



Live here  
Live well.

# JANUARY 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                         |
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|                              |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                         | <b>OFFICE CLOSED FOR<br/>New Year's Day</b><br><b>1:00 Bingo - AR</b><br><b>2:30 42 Dominoes Club - GR</b><br><b>5:00 Community Potluck -<br/>Bring some dishes down, and<br/>revel in the New Year!</b>                                                 | <b>9:30 Core n More w/Diane - FC</b><br><b>1:00 Bring a Friend Bingo - AR</b><br><b>2:00 Hand &amp; Foot - GR</b><br><b>2:30 Billiards and Brews - GMR</b><br><b>3:00 - 6:00 Food Truck Day</b><br><b>(Reasonably-priced grub from<br/>Dreamers on Wheels! - Truck<br/>will be parked out front.</b> | <b>10:15 Gentle Yoga w/Liz -<br/>FC</b><br><b>1:00 Rummikub Club -<br/>Pub</b>                                                                          |
| <b>2:00 Euchre Card Club</b> | <b>10:00 New Resident Orientation-<br/>THTR</b><br><b>11:00 Total Strength and<br/>Stretch w/Yesi- FC</b><br><b>1:00 Bingo w/ Chuck-<br/>AR</b><br><b>3:00 Game Time - Pub</b><br><b>6:00 Bible Study - Pub</b><br><b>6:00 Bring A Friend Loteria - AR</b>   | <b>10:00 Garden Club - AR</b><br><b>10:30 New Braunfels Police<br/>Senior Safety Presentation</b><br><b>11:30 Lunch Bunch: Muck &amp; Fuss Craft<br/>Beer and Burgers</b><br><b>1:00 Chair Yoga w/Suzanne-<br/>FC</b><br><b>3:00 Loteria - FC</b><br><b>4:00 Spanish Lesson - Pub</b><br><b>6:00 Bring a Friend Bingo - AR</b> | <b>10:30 Low-Impact Circuit<br/>w/Diane - FC</b><br><b>12:00 Mahjong - Pub</b><br><b>1:00 Chair Yoga w/Liz - FC</b><br><b>1:00 Mexican Train Dominos Club<br/>- GR</b><br><b>3:00 Loteria</b><br><b>6:00 Texas Hold-Em - Pub</b>        | <b>9:30 Sit to Fit w/Diane - FC</b><br><b>11:00 Beanbag Baseball - FC</b><br><b>1:00 Bingo - AR</b><br><b>2:30 42 Dominoes Club - GR</b><br><b>5:00 Community Social Hour<br/>Menu:<br/>Finger Foods, Dessert, and<br/>good conversation!</b>            | <b>9:30 Core and More w/Diane - FC</b><br><b>12:00 - 2:00 Resident Renewal<br/>Luncheon - Pub</b><br><b>1:00 Bring a Friend Bingo - AR</b><br><b>2:00 Hand &amp; Foot - GR</b><br><b>2:30 Billiards &amp; Brews - GMR</b><br><b>3:30 Smart Phone 101 w/David</b>                                     | <b>10:15 Gentle Yoga w/Liz -<br/>FC</b><br><b>11:30 Day Trippers Meeting-<br/>THTR</b><br><b>1:00 Rumicube Club - Pub</b>                               |
| <b>2:00 Euchre Card Club</b> | <b>10:00 Resident Ambassador<br/>Meeting - Pub</b><br><b>11:00 Total Strength and<br/>Stretch w/Yesi - FC</b><br><b>1:00 Bingo<br/>w/Chuck - AR</b><br><b>3:00 Game Time - Pub</b><br><b>6:00 Bible Study - Pub</b><br><b>7:00 Pickleball Lesson - PC</b>    | <b>10:00 Garden Club - AR</b><br><b>10:30 Michelle De Guzman<br/>Health Eating Talk -THTR</b><br><b>11:30 American Cruise<br/>Luncheon - THTR</b><br><b>1:00 Chair Yoga<br/>w/Suzanne- FC</b><br><b>3:00 Loteria - Pub</b><br><b>4:00 Spanish Lesson - Pub</b><br><b>6:00 Bring a Friend Bingo - AR</b>                        | <b>10:30 Low-Impact Circuit<br/>w/Diane - FC</b><br><b>12:00 Mahjong - Pub</b><br><b>1:00 Mexican Train Dominos Club -<br/>GR</b><br><b>1:00 Chair Yoga w/Liz - FC</b><br><b>3:00 Loteria</b><br><b>6:00 Texas Hold-Em - Pub</b>        | <b>8:00 Pickleball Lesson - PC</b><br><b>9:30 Sit to Fit w/Diane -FC</b><br><b>1:00 Bingo<br/>w/Chuck - AR</b><br><b>2:30 42 Dominoes Club- GR</b><br><b>5:00 Birthday Social Hour<br/>Menu: Chuck's Night</b>                                           | <b>9:30 Core n More w/ Diane - FC</b><br><b>1:00 Bring a Friend Bingo - AR</b><br><b>2:00 Hand &amp; Foot - GR</b><br><b>2:30 Billiards &amp; Brews - GMR</b>                                                                                                                                        | <b>10:15 Gentle Yoga w/Liz -<br/>FC</b><br><b>1:00 Rumicube Club - Pub</b><br><b>1:00 Saturday<br/>Afternoon Movie Club -<br/>"Saving Private Ryan"</b> |
| <b>2:00 Euchre Card Club</b> | <b>OFFICE CLOSED FOR<br/>Martin Luther King Day</b><br><b>11:00 Total Strength and<br/>Stretch w/Liz- FC</b><br><b>1:00 Bingo<br/>w/Chuck- AR</b><br><b>3:00 Game Time - Pub</b><br><b>6:00 Bible Study - Pub</b><br><b>6:00 Bring A Friend Loteria - AR</b> | <b>10:00 Garden Club - AR</b><br><b>11:30 Lunch Bunch: Gruene River<br/>Grill</b><br><b>1:00 Chair Yoga w/Liz- FC</b><br><b>3:00 Loteria - Pub</b><br><b>4:00 Spanish Lesson - Pub</b><br><b>6:00 Bring a Friend Bingo - AR</b>                                                                                                | <b>10:30 Low-Impact Circuit<br/>w/Diane - FC</b><br><b>12:00 Mahjong- Pub</b><br><b>1:00 Chair Yoga w/Liz - FC</b><br><b>1:00 Mexican Train Dominos<br/>Club - GR</b><br><b>3:00 Loteria</b><br><b>6:00 Dealer's Choice Poker - Pub</b> | <b>9:30 Sit to Fit w/Diane - FC</b><br><b>11:00 Beanbag Baseball - FC</b><br><b>1:00 Bingo<br/>w/Chuck- AR</b><br><b>2:30 42 Dominoes Club - GR</b><br><b>5:00 Community Social Hour:<br/>Menu: Meatloaf, Mac &amp; Cheese,<br/>Salad, &amp; Dessert</b> | <b>9:30 Core n More w/ Diane - FC</b><br><b>1:00 Bring a Friend Bingo - AR</b><br><b>2:00 Hand &amp; Foot - GR</b><br><b>2:30 Billiards &amp; Brews - GMR</b>                                                                                                                                        | <b>10:15 Gentle Yoga w/Liz -<br/>FC</b><br><b>1:00 Rumicube Club - Pub</b>                                                                              |
| <b>2:00 Euchre Card Club</b> | <b>11:00 Total Strength and<br/>Stretch w/Liz- FC</b><br><b>1:00 Bingo<br/>w/Chuck- AR</b><br><b>3:00 Game Time - Pub</b><br><b>6:00 Bible Study - Pub</b><br><b>6:00 Bring A Friend Loteria - AR</b>                                                        | <b>10:00 Garden Club - AR</b><br><b>10:30: Chris Elmo<br/>Medicare Talk - THTR</b><br><b>1:00 Chair Yoga<br/>w/Suzanne- FC</b><br><b>3:00 Loteria - Pub</b><br><b>4:00 Spanish Lesson - Pub</b><br><b>6:00 Bring a Friend Bingo - AR</b>                                                                                       | <b>10:30 Low-Impact Circuit<br/>w/Diane - FC</b><br><b>12:00 Mahjong - Pub</b><br><b>1:00 Mexican Train Dominos Club -<br/>GR</b><br><b>1:00 Chair Yoga w/Liz - FC</b><br><b>3:00 Loteria</b><br><b>6:00 Texas Hold-Em - Pub</b>        | <b>8:00 Pickleball Lesson - PC</b><br><b>9:30 Sit to Fit w/Diane -FC</b><br><b>1:00 Bingo<br/>w/Chuck - AR</b><br><b>2:30 42 Dominoes Club- GR</b><br><b>5:00 Community Social Hour<br/>Menu: Chili Cook-Off!!</b>                                       | <b>9:30 Core and More w/Diane - FC</b><br><b>1:00 Bring a Friend Bingo - AR</b><br><b>2:00 Hand &amp; Foot - GR</b><br><b>2:30 Billiards &amp; Brews - GMR</b><br><b>3:30 Smart Phone 101 w/David</b>                                                                                                | <b>10:15 Gentle Yoga w/Liz -<br/>FC</b><br><b>1:00 Rumicube Club - Pub</b>                                                                              |
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Contact Shape Up @  
512.415.2828 &  
schedule an appt. to  
receive a complimentary  
session.



| Sunday         | Monday                                       | Tuesday                         | Wednesday                                                           | Thursday                         | Friday                            | Saturday                        |
|----------------|----------------------------------------------|---------------------------------|---------------------------------------------------------------------|----------------------------------|-----------------------------------|---------------------------------|
|                |                                              |                                 |                                                                     | Happy New Year!<br>1             | 9:30am Core N More-FC Diane<br>2  | Gentle Yoga @ 10:15am Liz<br>3  |
| No Class<br>4  | 11:00 am Total Strength/Stretch w/Yesi<br>5  | 1pm Chair Yoga-FC Suzanne<br>6  | 10:30 am Low Impact Circuit-FC Diane<br>1pm Chair Yoga-FC Liz<br>7  | 9:30am Sit to Fit-FC Diane<br>8  | 9:30am Core N More-FC Diane<br>9  | Gentle Yoga @ 10:15am Liz<br>10 |
| No Class<br>11 | 11:00 am Total Strength/Stretch w/Yesi<br>12 | 1pm Chair Yoga-FC Suzanne<br>13 | 10:30 am Low Impact Circuit-FC Diane<br>1pm Chair Yoga-FC Liz<br>14 | 9:30am Sit to Fit-FC Diane<br>15 | 9:30am Core N More-FC Diane<br>16 | Gentle Yoga @ 10:15am Liz<br>17 |
| No Class<br>18 | 11:00 am Total Strength/Stretch w/Liz<br>19  | 1pm Chair Yoga-FC Liz<br>20     | 10:30 am Low Impact Circuit-FC Diane<br>1pm Chair Yoga-FC Liz<br>21 | 9:30am Sit to Fit-FC Diane<br>22 | 9:30am Core N More-FC Diane<br>23 | Gentle Yoga @ 10:15am Liz<br>24 |
| No Class<br>25 | 11:00 am Total Strength/Stretch w/Liz<br>26  | 1pm Chair Yoga-FC Suzanne<br>27 | 10:30 am Low Impact Circuit-FC Diane<br>1pm Chair Yoga-FC Liz<br>28 | 9:30am Sit to Fit-FC Diane<br>29 | 9:30am Core N More-FC Diane<br>30 | Gentle Yoga @ 10:15am Liz<br>31 |
|                |                                              |                                 |                                                                     |                                  |                                   |                                 |

