

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

RCAC



1 9:30 Sit n Fit
10:30 Piano Recital (RCAC)
 1:00 Walking Club
1:30 Story Circle
 2:00 It's a Wrap!
 CHRISTMAS CLEANUP!

2 10:30 Chair Yoga
 RCAC 3rd Floor
 1:30 Sheephead
 RCAC Dining Room



4 8:30 Yoga
9:30 Sit n Fit
10:00 Bible Study
 10:00 Lutheran Services
 1:00 Walking Club
2:15 BINGO!

5 **9:30 Sit n Fit**
10:15 Sing Along
 1:00 Walking Club
 2:00 Art N Crafts

6 **9:30 Sit n Fit**
10:00 Catholic Services
 1:00 Walking Club
1:30 Story Circle
2:15 BINGO!

7 8:30 Fit Plus
9:30 Sit n Fit
 10:30 Women's Club
 1:00 Walking Club
 2:00 Social hour and a half/table game's

8 **9:30 Sit n Fit**
 10:30 Trivia
 1:00 Walking Club
1:30 Story Circle
 2:00 Food Club

9 10:30 Chair Yoga
 RCAC 3rd Floor
 1:30 Sheephead
 RCAC Dining Room



11 8:30 Yoga
9:30 Sit n Fit
10:00 Bible Study
 10:00 Lutheran Services
 1:00 Walking Club
2:15 BINGO!

12 **9:30 Sit n Fit**
 10:15 Accordion w/ Karen *RCAC
 1:00 Walking Club
 2:00 Music w Reviver Tom

13 **9:30 Sit n Fit**
10:00 Catholic Services
 1:00 Walking Club
1:30 Story Circle
2:15 BINGO!

14 8:30 Fit Plus
9:30 Sit n Fit
10:30 Spa Day
 1:00 Walking Club
 2:00 Social hour and a half/table game's

15 **9:30 Sit n Fit**
 10:30 Resident Council
 1:00 Walking Club
1:30 Story Circle
 2:00 Knitting w Friends

16 10:30 Chair Yoga
 RCAC 3rd Floor
 1:30 Sheephead
 RCAC Dining Room



18 8:30 Yoga
9:30 Sit n Fit
10:00 Bible Study
 10:00 Lutheran Services
 1:00 Walking Club
2:15 BINGO!

Martin Luther King Jr. Day

19 **9:30 Sit n Fit**
10:15 Sing Along
 1:00 Walking Club
 2:00 Food Club
 6:00 Movie Night

20 **9:30 Sit n Fit**
10:00 Catholic Services
 1:00 Walking Club
1:30 Story Circle
2:15 BINGO!

21 8:30 Fit Plus
9:30 Sit n Fit
10:30 Men's Club
 1:00 Walking Club
 2:00 Social hour and a half/table game's

22 **9:30 Sit n Fit**
 10:30 Daily Chronicles
 1:00 Walking Club
1:30 Story Circle
 2:00 Art N Crafts

23 10:30 Chair Yoga
 RCAC 3rd Floor
 1:30 Sheephead
 RCAC Dining Room



25 8:30 Yoga
9:30 Sit n Fit
10:00 Bible Study
 10:00 Lutheran Services
 1:00 Walking Club
2:15 BINGO!

Australia Day (Observed)

26 **9:30 Sit n Fit**
 10:15 Accordion w/ Karen *RCAC
 1:00 Walking Club
 2:00 Monthly Birthday Party w Bobby Gleason

27 **9:30 Sit n Fit**
10:00 Catholic Services
 1:00 Walking Club
1:30 Story Circle
2:15 BINGO!

28 8:30 Fit Plus
9:30 Sit n Fit
10:30 Spa Day
 1:00 Walking Club
 2:00 Social hour and a half/table game's

29 **9:30 Sit n Fit**
 10:30 Trivia
 1:00 Walking Club
1:30 Story Circle
 2:00 Knitting w Friends

30 10:30 Chair Yoga
 RCAC 3rd Floor
 1:30 Sheephead
 RCAC Dining Room

*Calendar Subject To Change For Spontaneous Fun!