THE ORCHARD

JANUARY ~ 2026

AC= Azalea Ct. Lounge-1st Floor N.
C= Conference Rm.
D= Main Dining Room off Foyer
F= Foyer near Receptionist
G= Game Room-1st fl-middle hallway
H= HealthRoom-2nd fl near ballroom
L= Library - beside elevator-2nd floor
M= Multi-purpose Ballroom-2nd floor
O= ORCHARD Lounge—1st floor
PD= Private Dining Room-1st Flo
AR= Activity Room 2nd Floor

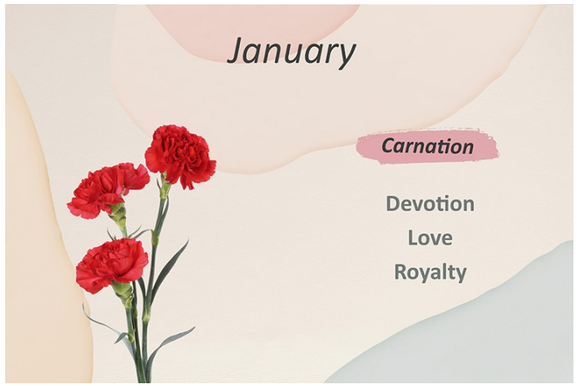
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy New Year!! Offices Closed Activities cancelled	2 5:30/AC Hymn Singing	3 2:00/O Mah Jongg 5:00/O Mix & Mingle
4 10M Worship Service —in Ballroom DAVID WATTS — Preacher	5 9:30/M Senior Fit Class 1:45/O Bible Study 2:00/O Mah Jongg 2:00/AC Bingo 5:30/AC Hymn Singing	6 9:30/M Chair Yoga 2:00/O Dominoes 2:00/M CUMC Gathering 6:15/M Bible Study/Watts	7 9:30/M Senior Fit Class 1:45/M Movie 3:00/O Episcopal Service 5:30/AC Hymn Singing	8 9:30/M Chair Yoga 10:00/O Bible Study 2:00/O Dominoes 2:00/M Neurobics 2:00/AC Bingo 3:00/Story Sharing Group 6:15/M Bingo	9 9:30/M Chair Dancing 2:00/M Sam Waltemyer Piano 5:30/AC Hymn Singing	10 2:00/O Mah Jongg 5:00/O Mix & Mingle
11 10M Worship Service —in Ballroom DAVID WATTS — Preacher	12 9:00/L Hearing Aid 9:30/M Senior Fit Class 9:30/O Circle 8 Meeting 1:45/O Bible Study 2:00/O Mah Jongg 2:00/AC Bingo 5:30/AC Hymn Singing	13 9:30/M Chair Yoga 2:00/O Dominoes 2:45/M Mike Patton 6:15/M Bible Study/Lash	14 9:30/M Senior Fit Class 1:45/M Movie 3:00/O Episcopal Service 5:00 Dinner Out 5:30/AC Hymn Singing	15 9:30/M Chair Yoga 10:00/O Bible Study 2:00/O Dominoes 2:00/M Neurobics 2:00/AC Bingo 3:00/Story Sharing Group 6:15/M Bingo	16 9:30/M Chair Dancing 3:45/M Dan Michael 5:30/AC Hymn Singing	17 2:00/O Mah Jongg 5:00/O Mix & Mingle
18 10M Worship Service —in Ballroom DAVID WATTS — Preacher	19 9:30/M Senior Fit Class 1:45/O Bible Study 2:00/O Mah Jongg 2:00/AC Bingo 5:30/AC Hymn Singing	20 9:30/M Chair Yoga 9:50/G Bingo 2:00/O Dominoes 2:00/M Mission Meeting 6:15/M Bible Study/Watts	21 9:30/M Senior Fit Class 1:45/M Movie 3:00/O Episcopal Service 5:30/AC Hymn Singing	22 9:30/M Chair Yoga 10:00/O Bible Study 2:00/O Dominoes 2:00/M Neurobics 2:00/AC Bingo 3:00/Story Sharing Group 6:15/M Bingo	23 9:30/M Chair Dancing 2:00/M Virtual Concert 5:30/AC Hymn Singing	24 2:00/O Mah Jongg 5:00/O Mix & Mingle
25 10M Worship Service —in Ballroom DAVID WATTS — Preacher	26 9:00/L Hearing Aid 9:30/M Senior Fit Class 1:45/O Bible Study 2:00/O Mah Jongg 2:00/AC Bingo 5:30/AC Hymn Singing	27 9:30/M Chair Yoga 9:50/M Bingo 2:00/O Dominoes 3:00/AR Arts & Crafts 6:15/M Bible Study/Lash	28 9:30/M Senior Fit Class 1:45/M Movie 3:00/O Episcopal Service 5:30/AC Hymn Singing	29 9:30/M Chair Yoga 10:00/O Bible Study 2:00/O Dominoes 2:00/M Neurobics 2:00/AC Bingo 3:00/Story Sharing Group 6:15/M Bingo	30 9:30/M Chair Dancing 2:00/M Gena Steel 5:30/AC Hymn Singing	31 2:00/O Mah Jongg 5:00/O Mix & Mingle
		DOCTOR APPOINTMENTS MONDAYS AND WEDNESDAYS 8:30 a.m.—2:30 p.m.	New Shopping Hours (Fall/Winter Hours) TUESDAYS and THURSDAYS Kroger—1:30 pm Walmart/Northpark— 2:30 pm			YOU ARE NEEDED TO PARTICIPATE IN ACTIVITIES

Happy Birthday!!!

January Birthdays

1/4	Robert E. Beck
1/6	Beverly Harvey
1/8	Jobyna Rushing
1/14	Jerry Blakeney
1/15	Edith Sigrest
1/21	Arthur Clark
1/21	Sonny Hutchinson
1/24	Charles Middlebrook
1/24	Joyce Milsted
1/26	Harold Melvin
1/27	Mary McDonald
1/30	Barbara Webb

JANUARY



2026

Start the new year off right!

Why Activities keep you healthy and happy.

1.EXERCISE

Physical activity is one the single most effective strategies for remaining healthy and happy. Exercise reduces the risk of disease such as dementia, cardiovascular disease and diabetes. Also helps maintain a healthy body weight and may even prevent depression.

2. SOCIAL ACTIVITIES

Studies show that seniors who stay socially active and engaged experience a variety of benefits, including: Better cognitive function/Maintaining good emotional health/Improving physical health and increases longevity

3. CREATIVITY

A creative act such as crafting can help focus the mind, and has even been compared to meditation due to its calming effects on the brain and body. Even just gardening or sewing releases dopamine, a natural anti-depressant. Creativity reduces anxiety, depression and stress.

4. MUSIC

Music improves mood. Studies show that listening to music can benefit overall well being, help regulate emotions, and create happiness and relaxation in everyday life