

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Independent Living January 2026			Location & Color Key (W)= West Entrance (CR)=Community Room (TH)= Theater (EE)=East Entrance (2L)= 2nd Floor Lobby (CH)=Chapel (VC)= Vitality Center (CON)=Conference Room (2F)=2nd Floor (R)=Restaurant (RR)= Red Rooster (GC)= Golf Course (GAM)=Game Room Yellow=Resident-Led Red=Special Event Blue=Outing, must sign up on 3rd Floor			
				1	2	3
				7:15 Water Aerobics (Pool) 10:00Men's Coffee Group(CR) 11:00 Gentle Chair Fit. (VC) 11:00 Episcopal Service(CH) 2:00 Seated Stretching (VC) 3:00 Movie (TH) 6:00 Evening Movie (TH)	9:00Safeway & G.Outlet (W) 9:30 Horizon Audiology (CR) 11:00 Stretch & Flex (VC) 3:00 2-Bit Bingo (CON) 2:00 Birthday Party (CON) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)
4	5	6	7	8	9	10
10:00 Methodist Church Call 525-1870 to Schedule Pick-Up 10:30 Catholic Service (CH) 11:30 IL Art Group (CR) 3:00 2-Bit Bingo (CON)	8:30 Donuts&Discussion (CR) 9:00 Walmart & Andy's (W) 11:00 Balance&Strength(VC) 1:00-4:30 Medical Transport 1:00-3:00 Craft & Chat (CR) 3:00 2-Bit Bingo (CON) 3:00 Monday Musical! (TH)	7:15 Water Aerobics (Pool) 9:30 Pinochle (GAM) 2:00 Seated Stretching (VC) 3:00 Tuesday Docu. (TH) 3:30 Table Games (2L) 6:00 Evening Movie (TH)	8:30 Rogers Bakery (W) 11:00 Balance&Strength (VC) 1:00 Hand & Foot (GAM) 2:00 Water Aerobics (Pool) 3:00 Movie (TH) 3:00 IL Wonders of Watercolor (CR) 4:30 Wellness Wednesday (CON) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 8:00 Men's Breakfast (CR) 10:00 Presbyterian Serv.(CH) 10:15 Gentle Yoga (VC) 11:00 Gentle Chair Fit. (VC) 1:30 Live Guitar w/Denny (R) 2:00 Seated Stretching (VC) 6:00 Evening Movie (TH)	9:00 BiMart & Super 1(W) 11:00 Stretch & Flex (VC) 11:45 Lunch Bunch (W) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)
11	12	13	14	15	16	17
10:00 Methodist Church Call 525-1870 to Schedule Pick-Up 10:30 Catholic Service (CH) 11:30 IL Art Group (CR) 3:00 2-Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Donuts&Discussion (CR) 9:00 Walmart & Andy's (W) 11:00 Balance&Strength(VC) 11:00 Mending w/ Akiko (CR) 1:00-4:30 Medical Transport 1:00-3:00 Craft & Chat (CR) 3:00 2-Bit Bingo (CON) 3:00 Monday Musical! (TH)	7:15 Water Aerobics (Pool) 9:30 Pinochle (GAM) 10:15 Gentle Yoga 11:00 Gentle Chair Fit. (VC) 1:30 Bible Study (CH) 3:00 Tuesday Docu. (TH)	8:30 The Atlas Coffee (W) 9:30Self-Regulation Class(CON) 11:00 Balance&Strength (VC) 2:00 Water Aerobics (Pool) 3:00 Movie (TH) 3:00 Resident Council (CON) 6:00 Evening Movie (TH) 6:30 Air Force Band (W)	7:15 Water Aerobics (Pool) 9:30 Eyeglasses Clinic (GAM) 10:00Men's Coffee Group(CR) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service(CH) 11:00 Gentle Chair Fit. (VC) 2:00 Seated Stretching (VC)	9:00Safeway & G.Outlet (W) 11:00 Stretch & Flex (VC) 1:00 Pinochle (GAM) 2:00 Veteran's Social (CON) 3:00 2-Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)
18	19	20	21	22	23	24
10:00 Methodist Church Call 525-1870 to Schedule Pick-Up 10:30 Catholic Service (CH) 11:30 IL Art Group (CR) 2:30 WW Symphony (W) 3:00 2-Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Donuts&Discussion (CR) 9:00 Walmart & Andy's (W) 11:00 Balance&Strength(VC) 1:00-4:30 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:30 Bridge (GAM) 3:00 2-Bit Bingo (CON) 3:00 Monday Musical! (TH)	7:15 Water Aerobics (Pool) 9:30 Pinochle (GAM) 10:15 Gentle Yoga 11:00 Gentle Chair Fit. (VC) 1:30 Bible Study (CH) 2:00 Seated Stretching (VC) 3:00 Town Hall (CON) 3:00 Tuesday Docu. (TH)	8:30 Get Some Bagels (W) 11:00 Balance&Strength (VC) 2:00New Resident Social (RR) 3:00 Movie (TH) 3:00 IL Wonders of Watercolor (CR) 4:30 Wellness Wednesday (CON) 6:00 Evening Movie (TH) 7:00 WW Symphony Youth(W)	7:15 Water Aerobics (Pool) 10:00Men's Coffee Group(CR) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service(CH) 11:00 Gentle Chair Fit. (VC) 2:00 Seated Stretching (VC)	9:00 BiMart & Super 1(W) 11:00 Stretch & Flex (VC) 1:00 Tricities Outing (W) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)
25	26	27	28	29	30	31
10:00 Methodist Church Call 525-1870 to Schedule Pick-Up 10:30 Catholic Service (CH) 11:30 IL Art Group (CR) 3:00 2-Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Donuts&Discussion (CR) 9:00 Walmart & Andy's (W) 11:00 Balance&Strength(VC) 11:00 Mending w/ Akiko (CR) 11:00 PEO Luncheon (CR) 1:00-4:30 Medical Transport 1:00-3:00 Craft & Chat (CR) 3:00 2-Bit Bingo (CON) 3:00 Monday Musical! (TH)	7:15 Water Aerobics (Pool) 9:30 Pinochle (GAM) 10:15 Gentle Yoga 11:00 Gentle Chair Fit. (VC) 1:30 Bible Study (CH) 2:00 Seated Stretching (VC) 3:00 Volunteer Thank You Party (CON) 3:00 Tuesday Docu. (TH)	8:30 Mama Monacelli's (W) 11:00 Balance&Strength (VC) 2:00 Water Aerobics (Pool) 3:00 Movie (TH) 3:00 IL Wonders of Watercolor (CR) 4:30 Wellness Wednesday (CON) 4:45 Dinner Dash (W) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:00Men's Coffee Group(CR) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service(CH) 11:00 Gentle Chair Fit. (VC) 2:00 Seated Stretching (VC)	8:00 Love it or Leave it (2F) 9:00Safeway & G.Outlet (W) 2:00 Goodwill & Mall (W) 3:00 2-Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)