

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2026</h1> <h2>Fred Lind Manor Activities Calendar</h2>				<div>1</div> <div>11:00 - Chair Fitness: Lower Body Strength (MR) 1:00 - New Years Day Party w/Steve Ryals (CL) 2:30 - Standing Bone Smart Exercises (MR)</div> <div>New Year's Day</div>	<div>2</div> <div>9:30 - Shopping Trip to QFC (SIGN-UP REQUIRED) 11:00 - Healing Mass at St. Joe's (SIGN UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - Storytellers Circle (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)</div>	<div>3</div> <div>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR)</div>
<div>4</div> <div>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)</div>	<div>5</div> <div>10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - Fireside Chat w/Mike (CL)</div>	<div>6</div> <div>11:00 - Flexercise w/Mary (MR) 1:30 - Resident Birthday Party (CL) 2:30 - Bingo (CL)</div>	<div>7</div> <div>10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Dividat Lecture w/Dallas (MR) 2:30 - Standing Balance & Fall Prevention (MR)</div>	<div>8</div> <div>11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Standing Bone Smart Exercises (MR) 3:30 - Fiber Fun Social w/Angelika</div>	<div>9</div> <div>9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - Piano Music w/Carson Lilley (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)</div>	<div>10</div> <div>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR)</div>
<div>11</div> <div>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)</div>	<div>12</div> <div>10:00 Digital Help Mates: Tech Clinic w/David (CL) 10:00 - Journal Through Art w/Mary (AR) 11:00 - Free Movement w/Mary (MR)</div>	<div>13</div> <div>10:00 - Real Fun! VR w/Melissa (CL) 11:00 - Flexercise w/Mary (MR) 1:30 - Sign Language Club (AR) 2:30 - Bingo (CL)</div>	<div>14</div> <div>10:45 - Bookmobile (CL) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Resident Association Kitchen Hour w/Paulette (CL) 2:30 - Book Club (CL) 2:30 - Standing Balance & Fall Prevention (MR)</div>	<div>15</div> <div>11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Sing along w/David Lepse 2:30 - Standing Bone Smart Exercises (MR)</div>	<div>16</div> <div>9:30 - Shopping Trip to Walmart (SIGN-UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - C.U.: Eleanor Roosevelt (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)</div>	<div>17</div> <div>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR)</div>
<div>18</div> <div>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)</div>	<div>19</div> <div>8:00 - 3:00 - Foot & Nail Care w/Koko (S) (SIGN-UP REQUIRED) 10:00 - Mental Health Monday (BT) 1:30 - King in the Wilderness: MLK Jr Documentary (CL)</div> <div>Martin Luther King Jr. Day</div>	<div>20</div> <div>11:00 - Flexercise w/Mary (MR) 1:30 - Resident Association Activities Hour w/Ann (CL) 2:30 - Bingo (CL)</div>	<div>21</div> <div>10:00 - 2:00 - DreamClinic Massage (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - <i>Dancing for the Ages w/Dina Blade (CL)</i> 1:30 - In Person Mass (BT) 2:30 - Standing Balance & Fall Prevention (MR)</div>	<div>22</div> <div>11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - General Assembly 2:30 - Standing Bone Smart Exercises (MR) 3:30 - Fiber Fun Social w/Ellie</div>	<div>23</div> <div>9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 10:00 - Crafting Connections w/Ellie (AR) 11:00 - Seated Dynamic & Static Stretches (MR) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL) 3:00 - Men's Club (AR)</div>	<div>24</div> <div>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR)</div>
<div>25</div> <div>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art & Hymns w/Paul & Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT)</div>	<div>26</div> <div>10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - Sign Language Club (AR)</div> <div>Australia Day (Observed)</div>	<div>27</div> <div>11:00 - Flexercise w/Mary (MR) 2:30 - Bingo (CL)</div>	<div>28</div> <div>11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Cornhole Tournament (CL) 2:30 - Poetry Club (AR) 2:30 - Standing Balance & Fall Prevention (MR)</div>	<div>29</div> <div>11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Brain Games w/ Mary & Ellie (CL) 2:30 - Standing Bone Smart Exercises (MR)</div>	<div>30</div> <div>9:30 - Shopping Trip to Whole Foods (SIGN-UP REQUIRED) 11:00 - Seated Dynamic & Static Stretches (MR) 1:30 - C.U.: The Pompeii Excavation (BT) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL)</div>	<div>31</div> <div>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR)</div>