

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
			10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR) 4 PM Bang in the New Year! New Year's Eve / Office Closes at noon.	Happy New Year! Office Closed	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
4	5	6	7	8	9	10
1 PM Bridge (CR) 1 PM Movie Matinee "Cactus Flower" (L)	10 AM Chair Yoga (FR) 11 AM Resident Mtg (DL) 1:30 PM Dominos (DRL)	10:45 AM Hannaford 1 PM Bridge (CR) 12 - 2 Pop Health (H)	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR)	12:50 AM Hannaford 1 PM Mahjong	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL) 4:00 PM Honor Flight Maine	1 PM Bridge (CR)
11	12	13	14	15	16	17
1 PM Bridge (CR) 1 PM Movie Matinee "Notorious: The Movie" (L)	10 AM Chair Yoga (FR) 12 PM PSA Shareholders Annual Meeting (DR) 1:30 PM Dominos (DRL)	10:45 AM Hannaford 12 - 2 Pop Health (H) 1 PM Bridge (CR)	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR)	9:30 AM CMCA Art Studio (CR) 12:50 AM Hannaford 1 PM Mahjong	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 12 PM PSA Board Meeting (L) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
18	19	20	21	22	23	24
1 PM Bridge (CR) 1 PM Movie Matinee "Oklahoma" (L)	Martin Luther King Day 10 AM Chair Yoga (FR) 11 AM Activities Mtg (DL) 1:30 PM Dominos (DRL)	10:45 AM Hannaford 12 - 2 Pop Health (H) 1 PM Bridge (CR)	10 AM Chair Yoga (FR) 1 PM Bridge (CR) 2 PM Hearts (DR)	12:50 AM Hannaford 1 PM Mahjong	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
25	26	27	28	29	30	31
1 PM Bridge (CR) 1 PM Movie Matinee "Swing Shift" (L)	10 AM Chair Yoga (FR) 11 AM Dining Mtg (DL) 1:30 PM Dominos (DRL)	10:45 AM Hannaford 12 - 2 Pop Health (H) 1 PM Bridge (CR)	10 AM Chair Yoga (FR) 11 AM Belfast Bay Watershed Coalition 1 PM Bridge (CR) 2 PM Hearts (DR)	12:50 AM Hannaford 1 PM Mahjong	9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DRL)	1 PM Bridge (CR)
1	2	Notes				
1 PM Bridge (CR) 1 PM Movie Matinee "Father Goose" (L)	10 AM Chair Yoga (FR) 11 AM Resident Mtg (DL) 1:30 PM Dominos (DRL)	Legend: (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor	()=Special Event (DR)=Dining Room (DRL)=Dining Room Lounge (CY)=Courtyard (Z)=Zoom	Cottage Trash - Tuesdays & Fridays 8:30 AM Cottage Recyclig - Thursday 8:30 AM		