


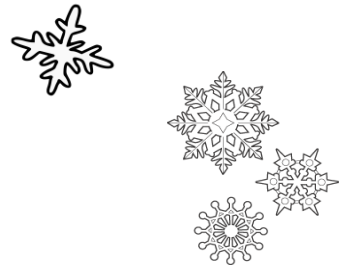
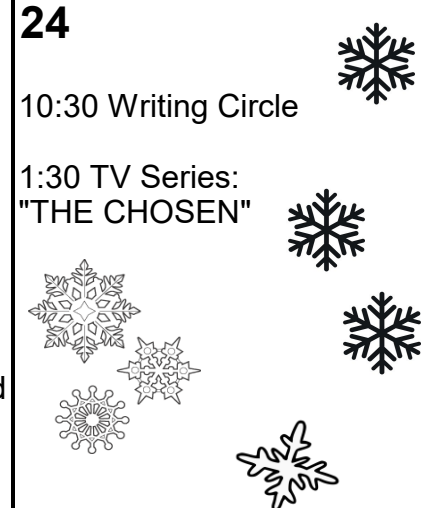



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>January</h1>  <h1>2026</h1>		<p><b>by Appointment Only</b> <i>Contact Stylists directly</i></p> <p>Linda Kennedy 413-427-1183</p> <p>Nancy Hoynowski 860-881-7026</p> <p>Bridget McGurn 413-330-4616</p> <p><b>Massage Therapy</b> <b>by Appointment Only</b></p> <p>Juanita Drew 860-508-3278</p>	<p><b>REMEMBER TO SIGN UP IN ACTIVITY ROOM#1 for any and all bus</b></p> <p><b>ACTIVITY ROOM#1</b> located on first floor, to the West of the Reception Desk across the hall from the Marketing Office</p>	<p><b>1 New Year's Day</b></p> <p>11:30 - 1:15 Main Meal</p> <p>No Evening Meal</p>  <p>6:15 L-R-C/6:30 Opera</p>	<p><b>2</b></p> <p>10:00 Stop &amp; Shop/Holyoke <b>NO 10:15 ZOOM Exercise</b></p> <p>1:30 Randall's Farms</p> <p>6:30 Rosary in the Chapel</p>	<p><b>3</b></p> <p>10:30 Writing Circle</p> <p>1:30 TV Series: "THE CHOSEN"</p>  <p>7:00 Movie</p>
		<p><b>4</b></p> <p>10:30 Qigong-Movie Room 1:30 TV Series: "THE CHOSEN"</p> <p>1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop</p> <p>7:00 Movie</p>	<p><b>5</b></p> <p>10:00 Banks/Holyoke <b>10:00 Reflections: A Womens Discussion/CommunityRm</b></p> <p><b>10:15 ZOOM Exercise</b></p> <p>1:00 Trader Joe's/ Whole Foods, Hadley 2:00 BINGO</p> <p>6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R</p>	<p><b>6</b></p> <p>8:15 Mall Walkers 10:00 Big Y/S. Hadley</p> <p><b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>1:00 Target/Mall <b>1:30 The Power of Myth with Alan Gilburg</b></p> <p>1:30 Needle Craft Crew <i>Podiatry by Appointment</i></p> <p><b>2:30 High Tea Social celebrating Connie O'Dell's 100th Birthday</b></p>	<p><b>7</b></p> <p>7:30 Lab Work <b>NO VEGA YOGA</b></p> <p>10:00 Stop &amp; Shop/Riverdale</p> <p><b>11:00 Undecking the Halls starting in Piano Lounge</b></p> <p>1:00 Atkins Farms Market <b>1:30 Women in History with Gene Adamz</b></p> <p>7:00 Movie</p>	<p><b>8</b></p> <p>8:15 Mall Walkers 9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b></p> <p>10:00 CVS/Barnes&amp;Noble</p> <p>1:00 Century Center/Savers</p> <p><b>1:30 AI Lecture with Jim Masi</b></p> <p>2:30 Exercise w/ Mary Kate in the Community Room</p> <p>4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera</p>
<p><b>11</b></p> <p>10:30 Qigong-Movie Room 1:30 TV Series: "THE CHOSEN"</p> <p>1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop</p> <p><b>2:30 Cash Bingo in the Dining Room</b></p> <p>7:00 Movie</p>	<p><b>12</b></p> <p>10:00 Banks/Spfld <b>10:00 Reflections: A Womens Discussion/CommunityRm</b></p> <p><b>10:15 ZOOM Exercise</b></p> <p>1:00 River Valley CoOp Easthampton, MA</p> <p>2:00 BINGO</p> <p>6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R</p>	<p><b>13</b></p> <p>8:15 Mall Walkers <b>10:00 PBJ Ministry</b></p> <p>10:00 S.Hadley Pub.Library</p> <p><b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>1:00 Target/Mall <b>1:30 The Power of Myth with Alan Gilburg</b></p> <p>1:30 Needle Craft Crew</p>	<p><b>14</b></p> <p>7:30 Lab Work <b>9:30 VEGA YOGA</b></p> <p><b>10:15 All Resident Meeting in the Dining Room</b></p> <p>1:00 Stop &amp; Shop/Riverdale</p> <p><b>1:30 Women in History with Gene Adamz</b></p> <p>7:00 Movie</p>	<p><b>15</b></p> <p>8:15 Mall Walkers 9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b></p> <p>10:00 CVS/Barnes&amp;Noble <b>10:00 Men's Group</b></p> <p>1:00 Geisslers/Dollar Store</p> <p><b>1:30 The Cosmos with Jim Masi</b></p> <p>2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays</p> <p>6:15 L-R-C/6:30 Opera</p>	<p><b>16</b></p> <p>10:00 Stop &amp; Shop/Holyoke <b>10:15 ZOOM Exercise</b></p> <p>1:30 Randall's Farms</p> <p>6:30 Rosary in the Chapel</p>	<p><b>17</b></p> <p>10:30 Writing Circle</p> <p>1:30 TV Series: "THE CHOSEN"</p>  <p>7:00 Movie</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>18</b> 10:30 Qigong-Movie Room 1:30 TV Series: "THE CHOSEN"</p> <p>1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop</p> <p><b>3:30 Ethan Stone/ Piano</b></p> <p>7:00 Movie</p>	<p><b>19 MLK Day</b> 10:00 Walmart/Westfield <b>10:00 Reflections: A Womens Discussion/Community Rm</b> <b>10:15 ZOOM Exercise</b></p> <p>1:00 Trader Joe's/ Whole Foods, Hadley <b>1:30 Sally's Subjects</b> 2:00 BINGO</p> <p>6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R</p>	<p><b>20</b> 8:15 Mall Walkers 10:00 Banks/Holyoke</p> <p><b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>1:00 Target/Mall <b>1:30 The Power of Myth with Alan Gilburg</b></p> <p>1:30 Needle Craft Crew</p>	<p><b>21</b> 7:30 Lab Work <b>NO VEGA YOGA</b></p> <p>10:00 Stop &amp; Shop/Riverdale 1:00 Atkins Farms Market</p> <p><b>1:30 Women in History with Gene Adamz</b></p> <p><b>3:00 Happy Hour</b></p> <p>7:00 Movie</p>	<p><b>22</b> 8:15 Mall Walkers 9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b> 10:00 CVS/Barnes&amp;Noble</p> <p>1:00:Thornes/Webs/Talbots <b>1:30 The Cosmos with Jim Masi</b></p> <p>2:30 Exercise w/ Mary Kate in the Community Room 4:00 Thirsty Thursdays</p> <p>6:15 L-R-C/6:30 Opera</p>	<p><b>23</b> 10:00 Stop &amp; Shop/Holyoke <b>10:15 ZOOM Exercise</b></p> <p>1:00 Yankee Candle South Deerfield</p> <p>6:30 Rosary in the Chapel</p>	<p><b>24</b></p> <p>10:30 Writing Circle</p> <p>1:30 TV Series: "THE CHOSEN"</p> <p>7:00 Movie</p> 
<p><b>25</b> 10:30 Qigong-Movie Room 1:30 TV Series: "THE CHOSEN"</p> <p>1:30 Canasta in the Community Room 2:00 Scrabble in the Coffee Shop</p> <p>7:00 Movie</p>	<p><b>26</b> <b>10:00 Reflections: A Womens Discussion/Community Rm</b> 10:00 Banks/Spfld <b>10:15 ZOOM Exercise</b></p> <p>10:00 Big Y/S. Hadley <b>1:30 Book Club</b></p> <p>2:00 BINGO</p> <p>6:15 L-R-Center 6:30 Mexican Train 6:30 Movie Club w/ Fr.R</p>	<p><b>27</b> 8:15 Mall Walkers 10:00 MGM Casino</p> <p><b>Art is 4 Every 1 9am/ 10:45am</b></p> <p>1:00 Target/Mall <b>1:30 The Power of Myth with Alan Gilburg</b></p> <p>1:30 Needle Craft Crew</p>	<p><b>28</b> 7:30 Lab Work <b>NO VEGA YOGA</b></p> <p>10:00 Stop &amp; Shop/Riverdale 1:00 Atkins Farms <b>1:30 Women in History with Gene Adamz</b></p> <p>7:00 Movie</p>	<p><b>29</b> 8:15 Mall Walkers 9:00 Qigong-Movie Room <b>9:30 BP Clinic/Card Room</b> 10:00 CVS/Barnes&amp;Noble</p> <p><b>1:30 The Cosmos with Jim Masi</b></p> <p>2:30 Exercise w/ Mary Kate in the Community Room <b>3:00 Ben &amp; Ed: Ben's Birthday Social</b></p> <p>4:00 Thirsty Thursdays 6:15 L-R-C/6:30 Opera</p>	<p><b>30</b> 10:00 Stop &amp; Shop/Holyoke <b>10:15 ZOOM Exercise</b></p> <p>1:30 Randall's Farms</p> <p>6:30 Rosary in the Chapel</p>	<p><b>31</b></p> <p>10:30 Writing Circle 1:30 TV Series: "THE CHOSEN"</p> <p>7:00 Movie</p> 
<p><i>For those not well and needing to remain in their rooms and have their meal delivered, Call ext. 2535 by 3:00 p.m.</i></p> <p><b>REMINDER:</b> No Guests are permitted for Sunday's meal</p> <p><b>Inform the Hostess IN ADVANCE if you are going to have mealtime guest during the week.</b></p>	<p><b>Alterations with Cindy by Appointment TBD</b></p> <p><b>sign up in Activity Rm 1</b></p> <p><b>Thirsty Thursday Gathering</b> Thursdays @ 4:00pm Bring Your Own Beverage; in Angel Hallway</p>	<p><b>Storage Open Tuesdays</b> If assistance required, place a work order with Receptionist; Dial "0"</p> <p><b>Notary Laurie Hoey</b> call ext 2502 available upon request</p> <p><b>ZOOM Exercise</b> Meeting # 576 677 309 Passcode 119629</p>	<p><b>ANGEL HALLWAY</b> located on the first floor, to the right of the entrance to the Piano Lounge</p> <p><b>COFFEE SHOP</b> located on the first floor, entrance on the right from the lobby, facing the Piano Lounge; where breakfast is usually served</p>	<p><b>WELLNESS CENTER</b> located on the first floor just inside the West/Resident Entrance (the one with the portico)</p> <p><b>COMMUNITY/WELLNESS ROOM</b> located on the 4th floor, across from the East Elevator and near apt. 428.</p>	<p><b>PIANO LOUNGE</b> located on the first floor, entrance opposite of main entrance and Reception desk</p> <p><b>MOVIE ROOM</b> located on the first floor, off Angel Hallway, to the East of the Reception Desk</p>	<p><i>A Little Reminder</i></p> 