

# January 2026

## Villa Lorena Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Resident Birthdays</b></p> <p>Nirmala S. 1/1 Ave B. 1/12 Ardetta S. 1/12 Carol G. 1/17 Inga G. 1/31</p>		<p><b>Happy 1st day of 2026!</b> <b>Happy Birthday Nirmala S.</b></p> <p><b>New Year's Day</b></p> <p>8am-1 <b>Rose Bowl Parade 2026   NBC</b></p> <p>9:30 This Day in History w/ Francina 10:30 Weights Workout w/ Francina 11:15 <b>Thursday Lunch Outing   Poseidon</b> 11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 Chair Yoga + Weights w/ Marcus</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Tapple Word Game w/ Juliana 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Billiards w/ Juliana 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 <b>Journey's Live Music: Swaying Saturday with AI</b></p> <p>10:30 Senior Fitness   Resistance Bands w/ Francina</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 Arts &amp; Crafts w/ Juliana 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Rummikub w/ Julianna 6:15 The Villa's Movie Night</p>
<p>9:30 This Day in History w/ Shivone</p> <p>10:30 Morning Exercise w/ Shivone</p> <p>11:30 Sunday Grocery w/ Shivone   Target/Sprouts</p> <p>1:00 Movie Matinee 2:00 Blackjack Time w/ Shivone 3:15 Sunday Bingo &amp; Bites w/ Shivone 4:30 Farkle Fun w/ Shivone 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Marcus</p> <p>10:30 Seated Aerobics w/ Marcus</p> <p>11:00 Journey's Drive w/ Shivone   Poway Lake</p> <p>11:30 Farkle w/ Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 Bingo &amp; Nibbles w/ Marcus 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>7-9am <b>Your Health Moment w/ Teresa   Wellness Time</b></p> <p>9:30 This Day in History w/ Juliana</p> <p>10:30 Yoga Stretch w/ Francina 11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 Tapple Word Game w/ Juliana 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Billiards w/ Juliana 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Dancercise w/ Francina</p> <p>11:30 The Villa's Corner Store w/ Francina</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 <b>Social Hour w/ Double Take</b> 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Weights Workout w/ Francina</p> <p>11:15 <b>Thursday Lunch Outing   Flecha</b> 11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 2:00 Flower Arrangements 3:30 <b>Resident Council Meeting</b> 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 Chair Yoga + Weights w/ Marcus</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 <b>Cozy Arts w/ Carol &amp; Marcus</b> 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Billiards w/ Juliana 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 <b>Journey's Live Music: Swaying Saturday with AI</b></p> <p>10:30 Senior Fitness   Resistance Bands w/ Francina</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 Arts &amp; Crafts w/ Juliana 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 UNO Game w/ Juliana 6:15 The Villa's Movie Night</p>
<p>9:30 This Day in History w/ Francina</p> <p>10:30 <b>Journey's Live Music: Sunday Serenades w/ Sonny Mayer</b></p> <p>10:30 Morning Exercise w/ Francina</p> <p>11:30 Sunday Grocery w/ Shivone   Vons</p> <p>11:30 Table Topics w/ Francina</p> <p>1:00 Movie Matinee 2:00 <b>The Flower Boy Workshop w/ Jaz &amp; Denise</b> 4:00 Crossword Puzzle w/ Francina 6:15 The Villa's Movie Night</p>	<p><b>Happy Birthday Ardetta S.</b> <b>Happy Birthday Ave B.</b></p> <p>9:30 This Day in History w/ Marcus</p> <p>10:30 Seated Aerobics w/ Marcus</p> <p>11:00 Journey's Drive w/ Shivone   Harbor Island</p> <p>11:30 Shuffleboard w/ Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 Bingo &amp; Nibbles w/ Marcus 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 Yoga Stretch w/ Francina</p> <p>11:30 Activity Planning w/ Francina &amp; Shivone   Open to All Suggestions</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Ben 3:00 <b>Travelogue w/ Hernan</b> 4:00 Table Topics w/ Juliana 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Marcus [B]</p> <p>10:00 <b>Catholic Mass w/ Father Gus</b></p> <p>10:30 Morning Workout w/ Marcus</p> <p>11:30 Garden Club w/ Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus   Blackjack w/ Shivone 3:00 <b>Social Hour w/ Bill Fleming</b> 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Weights Workout w/ Francina</p> <p>11:15 <b>Thursday Lunch Outing   Green Dragon Tavern &amp; Museum</b></p> <p>11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 <b>Gary, The History Guy &amp; His Artifacts</b> 3:00 Flower Arrangements 3:00 Texas Hold 'Em w/ Marcus 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Marcus</p> <p>10:30 Chair Yoga + Weights w/ Marcus</p> <p>11:30 Journey's Morning Walk w/ Juliana, Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 Bingo &amp; Nibbles w/ Marcus 4:30 Billiards w/ Marcus 6:15 The Villa's Movie Night</p>	<p><b>Happy Birthday Carol G.</b></p> <p>9:30 This Day in History w/ Juliana</p> <p>10:30 <b>Journey's Live Music: Swaying Saturday with AI</b></p> <p>10:30 Senior Fitness   Resistance Bands w/ Francina</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 <b>Art Class w/ Joy &amp; Juliana</b> 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Rummikub w/ Julianna 6:15 The Villa's Movie Night</p>
<p>9:30 This Day in History w/ Ben</p> <p>10:30 Morning Exercise w/ Ben</p> <p>11:30 Sunday Grocery w/ Ben   CVS/Ralphs</p> <p>1:00 Movie Matinee 2:00 Texas Hold 'Em w/ Ben 4:00 Acoustic Afternoon w/ Ben 6:15 The Villa's Movie Night</p>	<p><b>Martin Luther King, Jr. Day</b></p> <p>9:30 This Day in History w/ Marcus</p> <p>10:30 Seated Aerobics w/ Marcus</p> <p>11:00 Journey's Drive w/ Ben   Martin Luther King Jr. Promenade</p> <p>11:30 Farkle w/ Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 Bingo &amp; Nibbles w/ Marcus 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 Yoga Stretch w/ Francina</p> <p>11:00 <b>Pet Therapy: Helen Woodward Visit</b> 11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 <b>Art History w/ Bill Black</b> 3:00 Bingo &amp; Nibbles w/ Juliana 4:15 Karaoke Time w/ Ben &amp; Juliana 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Dancercise w/ Francina</p> <p>11:30 The Villa's Corner Store w/ Francina</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus   Blackjack w/ Shivone 3:00 <b>Birthday Social w/ Celeste Barbier</b> 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Weights Workout w/ Francina</p> <p>11:15 <b>Thursday Lunch Outing   Paseo</b> 11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 2:00 Flower Arrangements 3:00 <b>The Villa's Town Hall Meeting</b> 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Marcus</p> <p>10:30 Chair Yoga + Weights w/ Marcus</p> <p>11:00 Journey's Drive w/ Juliana   La Jolla Shores</p> <p>11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Fun w/ Food w/ Francina &amp; Juliana 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Shuffleboard w/ Juliana 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 <b>Journey's Live Music: Swaying Saturday with AI</b></p> <p>10:30 Senior Fitness   Resistance Bands w/ Francina</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:15 Arts &amp; Crafts w/ Juliana 2:30 Bingo &amp; Nibbles w/ Juliana 4:00 <b>Piano Recital w/ Gentle Keys</b> 6:15 The Villa's Movie Night</p>
<p>9:30 This Day in History w/ Ben</p> <p>10:30 <b>Journey's Live Music: Sunday Serenades w/ Sonny Mayer</b></p> <p>10:30 Morning Exercise w/ Ben</p> <p>11:30 Sunday Grocery w/ Ben   Trader Joe's</p> <p>1:00 Movie Matinee 2:00 Texas Hold 'Em w/ Ben 3:15 Sunday Bingo &amp; Bites w/ Ben 4:30 Billiards w/ Ben 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Marcus</p> <p>10:30 Seated Aerobics w/ Marcus</p> <p>11:00 Journey's Drive w/ Ben   Embarcadero Marina Park</p> <p>11:30 Shuffleboard w/ Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 3:00 Bingo &amp; Nibbles w/ Marcus 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Juliana</p> <p>10:30 Yoga Stretch w/ Francina</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Ben 3:00 <b>Mocktails w/ Teresa &amp; Francina</b> 4:30 Billiards w/ Juliana 6:00 <b>Educational Night w/ Dr. Vourlitis</b></p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Dancercise w/ Francina</p> <p>11:30 Garden Club w/ Francina</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus   Blackjack w/ Denise 2:45 Bingo &amp; Nibbles w/ Marcus 4:00 <b>Light &amp; Fire Show w/ Justin   Flow Focus Entertainment</b> 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Francina</p> <p>10:30 Weights Workout w/ Francina</p> <p>11:15 <b>Thursday Lunch Outing   Farmhouse 78   Julian Pie Company</b></p> <p>11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Texas Hold 'Em w/ Marcus 2:00 Flower Arrangements 3:00 Bingo &amp; Nibbles w/ Marcus 4:30 Rummikub w/ Marcus 6:15 The Villa's Movie Night</p>	<p>9:30 This Day in History w/ Marcus</p> <p>10:30 Chair Yoga + Weights w/ Marcus</p> <p>11:00 Journey's Drive w/ Juliana   Kit Carson Park</p> <p>11:30 Journey's Morning Walk w/ Francina &amp; Marcus</p> <p>1:00 Movie Matinee 1:30 Pamper Time   Hand Massage with Francina &amp; Juliana 3:00 <b>Paint &amp; Sip w/ Nora &amp; Juliana</b> 4:30 Billiards w/ Juliana 6:15 The Villa's Movie Night</p>	<p><b>Happy Birthday Inge G.</b></p> <p>9:30 This Day in History w/ Juliana</p> <p>10:30 <b>Journey's Live Music: Swaying Saturday with AI</b></p> <p>10:30 Senior Fitness   Resistance Bands w/ Francina</p> <p>11:30 Journey's Morning Walk w/ Juliana &amp; Francina</p> <p>1:00 Movie Matinee 1:30 Arts &amp; Crafts w/ Juliana 3:00 Bingo &amp; Nibbles w/ Juliana 4:30 Rummikub w/ Julianna 6:15 The Villa's Movie Night</p>