

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2026</div> <div>Sopris Lodge Assisted Living</div>				<div> <div>● 11:00am</div> <div>Drumming Exercise</div> <div>1</div> </div> <div> <div>● 2:00pm</div> <div>Sopris Knitting Circle</div> </div> <div> <div>● 3:00pm</div> <div>Residents Bridge Game</div> </div> <div> <div>● 4:00pm</div> <div>Trivial Pursuit</div> </div>	<div> <div>● 11:00am</div> <div>Chair Stretching</div> <div>2</div> </div> <div> <div>● 2:00pm</div> <div>Spanish Class</div> </div> <div> <div>● 3:00pm</div> <div>Jeopardy</div> </div> <div> <div>● 6:15pm</div> <div>Friday Movie Night</div> </div>	<div> <div>● 10:15am</div> <div>Saturday Morning Guided Meditation</div> <div>3</div> </div> <div> <div>● 2:30pm</div> <div>Group Puzzle</div> </div> <div> <div>● 3:30pm</div> <div>Watching Americas National Parks on Hulu</div> </div>
<div> <div>● 10:00am</div> <div>Reading the Morning Paper</div> <div>4</div> </div> <div> <div>● 2:30pm</div> <div>Balloon Volley Ball</div> </div> <div> <div>● 3:00pm</div> <div>Hand Massages</div> </div>	<div> <div>● 11:00am</div> <div>Chair Yoga</div> <div>5</div> </div> <div> <div>● 2:00pm</div> <div>Watercolor Painting</div> </div> <div> <div>● 3:00pm</div> <div>Jenga</div> </div> <div> <div>● 4:00pm</div> <div>Group Crossword</div> </div>	<div> <div>● 9:45am</div> <div>Meditation with Anne</div> <div>6</div> </div> <div> <div>● 10:45am</div> <div>City Market Shopping</div> </div> <div> <div>● 11:00am</div> <div>Chair Tai Chi</div> </div> <div> <div>● 2:00pm</div> <div>Dipping Fruit into Chocolate</div> </div> <div> <div>● 3:00pm</div> <div>Making our Own Bobble Head Cards</div> </div> <div> <div>● 4:00pm</div> <div>Bingo!</div> </div>	<div> <div>● 11:00am</div> <div>Morning Exercise</div> <div>7</div> </div> <div> <div>● 2:00pm</div> <div>Painting Faux Stained Glass</div> </div> <div> <div>● 3:00pm</div> <div>Balloons! The Forgotten Flights That No One Talks About on YouTube</div> </div> <div> <div>● 4:00pm</div> <div>Jeopardy</div> </div> <div> <div>● 6:15pm</div> <div>Wednesday Movie Night</div> </div>	<div> <div>● 11:00am</div> <div>Drumming Exercise</div> <div>8</div> </div> <div> <div>● 2:00pm</div> <div>Sopris Knitting Circle</div> </div> <div> <div>● 2:30pm</div> <div>Afternoon Workout</div> </div> <div> <div>● 3:00pm</div> <div>Residents Bridge Game</div> </div> <div> <div>● 4:00pm</div> <div>Happy Hour in IL</div> </div> <div> <div>● 5:00pm</div> <div>Thursday Night Football:</div> </div>	<div> <div>● 11:00am</div> <div>Chair Stretching</div> <div>9</div> </div> <div> <div>● 2:00pm</div> <div>Spanish Class</div> </div> <div> <div>● 3:00pm</div> <div>Cranology Card Game with Jude</div> </div> <div> <div>● 6:15pm</div> <div>Friday Movie Night</div> </div>	<div> <div>● 10:15am</div> <div>Saturday Morning Guided Meditation</div> <div>10</div> </div> <div> <div>● 2:30pm</div> <div>Group Puzzle</div> </div> <div> <div>● 3:30pm</div> <div>Watching Americas National Parks on Hulu</div> </div>
<div> <div>● 10:00am</div> <div>Reading the Morning Paper</div> <div>11</div> </div> <div> <div>● 2:30pm</div> <div>Balloon Volley Ball</div> </div> <div> <div>● 3:00pm</div> <div>Hand Massages</div> </div>	<div> <div>● 11:00am</div> <div>Chair Yoga</div> <div>12</div> </div> <div> <div>● 2:00pm</div> <div>Watercolor Painting</div> </div> <div> <div>● 3:00pm</div> <div>The Golden Eagle Documentary on YouTube</div> </div> <div> <div>● 4:00pm</div> <div>Group Crossword</div> </div>	<div> <div>● 10:45am</div> <div>City Market Shopping</div> <div>13</div> </div> <div> <div>● 11:00am</div> <div>Chair Tai Chi</div> </div> <div> <div>● 1:00pm</div> <div>Korean Drama Watch Club</div> </div> <div> <div>● 2:00pm</div> <div>Afternoon Walking Group</div> </div> <div> <div>● 3:00pm</div> <div>Making Vision Boards for the New Year</div> </div> <div> <div>● 4:00pm</div> <div>Bingo!</div> </div>	<div> <div>● 11:00am</div> <div>Morning Exercise</div> <div>14</div> </div> <div> <div>● 2:00pm</div> <div>Roll a Snowman Game</div> </div> <div> <div>● 4:00pm</div> <div>Jeopardy</div> </div> <div> <div>● 6:15pm</div> <div>Wednesday Movie Night</div> </div>	<div> <div>● 11:00am</div> <div>Drumming Exercise</div> <div>15</div> </div> <div> <div>● 2:00pm</div> <div>Sopris Knitting Circle</div> </div> <div> <div>● 3:00pm</div> <div>Residents Bridge Game</div> </div> <div> <div>● 4:00pm</div> <div>Happy Hour in IL</div> </div> <div> <div>● 5:00pm</div> <div>Thursday Night Football: Rams vs. Seahawks</div> </div>	<div> <div>● 11:00am</div> <div>Chair Stretching</div> <div>16</div> </div> <div> <div>● 11:40am</div> <div>Jalisco Grill Lunch Outing</div> </div> <div> <div>● 2:00pm</div> <div>Spanish Class</div> </div> <div> <div>● 3:00pm</div> <div>Making Paper Cup Snow Globes</div> </div> <div> <div>● 6:15pm</div> <div>Friday Movie Night</div> </div>	<div> <div>● 10:15am</div> <div>Saturday Morning Guided Meditation</div> <div>17</div> </div> <div> <div>● 2:30pm</div> <div>Group Puzzle</div> </div> <div> <div>● 3:30pm</div> <div>Watching Americas National Parks on Hulu</div> </div>
<div> <div>● 10:00am</div> <div>Reading the Morning Paper</div> <div>18</div> </div> <div> <div>● 2:30pm</div> <div>Balloon Volley Ball</div> </div> <div> <div>● 3:00pm</div> <div>Hand Massages</div> </div>	<div> <div>● 11:00am</div> <div>Chair Yoga</div> <div>19</div> </div> <div> <div>● 2:00pm</div> <div>Watercolor Painting</div> </div> <div> <div>● 3:00pm</div> <div>Movie and Activity Planning Meeting</div> </div> <div> <div>● 4:00pm</div> <div>Group Crossword</div> </div>	<div> <div>● 9:45am</div> <div>Meditation with Anne</div> <div>20</div> </div> <div> <div>● 10:45am</div> <div>City Market Shopping</div> </div> <div> <div>● 11:00am</div> <div>Chair Tai Chi</div> </div> <div> <div>● 2:00pm</div> <div>Making our Own Cheese Boards</div> </div> <div> <div>● 4:00pm</div> <div>Bingo!</div> </div>	<div> <div>● 10:00am</div> <div>Carbondale Library Book Pop-Up</div> <div>21</div> </div> <div> <div>● 11:00am</div> <div>Morning Exercise</div> </div> <div> <div>● 2:30pm</div> <div>Resident Council</div> </div> <div> <div>● 4:00pm</div> <div>Jeopardy</div> </div> <div> <div>● 6:15pm</div> <div>Wednesday Movie Night</div> </div>	<div> <div>● 11:00am</div> <div>Drumming Exercise</div> <div>22</div> </div> <div> <div>● 2:00pm</div> <div>Sopris Knitting Circle</div> </div> <div> <div>● 3:00pm</div> <div>Residents Bridge Game</div> </div> <div> <div>● 4:00pm</div> <div>Happy Hour in IL</div> </div> <div> <div>● 5:00pm</div> <div>Thursday Night Football</div> </div>	<div> <div>● 11:00am</div> <div>Chair Stretching</div> <div>23</div> </div> <div> <div>● 2:00pm</div> <div>Spanish Class</div> </div> <div> <div>● 3:00pm</div> <div>Bunco</div> </div> <div> <div>● 6:15pm</div> <div>Friday Movie Night</div> </div>	<div> <div>● 10:15am</div> <div>Saturday Morning Guided Meditation</div> <div>24</div> </div> <div> <div>● 2:30pm</div> <div>Group Puzzle</div> </div> <div> <div>● 3:30pm</div> <div>Watching Americas National Parks on Hulu</div> </div>
<div> <div>● 10:00am</div> <div>Reading the Morning Paper</div> <div>25</div> </div> <div> <div>● 2:30pm</div> <div>Balloon Volley Ball</div> </div> <div> <div>● 3:00pm</div> <div>Hand Massages</div> </div>	<div> <div>● 11:00am</div> <div>Chair Yoga</div> <div>26</div> </div> <div> <div>● 2:00pm</div> <div>Watercolor Painting</div> </div> <div> <div>● 3:00pm</div> <div>Mahjong</div> </div> <div> <div>● 4:00pm</div> <div>Group Crossword</div> </div>	<div> <div>● 9:45am</div> <div>Meditation with Anne</div> <div>27</div> </div> <div> <div>● 10:45am</div> <div>City Market Shopping</div> </div> <div> <div>● 11:00am</div> <div>Chair Tai Chi</div> </div> <div> <div>● 1:00pm</div> <div>Korean Drama Watch Club</div> </div> <div> <div>● 2:00pm</div> <div>Afternoon Stretches</div> </div> <div> <div>● 3:00pm</div> <div>Let's Make Slime</div> </div> <div> <div>● 4:00pm</div> <div>Bingo!</div> </div>	<div> <div>● 11:00am</div> <div>Morning Exercise</div> <div>28</div> </div> <div> <div>● 2:00pm</div> <div>Riding the Electric Bikes</div> </div> <div> <div>● 3:00pm</div> <div>The Origin of the Holocaust</div> </div> <div> <div>● 4:00pm</div> <div>Jeopardy</div> </div> <div> <div>● 6:15pm</div> <div>Wednesday Movie Night</div> </div>	<div> <div>● 11:00am</div> <div>Drumming Exercise</div> <div>29</div> </div> <div> <div>● 2:00pm</div> <div>Sopris Knitting Circle</div> </div> <div> <div>● 3:00pm</div> <div>Residents Bridge Game</div> </div> <div> <div>● 4:00pm</div> <div>Happy Hour in IL</div> </div> <div> <div>● 5:00pm</div> <div>Thursday Night Football</div> </div>	<div> <div>● 11:00am</div> <div>Chair Stretching</div> <div>30</div> </div> <div> <div>● 2:00pm</div> <div>Spanish Class</div> </div> <div> <div>● 3:00pm</div> <div>Let's Make Nachos</div> </div> <div> <div>● 6:15pm</div> <div>Friday Movie Night</div> </div>	<div> <div>● 10:15am</div> <div>Saturday Morning Guided Meditation</div> <div>31</div> </div> <div> <div>● 2:30pm</div> <div>Group Puzzle</div> </div> <div> <div>● 3:30pm</div> <div>Watching Americas National Parks on Hulu</div> </div>