

All Meals are delivered to  
your apartments  
-Seating Areas Available-

# January 2026

Hospitality Stations Open  
Satellite Dining Areas Available

## The Seasons Assisted Living, Traditional Community Activities

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|--|--|--|---|---|
| <b>25</b><br>9:15<br><b>Virtual Catholic Mass</b><br><br>10:30<br><b>Communion w/<br/>Our Lady of Mercy Church</b><br><br>11:15<br>Seated Exercise<br><br>12:00<br><b>Lunch &amp; Matinee (AP)</b><br><i>Wicked: For Good</i><br>2025 (2:22)<br>The epic conclusion to the<br>untold story of the witches of Oz<br>begins. Elphaba, demonized as<br>The Wicked Witch of the West,<br>lives in exile, fighting for truth.<br>Glinda, the symbol of Goodness,<br>reigns in Emerald City. But<br>when the angry citizens of Oz<br>rise up against the Wicked<br>Witch, the two must reunite and<br>truly see each other to change<br>themselves, and all of Oz, for<br>good.<br><br>1:45<br><b>Nix the Six</b><br><br>3:00<br><b>AFC Championship Party</b><br><i>Patriots vs. Broncos (Ch. 12)</i><br><br>6:30<br><b>NFC Championship</b><br><i>Rams vs. Seahawks (Ch. 11)</i> | <b>26</b><br>9:15<br>Crossword Group<br><br>10:15<br><b>Seated Tai Chi w/ Alex</b><br><br>11:00<br>Brain Games<br><br>12:00<br><b>Lunch w/ a Staff Member</b><br>(Lisa Toth)<br><br>1:45<br><b>Themed Quarter Bingo</b><br><br>3:00<br>Virtual Rosary<br><br>3:30<br><b>Popcorn+ Pub</b><br><br>5:00<br><b>Dinner &amp; a Movie (NF)</b><br><i>My Big Fat Greek Wedding 2</i><br>2016 (1:33)<br>As Toula and Ian try to liven up<br>their marriage, an old family secret<br>inspires the Portokalos clan to put<br>on another wedding. | <b>27</b><br>9:15<br>Crossword Group<br><br>10:15<br>Morning Brain Games<br><br>11:00<br>Seated Exercise<br><br>12:00<br><b>Lunch w/ a Staff Member</b><br>(Katy Steimer)<br><br>1:45<br>Crafting Circle<br><br>3:30<br><b>WELCOME NEW<br/>RESIDENTS PUB</b><br><br>5:00<br><b>Dinner &amp; a Movie (DP)</b><br><i>Snow White</i><br>2025 (1:54)<br>Disney's Snow White re-<br>imagined as live action with<br>new music and extended story<br>line. | <b>28</b><br>9:15<br>Crossword Group<br><br>10:15<br>Brain Games<br><br>11:00<br><b>Seated Zumba w/ Monica</b><br><br>12:00<br><b>Lunch and Documentary</b><br><i>Secrets of Great British<br/>Castles (NF)</i><br><br>1:45<br>Themed Quarter Bingo<br><br>3:30<br><b>Pub &amp; Social</b><br><br>5:00<br><b>Dinner &amp; Docu-series (DP)</b><br><i>Man in the Arena: Tom Brady</i><br>2021 Episode 1 (53min)<br><i>In the Arena:</i> Tom Brady takes<br>the reins after star quarterback<br>Drew Bledsoe goes down with an<br>injury<br><br>6:15<br><b>Roll A Snowman</b><br><br>7:00<br>Wheel of Fortune/ Jeopardy<br>Group | <b>29</b><br>9:15<br>Crossword Group<br><br>10:15<br>Morning Brain Games<br><br>11:00<br><b>Exercise w/ Jill</b><br><br>12:00<br><b>Lunch w/ a Staff Member</b><br>(Haigouhi Corriveau)<br><br>1:30<br>Pool table Bowling<br><br>2:45<br>Nail Care<br><br>3:45<br>Conversation Group<br><br>5:00<br><b>Dinner &amp; Docu-series (DP)</b><br><i>Man in the Arena: Tom Brady</i><br>2021 Episode 2 (47min)<br><i>The Toughest Things:</i> Tom<br>Brady is confronted with the reality<br>of life in the NFL after a difficult<br>2002 season<br><br>6:15<br><b>Farkle</b><br><br>6:30<br><b>Hulu Series</b><br><i>Modern Family</i><br>Three different, but related,<br>families face trials and tribulations<br>in their own uniquely comedic<br>ways | <b>30</b><br>9:15<br>Crossword Group<br><br>10:15<br>Morning Brain Games<br><br>11:00<br><b>Seated Yoga w/ Linda</b><br><br>12:00<br><b>Lunch &amp; Special (AP)</b><br><i>Loretta Lynn-<br/>You're Lookin' at Country</i><br>2011 0:45<br><br>1:45<br><b>Quarter Bingo//Trivia</b><br><br>3:30<br><b>Happy Hour</b><br><br>5:00<br><b>Dinner &amp; Docu-series (DP)</b><br><i>Man in the Arena: Tom Brady</i><br>2021 Episode 3 (47min)<br><i>The Edge:</i> Tom Brady. Tedy<br>Bruschi and Mike Vrable<br>relentlessly push each other to edge<br>of greatness<br><br>6:15<br><b>Black Jack</b><br>(card game—nickels &<br>dimes)<br><br>7:00<br>Wheel of Fortune/ Jeopardy<br>Group | <b>31</b><br>9:15<br>Crossword Group<br><br>10:15<br>Coffee & Chat<br><br>11:15<br>Exercise Group<br><br>12:15<br><b>Lunch &amp; Matinee (PP)</b><br><i>The Terminal</i><br>2004( 2:08)<br>An Eastern European tourist<br>unexpectedly finds himself<br>stranded at JFK airport and must<br>take up temporary residence there.-<br>-Starring: Tom Hanks<br><br>1:30<br>Nail Care<br><br>2:45<br>Billiards Bowling<br><br>3:45<br><b>Rummikub</b><br><br>5:00<br><b>Dinner &amp; a Show (PP)</b><br><i>Matlock (2024-)</i><br>Retired lawyer Madeline Kingston<br>gets a job under the persona of<br>needy widow Madeline "Matty"<br>Matlock, at the law firm she<br>believes hid evidence that could<br>have saved her daughter's life.<br><br>6:15<br>Trivia Night |

Activities are Subject to Change—Please refer to Daily Hand-outs

All Outings are Weather Permitting. Last Updated: 1/21/26

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# February 2026

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## The Seasons Assisted Living, Traditional Community Activities

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|---|--|---|--|--|
| <b>9:15</b><br><b>Virtual Catholic Mass</b><br><b>1</b>  | <b>GROUNDHOG DAY</b> <b>2</b>   | <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>6</b>   | <b>7</b>   |
| <b>10:30</b><br><b>Communion w/</b><br><b>Our Lady of Mercy Church</b><br>(weather permitting)   | <b>9:15</b><br><b>Crossword Group</b>   | <b>9:15</b><br><b>Crossword Group</b>   | <b>9:15</b><br><b>Crossword Group</b>  | <b>10:15</b><br><b>Morning Brain Games</b>  | <b>9:15</b><br><b>Crossword Group</b>  | <b>10:15</b><br><b>Coffee &amp; Chat</b>   |
| <b>11:15</b><br><b>Seated Exercise</b>   | <b>10:15</b><br><b>Seated Tai Chi w/ Alex</b>   | <b>10:15</b><br><b>Morning Brain Games</b>  | <b>10:15</b><br><b>Morning Brain Games</b>   | <b>11:00</b><br><b>Exercise w/ Jill</b>   | <b>10:15</b><br><b>Morning Brain Games</b>   | <b>11:15</b><br><b>Exercise Group</b>  |
| <b>12:30</b><br><b>Lunch &amp; Matinee (DP)</b><br><b>Springsteen: Deliver Me</b><br><b>from Nowhere</b><br>2025 2:00<br>Jeremy Allen White portrays the<br>musical legend Bruce<br>Springsteen in this Biographical<br>film | <b>11:00</b><br><b>Brain Games</b>  | <b>11:00</b><br><b>Seated Exercise</b>  | <b>11:00</b><br><b>Seated Exercise</b>   | <b>12:00</b><br><b>Lunch with a Staff Member</b>  | <b>11:00</b><br><b>Seated Yoga w/ Linda</b>  | <b>12:00</b><br><b>Lunch &amp; Matinee</b><br><b>Flashdance (PP)</b><br>1983 1:34<br>Alex Owens (Jennifer Beals), a<br>fiercely determined and beautiful<br>18-year-old woman, who works<br>as a welder by day and a dancer<br>at a local bar at night |
| <b>1:45</b><br><b>Uno Attack</b>   | <b>12:00</b><br><b>Lunch with a Staff Member</b>  | <b>12:00</b><br><b>Lunch with a Staff Member</b>  | <b>12:00</b><br><b>Lunch and Documentary</b><br><b>Secrets of Great British</b><br><b>Castles (NF)</b>   | <b>1:30</b><br><b>Pool table Bowling</b>  | <b>12:00</b><br><b>Lunch with a Staff Member</b>   | <b>1:30</b><br><b>Nail Care</b>  |
| <b>2:45</b><br><b>Pool Table Bowling</b>   | <b>1:45</b><br><b>Themed Quarter Bingo</b>  | <b>1:45</b><br><b>Crafting Circle</b>   | <b>1:45</b><br><b>Themed Quarter Bingo</b>   | <b>2:00</b><br><b>Grief Support Group</b>   | <b>1:30</b><br><b>Shopping Trip: CVS</b><br>(weather permitting)   | <b>2:45</b><br><b>Billiards Bowling</b>  |
| <b>3:30</b><br><b>Sing Along</b>   | <b>3:00</b><br><b>Virtual Rosary</b>  | <b>3:30</b><br><b>Book Club: Short Stories</b><br><b>Read &amp; Share</b>   | <b>3:30</b><br><b>Pub &amp; Social</b>   | <b>2:30</b><br><b>Nail Care</b>   | <b>1:45</b><br><b>Quarter Bingo</b>  | <b>3:45</b><br><b>Conversation/Reminisce</b>   |
| <b>5:00</b><br><b>Dinner &amp; Show</b><br><b>American Idol (DP)</b><br>Hopeful singers audition to<br>advance to the next level in<br>America's largest singing<br>contest  | <b>3:30</b><br><b>Popcorn+ Pub</b>  | <b>5:30</b><br><b>Dinner &amp; Movie (PP)</b><br><b>Kate and Leopold</b><br>2001 1:58<br>When a rip in time brings<br>together a charming 19th century<br>bachelor and a thoroughly 21st<br>century woman, the potential for<br>an old-fashioned modern<br>romance ignites! | <b>5:00</b><br><b>Dinner &amp; Docu-series (DP)</b><br><b>Man in the Arena: Tom Brady</b><br>Episode 4: Goliaths<br>Tom recounts how Michael<br>Strahan and the Giants stood in<br>the way of the Patriots | <b>3:30</b><br><b>101<sup>st</sup> Birthday Party</b><br><b>Ft. Music w/ Chris Monte</b>  | <b>3:30</b><br><b>Happy Hour</b>   | <b>5:00</b><br><b>Dinner &amp; Docu-series (DP)</b><br><b>Man in the Arena: Tom Brady</b><br>Episode 6: Stop the Bleeding<br>Tom and teammate Vince<br>Wilfork look to reclaim their<br>championship ways  |
| <b>6:15</b><br><b>Trivia Night</b>   | <b>5:00</b><br><b>Dinner &amp; A Movie (AP)</b><br><b>Groundhog Day</b><br>1993 1:41<br>A narcissistic, self-centered<br>weatherman finds himself in a<br>time loop on Groundhog Day.<br>Starring: Bill Murray, and Andie<br>McDowell | <b>8:00</b><br><b>NFL Pro Bowl (ESPN)</b>   | <b>6:15</b><br><b>Roll A Snowman</b>   | <b>5:00</b><br><b>Dinner &amp; Docu-series (DP)</b><br><b>Man in the Arena: Tom Brady</b><br>Episode 5: No Guarantees<br>Tom and his wife, Giselle<br>Bundchen, reflect on their<br>relationship and growing family | <b>5:00</b><br><b>Dinner &amp; Docu-series (DP)</b><br><b>Man in the Arena: Tom Brady</b><br>Episode 7: Surrender<br>In the aftermath of Deflategate,<br>Tom is faced with his mother's<br>cancer diagnosis. | <b>6:15</b><br><b>Roll A Bingo (dice game)</b>   |
|  | <b>6:15</b><br><b>Roll All Six</b>  |   | <b>7:00</b><br><b>Wheel of Fortune/ Jeopardy</b><br><b>Group</b>   | <b>6:15</b><br><b>Farkle</b>  | <b>6:15</b><br><b>Blackjack</b><br>(card game—nickels & dimes)   | <b>7:00</b><br><b>Sitcom Special (PP)</b><br><b>Matlock (2024-)</b>  |
|  | <b>7:00</b><br><b>Wheel of Fortune/ Jeopardy</b><br><b>Group</b>  |   |  | <b>7:00</b><br><b>Hulu Series</b><br><b>Modern Family</b><br>Three different, but related, families<br>face trials and tribulations in their<br>own uniquely comedic ways   | <b>7:00</b><br><b>Wheel of Fortune/ Jeopardy</b><br><b>Group</b>   |  |

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