

January

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Senior Fitness For our more delicate clientele				1 Functional Stretch Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC - Living Rm 10:00 AL - Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro
4	5	6	7	8	9	10
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC - Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC - Living Rm 10:00 AL - Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro
11	12	13	14	15	16	17
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC - Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC - Living Rm 10:00 AL - Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro
18	19	20	21	22	23	24
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC - Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC - Living Rm 10:00 AL - Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro
25	26	27	28	29	30	31
	Upper Extremity Exercises with Gee 9:30 MC- Living Rm 10:00 MC- Living Rm	Gentle Range of Motion Exercises 9:30 MC- Living Rm 10:00 AL-Bistro	Lower Extremity Exercises with Gee 9:30 MC - Living Rm 10:00 AL-Living Rm	Functional Stretch Exercises 9:30 MC - Living Rm 10:00 AL-Bistro	Dance Exercises with Gee Scott 9:30 MC - Living Rm 10:00 AL - Living Rm	Guided Meditation with Carol 9:30 MC - Living Rm 10:00 AL - Bistro