

JANUARY 2026

Belmont Village Albany Community Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro, 1st Floor CP - Circle of Friends Parlor, by #346 EX - Excursion GP - Garden/Gym Patio, 2nd Floor GR - Great Room, 1st Floor JK - Josephine's Kitchen, 1st Floor LB - Library, 3rd Floor SR - Screening Room, 4th Floor TH - Town Hall, 1st Floor</p>		<p>Not all of the daily activities fit on this calendar. To see the complete schedule download the Spectrio Share app and log in using our Community Pin: BVA-AL/IL</p>		<p>1 New Year's Day</p> <p>TH 9:00 Kick-Start Fitness: Canceled for Today</p> <p>SR 10:00 Documentary: Rob Reiner: Scenes from a Life YouTube 45m Celebrating the life and legacy of Hollywood legend Rob Reiner; featuring interviews with Kathy Bates, Annette Bening, Albert Brooks, Michael Douglas, Kiefer Sutherland, Jerry O'Connell and Mandy Patinkin.</p> <p>EX 10:00 Excursion: No Excursion</p>	<p>2</p> <p>TH 9:00 Kick-Start Fitness: Documentary: Human Footprint The Honey Trap PBS S2Ep4 Shane investigates the future of bees, from honeybees to wild native species, in a changing world.</p> <p>TH 10:00 Strength & Stability Fitness with Marlene</p> <p>LB 11:00 Writing Workshop: Canceled for Today</p> <p>CP 2:00 Friday Afternoon Conversations: Casual,</p>	<p>3</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>GP 10:00 Mobility Class with Blake</p> <p>EX 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza</p> <p>GP 11:00 Garden Club</p> <p>LB 1:00 Library Organization:</p> <p>SR 1:00 Reel Talk: Behind the Scenes: Stand by Me</p> <p>TH 1:30 Come Play w/ Watercolor: Paint Art with Resident Artist, John</p> <p>SR 2:00 Reel Talk Movie & discussion: Stand by Me</p> <p>CP 3:00 Sing A long with Achi!</p>
<p>4</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>GR 9:00 Religious Services Transportation</p> <p>GP 10:00 Mobility Class with Blake</p> <p>LB 10:00 Reader Volunteer Hour with Susan</p> <p>TH 10:45 Cardio Drumming with Anne</p> <p>SR 1:00 Met Opera: Turandot 2022 Composer: Puccini 2h 22m Giacomo Puccini's final opera Director Franco Zeffirelli This tale of an icy Chinese princess and the mysterious</p>	<p>5</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Status: Venezuelan/Surviving CECOT (2025 Ep16) PBS FRONTLINE 54m Amid Trump's immigration crackdown, a Venezuelan family struggles to keep its legal status.</p> <p>TH 10:00 Tai Chi with Nobuo</p> <p>TH 11:00 Savoring Short Stories with Debra. Interpreting and Analyzing Short stories with Debra Ratner.</p>	<p>6</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: The Many Lovers of Miss Jane Austen 2011 Prime 57m A historian and professor Amanda Vickery explores why Jane Austen's books have been popular for nearly 200 years.</p> <p>TH 10:00 Yoga and Meditation with James</p> <p>LB 11:00 Writing Workshop: In Your Own Words with James</p> <p>B 2:00 Game Players Club:</p>	<p>7</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Music by John Williams 2024 Hulu or Disney+ 1h 45m An exploration of composer John Williams' story, with insights from filmmakers, musicians, and others he has inspired, along with rare behind-the-scenes glimpses into the making of cinematic history.</p> <p>TH 10:00 Strength & Stability Fitness with Marlene</p> <p>LB 11:00 You Be The Jury with Heike</p>	<p>8</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Inside the Enchanted Waterways: Oceans S1E1 Hulu 44m Our ocean is the most powerful force on Earth. Dive in to see how life began.</p> <p>EX 11:00 Excursion: Mexican Lunch at 925 Mercado Restaurant.</p> <p>B 2:00 Game Players Club: Rummikub</p> <p>SR 2:00 Matinee: The Truman Show See details below.</p> <p>LB 3:00 Parkinson's Support Group</p>	<p>9</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Charles Dickens: The Haunted Genius 2025 YouTube 45m Genius and fame could not keep one of the most influential and prolific writers of Victorian England from the deep loneliness and unrelenting ghosts that haunted him until his death, in this full documentary, "Charles Dickens: A Tale of Ambition and Genius."</p>	<p>10</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>GP 10:00 Mobility Class with Blake</p> <p>EX 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza</p> <p>GP 11:00 Garden Club</p> <p>LB 1:00 Library Organization: come help organize the library!</p> <p>SR 1:00 Reel Talk: Behind the Scenes: Adolescence</p> <p>TH 1:30 Come Play w/ Watercolor: Paint Art with Resident Artist, John</p> <p>SR 2:00 Reel Talk Movie & discussion: Adolescence</p>
<p>11</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>GR 9:00 Religious Services Transportation</p> <p>GP 10:00 Mobility Class with Blake</p> <p>LB 10:00 Reader Volunteer Hour with Susan</p> <p>TH 10:45 Cardio Drumming with Anne</p> <p>SR 1:00 Met Opera: Semiramide 2018 Rossini 3h 22m Set in ancient Babylon under the reign of the mythic Queen Semiramis, the opera features political scheming,</p>	<p>12</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Starring: Dick Van Dyke 2025 PBS American Masters 2h 4m Ahead of his 100th birthday, celebrate the life and career of iconic actor Dick Van Dyke.</p> <p>TH 10:00 Tai Chi with Nobuo</p> <p>TH 11:00 Savoring Short Stories (cancelled for Today)</p> <p>TH 1:00 Politics & Current Events: A Current Events Discussion - Weekly discussion</p>	<p>13</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Being Beethoven 2020 S1E1 Prime 59m Documentary series telling the life story of the composer in the context of his own time and place, revealing a life marked by musical triumphs as well as isolation and deafness. E1: Groomed for greatness by an often abusive father, Beethoven emerges as a great but difficult talent; an</p>	<p>14</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Our Oceans: The Arctic 2024 S1E4 Netflix With temperatures mounting and sea ice melting, the creatures of the Arctic Ocean must go to new extremes to survive in a new, warmer world.</p> <p>TH 10:00 Strength & Stability Fitness with Marlene</p> <p>LB 11:00 You Be The Jury (Cancelled for Today)</p> <p>EX 11:30 UC Berkeley Noon Concerts</p>	<p>15</p> <p>EX 9:00 Excursion: De Young Museum: Exhibit - The Art of Manga. Lunch at the museum. Tour is at 12:30pm. Return to Belmont at 3pm.</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: The New Yorker at 100 2025 Netflix The New Yorker's centennial reveals behind-the-scenes access to editors, writers and archives of this culturally vital magazine, one of print's last survivors.</p>	<p>16</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>SR 10:00 Documentary: Remaking the Middle East: Israel vs Iran PBS FRONTLINE S2025 Ep10 54m Amid Trump's immigration crackdown, a Venezuelan family struggles to keep its legal status.</p> <p>TH 10:00 Strength & Stability Fitness with Marlene</p> <p>LB 11:00 Writing Workshop: In Your Own Words with James</p> <p>CP 2:00 Friday Afternoon Conversations: Casual,</p>	<p>17</p> <p>TH 9:00 Kick-Start Fitness:</p> <p>GP 10:00 Mobility Class with Blake</p> <p>EX 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza</p> <p>GP 11:00 Garden Club</p> <p>LB 1:00 Library Organization: come help organize the library!</p> <p>SR 1:00 Reel Talk: Behind the Scenes: Train Dreams</p> <p>TH 1:30 Come Play w/ Watercolor: Paint Art with Resident Artist, John</p> <p>SR 2:00 Reel Talk Movie & discussion: Train Dreams</p>

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18 TH 9:00 Kick-Start Fitness: GR 9:00 Religious Services Transportation GP 10:00 Mobility Class with Blake LB 10:00 Reader Volunteer Hour with Susan TH 10:45 Cardio Drumming SR 1:00 Epic Movie! Spartacus 1960 Prime 3h 17m Starring: Kirk Douglas, Lawrence Olivier The rebellious Thracian Spartacus, born and raised a slave, is sold to Gladiator trainer Batiatus.	19 Martin Luther King Day TH 9:00 Kick-Start Fitness: SR 10:00 Documentary: Horatio's Drive: America's First Road Trip 2003 PBS Ken Burns 106m On May 23, 1903 Horatio started out in San Francisco on the first American road trip. TH 10:00 Tai Chi with Nobuo TH 11:00 Savoring Short Stories (Cancelled for Today) TH 1:00 Politics & Current Events: A Current Events Discussion - Weekly discussion	20 TH 9:00 Kick-Start Fitness: SR 10:00 Documentary: Being Beethoven 2020 S1E2 of 3 Prime 59m Beethoven embarks on a new creative path and attempts to find love, however, as is often the case, the composer's life appears to be following a very different trajectory to his art. TH 10:00 Yoga and Meditation with James LB 11:00 Writing Workshop: In Your Own Words with James	21 TH 9:00 Kick-Start Fitness: SR 10:00 Documentary: John Candy: I Like Me 2025 Prime 1h 52m From director Colin Hanks and producer Ryan Reynolds-both lifelong John Candy fans-comes John Candy: I Like Me, an exploration of the life and legacy of the comedic icon. The film showcases Candy's remarkable career, from his breakout turn. TH 10:00 Strength & Stability Fitness	22 TH 9:00 Kick-Start Fitness SR 10:00 Documentary: No Documentary Today! EX 10:30 Excursion: Brunch at the Good Day Cafe in Vallejo then tour the Naval Historical Museum - Vallejo B 2:00 Game Players Club: Rummikub SR 2:00 Matinee: No Matinee today. LB 3:00 Parkinson's Support Group Meeting SR 7:00 Evening Film: Frankenstein 2025 Netflix 2h 30m	23 TH 9:00 Kick-Start Fitness SR 10:00 Documentary: The Mayo Clinic: Faith-Hope-Science 2018 Prime 1h 55m The 150-year history of the Mayo Clinic begins with Dr. William Worrall Mayo, an English immigrant who practiced medicine with his sons Will and Charlie in Rochester, Minn. TH 10:00 Strength & Stability Fitness with Marlene LB 11:00 Writing Workshop: In Your	24 TH 9:00 Kick-Start Fitness GP 10:00 Mobility Class with Blake EX 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza GP 11:00 Garden Club LB 1:00 Library Organization: come help organize the library! SR 1:00 Reel Talk: Behind the Scenes: The Gift TH 1:30 Come Play w/ Watercolor: Paint Art with Resident Artist, John SR 2:00 Reel Talk Movie & discussion: The Gift
25 TH 9:00 Kick-Start Fitness GR 9:00 Religious Services Transportation GP 10:00 Mobility Class with Blake LB 10:00 Reader Volunteer Hour with Susan TH 10:45 Cardio Drumming SR 1:00 Met Opera: Aida (2025) TH 1:30 Pop Up Concert: Stevie Barsotti will delight us with an acoustic guitar performance, featuring his own original compositions as well as selected songs from the past.	26 TH 9:00 Kick-Start Fitness SR 10:00 Documentary: John Candy: I Like Me 2025 Prime 1h 52m From director Colin Hanks and producer Ryan Reynolds-both lifelong John Candy fans-comes John Candy: I Like Me, an exploration of the life and legacy of the comedic icon. The film showcases Candy's remarkable career, from his breakout turn. TH 10:00 Tai Chi with Nobuo	27 TH 9:00 Kick-Start Fitness SR 10:00 Documentary: John Candy: I Like Me 2025 Prime 1h 52m From director Colin Hanks and producer Ryan Reynolds-both lifelong John Candy fans-comes John Candy: I Like Me, an exploration of the life and legacy of the comedic icon. The film showcases Candy's remarkable career, from his breakout turn. TH 10:00 Yoga and Meditation with	28 TH 9:00 Kick-Start Fitness SR 10:00 Documentary: John Candy: I Like Me 2025 Prime 1h 52m From director Colin Hanks and producer Ryan Reynolds-both lifelong John Candy fans-comes John Candy: I Like Me, an exploration of the life and legacy of the comedic icon. The film showcases Candy's remarkable career, from his breakout turn. TH 10:00 Strength & Stability Fitness	29 TH 9:00 Kick-Start Fitness EX 9:30 Excursion: Legion of Honor Museum SR 10:00 Documentary: John Candy: I Like Me 2025 Prime 1h 52m From director Colin Hanks and producer Ryan Reynolds-both lifelong John Candy fans-comes John Candy: I Like Me, an exploration of the life and legacy of the comedic icon. The film showcases Candy's remarkable career, from his	30 TH 9:00 Kick-Start Fitness SR 10:00 Documentary: John Candy: I Like Me 2025 Prime 1h 52m From director Colin Hanks and producer Ryan Reynolds-both lifelong John Candy fans-comes John Candy: I Like Me, an exploration of the life and legacy of the comedic icon. The film showcases Candy's remarkable career, from his breakout turn. TH 10:00 Strength & Stability Fitness	31 TH 9:00 Kick-Start Fitness GP 10:00 Mobility Class with Blake EX 10:00 Weekend Shopping Shuttle to Target and El Cerrito Plaza GP 11:00 Garden Club LB 1:00 Library Organization: come help organize the library! SR 1:00 Reel Talk: Behind the Scenes: Adolescence TH 1:30 Come Play w/ Watercolor: Paint Art with Resident Artist, John SR 2:00 Reel Talk Movie & discussion: Train Dreams

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