

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room DR - Dining Room EC - Event Center	G - Gym L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater			New Year's Day 10:30 Spring Harbor Women of Faith (ACR) 7:00 Mahjongg (3rd FL Card Rm)	1 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Resident Connections Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	2 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	4 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (3rd FL Card Rm)	5 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR)	6 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	7 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) 7:00 Mahjongg (3rd FL Card Rm)	8 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	9 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	11 10:45AM Grief Support Group (L) 1:00PM Feature of the Month (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (3rd FL Card Rm)	12 10:30AM TOWNHALL (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR)	13 11:00AM Dr Marlon Scott MLK Service (EC) 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	14 2:00PM Resident Birthday Party (ACR) 3:00PM PAWS Pet Care Presentation (EC) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)	15 2:00PM Wii Bowling Team Selection (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	16 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	18 Martin Luther King Jr. Day 2:00PM Columbus Museum of Art Trip (L) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (3rd FL Card Rm)	19 11:00AM Lunch Trip Mandarin Cafe 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR)	20 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	21 6:30PM Hallock Lecture Series (L) 6:45PM The Prague Philharmonia (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)	22 4:00PM Special Social Hour (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	23 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 11:00 Grand Buffet (DR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	25 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (3rd FL Card Rm)	26 5:00PM Dinner Trip to Cafe Amici (L) 8:00 Walking Group (L) 9:30 Cornhole (EC) 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR)	27 TBD CSU Student Debate (EC) 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	28 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)	29 1:00PM TECH BOOTCAMP (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	30 6:45PM CSO: Appalachian Spring (L) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)

January 2026

Independent Living

