

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY

AS - Art Studio
 AP - Artful Pour
 CR - Club Room
 DN - Den
 FC - Fitness Center
 LB - Library

LO - Lobby
 OI - Olive & Ink
 PL - Piano Lounge
 LB - The Library
 TH - Theater

New Year's Day
8:00 AM Rose Parade & Rose Bowl (Livestream) (OI)

9:30 AM Fitness Video (FC)
 11:00 AM Strength, Mobility & Flexibility W/Jocelyn (FC)
 12:00 PM NY Times Word Games (CR)
 1:30 PM Bridge Card Game (AP)
 2:30 PM Tech Hour (AP)
 3:00 PM Bingo (CR)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

1

9:30 AM Fitness Video (FC)
 9:30 AM Shopping Bus
 11:00 AM Strength, Mobility & Flexibility W/Jocelyn (FC)
 11:30 AM Catholic Communion & Rosary Service (CR)
 12:00 PM NY Times Word Games (CR)
 1:30 PM Shopping Bus
 1:45 PM Core, Balance & Strength w/Kahlil (FC)
 3:00 PM Calligraphy Bell Choir: Bells A-Poppin' (CR)
 4:00 PM Trivia (OI)
5:00 PM Dance Party with Jocelyn (AP)
 5:00 PM Happy Hour (AP)
 7:00 PM SF Livestream Jazz w/David Carr (CR)

2

11:00 AM Chair Yoga with Jocelyn (All Levels) (CR)
 11:00 AM Book Club (LB)
11:00 AM Outing
 12:00 PM NY Times Word Games (CR)
 2:00 PM Tech Hour (AP)
 3:00 PM Game Hour (OI)
 3:30 PM Fitness Video (FC)
4:00 PM Live Music | Gary Rossi (PL)
5:00 PM Saturday Movie Showcase | Tick, Tick Boom (TH)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

3

10:30 AM Community Walk (Outdoors)
10:30 AM Outing | Sunday Church Service
 12:00 PM NY Times Word Games (CR)
 2:00 PM Fitness Video (FC)
 3:00 PM Bingo (CR)
4:00 PM Live Music | Joaquin (PL)
5:30 PM Sunday Documentary | The New Yorker at 100 (TH)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

4

9:30 AM Shopping Bus
 10:30 AM Community Walk (Outdoors)
11:00 AM Brain Fitness with Rebecca (Senior Helpers) (CR)
 12:00 PM NY Times Word Games (CR)
 1:30 PM Tailored Fitness W/ Larisa (FC)
 1:30 PM Shopping Bus
3:00 PM Transition & Transformations W/Dr. Eleanor Novick (CR)
4:00 PM Live Music | Kendall O. (AP)
 4:00 PM Happy Hour (AP)
 4:45 PM Connect with a Question (DN)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

5

9:30 AM Fitness Video (FC)
 10:30 AM Welcoming Committee Meeting (CR)
 12:00 PM NY Times Word Games (CR)
 1:00 PM Activity Committee Meeting (CR)
 2:00 PM Tailored Fitness W/Larisa (FC)
 2:30 PM Flower Arranging (OI)
3:30 PM Tech Lecture | UniGuest (CR)
 4:00 PM Chess Hour (OI)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

6

9:30 AM Fitness Video (FC)
 11:00 AM Community Orientation (CR)
 11:00 AM Strength, Mobility & Flexibility W/Jocelyn (FC)
 12:00 PM NY Times Word Games (CR)
 1:30 PM Bridge Card Game (AP)
 2:30 PM Tech Hour (AP)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

7

9:30 AM Fitness Video (FC)
 11:00 AM Strength, Mobility & Flexibility W/Jocelyn (FC)
 12:00 PM NY Times Word Games (CR)
 1:30 PM Bridge Card Game (AP)
 2:30 PM Tech Hour (AP)
 3:00 PM Bingo (CR)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

8

9:30 AM Fitness Video (FC)
 9:30 AM Shopping Bus
 11:00 AM Strength, Mobility & Flexibility W/Jocelyn (FC)
 11:30 AM Catholic Communion & Rosary Service (CR)
 12:00 PM NY Times Word Games (CR)
 1:30 PM Shopping Bus
 1:45 PM Core, Balance & Strength w/Kahlil (FC)
 3:00 PM Calligraphy Bell Choir: Bells A-Poppin' (CR)
 4:00 PM Trivia (OI)
 5:00 PM Happy Hour (AP)
 7:00 PM SF Livestream Jazz w/David Carr (CR)

9

11:00 AM Chair Yoga with Jocelyn (All Levels) (CR)
11:00 AM Outing
 12:00 PM NY Times Word Games (CR)
 2:00 PM Tech Hour (AP)
 3:00 PM Game Hour (OI)
 3:30 PM Fitness Video (FC)
5:00 PM Saturday Movie Showcase | Glory (TH)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

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January 2026

Calligraphy

NAPA VALLEY

Address: 4055 Solano Ave, Napa, CA 94558 Phone: (707) 345-1480

SUN

MON

TUE

WED

THUR

FRI

SAT

10:30 AM Community Walk (Outdoors)
10:30 AM Outing Sunday Church Service
12:00 PM NY Times Word Games (CR)
2:00 PM Fitness Video (FC)
2:00 PM Live Music Leah Joy (LO)
2:30 PM Vision Boards (AS)
3:00 PM Bingo (CR)
5:30 PM Sunday Documentary Jim And Andy: The Great Beyond (TH)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

11	9:30 AM Shopping Bus
	10:30 AM Community Walk (Outdoors)
	12:00 PM NY Times Word Games (CR)
	1:30 PM Tailored Fitness W/Larisa (FC)
	1:30 PM Shopping Bus
	3:00 PM Live Music Joyce Grant (PL)
	3:00 PM Transition & Transformations W/Dr. Eleanor Novick (CR)
	4:00 PM Happy Hour (AP)
	4:45 PM Connect with a Question (DN)
	7:00 PM Member-Run Evening Social: Artful Pour (AP)

10:30 AM Community Walk (Outdoors)
10:30 AM Outing Sunday Church Service
12:00 PM NY Times Word Games (CR)
2:00 PM Fitness Video (FC)
3:00 PM Bingo (CR)
4:00 PM Live Music Joaquin (PL)
5:30 PM Sunday Documentary Henry Ford (TH)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

18	Martin Luther King Jr. Day
	9:30 AM Shopping Bus
	10:30 AM Community Walk (Outdoors)
	12:00 PM NY Times Word Games (CR)
	1:30 PM Tailored Fitness W/Larisa (FC)
	1:30 PM Shopping Bus
	3:00 PM Transition & Transformations W/Dr. Eleanor Novick (CR)
	4:00 PM Happy Hour (AP)
	4:45 PM Connect with a Question (DN)
	7:00 PM Member-Run Evening Social: Artful Pour (AP)

10:30 AM Community Walk (Outdoors)
10:30 AM Art Workshop W/Amanda Meadows (AS)
10:30 AM Outing Sunday Church Service
12:00 PM NY Times Word Games (CR)
1:00 PM Live Music Leah Joy (LO)
2:00 PM Fitness Video (FC)
3:00 PM Bingo (CR)
5:30 PM Sunday Documentary Laura Ingalls Wilder (TH)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

25	9:30 AM Shopping Bus
	10:30 AM Community Walk (Outdoors)
	12:00 PM NY Times Word Games (CR)
	1:30 PM Tailored Fitness W/Larisa (FC)
	1:30 PM Shopping Bus
	3:00 PM Live Music Joyce Grant (PL)
	3:00 PM Transition & Transformations W/Dr. Eleanor Novick (CR)
	4:00 PM Happy Hour (AP)
	4:45 PM Connect with a Question (DN)
	7:00 PM Member-Run Evening Social: Artful Pour (AP)

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Address: 4055 Solano Ave, Napa, CA 94558 Phone: (707) 345-1480

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NAPA VALLEY

9:30 AM Fitness Video (FC)
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Tech Lecture Exploring eBooks and Audiobooks: Your Digital Library (CR)
4:00 PM Happy Hour (AP)
4:45 PM Connect with a Question (DN)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

9:30 AM Fitness Video (FC)
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Hearing Aid Cleaning & Repair (CR)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

9:30 AM Fitness Video (FC)
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Bridge Card Game (AP)
2:00 PM Tailored Fitness W/ Larisa (FC)
2:30 PM Tech Hour (AP)
3:00 PM Bingo (CR)
7:00 PM Member-Run Evening Social: Artful Pour (AP)

9:30 AM Fitness Video (FC)
9:30 AM Shopping Bus
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Monthly Birthday Celebration for Members (AP)
4:00 PM Trivia (OI)
5:00 PM Happy Hour (AP)
7:00 PM SF Livestream Jazz w/ David Carr (CR)

9:30 AM Fitness Video (FC)
9:30 AM Shopping Bus
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Tech Lecture Tech for Memory: Apps and Tools for Brain Health (CR)
4:00 PM New Member Meet & Greet (AP)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

9:30 AM Fitness Video (FC)
9:30 AM Shopping Bus
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Member Council Meeting (OI)
4:00 PM New Member Meet & Greet (AP)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

9:30 AM Fitness Video (FC)
9:30 AM Shopping Bus
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Member Council Meeting (OI)
4:00 PM New Member Meet & Greet (AP)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

9:00 AM International Holocaust Remembrance Day
9:30 AM Fitness Video (FC)
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Tech Lecture Tech for Memory: Apps and Tools for Brain Health (CR)
4:00 PM New Member Meet & Greet (AP)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

9:30 AM Fitness Video (FC)
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Bill Maxwell Presentation (CR)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

9:00 AM National Croissant Day
9:30 AM Fitness Video (FC)
9:30 AM Shopping Bus
11:00 AM Strength, Mobility & Flexibility W/ Jocelyn (FC)
12:00 PM NY Times Word Games (CR)
1:30 PM Shopping Bus
1:45 PM Core, Balance & Strength w/Kahlil (FC)
2:00 PM Tailored Fitness W/ Larisa (FC)
3:00 PM Tech Lecture Digital Safety 101: Spotting Scams and Protecting Yourself Online (CR)
4:00 PM Happy Hour (AP)
5:00 PM Gentlemen's Dinner (OI)
7:00 PM Member-Run Evening Social: Artful Pour (AP)
7:00 PM Wednesday Night Music W/David Carr (CR)

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