

January

2026

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