

January

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Closed	1 Closed	2 3
4 No in-house activities Meet for lunch at Ponderosa 11am	5 Floor Maintenance No Euchre	6 Wrestlefit 9a In Multi-Purpose Room Chair Volleyball 1p-3p In gym	7 No in-house activities Movie Trip matinee hours details TBA	8	9	10
11 Stretch Class 11:15a Lunch 12p Pasta w/meat sauce Cards 12:30p	12 Fitness 10a Coffee/Donuts 10:30a Euchre 5p	13 Wrestlefit 9a Chair Volleyball 1p	14 Stretch 11:15a Lunch 12p Cold sandwiches/salad Cardio Drumming 4p	15 Hot Cocca Social 1pm	16	17
18 Closed	19 Cops & Coffee 9a Fitness 10a Euchre 5p	20 Wrestlefit 9a Chair Volleyball 1p Canvas Painting 3p-5p Sponsored by Brookdale	21 Stretch 11:15a Lunch 12p Chili Cardio Drumming 4p	22 Mystery Lunch Load bus 11am	23	24
25 Stretch Class 11:15a Lunch 12p Brookdale Sponsored Lunch w/Games	26 Fitness 10a Coffee/Donuts 10:30a Euchre 5p	27 Wrestlefit 9a Craft Class 10am Chair Volleyball 1p	28 Stretch 11:15a Lunch 12p Lemon Chicken Cardio Drumming 4p	29	30	31
					<i>Call 614-496-6119 To sign up for lunches and activities.</i>	<i>Call 614-496-6119 for food pantry assistance and senior transportation</i>