JANUARY 2026

The Village of East Harbor
A SENIOR LIVING COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	**2** 9:00 Exercise on own (HW) 10:00 Bridge Class (BH) 10:30 Seated Exercise (AR) 6:00 Games (HI)	**3** 10:30 Bingo (AR) 1:00 Bible Study (CH) 2:00 Movie (AR) 6:00 Cards and/or Games (HI) 6:00 Cards (AR)
4 11:00 Chapel Service (CH) 3:00 Cards & Games (HI)	**5** 9:00 Cardio Ex. (HW) 9:30 Crochet & Color (AR) 10:30 Seated Cardio (AR) 11:00 Bingo (AR) 2:30 Bible Study (CH) 2:30 Memoir Writing (AR) 6:00 Dominoes/Cards (HI)	**6** 9:00 Kroger (LB) 9:00 Exercise on own (HW) 9:00 Men's Coffee (HI) 10:30 Wordle (AR) 10:45 Catholic Service (CH) 12:45 MJR Chesterfield (LB) 2:30 Scripture Study (CH) 3:00 Bldng & Grnds (MR) 3:00 Midrise Movie (HL) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**7** 9:00 Stretch Exercise (HW) 9:30 Table Topics & tea (AR) 10:30 Seated Stretch (AR) 11:00 Bingo (AR) 1:30 Culinary Meeting (MR) 1:30 Hand & Foot/Cards(AR) 2:30 Inspirational Read (CH) 4:15 Rosary (HI) 6:00 Bridge/Cards (AR) 6:00 Games (HI)	**8** 9:00 Exercise on own (HW) 9:00 Ladies' Coffee (HI) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 1:15 Drumming 2:00 Women's Coffee & Manicures (AR) 2:00 Needle Group (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**9** 9:00 Strength Exercise(HW) 9:30 Doodle Art (AR) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 1:30 Crafting Corner (AR) 2:30 Quarter Bingo (HI) 6:00 Games (HI)	**10** 10:30 Bingo (AR) 1:00 Bible Study (CH) 2:00 Movie (AR) 6:00 Cards and/or Games (HI) 6:00 Cards (AR)
11 11:00 Chapel Service (CH) 2:30 Bunco (AR) 3:00 Cards & Games (HI)	**12** 9:00 Cardio Ex. (HW) 9:30 Crochet & Color (AR) 10:30 Seated Cardio (AR) 11:00 Bingo (AR) 2:30 Bible Study (CH) 1:30 Show & Tell (AR) 3:00 Parkinson's Support Group (HI) 6:00 Dominoes/Cards (HI) 6:00 Quarter Bingo (AR)	**13** 9:00 Kroger (LB) 9:00 Exercise on own (HW) 9:00 Men's Coffee (HI) 10:30 Wordle (AR) 10:45 Catholic Service (CH) ***1:30 Resident Assoc. (CH)*** 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**14** 9:00 Stretch Exercise (HW) 9:30 Table Topics & tea (AR) 10:30 Seated Stretch (AR) 11:00 Bingo (AR) 1:30 Hand & Foot/Cards(AR) 2:00 Walmart (LB) 2:30 Inspirational Read (CH) 2:30 Karaoke/Singalong (HI) 4:15 Rosary (HI) 6:00 Bridge/Cards (AR) 6:00 Games (HI)	**15** 9:00 Exercise on own (HW) 9:00 Ladies' Coffee (HI) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (MR) 1:00 Entertainment (CH) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI) 	**16** 9:00 Strength Exercise(HW) 9:30 Doodle Journal (AR) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 1:30 Karaoke/Singalong(AR) 2:30 Brain Health (AR) 6:00 Games (HI)	**17** 10:30 Bingo (AR) 1:00 Bible Study (CH) 2:00 Movie (AR) 6:00 Cards and/or Games (HI) 6:00 Cards (AR)

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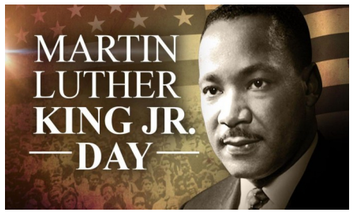
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 11:00 Chapel Service (CH) 3:00 Cards & Games (HI) 4:00 Happy Hr (AR) 5:00 Potluck (AR) 	**19** 2:30 Religious Study (CH) 2:30 Memoir Writing (AR) 6:00 Dominoes/Cards (HI) 	**20** 9:00 Kroger (LB) 9:00 Exercise on own (HW) 9:00 Men's Coffee (HI) 10:30 Wordle (AR) 10:45 Catholic Service (CH) 2:30 Scripture Study (CH) 3:00 Midrise Movie (HL) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**21** 9:00 Stretch Exercise (HW) 9:30 Table Topics & tea (AR) 10:30 Seated Stretch (AR) 11:00 Men/Women Lunch(LB) 11:00 Bingo (AR) 1:30 Hand & Foot (AR) 2:30 Inspirational Read (CH) 3:00 Book Club (AR) 4:15 Rosary (HI) 6:00 Bridge/Cards (AR) 6:00 Games (HI)	**22** 9:00 Exercise on own (HW) 9:00 Ladies' Coffee (HI) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 1:15 Drumming 2:00 Women's Coffee & Manicures (AR) 2:00 Needle Group (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**23** 9:00 Strength/Cond.(HWC) 9:30 Doodle Art (AR) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 1:15 Bobby G (AR) 2:30 Bunco (AR) 6:00 Games (HI)	**24** 10:30 Bingo (AR) 1:00 Bible Study (CH) 2:00 Movie (AR) 6:00 Cards and/or Games (HI) 6:00 Cards (AR)
25 11:00 Chapel Service (CH) 3:00 Cards & Games (HI)	**26** 9:00 Cardio Ex. (HW) 9:30 Crochet & Color (AR) 10:30 Seated Cardio (AR) 11:00 Bingo (AR) 1:15 Tai Chi (AR) 2:00 Tech Club (AR) 2:30 Bible Study (CH) 6:00 Quarter Bingo (AR) 6:00 Dominoes/Cards (HI)	**27** **Secretary of State 10-3pm Kirk Hall** 9:00 Kroger (LB) 9:00 Exercise on own (HW) 9:00 Men's Coffee (HI) 10:30 Wordle (AR) 10:45 Catholic Service (CH) 2:30 Scripture Study (CH) 3:00 Midrise Movie (HL) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**28** 9:00 Stretch Exercise (HW) 9:30 Table Topics & tea (AR) 10:30 Seated Stretch (AR) 11:00 Bingo (AR) 1:00 Meijer (LB) 1:30 Hand & Foot (AR) 2:30 Inspirational Read (CH) 2:30 Karaoke/Singalong (HI) 3:30 Alzheimer Support (CH) 4:15 Rosary (HI) 6:00 Bridge/Cards (AR) 6:00 Games (HI)	**29** 9:00 Exercise on own (HW) 9:00 Ladies' Coffee (HI) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 2:00 Five Wishes (AR) 2:00 Needle Group (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	**30** 9:00 Strength/Cond.(HWC) 9:30 Doodle Journal (AR) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 1:30 Velentine's Craft (AR) 2:30 Popcorn & Movie (AR) 6:00 Games (HI)	**31** 10:30 Bingo (AR) 1:00 Bible Study (CH) 2:00 Movie (AR) 6:00 Cards and/or Games (HI) 6:00 Cards (AR)

ALL ACTIVITIES ARE SUBJECT TO CHANGE

KEY

AR-Activity Room	HL-Harbor Inn Front Lobby
BF-Barnett Hall Fitness Center	HW-Harbor Inn Wellness Center
BH-Barnett Hall	KH-Kirk Hall
CH-Chapel	LB-Main Front Lobby
CM-Capman	MR-Marguerite's Restaurant
HI-Harbor Inn Community Room	JG-Jim's Grill