

JANUARY 2026

Office Hours: M-W-F 10:00 AM - 1:00 PM

Phone: (916) 972-9722

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
DL Deadline for Reservation DT Day of Event NL Newsletter Schedule				1 9:00 Walking Group & Brunch 11:30 New Year's Pizza Party	2 OFFICE CLOSED	3 8:30 Lido's 10:00 Facilitators Mtg. 6:00 Hand & Foot Foot
4 3:00 Sunday Support	5 2:00 Bowling	6 NL COPY DUE 10:00 Hand & Foot 12:30 Billards 3:00 Board Meeting Meeting	7 1:30 Bunco	8 9:00 Walking Group 1:00 Line Dance 4:00 Applebee's	9 DL Member Lunch	10 2:00 Grief Recovery Workshop 6:00 Hand & Foot
11 3:00 Sunday Support	12 DL Out & About 2:00 Bowling	13 10:00 Hand & Foot 12:30 Billards	14	15 9:00 Walking Group 10:30 Senior Crafts 2:00 Poker	16 6:00 Karaoke & Komedy	17 11:30 Membership Luncheon 2:00 Grief Recovery Workshop
18 12:00 Out & About 3: 00 Sunday Support	19 2:00 Bowling	20 10:00 Hand & Foot 12:30 Billards	21 4:00 3rd Wednesday Dinner	22 9:00 Walking Group 1:00 Line Dance 4:00 Applebee's	23 NL CIRCULATION	24 2:00 Grief Recovery Workshop 6:00 MEXICAN TRAIN DOMINOS
25 3:00 Sunday Support	26 2:00 Bowling	27 10:00 Hand & Foot 12:30 Billards	28	29	30	31 2:00 Grief Recovery Workshop