

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<p>January 2026</p> <p>Cedarbrook Village Traditional</p>	<p>1 ● All Day Happy New Year!</p> <p>● 10:00am Catholic Mass w/ FR. Petter (C)</p> <p>● 10:30am Solo Games</p> <p>● 1:00pm Discover something new every Thursday afternoon! (T)</p> <p>● 2:00pm Puzzle & Brain Games (LS)</p> <p>● 3:00pm Relaxation & Reflection</p> <p>● 6:00pm Travel & Adventure Films: (T)</p>	<p>2 ● 9:00am Coffee & Chronicles w/ Sabrina (LS)</p> <p>● 9:30am Advanced Standing HIIT (FC)</p> <p>● 10:00am Exercise w/Ron (LS)</p> <p>● 10:30am Off to the Races (LS)</p> <p>● 2:00pm Quarter Bingo (P)</p> <p>● 3:00pm Room Visits</p> <p>● 6:00pm Romance Films: (T)</p>	<p>3 ● All Day Class Tv Shows (T)</p> <p>● All Day Independent Games (LS)</p> <p>● All Day Puzzle & Game Table (LS)</p> <p>● All Day Reading & Listening (L)</p> <p>● All Day Relaxation & Music Hour (LS)</p> <p>● 6:00pm Resident Pick Movie (TH)</p>
<p>● 9:30am Morning Stretch w/ Alicia (LS)</p> <p>● 10:00am ● Sunday Morning Cocoa Bar Social (LS)</p> <p>● 10:00am Catholic Salvation (T)</p> <p>● 1:00pm Crossword puzzles or word searches (P)</p> <p>● 2:00pm Prize Bingo (P)</p> <p>● 6:00pm Action Movie Sundays: (T)</p>	<p>4 ● 9:00am Exercise w/Tara (LS)</p> <p>● 9:00am Shopping Trip</p> <p>● 9:30am Helping Hands: Holiday Décor Take-Down</p> <p>● 9:30am HIIT Class w/Tara (FC)</p> <p>● 1:30pm Run, Run, Reindeer! (P)</p> <p>● 3:00pm Cedarbrook Hold'em (P)</p> <p>● 6:00pm Classic Movie Monday: (T)</p>	<p>5 ● 9:00am Exercise w/Tara (LS)</p> <p>● 10:00am Exercise w/Tara (LS)</p> <p>● 10:30am Baking Club (LS)</p> <p>● 1:00pm Documentary Series: American Prince – JFK Jr. (The Boy Who Would Be King) (T)</p> <p>● 2:00pm Quarter Bingo (P)</p> <p>● 3:00pm ● Frosty Milkshake Social (P)</p> <p>● 6:00pm Western Tuesday Films: (T)</p>	<p>6 ● 9:00am Exercise w/Tara (LS)</p> <p>● 9:30am HIIT Class w/Tara (FC)</p> <p>● 10:00am ● Wildlife Wonders (LS)</p> <p>● 10:30am Annie's Country Kitchen</p> <p>● 2:00pm Shuffleboard Social (LS)</p> <p>● 3:00pm Manicures w/ Steph (LS)</p> <p>● 6:00pm Feel-Good Favorites (T)</p>	<p>7 ● 9:00am Exercise w/Tara (LS)</p> <p>● 10:00am Exercise w/Tara (LS)</p> <p>● 10:30am ● Memory Match Mania! (LS)</p> <p>● 1:00pm Discover something new every Thursday afternoon! (T)</p> <p>● 1:00pm Resident Council Meeting (LS)</p> <p>● 2:00pm Quarter Bingo (P)</p> <p>● 3:00pm Happy Hour (P)</p> <p>● 6:00pm Travel & Adventure Films: (T)</p>	<p>8 ● 9:00am Coffee & Chronicles w/ Sabrina (LS)</p> <p>● 9:30am Advanced Standing HIIT (FC)</p> <p>● 10:00am Exercise w/Ron (LS)</p> <p>● 10:30am ● Card Game: War (LS)</p> <p>● 2:00pm ● Guys' Group: Beer, Soda & Movie (P)</p> <p>● 3:00pm Room Visits</p> <p>● 6:00pm Romance Films: (T)</p>	<p>9 ● All Day Class Tv Shows (T)</p> <p>● All Day Independent Games (LS)</p> <p>● All Day Puzzle & Game Table (LS)</p> <p>● All Day Reading & Listening (L)</p> <p>● All Day Relaxation & Music Hour (LS)</p> <p>● 6:00pm Resident Pick Movie (TH)</p>	<p>10 ● All Day Class Tv Shows (T)</p> <p>● All Day Independent Games (LS)</p> <p>● All Day Puzzle & Game Table (LS)</p> <p>● All Day Reading & Listening (L)</p> <p>● All Day Relaxation & Music Hour (LS)</p> <p>● 6:00pm Resident Pick Movie (TH)</p>
<p>Happy Birthday!</p> <p>Barbara S. - 7th</p> <p>Richard A. - 14th</p> <p>Sid S. - 17th</p> <p>Nancy A. - 26th</p> <p>Blanca B. - 31st</p>	<p>Location Key</p>	<p>LS = Lucy Stone Activity Room</p> <p>P = Pub</p> <p>T = Theater</p>	<p>C = Chapel</p> <p>L = Library</p> <p>CY = Courtyard</p> <p>FC = Fitness Center</p>	<p>Activity Types</p>	<p>● Community Involvement</p> <p>● Emotional</p> <p>● Entertainment</p> <p>● Intellectual</p> <p>● Oouting</p> <p>● Physical</p> <p>● Purposeful</p> <p>● Social</p> <p>● Spiritual</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> 9:30am Morning Stretch w/ Alicia (LS) 10:00am 🍫 Sunday Morning Cocoa Bar Social (LS) 10:00am Catholic Salvation (T) 1:00pm Crossword puzzles or word searches (P) 2:00pm Prize Bingo (P) 6:00pm Action Movie Sundays: (T) 	11 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 9:00am Shopping Trip 9:30am HIIT Class w/Tara (FC) 10:00am National Bird Day: Morning Tweet & Treats Social (LS) 10:30am ✨ Men's Group - Birdhouse Building (LS) 1:30pm Wooden Birdhouse Decorating (LS) 2:30pm 🎵 Dancing with the Birds (Netflix) (T) 3:00pm Cedarbrook Hold'em (P) 6:00pm Classic Movie Monday: (T) 	12 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 10:00am Exercise w/Tara (LS) 10:30am Baking Club (LS) 1:00pm Documentary Series: American Prince - Ladies & Gentlemen, Meet George (T) 2:00pm Quarter Bingo (P) 3:00pm Handmade Jewelry Workshop (P) 6:00pm Western Tuesday Films: (T) 	13 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 9:30am HIIT Class w/Tara (FC) 10:00am 🌳 Indoor Putting Golf (LS) 1:00pm Knotty Knitters (LS) 1:00pm Manicures w/ Steph (LS) 2:00pm Soup & Bread Tasting Social (P) 6:00pm Feel-Good Favorites (T) 	14 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 10:00am Exercise w/Tara (LS) 10:30am Blood Pressure Clinic (LS) 10:30am Price Is Right: Come join the fun and test your guessing skills! (LS) 1:00pm Discover something new every Thursday afternoon! (T) 2:00pm Quarter Bingo (P) 3:00pm 🎩 National Hat Day Happy Hour (P) 6:00pm Travel & Adventure Films: (T) 	15 <ul style="list-style-type: none"> 9:00am Coffee & Chronicles w/ Sabrina (LS) 9:30am Advanced Standing HIIT (FC) 10:00am Exercise w/Ron (LS) 10:30am 🎭 Guessing Game Fun (P) 2:00pm 🎤 Golden Oldies Karaoke (P) 3:00pm Room Visits 6:00pm Romance Films: (T) 	16 <ul style="list-style-type: none"> All Day Class Tv Shows (T) All Day Independent Games (LS) All Day Puzzle & Game Table (LS) All Day Reading & Listening (L) All Day Relaxation & Music Hour (LS) 6:00pm Resident Pick Movie (TH) 	17
<ul style="list-style-type: none"> 9:30am Morning Stretch w/ Alicia (LS) 10:00am 🍫 Sunday Morning Cocoa Bar Social (LS) 10:00am Catholic Salvation (T) 1:00pm Crossword puzzles or word searches (P) 2:00pm Prize Bingo (P) 6:00pm Action Movie Sundays: (T) 	18 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 9:00am Shopping Trip 9:30am HIIT Class w/Tara (FC) 10:00am DIY Ceramic Mug Painting (LS) 1:00pm 🍟 National Popcorn Day Social: Pop, Munch & Mingle (P) 2:00pm 🎵 Musical Performance with Stephen George 3:00pm Cedarbrook Hold'em (P) 6:00pm Classic Movie Monday: (T) 	19 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 10:00am Exercise w/Tara (LS) 10:30am Baking Club (LS) 1:00pm Documentary Series: American Prince: The Final Summer (T) 2:00pm Quarter Bingo (P) 3:00pm 🧀 Cheese Day Social: Say Cheese! (P) 6:00pm Western Tuesday Films: (T) 	20 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 9:30am HIIT Class w/Tara (FC) 10:00am 🎳 Indoor Bowling & Social (LS) 10:30am Chef Demo (LS) 11:30am Cracker Barrel & Old Country Store 2:00pm 🎵 Musical Journeys (T) 3:00pm Manicures w/ Steph (LS) 6:00pm Feel-Good Favorites (T) 	21 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 10:00am Exercise w/Tara (LS) 10:30am Jeopardy Game Day (LS) 1:00pm Discover something new every Thursday afternoon! (T) 2:00pm Quarter Bingo (P) 3:00pm Happy Hour (P) 3:00pm Sing a Long w/ Sandy (P) 6:00pm Travel & Adventure Films: (T) 	22 <ul style="list-style-type: none"> 9:00am Coffee & Chronicles w/ Sabrina (LS) 9:30am Advanced Standing HIIT (FC) 10:00am Exercise w/Ron (LS) 10:30am Yahtzee 2:00pm Sip & Paint (LS) 3:00pm Room Visits 6:00pm Romance Films: (T) 	23 <ul style="list-style-type: none"> All Day Class Tv Shows (T) All Day Independent Games (LS) All Day Puzzle & Game Table (LS) All Day Reading & Listening (L) All Day Relaxation & Music Hour (LS) 6:00pm Resident Pick Movie (TH) 	24
<ul style="list-style-type: none"> 9:30am Morning Stretch w/ Alicia (LS) 10:00am 🍫 Sunday Morning Cocoa Bar Social (LS) 10:00am Catholic Salvation (T) 1:00pm Crossword puzzles or word searches (P) 2:00pm Prize Bingo (P) 6:00pm Action Movie Sundays: (T) 	25 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 9:00am Shopping Trip 9:30am HIIT Class w/Tara (FC) 10:00am Art w/ Amy (T) 2:00pm Sip, Snack & Social: Green Juice Day! (LS) 3:00pm Cedarbrook Hold'em (P) 6:00pm Classic Movie Monday: (T) 	26 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 10:00am Exercise w/Tara (LS) 10:30am Baking Club (LS) 1:00pm American Dynasties: The Kennedys (T) 2:00pm Quarter Bingo (P) 3:00pm Billard's 6:00pm Western Tuesday Films: (T) 	27 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 9:30am 🌱 Riverside Reptile Adventure 9:30am HIIT Class w/Tara (FC) 10:00am 😊 Funny Home Video Social (LS) 1:00pm Finish the Phrase Fun with Coffee & Snacks (LS) 1:00pm Knotty Knitters (LS) 2:00pm Manicures w/ Steph (LS) 6:00pm Feel-Good Favorites (T) 	28 <ul style="list-style-type: none"> 9:00am Exercise w/Tara (LS) 10:00am Exercise w/Tara (LS) 10:30am Pathfinder Student Visit & Activities (LS) 1:00pm Discover something new every Thursday afternoon! (T) 2:00pm Sing-Along Hymns Concert w/ Peter & Laura (P) 3:00pm Happy Hour (P) 6:00pm Travel & Adventure Films: (T) 	29 <ul style="list-style-type: none"> 9:00am Coffee & Chronicles w/ Sabrina (LS) 9:30am Advanced Standing HIIT (FC) 10:00am Exercise w/Ron (LS) 10:30am Quarter Bingo (P) 1:30pm 🎵 Musical Performance with Ben & ED (P) 2:30pm Happy Birthday Party for Ben (P) 3:00pm Room Visits 6:00pm Romance Films: (T) 	30 <ul style="list-style-type: none"> All Day Class Tv Shows (T) All Day Independent Games (LS) All Day Puzzle & Game Table (LS) All Day Reading & Listening (L) All Day Relaxation & Music Hour (LS) 6:00pm Resident Pick Movie (TH) 	31