

January 2026

Shepherd Terrace

All programs are subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy
New Year

10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Christmas decor clean-up 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary/Rick Steves' Europe 3:30 Scrabble Club in the Game Room 6:00 MOVIE NIGHT 	10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Live Performance with Andy Philips /Steelpan 3:30 Scrabble Club in the Game Room 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 MOVIE MATINEE /Sound of Music 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Arts & Crafts Club 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 3:30 Scrabble Club in the Game Room 6:00 MOVIE NIGHT 	10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Live Performance with Lorna Langit-Blennerhassett 6:00 Evening Hymn Singing 	9:30 PHYSIO Stretching and Relaxation Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 Travelogue to Alaska 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Remembering a Great Man: Martin Luther King, Jr. 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary/Rick Steves' Europe 3:30 Scrabble Club in the Game Room 6:00 MOVIE NIGHT 	10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 HISTORY HOUR WITH LIANNE /The Roaring 20's 6:00 Evening Hymn Singing 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 MOVIE MATINEE /Mary Popins 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
10:00 Church in the Village 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	10:00 1:1 Pet Visits with Benji 10:00 Shepherd Terrace Annual General Meeting in the Gardenview Room 11:00 Brain Fitness- Trivia 2:00 Knitting & Crochet Club/Social 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 3:30 Music Appreciation!! 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 3:30 Scrabble Club in the Game Room 6:00 MOVIE NIGHT 	10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Live Performance with Zora Eda, singer and accompanist Cara Tors in the Community Hall 3:30 Scrabble Club in the Game Room 6:00 Evening Hymn Singing 	9:30 PHYSIO Strengthening and Balance Focus. 10:15 PHYSIO Stretching and Relaxation Focus. 11:00 Brain Fitness- Word Game 1:00 Games with Gil in the Game Room 2:00 Cords of Care Concert in the Music Room 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing