




Traditional Calendar

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Happy Birthday!</p> <p>Aileen C. 1/5 Barbara P. 1/15 John N. 1/25</p> 	<p>All programs are subject to change. Please see dailies for updates.</p> <p><u>Wellness</u> <u>Arts and Culture</u> <u>Physical Fitness</u> <u>Continued Learning</u> <u>Entertainers/Lectures</u> <u>Music</u></p>			<p>1 NEW YEAR'S DAY 9:30 Stretch and Strengthen 10:15 2025 Year in Review and NYC Ball Drop and Fireworks Recap 1:30 Boston Pops & Pipes New Year's Day Concert 3:00 Mediation for 2026 Guided Optimism 3:30 Afternoon Poker 6:30 Evening Film: Train Dreams</p>	<p>2 Onsite Dental 9:30 Tai Chi with Rachel 10:00 Great Museums: East Meets West at the MET 11:00 Porter Square Errands Outing 1:30 Balance Class with Forever Fit 2:00 Cadbury Sing Along 3:00 Ken Burns: American Revolution Ep.1 6:30 Evening Film: Eden</p>	<p>3 Wolf Moon 10:00 Morning Stretch 10:30 Short Story Hour 1:30 Paint Day 3:00 Current Events Discussion 6:30 Evening Film: Titanic Part 1</p>
<p>4 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Mandalas and Mindfulness 3:15 Beginner Weight Conditioning 4:00 Scattegories 6:30 Evening Film: Titanic Part 2</p>	<p>5 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: History of Poetry 1:30 Forever Fit 2:15 Group NYT Crosswords 4:00 Symphony Experience: Duke Ellington at 75, Kennedy Center 6:30 Evening Film: Forrest Gump</p>	<p>6 EPIPHANY 9:30 Stretch and Strengthen 10:00 TED Talk and Discussion: Brain Changing Benefits of Exercise 10:30 Music and Movement with Mike 10:30 NYT Wordle 1:30 Resident Forum 2:15 Art Hour: Jackson Pollack Marble Art 3:30 Sweet and Savory Social Hour 6:30 Evening Film: Stand By Me</p>	<p>7 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 SingFIT 11:00 Winter Poems for Sharing 1:30 Clyde Jazz Saxophone and Clarinet Concert 1:30 Unsolved Mysteries Discussion 3:00 Community Prize Bingo 4:30 Nature Documentary: Secrets of the Ocean 6:30 Max Original Series: The Young Pope Ep.1 &2</p>	<p>8 9:30 Stretch and Strengthen 10:00 Travelogue: Amazing Islands 11:00 January Jeopardy Challenge 2:00 Culinary Creations: Tropical Fruit Kebobs with Key Lime Cream 3:00 Quiz & Sip Social 3:30 Afternoon Poker 6:30 Evening Film: Spinal Tap</p>	<p>9 9:30 Tai Chi with Rachel 10:15 Great Art Explained: Hunters in the Snow 11:00 Monthly Support Group with Rachel 11:00 Outing: Burdick's Handmade Chocolates 1:30 Balance Class with Forever Fit 2:00 Elan Jazz Concert 3:00 Ken Burns: American Revolution Ep.2 6:30 Evening Film: Spinal Tap 2</p>	<p>10 10:00 Morning Stretch 10:30 Literary Games 1:30 Current Events Discussion 3:00 Expressive Arts Project 6:30 Evening at the Opera: The Telephone and the Medium</p>
<p>11 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Mandalas and Mindfulness 3:15 Beginner Weight Conditioning 4:00 Scattegories 6:30 Evening Film: Memoirs of a Geisha</p> <p>GOLDEN GLOBES avail. on your TV: CBS 8pm</p>	<p>12 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 National Hot Tea Day Lecture with Tea Tasting 1:30 Forever Fit 2:15 Group NYT Crosswords 4:00 Symphony Experience: Elgar Cello</p>	<p>13 9:30 Stretch and Strengthen 10:00 TED Talk and Discussion: The Planet's Heartbeat 10:30 Anagrams Challenge 1:30 Rivers Between Folk Duo 3:30 Resident Social – Birthday Celebrations 6:30 Evening Film: Wildlife</p>	<p>14 MAKAR SANKRANTI 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 SingFIT 11:00 Star Spotlight: Sidney Poitier 1:30 Food For Thought with Jimmy 3:00 Community Prize Bingo 4:30 Nature Documentary: David Attenbourough's Tasmania</p>	<p>15 9:30 Stretch and Strengthen 9:30 Outing: Boston Symphony Orchestra 10:00 Travelogue: Galapagos Islands 11:00 Famous Poets Trivia Challenge 1:30 Joel and Dan Concert 3:00 Quiz & Sip Social 3:30 Afternoon Poker 6:30 Evening Film: If the Walls Could Talk</p>	<p>16 9:30 Great Museums: MoMa 10:30 Dance Movement with Ivy 11:00 Porter Square Errands Outing 1:30 Balance Class with Forever Fit 2:00 Cadbury Sing Along Ken Burns: American Revolution Ep.2 6:30 Evening Film: The Brothers McMullen</p>	<p>17 10:00 Morning Stretch 10:30 Short Story Hour 1:30 Current Events Discussion 3:00 Expressive Arts Project 6:30 Evening Comedy Special: Bob Newhart Off the Record</p>



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	6:30 Evening Film: The Talented Mr Ripley		6:30 Max Original Series: The Young Pope Ep. 3& 4			
18 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Salute to Broadway: Ragtime 3:15 Beginner Weight Conditioning 4:00 Scattagories 6:30 Evening at the Theatre: Ragtime the Musical	19 MARTIN LUTHER KING DAY 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Martin Luther King Jr Speech 1:30 Forever Fit 2:15 Group NYT Crosswords 4:00 Symphony Experience: Britten, Poulenc & Stravinsky 6:30 Evening Film: Carol	20 9:30 Stretch and Strengthen 10:00 TED Talk and Discussion: Finishing Fourth 10:30 Music and Movement with Mike 10:30 Golden Moments Dog Therapy 1:30 Mark West Classical Piano Concert 2:30 Art Hour: Winter Wonders Tote Bags 3:30 Taste of the Islands Social 6:30 Evening Film: On Becoming a Guinea Fowl	21 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 SingFIT 11:00 Author Spotlight: Robert Frost 1:30 Fox Rehab Fall Prevention Lecture 2:30 Unsolved Mysteries Discussion 3:00 Community Prize Bingo 4:30 Nature Documentary: Sharks of Fiji 6:30 Max Original Series: The Young Pope Ep.5 &6	22 9:30 Stretch and Strengthen 10:00 Travelogue: Philippines 11:00 January Joys Historic Highlights 1:45 Culinary Creations: Pancit 3:00 Quiz & Sip Social 3:30 Afternoon Poker 6:30 Evening Film: The Producers 1967)	23 9:30 Tai Chi with Rachel 10:15 Great Art Explained: Art as Propaganda 11:00 Porter Square Errands Outing 1:30 Balance Class with Forever Fit 2:00 Cadbury Sing Along 3:00 Ken Burns: American Revolution Ep.3 6:30 Evening Film: The Graduate	24 10:00 Morning Stretch 10:30 Poetry Session 1:30 Current Events Discussion 3:00 Expressive Arts Project 6:30 Evening Film: The Irishmen part 1
25 BURNS NIGHT 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Mandalas and Mindfulness 3:15 Beginner Weight Conditioning 4:00 Scattagories 6:30 Evening Film: The Irishmen part 2	26 Activity Professionals Week 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: Shakespeare the Great 1:30 Forever Fit 2:15 Group NYT Crosswords 4:00 Symphony Experience: Mozart, Jupiter 6:30 Evening Film: Spotlight	27 HOLOCAUST REMEMBERANCE DAY 9:30 Stretch and Strengthen 10:00 TED Talk and Discussion: Tourism Shapes History 10:30 NYT Wordle 1:30 Film Selection Meeting 2:15 Art Hour: Scenic Winter Watercolors 3:30 Pub Bites Social Hour 6:30 Evening Film: Little Women (1994)	28 9:30 Gentle Yoga with Stacy 10:15 Music Appreciation 10:30 SingFIT 11:00 Holocaust Remembrance Short Stories and Poems 1:30 Resident Roundtable 3:00 Community Prize Bingo 4:30 Nature Documentary: David Attenbourough's Whale Wisdom 6:30 Max Original Series: The Young Pope Ep.7 &8	29 9:30 Stretch and Strengthen 10:00 Travelogue: New Zealand 11:00 Shakespeare Trivia Quest 1:45 Culinary Creations: Anzac Biscuits 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: The Family McMullen	30 9:30 Great Museums: Islamic Art at Met and Louvre 10:30 Dance Movement with Ivy 11:45 Lunch Outing: McCarthy's Irish Pub 1:30 Balance Class with Forever Fit 2:00 Cadbury Sing Along 3:00 Ken Burns: American Revolution Ep.4 3:15 BEI Brain Games Program 6:30 Evening Film: Everybody's Fine	31 10:00 Morning Stretch 10:30 Show and Tell 1:30 Current Events Discussion 1:30 BEI Brain Games Program 3:00 Expressive Arts Project 6:30 Evening Film: Driving Miss Daisy

Enjoy *National Poetry Month* and *Island Adventures Month* throughout January!