

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2026 GlenBrook Assisted Living				1 10:00 Tournament of Roses Parade 2026 1:30 Post Holiday Workout Stretch 3:00 Table Games 6:00 Box Office Hit New Year's Day	2 <i>Special Event</i> 10:00 Fitness Class 10:30 Shopping Trip 2:00 LCG Presents: Glenaires Holiday Concert 3:00 Piano w/ Rosemarie Kubes 4:00 T.G.I.F Social	3 10:00 Fitness Class w/ Jason 10:45 Love on a Leash 1:30 Bingo 3:00 Movie Matinee
4 9:30 Scripture & Song w/ Dave Leach 10:30 Fitness Class 1:15 Chargers Vs. Broncos 4:00 Happy Hour	5 10:00 Fitness Class 10:35 Monday Manicures 1:30 BINGO 3:00 Book Circle w/ Laura 6:00 Box Office Hit	6 <i>Outing Day</i> 9:45 Catholic Visits 10:00 Move to the Beat 11:00 Shopping Trip Walmart 2:00 Music Practice w/Beatrice 3:15 Afternoon Social 6:30 Parlor Games	7 10:00 Fitness Class 10:35 Discussion Group "Who am I" 1:30 Table Games 3:00 Winter Tea Party 6:00 Box Office Hit	8 10:00 Fitness Class 10:35 Trivia 2:00 Helen Woodard 2:30 Sound Bowl Therapy w/ Kathleen 4:00 Thirsty Thursday 6:00 Box Office Hit	9 10:00 Indoor Spin 10:30 Coastal Excursion 1:30 Table Games 3:00 Concert w/ Clay Colton 4 :00 Happy Hour	10 10:00 Fitness Class w/ Jason 10:30 Travel Video w/ Rick Steves 1:30 Garden Club 4:00 Happy Hour
11 9:30 Scripture & Song w/ Dave Leach 10:30 Fitness Class 1:30 Sunday Matinee 4:00 Happy Hour	12 10:00 Fitness Class 10:35 Current Events 1:30 Flower Arranging 3:00 Book Circle w/ Laura 4:00 Monday Margaritas & Big Screen Karaoke	13 <i>Outing Day</i> 9:45 Catholic Visits 10:00 Move to the Beat 11:00 Lunch Outing: The Chart House 2:00 Music Practice w/Beatrice 3:15 Afternoon Social 6:30 Parlor Games	14 <i>Birthday Celebration</i> 10:00 Move to the Beat 10:35 Singfit 1:30 Dice Game 3:00 Concert w/ Music Station & Birthday Celebration	15 10:00 Morning Stretch 1:30 Outing Helen Woodard Sanctuary 2:30 Sound Bowl Therapy w/ Kathleen 4:00 Big Screen Karaoke & Thirsty Thursday	16 <i>Afternoon Concert</i> 10:00 Stretch w/ Bands 10:35 Brain Fit w/ Dana 1:30 Table Games 3:00 Concert w/ Adreinne 4:00 Happy Hour	17 10:00 Fitness Class w/ Jason 10:45 Love on a Leash 1:30 Bingo 3:00 Concert: "Double Take"
18 <i>Afternoon Concert</i> 9:30 Scripture & Song w/ Dave Leach 10:15 Chair Chi w/ Pat 10:30 Fitness Class 3:00 Concert w/ Danny Gali & Happy Hour	19 <i>Special Event</i> 10:00 Balance Class 10:35 Word Games 1:30 History w/ Gary 3:15 Book Circle w/ Laura 6:00 Box Office Hit Martin Luther King Jr. Day	20 9:45 Catholic Visits 10:00 Move to the Beat 2:00 Music Practice w/ Beatrice 3:15 Afternoon Social 6:30 Parlor Games	21 <i>Special Event</i> 10:00 Move to the Beat 10:35 Morning Spa 1:30 Dice Game 3:00 "Elvis Bandstand" (Elvis in the House!) 4:00 All Shook Up Social	22 10:00 Morning Stretch 10:45 History w/ Hernan 1:30 Rummikub 3:30 Piano w/Dave B. 4:00 Thirsty Thursday Social	23 10:00 Stretch w/ Bands 10:30 Lunch Outing; 1:30 Rummikub 3:00 Concert w/ Gary 4:00 T.G. I.F. Social	24 10:00 Fitness Class w/ Jason 10:30 Travel Video w/ Rick Steves 1:30 Garden Club 4:00 Happy Hour
25 <i>Special Event</i> 9:30 Scripture & Song w/ Dave Leach 10:30 Fitness Class 3:00 Music & Memories w/ Ron Hoffman 4:00 Happy Hour	26 10:00 Fitness Class 10:35 Winter Jeopardy 2:00 Town Hall Meeting 3:00 Reading w/Laura 6:00 Box Office Hit Australia Day (Observed)	27 <i>Outing Day</i> 9:45 Catholic Visits 10:00 Move to the Beat 2:00 Music Practice w/ Beatrice 3:15 Afternoon Social 4:30 Dinner Outing: Blue Water Grill	28 10:00 Fitness Class 10:35 Discussion Group "Who am I" 1:30 Table Games 3:00 Paint & Sip w/ Raquel 6:00 Box Office Hit	29 10:00 Morning Stretch 10:35 Word Games 2:00 Soundbowl Therapy w/ Kathleen 3:30 Singfit 4:00 Thirsty Thursday Social	30 10:00 Stretch w/ Bands 10:30 Trivia 1:30 Rummikub 3:00 Concert w/ 4:00 T.G.I.F. Social	31 10:00 Fitness Class w/ Jason 10:30 Travel Video w/ Rick Steves 1:30 Movie Matinee 4:00 Happy Hour