BELMONT Village
SENIOR LIVING
SABRE SPRINGS
ASSISTED LIVING | MEMORY CARE

JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2P - 2nd Floor Parlor B - Bistro, 1st Floor CR - Club Room, 3rd Floor GR - Great Room, 1st Floor JK - Josephine's Kitchen JP - Josephine's Patio MP - Marketplace, 1st Floor Parlor MT - Movie Theatre, 3rd Floor TH - Town Hall, 3rd Floor				**1** **New Year's Day** TH **9:30** Exercise I with Marni TH **10:00** Exercise II with Marni B **10:40** New Year's Day Trivia with Marni JK **2:00** **Happy Hour with the "Blue Zone Band"** MP **3:15** Billiards & Wine with Marni MT **6:30** Thursday Night Movie	**2** TH **9:30** Flex & Stretch Exercise I TH **10:00** Flex & Stretch Exercise II GR **10:00** **IL/AL Scenic Drive** CR **1:00** Bridge Club TH **1:30** Balance Class with AJ TH **2:30** Password TH **4:30** Shabbat Service MT **6:30** Friday Night Movie	**3** TH **9:00** **"Fitness Opera" with David** TH **10:00** Exercise with Jason CR **10:00** Mahjong TH **2:00** Bingo with Sherry TH **3:00** Trivia MT **6:30** Saturday Night Movie
4 TH **9:00** Live Worship with Pastor Mark George MT **10:00** Protestant Church Service TH **10:30** Catholic Church Service with Communion TH **2:00** Bingo with Marni CR **3:15** **Blackjack with Marni** MT **6:30** Sunday Night Movie	**5** TH **9:30** Move & Groove Exercise I TH **10:00** Move & Groove Exercise II JP **10:40** Balance Class with AJ 2P **10:40** **Relaxing Art Hour** CR **2:00** **Penny Game** TH **3:15** **Jeopardy** MT **6:30** Monday Night Movie	**6** TH **9:30** Total Body Toning Exercise I TH **10:00** Total Body Toning Exercise II **10:40** **Water Aerobics** MP **1:30** **Keri's Marketplace** TH **2:00** **Greeting Card Making Class with Trina** CR **3:15** Texas Hold'em with Marni MT **6:30** Tuesday Night Movie	**7** TH **9:30** Wake & Shake Exercise I TH **10:00** Wake & Shake Exercise II CR **10:40** Jim's Liar's Dice MT **10:40** **LLU Series: "The Secrets of Coral Reefs"** TH **2:00** **Bible Study** TH **3:15** Karaoke with AJ MT **6:30** Wednesday Night Movie	**8** TH **9:30** Tai Chi Exercise I TH **10:00** Tai Chi Exercise II MT **10:40** **LLU Series: "Voting Rights & Political Participation in the US** JK **2:00** **Happy Hour with "Double Take" Duo** MP **3:15** Billiards & Wine MT **6:30** Thursday Night Movie	**9** TH **9:30** Flex & Stretch Exercise I TH **10:00** Flex & Stretch Exercise II GR **10:00** **Local Errands** CR **1:00** Bridge Club TH **1:30** Balance Class with AJ TH **2:30** Password TH **4:30** Shabbat Service MT **6:30** Friday Night Movie	**10** TH **9:00** **"Fitness Opera" with David** TH **10:00** Exercise with Jason CR **10:00** Mahjong TH **2:00** Bingo with Sherry TH **3:00** Trivia MT **6:30** Saturday Night Movie
11 TH **9:15** Protestant Church Service TH **10:30** Catholic Church Service with Communion TH **2:00** Bingo with Marni CR **3:15** **Blackjack with Marni** MT **6:30** Sunday Night Movie	**12** TH **9:30** Move & Groove Exercise I TH **10:00** Move & Groove Exercise II JP **10:40** Balance Class with AJ 2P **10:40** **Relaxing Art Hour** CR **2:00** **Penny Game** TH **3:00** **Resident Meeting** MT **6:30** Monday Night Movie	**13** TH **9:30** Total Body Toning Exercise I TH **10:00** Total Body Toning Exercise II **10:40** **Water Aerobics** TH **1:30** **Chef's Chat** JP **2:00** Corn Hole with Marni TH **3:15** **History Matters** MT **6:30** Tuesday Night Movie	**14** TH **9:30** Wake & Shake Exercise I TH **10:00** Wake & Shake Exercise II CR **10:40** Jim's Liar's Dice GR **1:30** **"Museum of Illusions" Outing** CR **2:00** **Bible Study** B **3:15** Karaoke with AJ MT **6:30** Wednesday Night Movie	**15** TH **9:30** Tai Chi Exercise I TH **10:00** Tai Chi Exercise II **10:40** Free Swim & Tech Support with Marni CR **1:15** **Book Lover's Chat with Marni** JK **2:00** **Happy Hour: TBD** MP **3:15** Billiards & Wine MT **6:30** Thursday Night Movie	**16** TH **9:30** Flex & Stretch Exercise I TH **10:00** Flex & Stretch Exercise II GR **10:00** **IL/AL Scenic Drive** CR **1:00** Bridge Club TH **1:30** Balance Class with AJ TH **2:30** Password TH **4:30** Shabbat Service MT **6:30** Friday Night Movie	**17** TH **9:00** **"Fitness Opera" with David** TH **10:00** Exercise with Jason CR **10:00** Mahjong TH **2:00** Bingo with Sherry TH **3:00** Trivia MT **6:30** Saturday Night Movie

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 TH **9:00 Live Worship with Pastor Mark George** MT **10:00** Protestant Church Service TH **10:30** Catholic Church Service with Communion TH **2:00** Bingo with Marni CR **3:15 Blackjack with Marni** MT **6:30** Sunday Night Movie	**19** Martin Luther King Day TH **9:30** Move & Groove Exercise I TH **10:00** Move & Groove Exercise II IP **10:40** Balance Class with AJ 2P **10:40 Relaxing Art Hour** CR **2:00 Penny Game** TH **3:15 Jeopardy** MT **6:30** Monday Night Movie	**20** TH **9:30** Total Body Toning Exercise I TH **10:00** Total Body Toning Exercise II **10:40 Water Aerobics** MP **1:30 Keri's Marketplace** TH **2:00 Winter Arts & Crafts Program** CR **3:15** Texas Hold'em with Marni MT **6:30** Tuesday Night Movie	**21** 2P **9:30** Wake & Shake Exercise I 2P **10:00** Wake & Shake Exercise II CR **10:40** Jim's Liar's Dice GR **11:00 Lunch at "Vintana Wine + Dine" in Escondido** CR **2:00 Bible Study** B **3:15** Karaoke with AJ MT **6:30** Wednesday Night Movie	**22** 2P **9:30** Tai Chi Exercise I 2P **10:00** Tai Chi Exercise II MT **10:40 LLU Series: "Flourishing at Every Age"** JK **2:00 Happy Hour with "Michele Lundeen"** MP **3:15** Billiards & Wine with Marni MT **6:30** Thursday Night Movie	**23** TH **9:30** Flex & Stretch Exercise I TH **10:00** Flex & Stretch Exercise II GR **10:00 Local Errands** CR **1:00** Bridge Club TH **1:30** Balance Class with AJ TH **2:30** Password TH **4:30** Shabbat Service MT **6:30** Friday Night Movie	**24** TH **9:00 "Fitness Opera" with David** TH **10:00** Exercise with Jason CR **10:00** Mahjong TH **2:00** Bingo with Sherry TH **3:00** Trivia MT **6:30** Saturday Night Movie
25 TH **9:15** Protestant Church Service TH **10:30** Catholic Church Service with Communion TH **2:00** Bingo with Marni CR **3:15 Blackjack with Marni** MT **6:30** Sunday Night Movie	**26** TH **9:30** Move & Groove Exercise I TH **10:00** Move & Groove Exercise II IP **10:40** Balance Class with AJ 2P **10:40 Relaxing Art Hour** TH **1:30 Jewelry Design** CR **2:00 Penny Game** TH **3:15 Jeopardy** MT **6:30** Monday Night Movie	**27** TH **9:30** Total Body Toning Exercise I TH **10:00** Total Body Toning Exercise II **10:40 Water Aerobics** B **1:30** Welcome Social with Keri IP **2:00** Corn Hole with Marni CR **3:15** Texas Hold'em with Marni MT **6:30** Tuesday Night Movie	**28** TH **9:30** Wake & Shake Exercise I TH **10:00** Wake & Shake Exercise II CR **10:40** Jim's Liar's Dice JK **12:00 Birthday Luncheon** GR **1:30 "The Game Show Studio" at Fashion Valley Mall** TH **2:00 Protestant Communion** TH **3:15** Karaoke with AJ MT **6:30** Wednesday Night Movie	**29** TH **9:30** Tai Chi Exercise I TH **10:00** Tai Chi Exercise II **10:40** Free Swim & Tech Support with Marni JK **2:00 Happy Hour with the "Bayou Brothers"** MP **3:15** Billiards & Wine with Marni MT **6:30** Thursday Night Movie	**30** TH **9:30** Flex & Stretch Exercise I TH **10:00** Flex & Stretch Exercise II GR **10:00 IL/AL Scenic Drive** CR **1:00** Bridge Club TH **1:30** Balance Class with AJ TH **2:30** Password TH **4:30** Shabbat Service MT **6:30** Friday Night Movie	**31** TH **9:00 "Fitness Opera" with David** TH **10:00** Exercise with Jason CR **10:00** Mahjong TH **2:00** Bingo with Special Guest TH **3:00** Trivia MT **6:30** Saturday Night Movie

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