

Tuesday	Wednesday	Thursday	Friday
<p>***Please don't forget to make your lunch reservations a week in advance, or call to cancel if you're not coming in***</p> 	<p>Activities do NOT require registration unless indicated otherwise.</p>	<p>1st CLOSED</p> 	<p>2nd CLOSED</p> <p><i>Cheers to a new year and another chance to get it right.....</i></p> <p><i>"January is our 2026 Kick-Off to Wellness Month"</i></p>
<p>6th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Emotional Well-being" with Dr. Heather Luing - FL Center for TMS 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO* 4:00-5:00 Line Dance Class*</p>	<p>7th 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 11:30 Caregiver Support Group 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)*</p>	<p>8th 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Canasta! 11:00 "C.A.R.E." with Linda Hancock SJC Sheriff's Office 11:30 Hisshin Sumi-e Painting* 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*</p>	<p>9th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*</p>
<p>13th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Stretches & Safe Exercise" with Dr. Tim Maarten, Lift Physical Therapy 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO* 4:00-5:00 Line Dance Class*</p>	<p>14th 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)* 1:00-4:00 Coastal Friends Samba* (private)</p>	<p>15th 9:30 Chair Exercise 10:00 Wii Bowling 10:00 Canasta! 11:00 "Musical Birthday Celebration" with Ivan Smith 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*</p>	<p>16th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*</p>
<p>20th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "The EastyBoyz" sharing music & joy with Pastor Eastman 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*</p>	<p>21st 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)*</p>	<p>22nd 9:00 Sawgrass Island HOA (private) 9:30 Chair Exercise/10:00 Tai Chi 10:00 Wii Bowling/10:00 Canasta! 10:00 Mexican Train 10:00 Monthly Craft – Aroma Stones 11:00 "Strong at Any Age" hosted by Crystal Carr with betteReliefcare 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*</p>	<p>23rd 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*</p>
<p>27th 9:30 Chair Exercise 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "Inspiring Healthy Eating" with Judy Haskins 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*</p>	<p>28th 9:30-12:30 Open Painting 9:30-12:00 Social Bridge 10:00 Let's Play Board Games 12:30-4:00 Individual Rotation Duplicate Bridge (experienced)* 1:00-4:00 Coastal Friends Samba* (private)</p>	<p>29th 9:30 Chair Exercise/10:00 Tai Chi 10:00 Wii Bowling 10:00 Canasta! 10:00 Mexican Train Dominoes 11:00 "SJC Legal Aid" with Megan Wall 12:00 Lunch (Reserve 1 week in advance)* 1:00-2:00 BINGO*</p>	<p>30th 10:00 Mah Jongg 10:30-11:30 Tap Dance Class* 12:00-3:00 Duplicate Bridge (Registration Required)*</p>