

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>January 2026</h1><h2>Fraser Apartments</h2></div>		<p>KEY: A=Atrium B=Bus BT=Bravo Theater CR=Cameron's Restaurant CR3=Club Room 3rd CS2=Creation Station 2nd DL=Drummond's Lounge DR=Drummond's Restaurant ES=Exercise Studio HH=Highlands Hall HP3=Highview Pub 3rd SAR=St. Andrew's Room</p>	<h2>Happy Birthday!</h2> <p>Ann K. – 3rd Bart "Bart" R. – 3rd Jack H. – 8th Rick B. – 8th Jerry J. – 11th Wanda B. – 12th Tom M. – 16th Carolyn S. – 28th</p>	<p>10:00am Tai Chi & Cardio w/Lindsey (HS1) 10:30am Baking for Birthdays (HS1) 1:00pm Dominoes - Resident-Led (DL) 3:00pm Celebrate Birthdays (HH) 4:00pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Discuss Favorite Recipes (CD)</p>	<p>28:30am YMCA Yoga-Register in Life Loop (B) 10:00am Ladies Coffee & Laughs (HH) 10:00am Yoga & Cardio w/Laura (HS1) 11:00am iPhone 101 Class (BT) 1:00pm LCR Dice Game (HH) 1:00pm Pitch Card Game - 3rd Floor (CR3) 2:00pm Movie & Popcorn (BT) 4:00pm Beverages in Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Discuss Favorite Recipes (CD)</p>	<p>10:30am Cribbage - Resident-Led (HS1) 1:30pm Pokeno Game (Like Bingo) - Resident-Led (HH) 2:30pm Bridge Card Game - Resident-Led (DL) 2:30pm Scrabble Board Game - Resident-Led (DL) 3:30pm Beverages in the Pub (P)</p>
<p>9:45am Catholic Communion Service (ES) 10:30am Movement Exercise - Resident-Led (HS1) 1:00pm Bridge Card Game - Resident-Led (DL) 1:00pm Canasta Card Game - Resident-Led (DL) 2:00pm Movie-Prime Movie Channel (BT) 3:30pm Ladies Coffee & Laughs (HS1)</p>	<p>48:30am YMCA Aqua- Register in Life Loop (B) 9:15am Prayer Circle (ES) 10:00am Balloon Volleyball (ES) 10:30am Fun Trivia (DL) 1:00pm Bible Study (CS2) 1:00pm Pitch Card Game - 3rd Floor (CR3) 2:30pm Beverages in Highview Pub 2:30pm Pokeno Game - Like Bingo (HH) 3:30pm Bowling on the Big Screen 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Shoot Pool (CR3)</p>	<p>510:00am Exercise Bands-w/Lindsey (HS1) 1:00pm Blackjack Card Game-Bring Dimes (HH) 2:30pm Beverages in the Highview Pub (HP3) 2:30pm Dollar General Bus Trip-Register (B) 3:00pm Jewelry Making (HS1) 4:00pm Resident Rosary Prayer (ES) 6:30pm Music Trivia (CD)</p>	<p>68:30am YMCA Yoga-Register in Life Loop 9:00am Men's Coffee Talk - Firemen Visit (CS2) 10:00am Chair Yoga/Cardio w/Lindsey (HS1) 10:30am Bridge Card Game - Resident-Led (DL) 10:50am Pet Therapy w/Melody & Zoey (HS1) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo Bonanza (HH) 2:00pm Sing-Along (HH) 3:30pm Walking Club-Meet in the Atrium (AT) 6:30pm Game Night (CS2)</p>	<p>710:00am Tai Chi & Cardio w/Lindsey (HS1) 1:00pm Dominoes - Resident-Led (DL) 1:00pm Lifelong Learning (Mike Talk): The History of Rock & Roll (BT) 4:00pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES)</p>	<p>88:30am YMCA Yoga-Register in Life Loop (B) 10:00am Ladies Coffee & Laughs (HH) 10:00am Yoga & Cardio w/Laura (HS1) 11:00am Life Loop Training on Devices (BT) 1:00pm LCR Dice Game (HH) 1:00pm Pitch Card Game - 3rd Floor (CR3) 2:00pm Movie & Popcorn (BT) 4:00pm Beverages in Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm UNO Card Game (HS1)</p>	<p>910:30am Cribbage - Resident-Led (HS1) 1:30pm Pokeno Game (Like Bingo) - Resident-Led (HH) 2:30pm Bridge Card Game - Resident-Led (DL) 2:30pm Scrabble Board Game - Resident-Led (DL) 3:30pm Beverages in the Pub (P) 6:30pm Shuffleboard (SAR)</p>
<p>119:45am Catholic Communion Service (ES) 10:30am Movement Exercise - Resident-Led (HS1) 1:00pm Bridge Card Game - Resident-Led (DL) 1:00pm Canasta Card Game - Resident-Led (DL) 2:00pm Movie-Prime Movie Channel (BT) 3:30pm Ladies Coffee & Laughs (HS1)</p>	<p>128:30am YMCA Aqua- Register in Life Loop (B) 9:15am Prayer Circle (ES) 10:00am Chair Tai Chi/Cardio (HS1) 10:30am Catholic Mass w/ Father Vince (ES) 1:00pm Bible Study (CS2) 1:30pm Test Your Knowledge w/Jacey-Prizes given (BT) 2:30pm Beverages in Highview Pub 2:30pm Pokeno Game - Like Bingo (HH) 3:30pm Bowling on the Big Screen 3:30pm Pet Therapy w/Sandy & Darby (HS1) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Shoot Pool (CR3)</p>	<p>1310:00am Exercise Bands-w/Lindsey (HS1) 10:30am Walmart Shopping (B) 1:00pm Blackjack Card Game - Bring Dimes (HH) 1:00pm Monthly Book Club (DL) 2:00pm Winter Craft (CS2) 2:30pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES)</p>	<p>148:30am YMCA Yoga-Register in Life Loop 9:00am Men's Coffee Talk - Firemen Visit (CS2) 10:00am Chair Yoga/Cardio w/Lindsey (HS1) 10:30am Bridge Card Game - Resident-Led (DL) 10:50am Pet Therapy w/Melody & Zoey (HS1) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo Bonanza (HH) 2:00pm Bible Study w/Pastor Quandt (HH) 2:00pm Sing-Along (HH) 3:30pm Walking Club-Meet in the Atrium (AT) 6:30pm Game Night (CS2)</p>	<p>1510:00am Tai Chi & Cardio w/Lindsey (HS1) 1:00pm Dominoes - Resident-Led (DL) 1:00pm Make Dessert for Fire Dept. (CS2) 4:00pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Trivia (CD)</p>	<p>168:30am YMCA Yoga-Register in Life Loop (B) 10:00am Ladies Coffee & Laughs (HH) 10:00am Yoga & Cardio w/Laura (HS1) 11:00am iPhone 101 Class (BT) 11:45am El Vallarta Restuarant Bus-Register (B) 1:00pm LCR Dice Game (HH) 1:00pm Pitch Card Game - 3rd Floor (CR3) 2:00pm Movie & Popcorn (BT) 4:00pm Beverages in Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES)</p>	<p>1710:30am Cribbage - Resident-Led (HS1) 1:30pm Pokeno Game (Like Bingo) - Resident-Led (HH) 2:30pm Bridge Card Game - Resident-Led (DL) 2:30pm Scrabble Board Game - Resident-Led (DL) 3:30pm Beverages in the Pub (P) 6:30pm Shuffleboard (SAR)</p>

