







January 2026

UPCOMING EVENTS

REPEATING WEEKLY EVENTS

| MONDAYS | TUESDAYS | WEDNESDAYS | THURSDAYS | FRIDAYS |
|---|---|--|---|--|
| Review Your 2026 Health Benefits 10:00 AM - 11:00 AM Just for Fun! Games 1:00 PM - 3:00 PM | Crafting for a Cause 11:30 AM - 3:00 PM Jazzercise w/ Chelsea 1:30 PM - 2:30 PM Cafe Game Time 11:30 AM - 4:00 PM | Review Your 2026 Health Benefits 10:00 AM - 11:00 AM Line Dancing w/ Jenna 12:00 PM - 1:00 PM Craft & Color Corner 1:00 PM - 3:00 PM | Cafe Game Time 11:30 AM - 3:00 PM Chair Yoga w/ Chelsea 1:00 PM - 2:00 PM Mat Yoga w/ Chelsea 2:30 PM - 3:30 PM | Cafe Game Time 11:00 AM - 4:00 PM Crafting for a Cause 11:30 AM - 3:00 PM Movie and Popcorn: 1:00 PM - 3:00 PM |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
|  29 |  30 |  31 |  1 |  2 |
| 5 New Year's "Welcome Back" Social w/ Chef Travis 11:00 AM - 12:00 PM | 6 Book Club Friends: <i>The Rooster Bar</i> 1:00 PM - 2:00 PM | 7 Tech Questions w/ Nash 1:00 PM - 2:00 PM | 8 Review Your 2026 Health Benefits 10:00 AM - 11:00 AM | 9 Breakfast with Tonya <i>Let's Talk SCAN Central!</i> 10:00 AM - 11:00 AM Movie and Popcorn: <i>The Breakfast Club</i> 1:00 PM - 3:00 PM |
| 12 "Cheers to Another Year" Birthday Bash! 11:00 AM - 3:00 PM | 13 Be a Rebel with a Cause <i>Join us and fill bags with hope</i> 12:00 PM - 1:00 PM Book Club Friends <i>The Rooster Bar</i> 1:00 PM - 2:00 PM | 14 Origami w/ Avie 2:00 PM - 3:00 PM | 15 Farmhouse Bingo w/ CareMore Health 11:30 AM - 12:30 PM | 16 Medicare Review Jeopardy: 12:00 PM - 1:00 PM Movie and Popcorn: <i>Jerry and Marge Go Large</i> 1:00 PM - 3:00 PM |
|  Observance of Martin Luther King Jr. Day 19 | 20 Fuel Your Body: <i>A balanced meal created by Chef Travis</i> 11:00 AM - 12:00 PM Book Club Friends: <i>The Rooster Bar</i> 1:00 PM - 2:00 PM | 21 Manage Your Medicine w/ Costco Pharmacist Cory 11:30 AM - 12:30 PM | 22 Doc Talk: <i>Dental Health w/ Dr. Navalle, Adco Dental</i> 1:00 PM - 2:00 PM | 23 Walk Confidently: <i>Fall Prevention Class w/ Rachel</i> 11:30 AM - 12:30 PM Movie and Popcorn: <i>Bruce Almighty</i> 1:00 PM - 3:00 PM |
| Repeating Weekly Monday Events 26 | 27 Healthy Brain Food Demo w/ Chef Travis 11:00 AM - 12:00 PM Healthy Choices w/ CareMore Health & Nutritionist Becky Cox 12:00 PM - 1:00 PM | Repeating Weekly Wednesday Events 28 | 29 Doc Talk: <i>Arthritis w/ Dr. Aguilar</i> 12:00 PM - 1:00 PM | 30 Sips and Watercolors: <i>Paint w/ a friend and unwind</i> 11:00 AM - 12:00 PM Movie and Popcorn: <i>Marry Me</i> 1:00 PM - 3:00 PM |