

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2026</div> <div>Sutherland Apartments</div> <div></div>		<div>Happy Birthday!</div> <div>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</div>	<div>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</div>	<div>9:30am Cardio Drumming w/ Music-Lindsey (ES) 10:00am Mah Jongg (CR3) 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 Let's Play Golf (SAR)</div>	<div>8:30am YMCA Yoga-Register In Life Loop (B) 9:30am Cardio Drumming-w/Lindsey (ES) 10:00am Ladies Coffee & Laughs (HH) 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 Shoot Pool (CR3)</div>	<div>9:30am Chair Yoga-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 (HP3)</div>
<div>9:30am Movement Exercise - Resident-Led (ES) 9:45am Catholic Communion Service (ES) 1:00pm Bridge Card Game - Resident-Led (DL) 1:00pm Canasta Card Game - Resident-Led (DL) 2:00pm Movie-Prime Movie Channel (BT)</div>	<div>48:30am YMCA Aqua- Register in Life Loop (B) 9:15am Prayer Circle (ES) 9:30am 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 (BT) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Shoot Pool (CR3)</div>	<div>59:30am Exercise Bands w/Chris (ES) 10:00am Mah Jongg (CR3) 10:30am Hy-Vee Shopping (B) 1:00pm Blackjack Card Game - Bring Dimes (HH) 2:30pm Beverages in the Highview Pub (HP3) 2:30pm Dollar General Bus Trip-Register (B) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Play Darts (SAR)</div>	<div>610:30am YMCA Yoga-Register in Life Loop (B) 9:00am Men's Coffee Talk - Firemen Visit (CS2) 9:30am Tai Chi for Balance (ES) 10:30am Bridge Card Game - Resident-Led (DL) 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)</div>	<div>78:30am Cardio Drumming w/ Music-Lindsey (ES) 10:00am Mah Jongg (CR3) 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) 6:30pm Let's Play Golf (SAR)</div>	<div>89:30am YMCA Yoga-Register In Life Loop (B) 9:30am Cardio Drumming-w/Lindsey (ES) 10:00am Ladies Coffee & Laughs (HH) 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 Let's Shoot Pool (CR3)</div>	<div>910:30am Chair Yoga-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 (HP3) 6:30pm Shuffleboard (SAR)</div>
<div>119:30am Movement Exercise - Resident-Led (ES) 9:45am Catholic Communion Service (ES) 1:00pm Bridge Card Game - Resident-Led (DL) 1:00pm Canasta Card Game - Resident-Led (DL) 2:00pm Movie-Prime Movie Channel (BT)</div>	<div>128:30am YMCA Aqua- Register in Life Loop (B) 9:15am Prayer Circle (ES) 9:30am Hand Weights w/Lindsey (ES) 10:30am Catholic Mass w/ Father Vince (ES) 1:00pm Bible Study (CS2) 1:00pm Pitch Card Game - 3rd Floor (CR3) 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 (BT) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Shoot Pool (CR3)</div>	<div>139:30am Exercise Bands w/Chris (ES) 10:00am Mah Jongg (CR3) 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) 6:30pm Let's Play Darts (SAR)</div>	<div>148:30am YMCA Yoga-Register in Life Loop (B) 9:00am Men's Coffee Talk - Firemen Visit (CS2) 9:30am Tai Chi for Balance (ES) 10:30am Bridge Card Game - Resident-Led (DL) 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) 6:30pm Game Night (CS2)</div>	<div>159:30am Cardio Drumming w/ Music-Lindsey (ES) 10:00am Mah Jongg (CR3) 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 Let's Play Golf (SAR)</div>	<div>168:30am YMCA Yoga-Register In Life Loop (B) 9:30am Cardio Drumming-w/Lindsey (ES) 10:00am Ladies Coffee & Laughs (HH) 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) 6:30pm Let's Shoot Pool (CR3)</div>	<div>179:30am Chair Yoga-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 (HP3) 6:30pm Shuffleboard (SAR)</div>

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9:30am Movement Exercise - Resident-Led (ES) 18 9:45am Catholic Communion Service (ES) 1:00pm Bridge Card Game - Resident-Led (DL) 1:00pm Canasta Card Game - Resident-Led (DL) 2:00pm Movie-Prime Movie Channel (BT) 4:00pm Let's Play Darts (SAR)	8:30am YMCA Aqua-Register in Life Loop (B) 19 9:15am Prayer Circle (ES) 9:30am Hand Weights w/Lindsey (ES) 10:00am Art Project w/Paula C.-Register (CS2) 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 (BT) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Shoot Pool (CR3)	9:30am Exercise Bands w/Chris (ES) 20 10:00am Mah Jongg (CR3) 10:30am Hyvee Shopping (B) 11:00am Christian Service-w/Pastor Mary (ES) 11:00am Equipment Training w/ Innovate (FG) 1:00pm Blackjack Card Game - Bring Dimes (HH) 2:00pm Root Beer Floats (HH) 2:30pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Play Darts (SAR)	8:30am YMCA Yoga-Register in Life Loop (B) 21 9:00am Men's Coffee Talk - Firemen Visit (CS2) 9:30am Tai Chi for Balance (ES) 10:30am Bridge Card Game - Resident-Led (DL) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo Bonanza (HH) 2:30pm Entertainer: Amber-Vocalist (HH) 6:30pm Game Night (CS2)	9:30am Cardio Drumming w/ Music-Lindsey (ES) 22 10:00am Mah Jongg (CR3) 1:00pm Bunco (HH) 1:00pm Dominoes - Resident-Led (DL) 1:00pm War Horse Casino (B) 4:00pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Play Golf-Resident Led (SAR)	8:30am YMCA Yoga-Register In Life Loop (B) 23 9:30am Cardio Drumming-w/Lindsey (ES) 10:00am Ladies Coffee & Laughs (HH) 11:00am Life Loop Training on Devices (BT) 11:30am Flowers & Flute Bus-Register 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 Let's Play Golf (SAR)	9:30am Chair Yoga-Resident Led (HS1) 24 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 (HP3)
9:30am Movement Exercise - Resident-Led (ES) 25 9:45am Catholic Communion Service (ES) 1:00pm Bridge Card Game - Resident-Led (DL) 1:00pm Canasta Card Game - Resident-Led (DL) 2:00pm Movie-Prime Movie Channel (BT) 4:00pm Shuffleboard - Resident-Led (SAR)	8:30am YMCA Aqua-Register in Life Loop (B) 26 9:15am Prayer Circle (ES) 9:30am Hand Weights w/Lindsey (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 (BT) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Shoot Pool (CR3)	9:30am Exercise Bands w/Chris (ES) 27 10:00am Mah Jongg (CR3) 10:30am Walmart Shopping (B) 1:00pm Blackjack Card Game - Bring Dimes (HH) 1:30pm Girls In Pearls (HP3) 2:30pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Play Darts (SAR)	8:30am YMCA Yoga-Register in Life Loop (B) 28 9:00am Men's Coffee Talk - Firemen Visit (CS2) 9:30am Tai Chi for Balance (ES) 10:00am Community Meeting (HH) 10:30am Bridge Card Game - Resident-Led (DL) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo Bonanza (HH) 2:00pm Bible Study w/Pastor Quandt (HH) 3:00pm Entertainer: Dick Keiser (HH) 6:30pm Game Night (CS2)	9:30am Cardio Drumming w/ Music-Lindsey (ES) 29 10:00am Mah Jongg (CR3) 1:00pm Dominoes - Resident-Led (DL) 3:00pm Shuffleboard & Soda (SAR) 4:00pm Beverages in the Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES)	8:30am YMCA Yoga-Register In Life Loop (B) 30 9:30am Cardio Drumming-w/Lindsey (ES) 10:00am Ladies Coffee & Laughs (HH) 11:00am Life Loop Training on Devices 1:00pm LCR Dice Game (HH) 1:00pm Pitch Card Game - 3rd Floor (CR3) 2:00pm 🎷 BY REQUEST: Music w/ Lindsey & Mike (HH) 4:00pm Beverages in Highview Pub (HP3) 4:00pm Resident Rosary Prayer (ES)	9:30am Chair Yoga-Resident Led (HS1) 31 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 (HP3)
<div>  <div> <div>January 2026</div> <div>Hillcrest Highlands</div> <div>Sutherland Apartments</div> </div> </div>						<div> <div>Happy Birthday!</div> <div> 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 </div> </div>