



January 2026 Catered Living



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*All activities are 45 min unless otherwise stated *Calendar is subject to change. Please see the calendar Touchtown for the most up-to-date information.</p>	<p>3rd FL– 3rd Floor Lobby AL– Assisted Living HC– Healthcare Day Room DR– Dining Room TVR– TV Room LR– Living Room IYR– In Your Room 1 FL– First Floor Lobby GAL– Gallery KIT– Kitchen AR– Activities Room BW– Breezeway</p>	<p>January's Birthdays Hal D–3rd Ron K–13th Phyllis K–16th Marjorie E–18th Becky M–31st</p>		<p>1 New Year's Day 11:00 Sing-a-long (AL TVR) 1:00 2025 in Review (AL)</p>	<p>2 9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 2:00 New Year Mocktails 3:00 Games with Dan (MS LR)</p>	<p>3 9:30 Morning Moves (MS TVR)</p>
<p>4 11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p>	<p>5 9:15 Strength & Stretch-WC 10:30 Coffee & Conversations (DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVR) 3:00 Tales + Travel (Theatre room)</p>	<p>6 9:15 Let's Get Moving-WC 10:30 Bingo (DR) 2:00-3:00 Country Ride</p>	<p>7 9:15 Strength & Stretch-WC 3:00 Jim Harrington Trio Music (GAL)</p>	<p>8 Elvis's Birthday 9:15 Let's Get Moving-WC 10:30 Elvis Sing-a-Long (AL) 2:00-3:00 Country Ride</p>	<p>9 9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 3:00 Games with Dan (MS LR)</p>	<p>10 9:30 Morning Moves (MS TVR) 2:00 Rockfish Presbyterian Church Children's Choir (GAL)</p>
<p>11 11:00 Daily Chronicles 11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p>	<p>12 9:15 Strength & Stretch-WC 10:30 Coffee & Conversations (DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVE) 3:00 Music Appreciation (GAL)</p>	<p>13 9:15 Let's Get Moving-WC 10:30 Bingo (AL DR) 2:00-3:00 Country Ride 3:00 Second Tuesday Meeting-GAL</p>	<p>14 9:15 Strength & Stretch-WC 10:00 Hearing at Home-Call the Clinic (x3304) to make an appt.</p>	<p>15 9:30 Morning Moves (MS TVR) 2:00-3:00 Country Ride</p>	<p>16 Phyllis K. 100th Birthday 9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 3:00 John Lockridge (AL) 3:15 Life Matters with Annie Foerster-GAL</p>	<p>17 9:30 Morning Moves (MS TVR)</p>
<p>18 11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p>	<p>19 Martin Luther King Day 10:30 Coffee and Conversations (AL DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVR)</p>	<p>20 9:15 Let's Get Moving-WC 10:30 Bingo (AL DR) 2:00-3:00 Country Ride</p>	<p>21 9:15 Strength & Stretch-WC 10:30 Resident Council (AL DR)</p>	<p>22 9:15 Let's Get Moving-WC 2:00-3:00 Country Ride</p>	<p>23 9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 3:00 Games with Dan (MS LR)</p>	<p>24 9:30 Morning Moves (MS TVR)</p>
<p>25 11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p>	<p>26 9:15 Strength & Stretch-WC 10:30 Coffee and Conversations (AL DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVR) 6:00 Bingo Night-GAL</p>	<p>27 9:15 Let's Get Moving-WC 10:30 Bingo (AL DR) 2:00-3:00 Country Ride 3:00 Birthday Social-GAL</p>	<p>28 9:15 Strength & Stretch-WC 2:30 Documentary Series: "America Wealthiest Family" - TR</p>	<p>29 9:15 Let's Get Moving-WC 2:00-3:00 Country Ride 3:00 John Lockridge (GAL)</p>	<p>30 9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 2:00 Birthday Social (MS DR) 3:00 Games with Dan (MS LR)</p>	<p>31 9:30 Morning Moves (MS TVR)</p>