

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#			1 Happy New Year!	2 🗨️ 11am: Coffee Chat
5 🍏 11am: Exercise 🗨️ 1pm: Program Preview 😊 3pm: The Art of Racing in the Rain 😊 4:30pm: Broadway Musicals	6 🗨️ 9:30am: Ponder This 🍏 11am: Imagination Circle 💡 1pm: Animal Spotlight 🗨️ 3pm: Let's Talk About	7 🗨️ 9:30am: In the Headlines 😊 11am: Don't Quote Me 💡 1pm: Next Stop 🍏 3pm: Exercise	8 No Morning Programs 💡 1pm: How It's Made 🗨️ 3pm: Coffee Chat	9 😊 9:30am: Classical Music Hour 🍏 11am: Exercise 😊 1pm: Writing For Fun 💡 3pm: Irene Uchida
12 🍏 11am: Exercise 🗨️ 1pm: The Big Picture 😊 3pm: The Art of Racing in the Rain 🧠 4:30pm: All About Astrology	13 😊 9:30am: NPR Tiny Desk Concerts 🍏 11am: Mindfulness with Carol 💡 1pm: Famous Firsts 🗨️ 3pm: Readers' Corner	14 😊 9:30am: Mystery Chronicles 💡 11am: Global Events 🗨️ 1pm: Coffee Chat 🍏 3pm: Exercise	15 🍏 9:30am: Gratitude 😊 11am: Jeopardy 🍏 1pm: For Your Body 🍏 3pm: Working Through Grief	16 😊 9:30am: Music From the 2000s 🍏 11am: Exercise: Chair Yoga 💡 1pm: Crime and Justice 🗨️ 3pm: Some Good News
19 🍏 11am: Exercise 🗨️ 1pm: Worldviews 😊 3pm: The Art of Racing in the Rain 😊 4:30pm: Dinner Theatre	20 🗨️ 9:30am: Nostalgia Moments 🍏 11am: Imagination Circle 💡 1pm: A Place to Belong 🍏 3pm: Nutrition For Health	21 😊 9:30am: Group Crossword 💡 11am: Leonardo da Vinci 🗨️ 1pm: Let's Talk About 🍏 3pm: Exercise	22 🍏 9:30am: Gratitude 😊 11am: Story Lines 💡 1pm: Science Savvy 🗨️ 3pm: In the Headlines	23 😊 9:30am: All Request Music 🍏 11am: Exercise 😊 1pm: Writing For Fun 🧠 3pm: Cyber Safety
26 🍏 11am: Exercise 🗨️ 1pm: Small Talk 😊 3pm: The Art of Racing in the Rain 😊 4:30pm: Name That Tune	27 😊 9:30am: Who Sang it Best 🍏 11am: Music Meditation 🗨️ 1pm: Coffee Chat 💡 3pm: Next Stop	28 😊 9:30am: Vinyl Cafe 🗨️ 11am: Advisory Group 🧠 1pm: Living in the Tropics 🍏 3pm: Exercise	29 🍏 9:30am: Gratitude 💡 11am: Who Why When 😊 1pm: Literary Reflections 🗨️ 3pm: Would You Rather?	30 😊 9:30am: Sounds of Nature 🍏 11am: Exercise 💡 1pm: Life At Sea 😊 3pm: BINGO



Pre-registration required



Special Events



Conversations



Health & Wellness













































































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Just for Fun!

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div><div> 11am: Exercise</div><div> 1pm: In the Headlines</div><div> 3pm: The Art of Racing in the Rain</div><div> 4:30pm: Broadway Musicals</div></div>	<div>3</div> <div><div> 9:30am: Ponder This</div><div><div> 11am: Imagination Circle</div><div> 1pm: It's Not Right!</div><div> 3pm: Animal Spotlight</div></div></div>	<div>4</div> <div><div> 9:30am: Crafting Circle</div><div> 11am: Global Events</div><div> 1pm: Word Games</div><div> 3pm: Exercise</div></div>	<div>5</div> <div><div> 9:30am: Gratitude</div><div> 11am: Coffee Chat</div><div> 1pm: Louis Riel</div><div> 3pm: Telling Your Story</div></div>	<div>6</div> <div><div> 9:30am: Songs That Tell Stories</div><div> 11am: Exercise</div><div> 1pm: Writing For Fun</div><div> 3pm: How It's Made</div></div>
<div>9</div> <div><div> 11am: Exercise</div><div> 1pm: The Big Picture</div><div> 3pm: The Art of Racing in the Rain</div><div> 4:30pm: Name That Sound</div></div>	<div>10</div> <div><div> 9:30am: Coffee Chat</div><div><div> 11am: Mindfulness with Carol</div><div> 1pm: Famous Firsts</div><div> 3pm: Readers' Corner</div></div></div>	<div>11</div> <div><div> 9:30am: Mystery Chronicles</div><div> 11am: Science Savvy</div><div> 1pm: Let's Talk About</div><div> 3pm: Exercise</div></div>	<div>12</div> <div><div>No Morning Programs</div><div><div> 1pm: Laughter Yoga</div><div> 3pm: Worldviews</div></div></div>	<div>13</div> <div><div> 9:30am: Valentines Songs</div><div><div> 11am: Exercise: Chair Yoga</div><div> 1pm: Self Love</div><div> 3pm: Crime and Justice</div></div></div>
<div>16</div> <div><div>Happy Family Day!</div></div>	<div>17</div> <div><div> 9:30am: Nostalgia Moments</div><div><div> 11am: Imagination Circle</div><div> 1pm: A Place to Belong</div><div> 3pm: Nutrition For Health</div></div></div>	<div>18</div> <div><div> 9:30am: Hummzinger</div><div> 11am: Wildfire Regeneration</div><div> 1pm: Healthy Aging Conversations</div><div> 3pm: Exercise</div></div>	<div>19</div> <div><div> 9:30am: Gratitude</div><div> 11am: Coffee Chat</div><div><div> 1pm: For Your Body</div><div> 3pm: Working Through Grief</div></div></div>	<div>20</div> <div><div> 9:30am: Songs of Faith</div><div><div> 11am: Exercise</div><div> 1pm: Writing For Fun</div><div> 3pm: In the Headlines</div></div></div>
<div>23</div> <div><div> 11am: Exercise</div><div> 1pm: Jackie Robinson</div><div> 3pm: The Art of Racing in the Rain</div><div> 4:30pm: Dinner Theatre</div></div>	<div>24</div> <div><div> 9:30am: Every Voice Matters</div><div><div> 11am: Mindfulness</div><div> 1pm: Who Why When</div><div> 3pm: Story Lines</div></div></div>	<div>25</div> <div><div> 9:30am: Some Good News</div><div> 11am: Equity & Diversity</div><div> 1pm: Life At Sea</div><div> 3pm: Exercise</div></div>	<div>26</div> <div><div> 9:30am: Gratitude</div><div> 11am: Brain Games</div><div> 1pm: Next Stop</div><div> 3pm: Open Mic</div></div>	<div>27</div> <div><div> 9:30am: All Request Music</div><div><div> 11am: Exercise</div><div> 1pm: Let's Talk About</div><div> 3pm: BINGO</div></div></div>

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Conversations



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MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div><div> 11am: Exercise</div><div> 1pm: How It’s Made</div><div> 3pm: The Art of Racing in the Rain</div><div> 4:30pm: Person Place or Thing</div></div>	<div>3</div> <div><div> 9:30am: Ponder This</div><div><div> 11am: Imagination Circle</div><div> 1pm: Crime and Justice</div><div><div> 3pm: Taxes and Benefits</div></div></div></div>	<div>4</div> <div><div> 9:30am: In the Headlines</div><div><div> 11am: Burton & Taylor</div><div> 1pm: Living Documents</div><div><div> 3pm: Exercise</div></div></div></div>	<div>5</div> <div><div><div> 9:30am: Gratitude</div><div> 11am: Coffee Chat</div><div> 1pm: Global Events</div><div> 3pm: Finish the Phrase</div></div></div>	<div>6</div> <div><div> 9:30am: Disco Music</div><div><div> 11am: Exercise</div><div> 1pm: Writing For Fun</div><div> 3pm: Famous Firsts</div></div></div>
<div>9</div> <div><div><div> 11am: Exercise</div><div> 1pm: The Big Picture</div><div> 3pm: Who Why When</div><div> 4:30pm: Broadway Musicals</div></div></div>	<div>10</div> <div><div> 9:30am: Let’s Talk About</div><div><div> 11am: Mindfulness with Carol</div><div> 1pm: Science Savvy</div><div> 3pm: Readers’ Corner</div></div></div>	<div>11</div> <div><div> 9:30am: Mystery Chronicles</div><div><div> 11am: A Place to Belong</div><div> 1pm: Video Coffee Chat</div><div><div> 3pm: Exercise</div></div></div></div>	<div>12</div> <div><div>No Morning Programs</div><div><div> 1pm: Music Meditation</div><div> 3pm: Who Got the Credit?</div></div></div>	<div>13</div> <div><div> 9:30am: Music Parodies</div><div><div> 11am: Exercise: Chair Yoga</div><div> 1pm: Animal Spotlight</div><div> 3pm: What If?</div></div></div>
<div>16</div> <div><div><div> 11am: Exercise</div><div> 1pm: Next Stop</div><div> 3pm: Coffee Chat</div><div> 4:30pm: Wheel of Fortune</div></div></div>	<div>17</div> <div><div> 9:30am: Nostalgia Moments</div><div><div> 11am: Imagination Circle</div><div> 1pm: Irish Folklore</div><div><div> 3pm: Nutrition For Health</div></div></div></div>	<div>18</div> <div><div> 9:30am: Vinyl Cafe</div><div><div> 11am: EPL Presents!</div><div> 1pm: Worldviews</div><div><div> 3pm: Exercise Q&A</div></div></div></div>	<div>19</div> <div><div><div> 9:30am: Gratitude</div><div> 11am: In the Headlines</div><div><div> 1pm: For Your Body</div><div> 3pm: Working Through Grief</div></div></div></div>	<div>20</div> <div><div> 9:30am: Classical Music Hour</div><div><div> 11am: Exercise</div><div> 1pm: Writing For Fun</div><div> 3pm: BINGO</div></div></div>
<div>23</div> <div><div><div> 11am: Exercise</div><div> 1pm: Coffee Chat</div></div></div>	<div>24</div> <div><div> 11am: Malala Yousafzai</div></div>	<div>25</div> <div><div> 11am: Some Good News</div></div>	<div>26</div> <div><div> 11am: Life At Sea</div></div>	<div>27</div> <div><div><div> 11am: Laughter Yoga</div></div></div>
<div>30</div> <div><div> 11am: Let’s Talk About</div><div> 1pm: All Request Music</div></div>	<div>31</div> <div><div> 11am: Story Lines</div><div> 1pm: Who Why When</div></div>	<div>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</div>		



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