

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2026</h1> <h2>Cedarbrook Village Traditional</h2>				<div> <div></div> All Day Happy New Year! ¹ <div></div> 10:00am Catholic Mass w/ FR. Petter (C) <div></div> 10:30am Solo Games <div></div> 1:00pm Discover something new every Thursday afternoon! (T) <div></div> 2:00pm Puzzle & Brain Games (LS) <div></div> 3:00pm Relaxation & Reflection <div></div> 6:00pm Travel & Adventure Films: (T) </div>	<div> <div></div> 9:00am Coffee & Chronicles w/ Sabrina (LS) ² <div></div> 9:30am Advanced Standing HIIT (FC) <div></div> 10:00am Exercise w/Ron (LS) <div></div> 10:30am Off to the Races (LS) <div></div> 2:00pm Quarter Bingo (P) <div></div> 3:00pm Room Visits <div></div> 6:00pm Romance Films: (T) </div>	<div> <div></div> All Day Class Tv Shows (T) ³ <div></div> All Day Independent Games (LS) <div></div> All Day Puzzle & Game Table (LS) <div></div> All Day Reading & Listening (L) <div></div> All Day Relaxation & Music Hour (LS) <div></div> 6:00pm Resident Pick Movie (TH) </div>
<div> <div></div> 9:30am Morning Stretch w/ Alicia (LS) ⁴ <div></div> 10:00am ☕ Sunday Morning Cocoa Bar Social (LS) <div></div> 10:00am Catholic Salvation (T) <div></div> 1:00pm Crossword puzzles or word searches (P) <div></div> 2:00pm Prize Bingo (P) <div></div> 6:00pm Action Movie Sundays: (T) </div>	<div> <div></div> 9:00am Exercise w/Tara (LS) ⁵ <div></div> 9:00am Shopping Trip <div></div> 9:30am Helping Hands: Holiday Décor Take-Down <div></div> 9:30am HIIT Class w/Tara (FC) <div></div> 1:30pm Run, Run, Reindeer! (P) <div></div> 3:00pm Cedarbrook Hold'em (P) <div></div> 6:00pm Classic Movie Monday: (T) </div>	<div> <div></div> 9:00am Exercise w/Tara (LS) ⁶ <div></div> 10:00am Exercise w/Tara (LS) <div></div> 10:30am Baking Club (LS) <div></div> 1:00pm Documentary Series: American Prince – JFK Jr. (The Boy Who Would Be King) (T) <div></div> 2:00pm Quarter Bingo (P) <div></div> 3:00pm 🧋 Frosty Milkshake Social (P) <div></div> 6:00pm Western Tuesday Films: (T) </div>	<div> <div></div> 9:00am Exercise w/Tara (LS) ⁷ <div></div> 9:30am HIIT Class w/Tara (FC) <div></div> 10:00am 🐾 Wildlife Wonders (LS) <div></div> 10:30am Annie's Country Kitchen <div></div> 2:00pm Shuffleboard Social (LS) <div></div> 3:00pm Manicures w/ Steph (LS) <div></div> 6:00pm Feel-Good Favorites (T) </div>	<div> <div></div> 9:00am Exercise w/Tara (LS) ⁸ <div></div> 10:00am Exercise w/Tara (LS) <div></div> 10:30am 🧠 Memory Match Mania! (LS) <div></div> 1:00pm Discover something new every Thursday afternoon! (T) <div></div> 1:00pm Resident Council Meeting (LS) <div></div> 2:00pm Quarter Bingo (P) <div></div> 3:00pm Happy Hour (P) <div></div> 6:00pm Travel & Adventure Films: (T) </div>	<div> <div></div> 9:00am Coffee & Chronicles w/ Sabrina (LS) ⁹ <div></div> 9:30am Advanced Standing HIIT (FC) <div></div> 10:00am Exercise w/Ron (LS) <div></div> 10:30am 🃏 Card Game: War (LS) <div></div> 2:00pm 🍺 Guys' Group: Beer, Soda & Movie (P) <div></div> 3:00pm Room Visits <div></div> 6:00pm Romance Films: (T) </div>	<div> <div></div> All Day Class Tv Shows (T) ¹⁰ <div></div> All Day Independent Games (LS) <div></div> All Day Puzzle & Game Table (LS) <div></div> All Day Reading & Listening (L) <div></div> All Day Relaxation & Music Hour (LS) <div></div> 6:00pm Resident Pick Movie (TH) </div>
<div> <div>Happy Birthday!</div> <div>Barbara S. - 7th</div> <div>Richard A. - 14th</div> <div>Sid S. - 17th</div> <div>Nancy A. - 26th</div> <div>Blanca B. - 31st</div> </div>	<div> <div>Location Key</div> <div> <div>LS = Lucy Stone Activity Room</div> <div>P = Pub</div> <div>T = Theater</div> </div> </div>			<div> <div>Activity Types</div> <div> <div>Community Involvement</div> <div>Emotional</div> <div>Entertainment</div> <div>Intellectual</div> <div>Outing</div> <div>Physical</div> <div>Purposeful</div> <div>Social</div> <div>Spiritual</div> </div> </div>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>● 9:30am Morning Stretch w/ Alicia (LS)</div><div>● 10:00am ☕ Sunday Morning Cocoa Bar Social (LS)</div><div>● 10:00am Catholic Salvation (T)</div><div>● 1:00pm Crossword puzzles or word searches (P)</div><div>● 2:00pm Prize Bingo (P)</div><div>● 6:00pm Action Movie Sundays: (T)</div></div> <div>11</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 9:00am Shopping Trip</div><div>● 9:30am HIIT Class w/Tara (FC)</div><div>● 10:00am National Bird Day: Morning Tweet & Treats Social (LS)</div><div>● 10:30am 🦋 Men's Group – Birdhouse Building (LS)</div><div>● 1:30pm Wooden Birdhouse Decorating 🎨 (LS)</div><div>● 2:30pm 🦋 Dancing with the Birds (Netflix) (T)</div><div>● 3:00pm Cedarbrook Hold'em (P)</div><div>● 6:00pm Classic Movie Monday: (T)</div></div> <div>12</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 10:00am Exercise w/Tara (LS)</div><div>● 10:30am Baking Club (LS)</div><div>● 1:00pm Documentary Series: American Prince – Ladies & Gentlemen, Meet George (T)</div><div>● 2:00pm Quarter Bingo (P)</div><div>● 3:00pm Handmade Jewelry Workshop (P)</div><div>● 6:00pm Western Tuesday Films: (T)</div></div> <div>13</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 9:30am HIIT Class w/Tara (FC)</div><div>● 10:00am 🏌️ Indoor Putting Golf (LS)</div><div>● 1:00pm Knotty Knitters (LS)</div><div>● 1:00pm Manicures w/ Steph (LS)</div><div>● 2:00pm 🥘 Soup & Bread Tasting Social (P)</div><div>● 6:00pm Feel-Good Favorites (T)</div></div> <div>14</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 10:00am Exercise w/Tara (LS)</div><div>● 10:30am Blood Pressure Clinic (LS)</div><div>● 10:30am Price Is Right: Come join the fun and test your guessing skills! (LS)</div><div>● 1:00pm Discover something new every Thursday afternoon! (T)</div><div>● 2:00pm Quarter Bingo (P)</div><div>● 3:00pm 🎩 National Hat Day Happy Hour (P)</div><div>● 6:00pm Travel & Adventure Films: (T)</div></div> <div>15</div>	<div><div>● 9:00am Coffee & Chronicles w/ Sabrina (LS)</div><div>● 9:30am Advanced Standing HIIT (FC)</div><div>● 10:00am Exercise w/Ron (LS)</div><div>● 10:30am 🧐 Guessing Game Fun (P)</div><div>● 2:00pm 🎤 Golden Oldies Karaoke (P)</div><div>● 3:00pm Room Visits</div><div>● 6:00pm Romance Films: (T)</div></div> <div>16</div>	<div><div>● All Day Class Tv Shows (T)</div><div>● All Day Independent Games (LS)</div><div>● All Day Puzzle & Game Table (LS)</div><div>● All Day Reading & Listening (L)</div><div>● All Day Relaxation & Music Hour (LS)</div><div>● 6:00pm Resident Pick Movie (TH)</div></div> <div>17</div>
<div><div>● 9:30am Morning Stretch w/ Alicia (LS)</div><div>● 10:00am ☕ Sunday Morning Cocoa Bar Social (LS)</div><div>● 10:00am Catholic Salvation (T)</div><div>● 1:00pm Crossword puzzles or word searches (P)</div><div>● 2:00pm Prize Bingo (P)</div><div>● 6:00pm Action Movie Sundays: (T)</div></div> <div>18</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 9:00am Shopping Trip</div><div>● 9:30am HIIT Class w/Tara (FC)</div><div>● 10:00am DIY Ceramic Mug Painting (LS)</div><div>● 1:00pm 🍿 National Popcorn Day Social: Pop, Munch & Mingle (P)</div><div>● 2:00pm 🎵 Musical Performance with Stephen George</div><div>● 3:00pm Cedarbrook Hold'em (P)</div><div>● 6:00pm Classic Movie Monday: (T)</div></div> <div>19</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 10:00am Exercise w/Tara (LS)</div><div>● 10:30am Baking Club (LS)</div><div>● 1:00pm Documentary Series: American Prince: The Final Summer (T)</div><div>● 2:00pm Quarter Bingo (P)</div><div>● 3:00pm 🧀 Cheese Day Social: Say Cheese! (P)</div><div>● 6:00pm Western Tuesday Films: (T)</div></div> <div>20</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 9:30am HIIT Class w/Tara (FC)</div><div>● 10:00am 🏹 Indoor Bowling & Social (LS)</div><div>● 10:30am Chef Demo (LS)</div><div>● 11:30am Cracker Barrel & Old Country Store</div><div>● 2:00pm 🎵 Musical Journeys (T)</div><div>● 3:00pm Manicures w/ Steph (LS)</div><div>● 6:00pm Feel-Good Favorites (T)</div></div> <div>21</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 10:00am Exercise w/Tara (LS)</div><div>● 10:30am Jeopardy Game Day (LS)</div><div>● 1:00pm Discover something new every Thursday afternoon! (T)</div><div>● 2:00pm Quarter Bingo (P)</div><div>● 3:00pm Happy Hour (P)</div><div>● 3:00pm Sing a Long w/ Sandy (P)</div><div>● 6:00pm Travel & Adventure Films: (T)</div></div> <div>22</div>	<div><div>● 9:00am Coffee & Chronicles w/ Sabrina (LS)</div><div>● 9:30am Advanced Standing HIIT (FC)</div><div>● 10:00am Exercise w/Ron (LS)</div><div>● 10:30am Yahtzee</div><div>● 2:00pm Sip & Paint (LS)</div><div>● 3:00pm Room Visits</div><div>● 6:00pm Romance Films: (T)</div></div> <div>23</div>	<div><div>● All Day Class Tv Shows (T)</div><div>● All Day Independent Games (LS)</div><div>● All Day Puzzle & Game Table (LS)</div><div>● All Day Reading & Listening (L)</div><div>● All Day Relaxation & Music Hour (LS)</div><div>● 6:00pm Resident Pick Movie (TH)</div></div> <div>24</div>
<div><div>● 9:30am Morning Stretch w/ Alicia (LS)</div><div>● 10:00am ☕ Sunday Morning Cocoa Bar Social (LS)</div><div>● 10:00am Catholic Salvation (T)</div><div>● 1:00pm Crossword puzzles or word searches (P)</div><div>● 2:00pm Prize Bingo (P)</div><div>● 6:00pm Action Movie Sundays: (T)</div></div> <div>25</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 9:00am Shopping Trip</div><div>● 9:30am HIIT Class w/Tara (FC)</div><div>● 10:00am Art w/ Amy (T)</div><div>● 2:00pm Sip, Snack & Social: Green Juice Day! 🥤 (LS)</div><div>● 3:00pm Cedarbrook Hold'em (P)</div><div>● 6:00pm Classic Movie Monday: (T)</div></div> <div>26</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 10:00am Exercise w/Tara (LS)</div><div>● 10:30am Baking Club (LS)</div><div>● 1:00pm American Dynasties: The Kennedys (T)</div><div>● 2:00pm Quarter Bingo (P)</div><div>● 3:00pm Billard's</div><div>● 6:00pm Western Tuesday Films: (T)</div></div> <div>27</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 9:30am 🦎 Riverside Reptile Adventure</div><div>● 9:30am HIIT Class w/Tara (FC)</div><div>● 10:00am 😂 Funny Home Video Social (LS)</div><div>● 1:00pm Finish the Phrase Fun with Coffee & Snacks (LS)</div><div>● 1:00pm Knotty Knitters (LS)</div><div>● 2:00pm Manicures w/ Steph (LS)</div><div>● 6:00pm Feel-Good Favorites (T)</div></div> <div>28</div>	<div><div>● 9:00am Exercise w/Tara (LS)</div><div>● 10:00am Exercise w/Tara (LS)</div><div>● 10:30am Pathfinder Student Visit & Activities (LS)</div><div>● 1:00pm Discover something new every Thursday afternoon! (T)</div><div>● 2:00pm 🎵 Sing-Along Hymns Concert w/ Peter & Laura (P)</div><div>● 3:00pm Happy Hour (P)</div><div>● 6:00pm Travel & Adventure Films: (T)</div></div> <div>29</div>	<div><div>● 9:00am Coffee & Chronicles w/ Sabrina (LS)</div><div>● 9:30am Advanced Standing HIIT (FC)</div><div>● 10:00am Exercise w/Ron (LS)</div><div>● 10:30am Quarter Bingo (P)</div><div>● 1:30pm 🎵 Musical Performance with Ben & ED (P)</div><div>● 2:30pm Happy Birthday Party for Ben (P)</div><div>● 3:00pm Room Visits</div><div>● 6:00pm Romance Films: (T)</div></div> <div>30</div>	<div><div>● All Day Class Tv Shows (T)</div><div>● All Day Independent Games (LS)</div><div>● All Day Puzzle & Game Table (LS)</div><div>● All Day Reading & Listening (L)</div><div>● All Day Relaxation & Music Hour (LS)</div><div>● 6:00pm Resident Pick Movie (TH)</div></div> <div>31</div>