

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY BIRTHDAY CLAIRE ROPER B302 1/1 SCOTT GOINS B1001 1/4 CIS IMBORNONE B610 1/5 DAVID WURTENBERG B305 1/5 JUDY GALT A810 1/7 LILLIAN GLASSER A910 1/7 RICHARD STILLWAGON A212 1/8 BARBARA SPEARMAN A501 1/9 BARBARA BORDERS A513 1/12 NANCY RUIZ A913 1/14	HAPPY BIRTHDAY LOUISE SWEET B905 1/16 ROBERT ADAMS A505 1/20 JAMES CORBITT A107 1/29 SUE WISLAR B815 1/29		1 HAPPY <i>New Year</i> NO BUS SERVICE DINING ROOM HOURS 11:30AM-2:00PM LAST SEATING 1:15PM	2 9AM: Publix Depot 10AM: Cardio Exercise HH 10:30AM: Walmart Depot 11AM: Chair Pilates HH 1:30PM: Kroger & Dry Cleaners Depot 3PM: Costco Depot	3 10AM: Strength & Balance HH 12PM: Help Tech with Young Men's League MR 1:30PM: Bible Study w/David Christian MR 4PM: Vigil Mass SP
4 2:30PM: Christian Fellowship MR	5 10AM: Chair Yoga HH 10:30AM: Sensory Activity PCC 2:30PM: Bible Study MR 7PM: Phase 10 GR	6 10AM: Standing Aerobics HH 11AM: Chair Pilates HH 11:30AM: Standing Tai Chi SP 1PM: Manipulation AZ 1:30PM: Bible Study Make-Up Session MR 1:30PM: Rummikub GR 6:30PM: Vespers SP	7 9AM: Trader Joes & CVS Depot 10AM: Chair Yoga HH 10:45AM: Aldi Depot 11AM: Episcopal Eucharist MR 1:30PM: BINGO GR 1:30PM: Kroger & Banks Depot 3PM: Publix Depot 3:30PM: Loose Shoes Band SP 7PM: Canasta Hand & Foot GR	8 9:15AM: Atlanta History Center w/lunch at Swan Coach House \$23 per person BD 10AM: Chair Aerobics HH 1:30PM: Tai Chi HH 3:30PM: Music To My Ears SP	9 9AM: Publix Depot 10AM: Cardio Exercise HH 10:30AM: Walmart Depot 11AM: Chair Pilates HH 1:30PM: Kroger & Dry Cleaners Depot 3PM: Target Depot National Law Enforcement Day	10 10AM: Strength & Balance HH 12PM: Help Tech with Young Men's League MR 1:30PM: Bible Study w/David Christian MR 4PM: Vigil Mass SP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 2:30PM: Christian Fellowship MR	12 10AM: Chair Yoga HH 10:30AM: Sensory Activity PCC 1:30PM: HRLS--MVT 101 - Rules & info Overview - PCC, Maintenance, Activities, Dining Room, and Volunteer Registration SP 2:30PM: Bible Study 7PM: Phase 10 GR	13 10AM: Standing Aerobics HH 11AM: Chair Pilates HH 11:30AM: Standing Tai Chi SP 1PM: Manipulation AZ 1:30PM: Rummikub GR 1:30PM: Bible Study Make-Up Session MR 6:30PM: Vespers SP	14 9AM: Trader Joes & CVS Depot 10AM: Chair Yoga HH 10:45AM: Aldi Depot 11AM: Episcopal Eucharist MR 1:30PM: BINGO GR 1:30PM: Kroger & Banks Depot 3PM: Publix Depot 7PM: Patrick the Magician SP 7PM: Canasta Hand & Foot GR	15 10AM: Chair Aerobics HH 11AM: Sandy Spring Cinema w/lunch at Hearth \$13 per person Front Entrance 1:30PM: Tai Chi HH	16 9AM: Publix Depot 10AM: Cardio Exercise HH 10:30AM: Walmart Depot 11AM: Chair Pilates HH 1:30PM: Kroger & Dry Cleaners Depot 3PM: Goodwill Depot National Fig Newton Day (stop by Front Desk for a Fig Newton)	17 10AM: Strength & Balance HH 12PM: Help Tech and with Young Men's League MR 1:30PM: Bible Study w/David Christian MR 4PM: Vigil Mass SP
18 2:30PM: Christian Fellowship MR	19 10AM: Chair Yoga HH 10:30AM: Sensory Activity PCC 1:30PM: HRLS--Palliative Care - Emily Hensley with Agape Hospice SP 7PM: Sing-Along SP 7PM: Phase 10 GR	20 10AM: Standing Aerobics HH 11AM: Chair Pilates HH 11:30AM: Standing Tai Chi SP 1PM: Manipulation AZ 1:30PM: Rummikub GR 1:30PM: Bible Study Make-Up Session MR 6:30PM: Vespers SP	21 9AM: Trader Joes & CVS Depot 10AM: Chair Yoga HH 10:45AM: Aldi Depot 11AM: Episcopal Eucharist MR 1:30PM: BINGO GR 1:30PM: Kroger & Banks Depot 3PM: Publix Depot 3:30PM: Music with Deb Lieb SP 5PM: New Resident Dinner DR 7PM: Canasta Hand & Foot GR	22 10AM: Chair Aerobics HH 10:30AM: High Museum Viktor & Rolf Fashion Exhibit w/lunch at Marlow's \$23.50 per person BD 1:30PM: Tai Chi HH 3:30PM: Sharp Affair Band SP	23 9AM: Publix Depot 10AM: Cardio Exercise HH 10:30AM: Walmart Depot 11AM: Chair Pilates HH 1:30PM: Kroger & Dry Cleaners Depot 2PM: National Pie Day BL 3PM: Goodwill Depot	24 10AM: Strength & Balance HH 10:15AM: Happy Tails BL 12AM: Help Tech w/Young Men's League MR 1:30PM: Bible Study w/David Christian MR 4PM: Vigil Mass SP
25 2:30PM: Christian Fellowship MR 4PM: Book Club HH	26 10AM: Chair Yoga HH 10:30AM: Sensory Activity PCC 7PM: Phase 10 GR	27 10AM: Standing Aerobics HH 11AM: Chair Pilates HH 11:30AM: Standing Tai Chi SP 1PM: Manipulation AZ 1:30PM: Rummikub GR 1:30PM: Bible Study Make-Up Session MR 6:30PM: Vespers SP	28 9AM: Trader Joes & CVS Depot 10AM: Chair Yoga HH 10:45AM: Aldi Depot 11AM: Episcopal Eucharist MR 1:30PM: BINGO GR 1:30PM: Kroger & Banks Depot 3PM: Publix Depot 3PM: Board Meeting SP 7PM: Canasta Hand & Foot GR	29 10AM: Chair Aerobics HH 11AM: Lunch at Brookwood Grill Front Entrance 1:30PM: Tai Chi HH 3:30PM: Rhythm & Rouge SP	30 9AM: Publix Depot 10AM: Cardio Exercise HH 10:30AM: Walmart Depot 11AM: Chair Pilates HH 11:30AM: National Croissant Day DR 1:30PM: Kroger & Dry Cleaners Depot 3PM: Goodwill Depot	31 10AM: Strength & Balance HH 10:15AM: Happy Tails BL 12AM: Help Tech w/Young Men's League MR 1:30PM: Bible Study w/David Christian MR 4PM: Vigil Mass SP