

JANUARY 2026

Time to Try Something New!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>B - Bistro, L C - Club Room, L2 GR - Great Room, L1 JK - Josephine's Kitchen, L1 L - Library, L2 SR - Screening Room, L2 TF - Town Hall Foyer, L1 TH - Town Hall, L1</p>	<p>So many things going on and so little room on this calendar! A complete listing of activities can be viewed on our Share App, channel 104 on Senior TV and on the Daily Schedule!</p>	<p>"Tomorrow is the first blank page of a 365-page book. Write a good one." — Brad Paisley</p>	<p>"JANUARY, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes" — Charmaine J Forde</p>	<p>1 New Year's Day</p> <p>B 8:00 Rose Bowl Parade B 10:00 Holiday Bowl Games TH 10:30 Balance & Mobility w/ Jason TH 1:30 BINGO B 3:00 Happy Hour with Music Station 4:00 Tech Guru SR 7:00 Movie</p>	<p>2</p> <p>TH 9:30 Stand and Balance w/ David TH 10:30 Spiritual Wellness TH 1:30 Stoneage Doctor: Health Secrets of the Stoneage 2:45 Errand Run SR 7:00 Movie</p>	<p>3</p> <p>TH 9:00 Saturday Stretch w/ Jason 10:30 Cardiff Farmers Market SR 1:30 007: Dr No TH 1:30 BINGO 3:45 Mass at St. John's the Evangelist SR 7:00 Movie</p>
<p>4</p> <p>C 9:30 Catholic Mass (St. Monica's) SR 9:30 Presbyterian Service TH 10:30 Catholic Mass (Canada) SR 1:30 Matinee: Downton Abbey: The Motion Picture TH 3:00 Jeopardy SR 7:00 Movie</p>	<p>5</p> <p>TH 9:30 Yoga Stretches w/ David TH 10:30 Stand and Stretch w/ Jason TH 1:30 Music: Tchaikovskys 1812 Overture and History TH 3:00 Activity Chat SR 7:00 Movie</p>	<p>6 EPIPHANY</p> <p>C 9:00 Bridge TF 9:00 Holy Communion Service TH 9:30 Hand Weights w/ David TH 1:30 BINGO B 2:45 Rosca de Reyes C 3:45 Rosary Warriors SR 7:00 Movie</p>	<p>7</p> <p>TH 9:30 Balance & Mobility w/ David TH 10:30 Cardio w/ Jason 11:00 Union Kitchen Lunch TH 1:30 Rummikub 1:30 Shopping B 3:00 Sounds of Celeste SR 7:00 Movie</p>	<p>8</p> <p>TH 9:30 Cardio w/ David TH 10:30 Balance & Mobility w/ Jason C 1:00 Lifelong University: Memory and the Aging Brain TH 1:30 BINGO B 3:00 Happy Hour with Vincent 4:00 Tech Guru SR 7:00 Movie</p>	<p>9</p> <p>TH 9:30 Stand and Balance w/ David TH 10:30 Spiritual Wellness 1:00 Errand Run TH 3:30 Poetry and Tea SR 7:00 Movie</p>	<p>10</p> <p>TH 9:00 Saturday Stretch w/ Jason 10:30 Cardiff Farmers Market SR 1:30 007: From Russia with Love TH 1:30 BINGO 3:45 Mass at St. John's the Evangelist SR 7:00 Movie</p>
<p>11</p> <p>C 9:30 Catholic Mass (St. Monica's) SR 9:30 Presbyterian Service TH 10:30 Catholic Mass (Canada) SR 1:30 Matinee: Downton Abbey: A New Era TH 3:00 Jeopardy SR 7:00 Movie</p>	<p>12 Nat'l Glazed Doughnut Day</p> <p>TH 9:30 Yoga Stretches w/ David TH 10:30 Stand and Stretch w/ Jason TH 1:30 Music: Middle Ages and Renaissance Music 3:00 Scenic Drive SR 7:00 Movie</p>	<p>13</p> <p>C 9:00 Bridge TF 9:00 Holy Communion Service TH 9:30 Hand Weights w/ David TH 1:30 BINGO TH 3:00 Birch Forest Painting Lesson SR 7:00 Movie</p>	<p>14</p> <p>TH 9:30 Balance & Mobility w/ David TH 10:30 Cardio w/ Jason 11:15 Solana Beach Senior Center Lunch TH 1:30 Rummikub 1:30 Shopping TH 3:15 Travelogue - Italy SR 7:00 Movie</p>	<p>15</p> <p>TH 9:30 Cardio w/ David TH 10:30 Balance & Mobility w/ Jason C 1:00 Lifelong University: Plato's Republic, Justice, Goodness and the Meaning of Life TH 1:30 BINGO B 3:00 Happy Hour AI 4:00 Tech Guru SR 7:00 Movie</p>	<p>16 Warm Hearts and Winter Wins</p> <p>TH 9:30 Stand and Balance w/ David TH 10:30 Spiritual Wellness 1:00 Errand Run TH 3:00 How to Draw It w/ Nancie SR 7:00 Movie</p>	<p>17</p> <p>TH 9:00 Saturday Stretch w/ Jason 10:30 Cardiff Farmers Market SR 1:30 007: The World is Not Enough TH 1:30 BINGO 3:45 Mass at St. John's the Evangelist SR 7:00 Movie</p>

JANUARY 2026

Time to Try Something New!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>C 9:30 Catholic Mass (St. Monica's)</p> <p>SR 9:30 Presbyterian Service</p> <p>TH 10:30 Catholic Mass (Canada)</p> <p>SR 1:30 Matinee: Unlikely Pilgrimage of Harold Fry</p> <p>TH 3:00 Jeopardy</p> <p>SR 7:00 Movie</p>	<p>19 Martin Luther King Day</p> <p>TH 9:30 Yoga Stretches w/ David</p> <p>TH 10:30 Stand and Stretch w/ Jason</p> <p>TH 1:30 Brew Monday/Brew a Potion</p> <p>SR 3:00 Scenic Drive</p> <p>SR 7:00 Movie</p>	<p>20</p> <p>C 9:00 Bridge</p> <p>TF 9:00 Holy Communion Service</p> <p>TH 9:30 Hand Weights w/ David</p> <p>TH 1:30 BINGO</p> <p>L 2:30 Book Club: The Secret History and This Time Next Year We'll be Laughing</p> <p>C 3:45 Rosary Warriors</p> <p>SR 7:00 Movie</p>	<p>21</p> <p>TH 9:30 Balance & Mobility w/ David</p> <p>TH 10:30 Cardio w/ Jason</p> <p>11:00 Jake's Del Mar</p> <p>TH 1:30 Rummikub</p> <p>TH 1:30 Shopping</p> <p>TH 3:00 Resident Meeting</p> <p>SR 7:00 Movie</p>	<p>22</p> <p>TH 9:30 Cardio w/ David</p> <p>TH 10:30 Balance & Mobility w/ Jason</p> <p>C 1:00 Lifelong University: Flourishing at Every Age: Building Health, Connection, and Meaning</p> <p>TH 1:30 BINGO</p> <p>GR 3:00 Happy Hour Robert Parker</p> <p>4:00 Tech Guru</p>	<p>23 Nat'i Pie Day</p> <p>TH 9:30 Stand and Balance w/ David</p> <p>TH 10:30 Spiritual Wellness</p> <p>TH 1:00 Errand Run</p> <p>TH 3:00 Eyes on the Pies!</p> <p>SR 7:00 Movie</p>	<p>24</p> <p>TH 9:00 Saturday Stretch w/ Jason</p> <p>10:30 Cardiff Farmers Market</p> <p>SR 1:30 007: Diamonds are Forever</p> <p>TH 1:30 BINGO</p> <p>TH 3:45 Mass at St. John's the Evangelist</p> <p>SR 7:00 Movie</p>
<p>25</p> <p>C 9:30 Catholic Mass (St. Monica's)</p> <p>SR 9:30 Presbyterian Service</p> <p>TH 10:30 Catholic Mass (Canada)</p> <p>SR 1:30 Matinee: Expedition Greenland</p> <p>TH 3:00 Jeopardy</p> <p>SR 7:00 Movie</p>	<p>26</p> <p>TH 9:30 Yoga Stretches w/ David</p> <p>TH 10:30 Stand and Stretch w/ Jason</p> <p>TH 1:30 Music: Howard Shore and Music of the Hobbits and Lord of the Rings</p> <p>TH 3:00 Scenic Drive</p> <p>TH 3:00 Stamped Tea Towels Workshop</p> <p>SR 7:00 Movie</p>	<p>27</p> <p>C 9:00 Bridge</p> <p>TF 9:00 Holy Communion Service</p> <p>TH 9:30 Hand Weights w/ David</p> <p>TH 1:30 BINGO</p> <p>TH 2:30 Chef and DRM Chat and DEMO</p> <p>SR 7:00 Movie</p>	<p>28</p> <p>TH 9:30 Balance & Mobility w/ David</p> <p>TH 10:30 Cardio w/ Jason</p> <p>11:00 Nick's on State Lunch</p> <p>TH 1:30 Rummikub</p> <p>TH 1:30 Shopping</p> <p>TH 3:00 Chat with Wes</p> <p>SR 7:00 Movie</p>	<p>29</p> <p>TH 9:30 Cardio w/ David</p> <p>TH 10:30 Balance & Mobility w/ Jason</p> <p>C 1:00 Lifelong University: The Secrets of Coral Reefs</p> <p>TH 1:30 BINGO</p> <p>B 3:00 Happy Hour with Daniel</p> <p>4:00 Tech Guru</p> <p>SR 7:00 Movie</p>	<p>30</p> <p>TH 9:30 Stand and Balance w/ David</p> <p>TH 10:30 Spiritual Wellness</p> <p>TH 1:00 Errand Run</p> <p>B 3:00 The Cardiff Casual</p> <p>IK 4:30 December and January Birthday Dinner</p> <p>SR 7:00 Movie</p>	<p>31</p> <p>TH 9:00 Saturday Stretch w/ Jason</p> <p>10:30 Cardiff Farmers Market</p> <p>SR 1:30 007: Casino Royale</p> <p>TH 1:30 BINGO</p> <p>TH 3:45 Mass at St. John's the Evangelist</p> <p>SR 7:00 Movie</p>