January 2026 Homeowner/IL Activity Calendar

12/29/25

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Happy Birthday!
				1	12:15 Line 2 Dancing	9:00 Cotton Mill 3 Farmers' Market	Bill W Jan. 7
					1:00 Move, Breathe & Play with Kemiko 4:15 Friday Mocktails & Cocktails	ratmers market	Charlotte B Jan. 12
							Geneva E Jan. 14
							Betty W Jan. 14
9:00 Southern Hills: 4 The Church at City Station 10:00 Hymns Sing-A-Long 11:00 Live Stream	10:00 Aqua 5 Fitness 11:15 Yoga For Every Body	AD Epiphany Day 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 3:15 Ageless Wonders	11:15 Yoga For Fvery Body 12:00 Chair Strength and	AD Elvis Presley's Birthday 10:00 The Caregiver Connection: Dementia Support Group 10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 12:30 Get Healthy, Live Well's	10:00 Day Outing to 9 the Southeastern Textile and Quilt Museum 12:15 Line Dancing	9:00 Cotton Mill Farmers' Market 4:30 Watch NFL Wild Card Game in the Theater	Mary B Jan. 15
							Phil T Jan. 15
Church Service 1:00 Watch NFL in the	3:30 Indoor Courtyard	Exercise Class with Ron Gibson 4:00 Let's Play the Game:	Tone 4:00 Bingo Bonanza	Diabetes Prevention Program 4:00 Chair Volleyball 7:00 2026 UWG + TBOM Activity Kickoff and Italy Trip Rollout	1:00 Move, Breathe & Play with Kemiko 4:15 Friday Mocktails &	8:30 Watch NFL Wild Card Game in	Dick P Jan. 16
Theater	Games	Blank Slate		AD Notional Hot Day 15	Cocktails	the Theater	Barbara W Jan. 16
9:00 Southern Hills: 11 The Church at City Station 10:00 Hymns	10:00 Aqua Fitness 11:15 Yoga For	Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 2:00 American Red Cross Blood	AD Dress Up Your 14 Pet Day 9:00 Get Healthy, Live Well Kickoff to 2026!	AD National Hat Day 10:00 Zumba 11:00 Vocalist/Keyboardist Karen Vance 11:00 Zen Flow - Tai Chi for	10:00 Day Outing 16 to Gallery Row Coffee Shop 12:15 Line Dancing	9:00 Cotton Mill 17 Farmers' Market 10:00 Free Flea	Location Key
Sing-A-Long 11:00 Live Stream Church Service 1:00 Watch NFL in the Theater	Every Body 3:30 Indoor Courtyard Games	Drive at City Station 3:15 Ageless Wonders Exercise Class with Ron Gibson 4:00 Let's Play the Game: Blank Slate 6:30 Sound Healing with Tasha	11:15 Yoga For Every Body 12:00 Chair Strength and Tone 4:00 Bingo Bonanza	Mind and Body Harmony 12:30 Get Healthy, Live Well's Diabetes Prevention Program 4:00 Chair Volleyball	1:00 Move, Breathe & Play with Kemiko 4:15 Friday Mocktails & Cocktails	Market	Light Green = Get Healthy, Live Well
9:00 Southern Hills: 18 The Church at City Station 10:00 Hymns Sing-A-Long	AD MLK Day AD National Popcorn Day 10:00 Aqua Fitness 11:15 Yoga For Every Body 1:00 MLK Day Parade	AD National Cheese Lover's Day 8:00 Special Guest Speaker Dr. Roger Landry 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga	AD National 21 Hugging Day 8:00 Special Guest Speaker Dr. Roger Landry	11:00 Zen Flow - Tai Chi for Mind and Body Harmony 12:30 Get Healthy, Live	10:00 Nourish & 23 Flourish - Cooking with Gail 12:15 Line Dancing 1:00 Move, Breathe &	9:00 Cotton Mill 24 Farmers' Market	Teal Blue = Birches on Maple
						raimers warket	Orange = City of Carrollton
11:00 Live Stream Church Service	4:00 Dolly Parton's 80th Birthday Celebration 7:00 College Football	11:00 Zen Flow - Tai Chi for Mind and Body Harmony 3:15 Ageless Wonders Exercise Class with Ron Gibson	11:15 Yoga For Every Body	Well's Diabetes Prevention Program 4:00 Chair Volleyball	Play with Kemiko 4:15 Friday Mocktails		Light Blue = City Station
1:00 Watch NFL in the Theater	National Championship Watch Party	4:00 Let's Play the Game: Blank Slate	12:00 Chair Strength and Tone	7:00 UWG Men's Basketball Game	& Cocktails		Dark Blue = UWG
The Church at City Station	AD National Activity Professionals Week 10:00 Aqua Fitness 11:15 Yoga For Every Body	Professionals Week 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for	AD National 28 Activity Professionals Week 11:15 Yoga For Every Body	AD National Activity 29 Professionals Week AD National Puzzle Day 10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony	AD National Activity Professionals Week 10:00 Day Outing to West Georgia Museum of Tallapoosa 12:15 Line Dancing	AD National Hot 31 Chocolate Day 9:00 Cotton Mill Farmers' Market	
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11:00 Live Stream Church Service	3:30 Indoor Courtyard Games 6:30 Sound Healing with	Mind and Body Harmony 3:15 Ageless Wonders Exercise Class with Ron Gibson	12:00 Chair Strength and Tone	12:30 Get Healthy, Live Well's Diabetes Prevention Program	1:00 Move, Breathe & Play with Kemiko 4:15 Friday Mocktails & Cocktails and Monthly		BIRCHES
1:00 Watch NFL in the Theater	Tasha	4:00 Independent Living Town Hall	3:00 Ladies Tea 4:00 Bingo Bonanza	4:00 Chair Volleyball	Birthday Celebration		ON MAPLE