



JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember that all programs require registration. Register online by visiting our website!				
5 10:00 Men's Coffee and Conversation 11:00 Cardio-Yoga-Sculpt ◇ 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	6 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 1:00 Canasta 1:00 Come Play Backgammon 1:00 French Club	7 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	8 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	9 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Afternoon Movie
12 10:00 Medicare 101 10:00 Men's Coffee and Conversation 11:00 Cardio-Yoga-Sculpt ◇ 11:00 Caregiver Support Group 12:30 Merry Maidens Bridge 1:00 Cribbage (beginner) 1:00 Hand & Foot	13 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 11:30 Intro to Mindfulness ◇ 1:00 Canasta 1:00 Come Play Backgammon	14 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	15 10:00 Octets Bridge 10:00 Tai Chi ◇ 11:00 Wise Women Wondering 11:00 Bridget's Lunch Bunch @ Oak Street Bistro ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 2:00 Ukelele Group	16 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 1:00 Cribbage (intermediate) 1:00 Afternoon Movie
19 CLOSED FOR PROGRAMMING MARTIN LUTHER KING JR DAY	20 9:30 Weekly Blood Pressure Check 10:00 Art Workshop ◇ 10:00 Gentle Vinyasa Yoga with Leslie ◇ 10:00 Mindfulness with Nancy 11:30 Intro to Mindfulness ◇ 12:00 SMAA Community Cafe 1:00 Succulent Snapshot 1:00 Canasta 1:00 Come Play Backgammon 1:00 French Club	21 9:00 Strength & Balance with Serina ◇ 10:00 Craft Group 10:00 Crochet Lessons ◇ 1:00 American Mahjong (intermediate) 1:00 Cribbage (intermediate)	22 9:00 Cardio and Dance ◇ 9:00 Keep It Legal 10:00 Octets Bridge 10:00 Tai Chi ◇ 1:00 American Mahjong (novice) 1:00 Adult Coloring Group 1:00 The Art of Story Telling 2:00 Ukelele Group	23 9:00 Open House 10:00 Uno & Rummikub 10:00 Knitting Group 11:00 Bridget's Lunch Bunch @ Cliff House ◇ 1:00 Cribbage (intermediate) 1:00 Afternoon Movie 2:00 Parkinson's Support



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>26</p> <p>10:00 Men's Coffee and Conversation</p> <p>11:00 Cardio-Yoga-Sculpt ◇</p> <p>11:00 Caregiver Support Group</p> <p>12:30 Merry Maidens Bridge</p> <p>1:00 Cribbage (beginner)</p> <p>1:00 Hand & Foot</p>	<p>27</p> <p>9:30 Weekly Blood Pressure Check</p> <p>10:00 Art Workshop ◇</p> <p>10:00 Gentle Vinyasa Yoga with Leslie ◇</p> <p>10:00 Mindfulness with Nancy</p> <p>11:30 Intro to Mindfulness ◇</p> <p>1:00 Canasta</p> <p>1:00 Dewey's Travel Talk</p> <p>1:00 Come Play Backgammon</p>	<p>28</p> <p>9:00 Strength & Balance with Serina ◇</p> <p>10:00 Craft Group</p> <p>10:00 Crochet Lessons ◇</p> <p>1:00 American Mahjong (intermediate)</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Book Club</p>	<p>29</p> <p>9:00 Cardio and Dance ◇</p> <p>10:00 Octets Bridge</p> <p>10:00 Tai Chi ◇</p> <p>11:00 Social Club</p> <p>1:00 American Mahjong (novice)</p> <p>1:00 Adult Coloring Group</p> <p>2:00 Ukelele Group</p> <p>2:00 Widow and Widower Social Group</p>	<p>30</p> <p>9:00 Open House</p> <p>10:00 Uno & Rummikub</p> <p>10:00 Bob Boudreau Presentation</p> <p>10:00 Knitting Group</p> <p>1:00 Cribbage (intermediate)</p> <p>1:00 Afternoon Movie</p> <p style="text-align: center; color: red;">11a-4p Red Cross Blood Drive</p>

KEY

Highlighted Program = New & Noteworthy

◇ = Program Fee

Bold Program = Off-Site Program or Fundraiser