

Monday

Tuesday

Wednesday

Thursday

Friday

 Jan 2026 A * next to an activity means signing up ahead of time is required.			The Evergreens Center is closed today. 		9:15a Chair Yoga (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Frequency”
9:15a AHOY (\$4) (V) 12:30 Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	9a Qigong 10a New Year's Brunch & Goal Setting 11a Open Art/Craft Room No Cardio Drumming. 2p Crochet Club 2p Canasta	9am Fall Recovery (\$5) * 11am Grief Support Group 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Notorious”	
9:15a AHOY (\$4) (V) 10a Greece Travelogue * 12:30 Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong 6p CAA	9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	9:30a “King in the Wilderness” documentary * 10:30a Recipe for Success (V) 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Jezebel”	
The Evergreens Center is closed today. 	9a Better Balance (\$4) 9:45a Advanced Better Balance (\$4) 10a Snowflake Craft * 1p Zumba Gold (\$5) 2p Games & Mahjong	9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	No Tai Chi today. 12p Chili Cookoff Fundraiser (cash only) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	9:15a Chair Yoga (\$4) (V) 10a Trivia 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “I Care a Lot”	
9:15a AHOY (\$4) (V) 12:30 Reminisce Group 1:30p Arthritis Foundation Exercise Program (\$5) 2:30p Canasta	9a Better Balance (\$4) 10a Mad Splatter Day Trip (\$45) * 9:45a Advanced Better Balance (\$4) 1p Zumba Gold (\$5) 2p Games & Mahjong	9a Qigong 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$5) 2p Crochet Club 2p Canasta	10:30a Dealing with Stress 12:30p Tai Chi (\$4) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 2p Monopoly	9:15a Chair Yoga (\$4) (V) 10a Donuts with the Director 11a Book Club – “Lessons in Chemistry” 1p Friday Favorite Movie – “Rear Window”	