





JANUARY 2026



All activities are subject to change.

ACTIVITIES CALENDAR

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



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
9:30 - Working with Exercise Balls (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core Strength & Posture (Fitness Center)	9:30 - Seated Dance with Heather (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga (Fitness Center)	9:30 - 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)	1:30 - 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)	6:30 - Games with Youth (Bistro)	5:30 - Evening Games (Bistro)	4:00 - Afternoon Exercise (Fitness Center)	3:45 - Family Feud (Living Room)



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
9:30 - Working with Exercise Balls (Fitness Center)	9:30 - Monday Morning Wakeup (Fitness Center)	9:30 - Core & Posture (Fitness Center)	9:30 - Seated Dance with Heather (Fitness Center)	9:30 - Working with Weights (Fitness Center)	9:30 - Seated Yoga (Fitness Center)	9:30 - Exercise for Balance (Fitness Center)
10:30 - Who Am I? (Living Room)	10:30 - Making Pom- Poms and Tassels (Art Studio)	10:30 - Cooking Club: Snow-cream (Weather permitting) (Kitchen)	10:15 - Remembering Childhood Birthday Parties (Living Room)	10:30 - Biography: Alexander Hamilton (Living Room)	10:30 - Live Music: Jazzou (Living Room)	10:30 - Open Art Studio with Bay (Art Studio)
1:00 - Afternoon of Games (Bistro)	1:00 - Classical Music Matinee (Living Room)	1:00 - Catholic Mass on TV (Theater)	1:00 - Learn and Play Cribbage (Bistro)	1:00 - Poetry: Freedom & Peace (Living Room)	1:00 - Manicures (Signup at Front Desk, Bistro)	10:30 - Games (Bistro)
2:00 - Movie Matinee: The Great Escape (Theater)	2:00 - Antler Matching Game (Bistro)	2:00 - Resident Social (Bistro)	2:00 - Rhythm Circle (Fitness Center)	2:00 - Wellness Presentation with Bayada (Living Room)	1:30 - National Geographic: Animal Queens (Living Room)	1:00 - Essex Alliance Church (Theater)
3:30 - Balloon Tennis (Fitness Center)	3:30 - Visit with Pepper, the Therapy Dog (Living Room)	2:45 - Cribbage and Card Games (Bistro)	3:15 - Book Club (Library)	3:00 - Bocce (Fitness Center)	3:00 - Knitting Club (Library)	1:15 - Playing Darts (Bistro)
4:00 - PBS Weekly News Update (Living Room)	4:00 - Rick Steves' Travel Series (Living Room)	4:00 - Trivia (Bistro)	5:30 - Board Games with Bay (Bistro)	5:30 - Evening Games (Bistro)	4:00 - Afternoon Exercise (Fitness Center)	2:30 - Bingo (Dining Room)
		5:45 - Games with Maggie (Bistro)				3:45 - Jeopardy (Living Room)



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



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