

January 2026

VIRTUAL (IN BLACK)
IN-PERSON (IN BLUE)
SOCIAL CLUB (In GREEN)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
				10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise	
4	5	6	7	8	9	10
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1 – 3: Booth Social Club	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	10 AM – 12 PM: Social Club at Cambridge Arms 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training 1 -3 PM: Page Towers Social Club	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 10 AM - 12 PM: Senior Artist Cohort 2-3 PM: Tech Talk	
11	12	13.	14	15	- 16	17
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 1- 2 PM: Senior Self Care Series	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training 1-2: Hillcrest Self Care 2– 3 PM: Hillcrest Spanish Club	9:30 - 10:00 AM Mindful Mornings 10:30 - 11:30 AM Sr Exercise 11:30 AM – 1 PM City Stops: TAGLIO Pizzeria	
18	19	20	21	22	23	24
	HAPPY MARTIN LUTHER KING Jr. DAY OFFICE CLOSED	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 – 4:30 PM: Brain Games	10 AM – 12 PM: Hillcrest Social Club 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training	9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise 11:30 AM – 1 PM: Library Lunch & Learn	
25	26	27	28	29	30	31
	9:30 - 10:00 AM: Mindful Mornings 11:00 AM – 12:00 PM: Tai Chi Qigong Shibashi 11:30 AM – 12:30 PM: Sr Exercise 11:30 AM – 3 PM: Dominoes Divas & Dudes 1:30 – 3PM Art with Abrakadoodle	12 – 1 PM: Ageless Yoga 1 – 2:30: Popcorn & Perspectives 2 – 2:45: Tai Chi 3:30 PM– 4:30 PM: Brain Games	11 AM – 12 PM: Chess 11:30 AM – 12:30 PM: Sr Exercise 2 – 3 PM: Spanish Club: Beginner	10 – 11 AM: Chair Yoga 12 - 1:PM: Zentangle 2 – 3 PM: Strength Training	9:30 - 10:00 AM: Mindful Mornings 10:30 - 11:30 AM: Sr Exercise	