

JANUARY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

January 2026
Independent
Living
Calendar



04	8:00 Alexander Church 9:00 Presbyterian Church 9:00 Visitation Church 11:00 Visitation Church
05	9:00 Exercise with Jill 10:30 Walking Club 11:00 Post Office Outing 11:15 Rosary 1:00 Photo Day 1:30 Blackjack 2:30 Men's Club 3:00 Wii Bowling 6:30 L-C-R- *APT 305*
06	9:00 Chair Yoga 10:00 Walgreens 11:00 Bible Study 11:15 Marcus Theatre "Song Sung Blue" 11:15 Rosary 1:00 Bingo 1:00 Photo Day 1:00 Pool League 2:30 Blood Pressure Check 2:30 Team Trivia- 2025 IN REVIEW
07	8:30 Jewel 9:00 Exercise with Jill 9:45 QI Gong w/ Beate 11:15 Rosary 1:00 Photo Day 1:30 Exploring Qigong for Wellness and Vitality 1:30 Paramount Theatre: Irving Berlin's White Christmas 1:30 Bridge Club 6:30 Pinochle
08	10:00 Great Courses 10:00 Mobility and Flexibility 11:15 Rosary 1:00 Bingo 1:00 Photo Day 1:00 Pool League 2:00 Chess Club 5:30 Theater Thursday
09	9:00 Chair Zumba 9:00 Exercise with Jill 10:00 Prayers & Communion 10:45 Rosary 1:30 Musical Memories with Jessica 6:30 Friday Night Flix with Mike 6:30 Poker
10	9:30 Coffee Chat W/ Manager on Duty! 10:00 Bean Bag Toss 11:15 Rosary 1:00 Bingo 1:30 Bridge Club

11	8:00 Alexander Church 9:00 Presbyterian Church 9:00 Visitation Church 11:00 Visitation Church
12	9:00 Exercise with Jill 10:30 "Through Our Eyes" Low Vision Support Group 10:30 Walking Club 11:15 Rosary 1:00 Teacher Appreciation Luncheon 1:30 Blackjack 2:30 Men's Club 6:30 L-C-R- *APT 305*
13	9:00 Silver Sneakers Fitness Class 11:00 Greek Island Lunch Outing 11:00 Bible Study 11:15 Rosary 1:00 Bingo 1:00 Pool League 2:30 Blood Pressure Check 2:30 Team Trivia 3:00 Chair Volleyball
14	8:30 Walmart 9:00 Exercise with Jill 11:00 Target 11:00 Worship Service with Rev. Castro Rand 11:15 Rosary 1:30 Bridge Club 1:30 Antique Roadshow - Antique Appraisals 6:30 Pinochle
15	9:00 Silver Sneakers Fitness Class 10:00 By Your Side: Grief Support with Monica 10:00 Great Courses 10:30 Painting with Kristin 11:15 Rosary 1:00 Bingo 1:00 Pool League
16	9:00 Chair Zumba 9:00 Exercise with Jill 10:00 Prayers & Communion 10:45 Rosary 2:00 Karaoke Social Hour 6:30 Friday Night Flix with Mike 6:30 Poker
17	9:30 Coffee Chat W/ Manager on Duty! 10:00 Bean Bag Toss 11:15 Rosary 1:00 Bingo 1:30 Bridge Club 2:30 Tim Wisely Presents "Life of Elvis"

18	8:00 Alexander Church 9:00 Presbyterian Church 9:00 Visitation Church 11:00 Visitation Church 2:00 John Boda Presents "The Sound of Music: Background, Trivia & Songs"
19	9:00 Birthday of Martin Luther King, Jr. 10:00 1st & 3rd Fl Town Hall 10:30 Walking Club 11:15 Rosary 1:30 Blackjack 2:00 4th & 5th Fl Town Hall 3:00 Men's Club Outing: Yard House 6:30 L-C-R- *APT 305*
20	9:00 Silver Sneakers Fitness Class 10:00 6th & 7th Floor Resident Town Hall 11:00 Greek Island Lunch Outing 11:00 Bible Study 11:15 Rosary 1:00 Bingo 1:00 Pool League 2:30 Blood Pressure Check 2:30 Team Trivia
21	8:30 Pete's Fresh Market 9:00 Exercise with Jill 10:00 Book Club 11:00 T.J.Maxx 11:15 Rosary 1:30 Bridge Club 2:00 Roosevelt Passport Series: Albania 6:30 Pinochle
22	9:00 Silver Sneakers Fitness Class 10:00 Great Courses 10:00 Mobility and Flexibility 11:15 Rosary 1:00 Stride Together: Community Walker Adjustment Event 1:00 Bingo 1:00 Pool League 5:30 Theater Thursday
23	9:00 Chair Zumba 9:00 Exercise with Jill 10:00 Prayers & Communion 10:45 Rosary 12:45 ICCP Students Welcome 2:00 Steel Drums & Pina Coladas 6:30 Friday Night Flix with Mike 6:30 Poker
24	9:30 Coffee Chat W/ Manager on Duty! 10:00 Bean Bag Toss 11:15 Rosary 1:00 Bingo 1:30 Bridge Club

25	8:00 Alexander Church 9:00 Presbyterian Church 9:00 Visitation Church 11:00 Visitation Church
26	9:00 Exercise with Jill 10:30 Walking Club 11:00 January Birthday Luncheon 11:15 Rosary 1:30 Blackjack 2:00 Icon Support with Katie 2:30 Men's Club 6:30 L-C-R- *APT 305*
27	9:00 Silver Sneakers Fitness Class 11:00 Bible Study 11:15 Rosary 1:00 Bingo 1:00 Pool League 2:30 Blood Pressure Check 2:30 Team Trivia
28	8:30 Dollar Tree 9:00 Exercise with Jill 11:00 Walmart 11:00 Worship Service with Harvard Avenue Church 11:15 Rosary 1:30 Bridge Club 2:00 "Local Legends" Presented by The Elmhurst History Museum 2:00 Menu Chat 6:30 Pinochle
29	9:00 Silver Sneakers Fitness Class 10:00 Great Courses 11:00 Garfield Conservatory 11:15 Rosary 1:00 Fitness & "Food-trition" Event with Jill 1:00 Bingo 1:00 Pool League 2:00 Wii Bowling 6:30 Pinochle
30	9:00 Chair Zumba 9:00 Exercise with Jill 10:00 Prayers & Communion 10:45 Rosary 1:00 Tech Time with ICCP Students 2:00 Wine Tasting 6:30 Friday Night Flix with Mike 6:30 Poker
31	9:30 Coffee Chat W/ Manager on Duty! 10:00 Bean Bag Toss 11:15 Rosary 1:00 Bingo 1:30 Bridge Club