 11:00am Strength, Mobility & Balance 11:30am Chair Yoga 12:00pm Gym Time 1:00pm Meditation	28 8:00am Open Gym 9:00am Mat Yoga 10:00am Sit, Be Fit 10:35am Get Fit 11:00am Open Gym 12:30pm Standing Tall 1:00pm Standing Tall (A)	29 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	30
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