

January

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	9:00 Walkabout Happy New Year!	10:00 Exercise w/Kristy 11:00 Music and Movement with Paz from Steel Feathers	9:30 Chair Fitness on YouTube
9:00 Walkabout	9:30 Morning Stretch	10:00 Strength Training 11:00 Music and Movement with Paz from Steel Feathers	9:30 Exercise w/Rita	9:00 Walkabout	10:00 Exercise w/Kristy 11:00 Music and Movement with Paz from Steel Feathers	9:30 Chair Fitness on YouTube
11	12	13	14	15	16	17
9:00 Walkabout	9:30 Morning Stretch	10:00 Strength Training 11:00 Music and Movement with Paz from Steel Feathers	9:30 Exercise w/Rita	9:00 Walkabout	10:00 Exercise w/Kristy 11:00 Music and Movement with Paz from Steel Feathers	9:30 Chair Fitness on YouTube
18	19	20	21	22	23	24
9:00 Walkabout	9:30 Morning Stretch	10:00 Strength Training 11:00 Music and Movement with Paz from Steel Feathers	9:30 Exercise w/Rita	9:00 Walkabout	10:00 Exercise w/Kristy 11:00 Music and Movement with Paz from Steel Feathers	9:30 Chair Fitness on YouTube
25	26	27	28	29	30	31
9:00 Walkabout	9:30 Morning Stretch	10:00 Strength Training 11:00 Music and Movement with Paz from Steel Feathers	9:30 Exercise w/Rita	9:00 Walkabout	10:00 Exercise w/Kristy 11:00 Music and Movement with Paz from Steel Feathers	9:30 Chair Fitness on YouTube