



REBEKAH HEALTH LINKS
LINKING YOUR HEALTH TO A BETTER LIFE

2026 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
VENDORS SYBIL 01/02 JOE 01/15 JOE 01/29				<i>Happy New Year</i>	ZUMBA w/ CHERYL (RR) 10:15AM POKENO w/SALMA (RR) 2:15PM MOVIE HOUR w/ SALMA (RR) 5:30PM	Current Events Coffee Social (RR) w/ Richard 10:15 AM Bingo w/ Richard (U4, U5, U6) 2 PM 1:1 visits 3:30 PM
TABLETOP GAMES 10AM ST. RAYMOND'S CHURCH COMMUNION (ALL UNIT) 2PM 4	MUSIC AND EXERCISE (U5, U6) 10:15AM COFFEE CLUB w/ ACTIVITY Team (2PM) BINGO w/ ANITA (U4, U5, U6) 5:30PM 5	BEAUTY HOUR w/ ANITA & CHERYL (U5, U6) 10:15 AM CATHOLIC MASS (RR) 2:15PM SOCIAL CLUB w/ ANITA (RR) 5:30 PM 6	BIBLE STUDY (RR) 10:15AM SHARE THE WARMTH w/LT WORKS (RR) 2PM BEAUTY HOUR w/SALMA (U4) 2:15PM BINGO (U4, U5, U6) 5:30PM 7	DEAL OR NO DEAL w/ ANITA (RR) 10:15AM TABLETOP GAMES (ALL UNIT) 2PM HORSERACING w/ SALMA (RR) 5:30PM 8	ZUMBA w/CHERYL (RR) 10:15AM POKENO w/CHERYL (RR) 2:15PM MOVIE HOUR w/SALMA (RR) 5:30PM 9	Current Events Coffee Social (RR) w/ Richard 10:15 AM Bingo w/ Richard (U4, U5, U6) 2 PM 1:1 visits 3:30 PM 10
TABLETOP GAMES 10AM ST. RAYMOND'S CHURCH COMMUNION (ALL UNIT) 2PM 11	MUSIC AND EXERCISE (U5, U6) 10:15AM COFFEE CLUB w/ ACTIVITY Team (2PM) BINGO w/ ANITA (U4, U5, U6) 5:30PM 12	BEAUTY HOUR w/AROMATHERAPY w/ ANITA & CHERYL (U5, U6) 10:15 AM BEADING w/CHERYL (RR) 2:15PM SOCIAL CLUB w/ ANITA (RR) 5:30 PM 13	BIBLE STUDY (RR) 10:15AM ARTS AND CRAFTS w/ CHERYL (RR) 2:15PM BEAUTY HOUR w/SALMA (U4) 2:15PM BINGO w/SALMA (U4, U5, U6) 5:30PM 14	TRIVIA (U5, U6) 10:15AM SNOWFLAKES CAKE POP MAKING (RR) 2:15PM HORSERACING w/SALMA (RR) 5:30PM 15	ZUMBA w/CHERYL (RR) 10:15AM POKENO w/SALMA (RR) 2:15PM MOVIE HOUR w/SALMA (RR) 5:30PM 16	Current Events Coffee Social (RR) w/ Richard 10:15 AM Bingo w/ Richard (U4, U5, U6) 2 PM 1:1 visits 3:30 PM 17
TABLETOP GAMES 10AM ST. RAYMOND'S CHURCH COMMUNION (ALL UNIT) 2PM 18	 MLK POKENO (RR) 10:15AM MLK COFFEE SOCIAL (RR) 2:15PM BINGO (U4, U5, U6) 5:30PM 19	BEAUTY HOUR w/ ANITA & CHERYL (U5, U6) 10:15 AM CATHOLIC MASS (RR) 2:15PM SOCIAL CLUB w/ ANITA (RR) 5:30 PM 20	BIBLE STUDY (RR) 10:15AM POKENO w/CHERYL (RR) 2:15PM BEAUTY HOUR w/SALMA (U4) 2:15PM BINGO w/SALMA (U4, U5, U6) 5:30PM 21	RELIGIOUS SERVICE w/PASTOR OSVALDO (RR) 10:15AM MONTHLY BIRTHDAY w/MANNY (RR) 2PM HORSERACING w/SALMA (RR) 5:30PM 22	 ZUMBA w/ CHERYL (RR) 10:15AM HAPPY NATIONAL DAY PIE SOCIAL (RR) 2:15PM MOVIE HOUR w/ SALMA (RR) 5:30PM 23	Current Events Coffee Social (RR) w/ Richard 10:15 AM Bingo w/ Richard (U4, U5, U6) 2 PM 1:1 visits 3:30 PM 24
TABLETOP GAMES 10AM ST. RAYMOND'S CHURCH COMMUNION (ALL UNIT) 2PM 25	MUSIC AND EXERCISE (U5, U6) 10:15AM COFFEE CLUB w/ ACTIVITY TEAM (2PM) BINGO w/ ANITA (U4, U5, U6) 5:30PM 26	BEAUTY HOUR w/ ANITA & CHERYL (U5, U6) 10:15 AM RESIDENT COUNCIL MEETING (RR) 2:15PM SOCIAL CLUB w/ ANITA (RR) 5:30 PM 27	BIBLE STUDY (RR) 10:15AM ARTS AND CRAFTS w/ CHERYL (RR) 2:15PM BEAUTY HOUR w/SALMA (U4) 2:15PM BINGO w/SALMA (U4, U5, U6) 5:30PM 28	 MORNING EXERCISE (ALL UNIT) 10:15AM TRAVEL CLUB TO SINGAPORE (RR) 2:15PM HORSERACING w/SALMA (RR) 5:30PM 29	ZUMBA w/CHERYL (RR) 10:15AM POKENO w/CHERYL (RR) 2:15PM MOVIE HOUR w/SALMA (RR) 5:30PM 30	Current Events Coffee Social (RR) w/ Richard 10:15 AM Bingo w/ Richard (U4, U5, U6) 2 PM 1:1 visits 3:30 PM 31

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ALL PROGRAMS ARE SUBJECT TO CHANGE