

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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January 2026

Activity Calendar

Abbreviation Key

GR= Game Room

L= Lounge

MR= Meeting Room

DR= Dining Room

A= Atrium

SS= Soda Shop

2:00pm Mah-Jongg (GR)	4	9:00am Women's Billiards (GR) 10:15am Dance/ Vickie Oates (MR) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 4:45pm Cocktails & Conversations (A)	5	8:30am Audiology Associates (L) 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)	6	9:00am Women's Billiards (GR) 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR)	7	9:30am Women's Coffee (SS) 11:15am New Year's Day Brunch/ Steel Drum Music by Gabe Lamong (DR)	1	9:00am Women's Billiards (GR) 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	2	7:30am Ping Pong (MR) 8:00pm Men's Billiards (GR)	3
2:00pm Mah-Jongg (GR)	11	9:00am Women's Billiards (GR) 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)	12	9:00am Men's Coffee (SS) 10:00am Grocery Trip/ Publix 2:00pm Lecture/ Debra Fish Braver Angels (MR) 3:00pm Knit Time (A) 3:00pm Whist Card Games (GR)	13	9:00am Women's Billiards (GR) 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR)	14	9:30am Women's Coffee (SS) 7:15pm Music/ Dennis Scott (MR)	15	9:00am Women's Billiards (GR) 9:45am The Frist Art Museum & Lunch at Cafe Cheeserie 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	16	7:30am Ping Pong (MR) 8:00pm Men's Billiards (GR)	17
2:00pm Mah-Jongg (GR)	18	9:00am Women's Billiards (GR) 10:15am Dance/ Vickie Oates (MR) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 4:45pm Cocktails & Conversations (A)	19	9:00am Men's Coffee (SS) 10:00am Grocery/ Kroger 2:00pm Lecture/ Katherine Sheridan (MR) 3:00pm Knit Time (A) 3:00pm Whist Card Games (GR)	20	9:00am Women's Billiards (GR) 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR)	21	9:30am Women's Coffee (SS) 3:00pm Trivia: Lavonne & Vicki (MR)	22	9:00am Women's Billiards (GR) 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)	23	7:30am Ping Pong (MR) 8:00pm Men's Billiards (GR)	24
2:00pm Mah-Jongg (GR)	25	9:00am Women's Billiards (GR) 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)	26	9:00am Men's Coffee (SS) 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)	27	9:00am Women's Billiards (GR) 10:30am Catholic Communion (L) 3:00pm Bingo (GR) 3:30pm Board Games (GR) 3:30pm Mah-Jongg (GR) 7:15pm Music/ Belmont (MR)	28	9:30am Women's Coffee (SS) 2:00pm Sara's Tech Talk (GR)	29	9:00am Women's Billiards (GR) 2:00pm Bible Study (GR) 4:30pm Relax at the Rendezvous (L)	30	7:30am Ping Pong (MR) 8:00pm Men's Billiards (GR)	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2026		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)	1 8:30am Stretch 9:00am Watercise 9:30am Tai Chi with Rusty 10:00am Line Dance Class 11:00am Strength, Mobility & Balance	2
Exercise Classes						3
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	10
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	17
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	24
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	31