



All activities are subject to change.

# JANUARY 2026

 **Maple Ridge Lodge**  
ASSISTED LIVING

## ACTIVITIES CALENDAR

	THURSDAY	FRIDAY	SATURDAY
<p><b>INTERESTNG FACTS ABOUT JANUARY</b></p> <ul style="list-style-type: none"> <li>The month of January was named for the Roman god Janus. Janus had two heads, symbolizing one head looking backward and one looking forward.</li> <li>Ellis Island opened on January 1st, 1892. Since the opening, over 20 million people have immigrated to the United States.</li> <li>It is considered the coldest month of the year in the Northern Hemisphere. It is considered the warmest month of the year in the Southern Hemisphere.</li> <li>Alaska became a state on January 3, 1959</li> <li>Some celebrities whose birthdays are in January include - Elvis Presley, Oprah Winfrey, Dolly Parton, Betty White, Justin Timberlake, Ellen DeGeneres, Bradley Cooper</li> <li>The Portuguese landed in South America (now Brazil) on January 1, 1502. They named the city Rio de Janeiro, which means 'River of January.'</li> </ul> <div style="display: flex; justify-content: space-around;">   </div>	<p><b>1</b></p> <p><b>9:30</b> - Working with Weights (Fitness Center)</p> <p><b>10:30</b> - History of the Calendar (Living Room)</p> <p><b>1:00</b> - Games and Dominoes (Bistro)</p> <p><b>2:00</b> - Bocce (Fitness Center)</p> <p><b>3:00</b> - Poetry: New Beginnings (Living Room)</p> <p><b>5:30</b> - Evening Games (Bistro)</p>	<p><b>2</b></p> <p><b>9:30</b> - Seated Yoga (Fitness Center)</p> <p><b>10:30</b> - Music with DJ Paul (Living Room)</p> <p><b>1:00</b> - Manicures (Signup at Front Desk, Bistro)</p> <p><b>1:30</b> - National Geographic: Animal Queens (Living Room)</p> <p><b>3:00</b> - Knitting Club (Library)</p> <p><b>4:00</b> - Afternoon Exercise (Fitness Center)</p>	<p><b>3</b></p> <p><b>9:30</b> - Exercise for Balance (Fitness Center)</p> <p><b>10:30</b> - Open Art Studio with Bay (Art Studio)</p> <p><b>10:30</b> - Games (Bistro)</p> <p><b>1:00</b> - Essex Alliance Church (Theater)</p> <p><b>1:15</b> - Balloon Tennis (Bistro)</p> <p><b>2:30</b> - Bingo (Dining Room)</p> <p><b>3:45</b> - Wheel of Fortune (Living Room)</p>



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 <b>9:30 -</b> Working with Exercise Balls (Fitness Center)	5 <b>9:30 -</b> Monday Morning Wake up (Fitness Center)	6 <b>9:30 -</b> Core Strength & Posture (Fitness Center)	7 <b>9:30 -</b> Seated Dance with Heather (Fitness Center)	8 <b>9:30 -</b> Working with Weights (Fitness Center)	9 <b>9:30 -</b> Seated Yoga (Fitness Center)	10 <b>9:30 -</b> Exercise for Balance (Fitness Center)
10:30 - Tech Help with Bay (Living Room)	10:15 - Trip to Hannaford (Meet in Lobby)	10:15 - Cooking Club: Magic Cake (Kitchen)	10:30 - Making Cute Penguins (Art Studio)	10:30 - Biography: Dick Van Dyke (Living Room)	10:30 - Making Alaskan Yo-Yo's (Art Studio)	10:30 - Making Snow Flakes (Art Studio)
1:00 - Afternoon of Games (Bistro)	1:00 - Classical Music Matinee (Living Room)	1:00 - Catholic Communion (Theater)	1:00 - Send-off for Director Sandy (Bistro)	1:00 - Readings: Short Stories (Living Room)	1:00 - Manicures (Signup at Front Desk, Bistro)	1:00 - Essex Alliance Church (Theater)
2:00 - Movie Matinee: Hamilton, The Broadway Musical (Theater)	2:00 - Resident Council Meeting (Dining Room)	2:00 - Social: January Birthdays (Bistro)	2:00 - Live Music: Carol Ann Jones (Living Room)	2:00 - Bocce (Fitness Center)	2:00 - National Geographic: Animal Queens (Living Room)	1:15 - Golf (Fitness Center)
3:30 - Wii Sports (Game Room)	3:00 - Seated Soccer (Fitness Center)	2:45 - Cribbage and Card Games (Bistro)	3:15 - Writing Club: Stories, Poems, and Articles for the Newsletter (Bistro)	3:00 - Wine Tasting (Dining Room)	3:00 - Knitting Club (Library)	2:30 - Bingo (Dining Room)
4:00 - PBS Weekly News Update (Living Room)	4:00 - Cranium Crunches (Living Room)	4:00 - Trivia (Bistro)	5:45 - Games with Maggie (Bistro)	5:30 - Evening Games (Bistro)	4:00 - Afternoon Exercise (Fitness Center)	3:45 - Family Feud (Living Room)
			6:30 - Games with Youth (Bistro)			



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11	12	13	14	15	16
<b>9:30</b> - Working with Exercise Balls (Fitness Center)	<b>9:30</b> - Monday Morning Wake up (Fitness Center)	<b>9:30</b> - Core & Posture (Fitness Center)	<b>9:30</b> - Seated Dance with Heather (Fitness Center)	<b>9:30</b> - Working with Weights (Fitness Center)	<b>9:30</b> - Seated Yoga (Fitness Center)	<b>9:30</b> - Exercise for Balance (Fitness Center)
<b>10:30</b> - Who Am I? (Living Room)	<b>10:30</b> - Making Pom- Poms and Tassels (Art Studio)	<b>10:30</b> - Cooking Club: Snow-cream (Weather permitting) (Kitchen)	<b>10:15</b> - Remembering Childhood Birthday Parties (Living Room)	<b>10:30</b> - Biography: Alexander Hamilton (Living Room)	<b>10:30</b> - Live Music: Jazzou (Living Room)	<b>10:30</b> - Open Art Studio with Bay (Art Studio)
<b>1:00</b> - Afternoon of Games (Bistro)	<b>1:00</b> - Classical Music Matinee (Living Room)	<b>1:00</b> - Catholic Mass on TV (Theater)	<b>1:00</b> - Learn and Play Cribbage (Bistro)	<b>1:00</b> - Poetry: Freedom & Peace (Living Room)	<b>1:00</b> - Manicures (Signup at Front Desk, Bistro)	<b>10:30</b> - Games (Bistro)
<b>2:00</b> - Movie Matinee: The Great Escape (Theater)	<b>2:00</b> - Antler Matching Game (Bistro)	<b>2:00</b> - Resident Social (Bistro)	<b>2:00</b> - Rhythm Circle (Fitness Center)	<b>2:00</b> - Wellness Presentation with Bayada (Living Room)	<b>1:30</b> - National Geographic: Animal Queens (Living Room)	<b>1:00</b> - Essex Alliance Church (Theater)
<b>3:30</b> - Balloon Tennis (Fitness Center)	<b>3:30</b> - Visit with Pepper, the Therapy Dog (Living Room)	<b>2:45</b> - Cribbage and Card Games (Bistro)	<b>3:15</b> - Book Club (Library)	<b>3:00</b> - Knitting Club (Library)	<b>3:00</b> - Playing Darts (Bistro)	<b>1:15</b> - Bingo (Dining Room)
<b>4:00</b> - PBS Weekly News Update (Living Room)	<b>4:00</b> - Rick Steves' Travel Series (Living Room)	<b>4:00</b> - Trivia (Bistro)	<b>5:30</b> - Board Games with Bay (Bistro)	<b>4:00</b> - Afternoon Exercise (Fitness Center)		<b>3:45</b> - Jeopardy (Living Room)
		<b>5:45</b> - Games with Maggie (Bistro)		<b>5:30</b> - Evening Games (Bistro)		



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 <b>9:30</b> - Working with Exercise Balls (Fitness Center)	19 MLK JR. DAY <b>9:30</b> - Monday Morning Wakeup (Fitness Center)	20 <b>9:30</b> - Core & Posture (Fitness Center) <b>10:30</b> - Cooking Club: Chocolate Chip Brownies (Kitchen)	21 <b>9:30</b> - Seated Dance with Heather (Fitness Center) <b>10:30</b> - The Ice King: Wayne Gretzky (Living Room)	22 <b>9:30</b> - Working with Weights (Fitness Center) <b>10:30</b> - Biography: A.A. Milne (Living Room)	23 <b>9:30</b> - Seated Yoga (Fitness Center) <b>10:30</b> - Polar Bear Plunge Game (Bistro) <b>1:00</b> - Manicures (Signup at Front Desk, Bistro)	24 <b>9:30</b> - Exercise for Balance (Fitness Center) <b>10:30</b> - Cabin Fever Sing-Along (Living Room) <b>1:00</b> - Essex Alliance Church (Theater)
<b>10:30</b> - Tech Help with Bay (Living Room)	<b>10:30</b> - Trip to Hannaford (Meet in Lobby)	<b>1:00</b> - Classical Music Matinee (Living Room)	<b>1:00</b> - Catholic Communion (Theater)	<b>1:00</b> - Learn and Play Cribbage (Bistro)	<b>2:00</b> - Bocce (Fitness Center) <b>3:00</b> - Happy Hour (Dining Room)	<b>1:15</b> - Golf (Fitness Center) <b>2:30</b> - Bingo (Dining Room)
<b>1:00</b> - Afternoon of Games (Bistro)	<b>1:00</b> -	<b>2:00</b> - Resident Social (Bistro)	<b>2:00</b> - MindFit with Gena (Living Room)	<b>3:00</b> -	<b>3:00</b> - Knitting Club (Library)	<b>3:45</b> - Wheel of Fortune (Living Room)
<b>2:00</b> - Movie Matinee: Goodbye, Mr. Chips (Theater)	<b>2:00</b> - Live Music: Dan Levine (Living Room)	<b>2:45</b> - Cribbage and Card Games (Bistro)	<b>3:00</b> - Karaoke (Living Room)	<b>5:30</b> - Evening Games (Bistro)	<b>4:00</b> - Afternoon Exercise (Fitness Center)	
<b>3:30</b> - Wii Sports (Game Room)	<b>3:15</b> - MLK Day Presentation (Living Room)	<b>4:00</b> - Trivia (Bistro)	<b>5:30</b> - Board Games with Bay (Bistro)			
<b>4:00</b> - PBS Weekly News Update (Living Room)	<b>4:00</b> - Cranium Crunches (Living Room)	<b>5:45</b> - Games with Maggie (Bistro)				



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	25	26	27	28	29	31
<b>9:30 -</b> Working with Exercise Balls (Fitness Center)	<b>9:30 -</b> Monday Morning Wake up (Fitness Center)	<b>9:30 -</b> Core Strength & Posture (Fitness Center)	<b>9:30 -</b> Seated Dance with Heather (Fitness Center)	<b>9:30 -</b> Working with Weights (Fitness Center)	<b>9:30 -</b> Seated Yoga (Fitness Center)	<b>9:30 -</b> Exercise for Balance (Fitness Center)
<b>10:30 -</b> Who Am I? (Living Room)	<b>10:30 -</b> Travel Series: Anchorage, Alaska (Living Room)	<b>10:30 -</b> Cooking Club: Peanut Butter Cookies (Kitchen)	<b>10:30 -</b> The Alaskan Purchase (Living Room)	<b>10:30 -</b> Biography: Virginia Woolf (Living Room)	<b>10:30 -</b> All About Moose (Living Room)	<b>10:30 -</b> Open Art Studio with Bay (Art Studio)
<b>1:00 -</b> Afternoon of Games (Bistro)	<b>1:00 -</b> Classical Music Matinee (Living Room)	<b>1:00 -</b> Catholic Mass on TV (Theater)	<b>1:00 -</b> Learn and Play Cribbage (Bistro)	<b>1:00 -</b> Poetry, Courage and Persistence (Living Room)	<b>1:00 -</b> Manicures (Signup at Front Desk, Bistro)	<b>1:00 -</b> Essex Alliance Church (Theater)
<b>2:00 -</b> Movie Matinee: The Lion in Winter (Theater)	<b>2:00 -</b> "Learning About Alaska" Scavenger Hunt (Bistro)	<b>2:00 -</b> Resident Social (Bistro)	<b>2:00 -</b> Crafting with Heather (Dining Room)	<b>2:00 -</b> Bocce (Fitness Center)	<b>2:00 -</b> National Geographic: Animal Queens (Living Room)	<b>1:15 -</b> Bowling (Fitness Center)
<b>3:30 -</b> Playing Darts (Bistro)	<b>3:00 -</b> Cribbage and Card Games (Bistro)	<b>2:45 -</b> Cribbage and Card Games (Bistro)	<b>3:15 -</b> Book Club (Library)	<b>3:00 -</b> Writing Valentines Post Cards to Send to Loved-Ones (Bistro)	<b>3:00 -</b> Knitting Club (Library)	<b>2:30 -</b> Bingo (Dining Room)
<b>4:00 -</b> PBS Weekly News Update (Living Room)	<b>4:00 -</b> Basket Weaving Like an Alaskan (Art Studio)	<b>4:00 -</b> Trivia (Bistro)	<b>5:30 -</b> Board Games with Bay (Bistro)	<b>5:30 -</b> Evening Games (Bistro)	<b>4:00 -</b> Afternoon Exercise (Fitness Center)	<b>3:45 -</b> Chain Reaction (Living Room)
	<b>4:00 -</b> Rick Steves' Travel Series (Living Room)	<b>5:45 -</b> Games with Maggie (Bistro)				