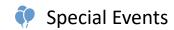
## **JANUARY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	To join by phone, call:		1	2
	1-855-703-8985			
	and enter meeting ID:		Happy New Year!	11am: Coffee Chat
	225-573-6467#			
5	6	7	8	9
	9:30am: Ponder This	9:30am: In the Headlines	No Morning Programs	9:30am: Classical Music Hour
🐞 11am: Exercise	11am: Imagination Circle	11am: Don't Quote Me		🍎 11am: Exercise
📕 1pm: Program Preview	1pm: Animal Spotlight	1pm: Next Stop	1pm: How It's Made	1pm: Writing For Fun
3pm: The Art of Racing in the Rain	3pm: Let's Talk About	🍎 3pm: Exercise	3pm: Coffee Chat	3pm: Irene Uchida
9 4:30pm: Broadway Musicals				
12	13	14	15	16
	9:30am: NPR Tiny Desk Concerts	9:30am: Mystery Chronicles	9:30am: Gratitude	9:30am: Music From the 2000s
🐞 11am: Exercise	11am: Mindfulness with Carol	11am: Global Events	🕒 11am: Jeopardy	🍎 11am: Exercise: Chair Yoga
1pm: The Big Picture	1pm: Famous Firsts	1pm: Coffee Chat	🍎 1pm: For Your Body	1pm: Crime and Justice
3pm: The Art of Racing in the Rain	3pm: Readers' Corner	🍎 3pm: Exercise	3pm: Working Through Grief	3pm: Some Good News
4:30pm: All About Astrology				
19	20	21	22	23
	9:30am: Nostalgia Moments	9:30am: Group Crossword	9:30am: Gratitude	9:30am: All Request Music
11am: Exercise	11am: Imagination Circle	11am: Leonardo da Vinci	9 11am: Story Lines	11am: Exercise
1pm: Worldviews	1pm: A Place to Belong	1pm: Let's Talk About	1pm: Science Savvy	2 1pm: Writing For Fun
3pm: The Art of Racing in the Rain	3pm: Nutrition For Health	🍎 3pm: Exercise	3pm: In the Headlines	3pm: Cyber Safety
4:30pm: Dinner Theatre				
26	27	28	29	30
	9:30am: Who Sang it Best	9:30am: Vinyl Cafe	9:30am: Gratitude	9:30am: Sounds of Nature
11am: Exercise	11am: Music Meditation	11am: Advisory Group	11am: Who Why When	11am: Exercise
1pm: Small Talk	1pm: Coffee Chat	1pm: Living in the Tropics	9 1pm: Literary Reflections	1pm: Life At Sea
3pm: The Art of Racing in the Rain	3pm: Next Stop	3pm: Exercise	3pm: Would You Rather?	3pm: BINGO
😀 4:30pm: Name That Tune				



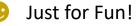












## **FEBRUARY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	9:30am: Ponder This	9:30am: Crafting Circle	🍎 9:30am: Gratitude	9:30am: Songs That Tell Stories
🐞 11am: Exercise	11am: Imagination Circle	11am: Global Events	11am: Coffee Chat	11am: Exercise
1pm: In the Headlines	1pm: It's Not Right!	1pm: Word Games	1pm: Louis Riel	1pm: Writing For Fun
3pm: The Art of Racing in the Rain	3pm: Animal Spotlight	3pm: Exercise	3pm: Telling Your Story	3pm: How It's Made
4:30pm: Broadway Musicals				
9	10	11	12	13
	9:30am: Coffee Chat	9:30am: Mystery Chronicles	No Morning Programs	9:30am: Valentines Songs
🐞 11am: Exercise	11am: Mindfulness with Carol	11am: Science Savvy		🍎 11am: Exercise: Chair Yoga
1pm: The Big Picture	1pm: Famous Firsts	1pm: Let's Talk About	🍎 1pm: Laughter Yoga	1pm: Self Love
3pm: The Art of Racing in the Rain	3pm: Readers' Corner	🍎 3pm: Exercise	3pm: Worldviews	3pm: Crime and Justice
4:30pm: Name That Sound				
16	17	18	19	20
	9:30am: Nostalgia Moments	9:30am: Hummzinger	🍎 9:30am: Gratitude	9:30am: Songs of Faith
Happy Family Day!	11am: Imagination Circle	11am: Wildfire Regeneration	11am: Coffee Chat	🍎 11am: Exercise
	1pm: A Place to Belong	1pm: Healthy Aging Conversations	🍎 1pm: For Your Body	1pm: Writing For Fun
	3pm: Nutrition For Health	3pm: Exercise	3pm: Working Through Grief	3pm: In the Headlines
23	24	25	26	27
	9:30am: Every Voice Matters	9:30am: Some Good News	9:30am: Gratitude	9:30am: All Request Music
🐞 11am: Exercise	🐞 11am: Mindfulness	11am: Equity & Diversity	🙂 11am: Brain Games	<b>11</b> am: Exercise
1pm: Jackie Robinson	1pm: Who Why When	1pm: Life At Sea	1pm: Next Stop	1pm: Let's Talk About
3pm: The Art of Racing in the Rain	3pm: Story Lines	3pm: Exercise	3pm: Open Mic	3pm: BINGO
4:30pm: Dinner Theatre				
		To join by phone call:		

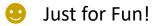
To join by phone, call:

1-855-703-8985

and enter meeting ID:

225-573-6467#





## **MARCH 2026**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2		3	4	5	6
		9:30am: Ponder This	9:30am: In the Headlines	9:30am: Gratitude	9:30am: Disco Music
<b>ú</b> 11ar	m: Exercise	11am: Imagination Circle	11am: Burton & Taylor	11am: Coffee Chat	11am: Exercise
1pm	n: How It's Made	1pm: Crime and Justice	1pm: Living Documents	1pm: Global Events	1pm: Writing For Fun
3pm	n: The Art of Racing in the Rain	3pm: Taxes and Benefits	🍏 3pm: Exercise	3pm: Finish the Phrase	3pm: Famous Firsts
<b>9</b> 4:30	)pm: Person Place or Thing				
9		10	11	12	13
		9:30am: Let's Talk About	9:30am: Mystery Chronicles	No Morning Programs	9:30am: Music Parodies
<b>ú</b> 11ar	m: Exercise	11am: Mindfulness with Carol	11am: A Place to Belong		11am: Exercise: Chair Yoga
1pm	n: The Big Picture	1pm: Science Savvy	1pm: Video Coffee Chat	1pm: Music Meditation	1pm: Animal Spotlight
3pm	n: Who Why When	3pm: Readers' Corner	🍏 3pm: Exercise	3pm: Who Got the Credit?	3pm: What If?
<b>4:30</b>	)pm: Broadway Musicals				
16		17	18	19	20
		9:30am: Nostalgia Moments	9:30am: Vinyl Cafe	9:30am: Gratitude	9:30am: Classical Music Hour
<b>ú</b> 11ar	m: Exercise	11am: Imagination Circle	11am: EPL Presents!	11am: In the Headlines	11am: Exercise
1pm	n: Next Stop	1pm: Irish Folklore	1pm: Worldviews	🍎 1pm: For Your Body	1pm: Writing For Fun
3pm	n: Coffee Chat	3pm: Nutrition For Health	🍏 3pm: Exercise Q&A	3pm: Working Through Grief	3pm: BINGO
<b>9</b> 4:30	)pm: Wheel of Fortune				
23		24	25	26	27
<b>ú</b> 11ar	m: Exercise	11am: Malala Yousafzai	11am: Some Good News	11am: Life At Sea	11am: Laughter Yoga
1pm	n: Coffee Chat				
30		31		To join by phone, call:	
11ar	m: Let's Talk About	11am: Story Lines		1-855-703-8985	
_`	n: All Request Music	1pm: Who Why When		and enter meeting ID:	
				225-573-6467#	



Pre-registration required







Health & Wellness

