January 2026 Homeowner/IL Activity Calendar

1/4/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  	2 12:15 Line Dancing 1:00 Move, Breathe & Play with Kemiko 2:00 Friday Flicks & Fun - "The Apartment" (1960) 4:15 Friday Mocktails & Cocktails	3 9:00 Cotton Mill Farmers' Market
4 9:00 Southern Hills: The Church at City Station 10:00 Hymns Sing-A-Long 11:00 Live Stream Church Service 1:00 Watch NFL in the Theater	5 10:00 Aqua Fitness 11:15 Yoga For Every Body 3:30 Indoor Courtyard Games	6 AD Epiphany Day 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Tai Chi for Mind and Body Harmony 3:00 Learn About: Epiphany 3:15 Exercise Class with Ron Gibson 4:00 Let's Play the Game: Blank Slate	7 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Ladies' Tea 4:00 Bingo Bonanza	8 AD Elvis Presley's Birthday 10:00 Dementia Support Group 10:00 Zumba 11:00 Tai Chi for Mind and Body Harmony 12:30 Get Healthy, Live Well's Diabetes Prevention Program 2:00 Chair Volleyball 4:00 Elvis Presley's Birthday Party 5:00 2026 UWG + TBOM Activity Kickoff and Italy Trip Rollout	9 12:15 Line Dancing 2:00 Friday Flicks & Fun - "The French Connection" (1971) 4:15 Friday Mocktails & Cocktails	10 9:00 Cotton Mill Farmers' Market 4:30 Watch NFL Wild Card Game in the Theater 8:30 Watch NFL Wild Card Game in the Theater
11 9:00 Southern Hills: The Church at City Station 10:00 Hymns Sing-A-Long 11:00 Live Stream Church Service 1:00 Watch NFL in the Theater	12 10:00 Aqua Fitness 10:00 Day Outing to Gallery Row Coffee Shop 11:15 Yoga For Every Body 3:30 Indoor Courtyard Games	13 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Tai Chi for Mind and Body Harmony 2:00 American Red Cross Blood Drive at City Station 3:15 Exercise Class with Ron Gibson 4:00 Let's Play the Game: Blank Slate 6:30 Sound Healing with Tasha	14 AD Dress Up Your Pet Day 9:00 Get Healthy, Live Well Kickoff to 2026! 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 4:00 Bingo Bonanza 6:30 Dress Up Your Pet Photo Presentation	15 AD National Hat Day 10:00 Zumba 11:00 Tai Chi for Mind and Body Harmony 11:00 Vocalist/Keyboardist Karen Vance 12:30 Get Healthy, Live Well's Diabetes Prevention Program 2:00 Chair Volleyball 4:00 Let's Learn About: Hats Through the Years	16 12:15 Line Dancing 2:00 Friday Flicks & Fun - "White House Down" (2013) 4:15 Friday Mocktails & Cocktails	17 9:00 Cotton Mill Farmers' Market 10:00 Free Flea Market
18 9:00 Southern Hills: The Church at City Station 10:00 Hymns Sing-A-Long 11:00 Live Stream Church Service 1:00 Watch NFL in the Theater	19 AD MLK Day AD National Popcorn Day 10:00 Aqua Fitness 11:15 Yoga For Every Body 1:00 MLK Day Parade 4:00 Dolly Parton's 80th Birthday Celebration 7:00 College Football National Championship Watch Party	20 AD National Cheese Lover's Day 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Tai Chi for Mind and Body Harmony 3:15 Exercise Class with Ron Gibson	21 AD National Hugging Day 10:00 Exclusive Presentation by Dr. Roger Landry 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 4:45 Large Group Hug and Photo	22 AD National Polka Dot Day 10:00 Zumba 11:00 Tai Chi for Mind and Body Harmony 12:30 Get Healthy, Live Well's Diabetes Prevention Program 2:00 Chair Volleyball 4:00 Learn About: Fashion Through the Years 7:00 UWG Men's Basketball Game	23 AD National Activity Professionals Day 10:00 Nourish & Flourish - Cooking with Gail 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Sense and Sensibility" 4:15 Friday Mocktails & Cocktails	24 9:00 Cotton Mill Farmers' Market 3:00 Saturday Matinee
25 9:00 Southern Hills: The Church at City Station 10:00 Hymns Sing-A-Long 11:00 Live Stream Church Service 1:00 Watch NFL in the Theater	26 10:00 Aqua Fitness 11:15 Yoga For Every Body 3:30 Indoor Courtyard Games 6:30 Sound Healing with Tasha	27 AD International Holocaust Rememberance Day 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Tai Chi for Mind and Body Harmony 1:00 Tuesday Movie Matinee - "Schindler's List" (1993) 3:15 Exercise Class with Ron Gibson 4:00 Hymns Sing-along with Ginny and John	28 AD National Pop Art Day 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Independent Living Town Hall 4:00 Bingo Bonanza 4:00 Learn About: Robert Rauschenberg - Pop Art Pioneer (2016 Documentary)	29 AD National Puzzle Day 10:00 Zumba 11:00 Tai Chi for Mind and Body Harmony 12:30 Get Healthy, Live Well's Diabetes Prevention Program 2:00 Chair Volleyball 3:00 Celebrate National Puzzle Day	30 AD National Yodeling Day 10:00 Day Outing to West Georgia Museum of Tallapoosa & Box Lunch 12:15 Line Dancing 3:00 Friday Flicks & Fun - "The Art of Yodeling" (2011 Documentary) 4:15 Friday Mocktails & Cocktails and Monthly Birthday Celebration	31 AD National Hot Chocolate Day 9:00 Cotton Mill Farmers' Market 3:00 Big Nick's Putt-Putt Contest

Happy Birthday!

Bill W. - Jan. 7

Charlotte B. - Jan. 12

Geneva E. - Jan. 14

Betty W. - Jan. 14

Mary B. - Jan. 15

Phil T. - Jan. 15

Dick P. - Jan. 16

Barbara W. - Jan. 16

Location Key

Light Green = Get Healthy, Live Well

Teal Blue = Birches on Maple

Orange = City of Carrollton

Light Blue = City Station

Dark Blue = UWG

THE BIRCHES ON MAPLE