

January 2026

Field Trip sign-ups will open on the 1st Tuesday of the month 12:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grid: (MH)=Main Hall, (GR)=Game Room, (CR)=Craft Room, (SO) Small Office, (HS) Houston/Sworn, (LA) Lobby Area				SAC 1 CLOSED CITY HOLIDAY 	Chair 2 Fitness 9:30a-10:30a (CR)	MLK Interfaith 3 Prayer Breakfast (Free) E. Pat Larkins Center 9am
4 	Early Bird 5 BINGO 9:30a-10a Praise & Sing Along 10a-11:30a (GR) Learn a LINE DANCE 10:00a-10:30a (MH)	Body Movin! 6 9:45a (MH) Learn a LINE DANCE 11:30a-12:00p (MH)	Choir 7 Rehearsal 9:30a-11:00a (CR) Yoga 11:30am (CR)	Broward 8 County Property Appraiser 9a-11a (LA) Body Movin! 9:45a (MH) In-House Movie 12:00pm	Zumba 9 10:00am (CR) Living Well Diabetic Series #1 11am-1pm (CR) MLK Community Movie Night & Fish Fry 6pm E. Pat Larkins Center (Free)	Green 10 Market Pompano Beach 50 W. Atlantic Blvd. 9AM-1PM MLK Gospel Competition 3pm E. Pat Larkins Center (\$15.00)
Soulful Sunday 11 & Poetry MLK Edition Ali Cultural Arts 6pm (\$10.00) Get tickets on Eventbrite	Early Bird 12 BINGO 9:30a-10:30a Nutrition Class Flipany-11a-12p	Body Movin! 13 9:45a (MH) Chen Medical (F) Presentation 10am-11am (MH)	Choir 14 Practice 9:30a-11:00a (CR) Field Trip Oak Café & Farmers Mkt 11a Oakland Park (75) \$16	Body Movin! 15 9:45a (MH) Caring Insurance Presentation 10am-11am (MH)	Chair 16 Fitness 9:30a-10:30a (CR) Living Well Diabetic Series #2 11am-1pm (CR)	17
18 Dr. Martin Luther King Day SAC CLOSED CITY HOLIDAY  Choir Singing	19 Haircuts 9:45a (SO)	Body Movin! 20 9:45a (MH) Haircuts 9:45a (SO)	Choir 21 Practice 9:30a-11:00a (CR) Yoga 11:30am (CR)	Body Movin! 22 9:45a (MH) New York Life Insurance Presentation 10:00a-11:00a (MH)	Living Well 23 Diabetic Series #3 11am-1pm (CR)	Green 24 Market Pompano Beach 50 W. Atlantic Blvd. 9AM-1PM
25	Early Bird 26 BINGO 9:30a-10a Praise & Sing Along 10a-11:30a (GR)	Body Movin! 27 9:45a (MH) Tina's Giving ❤️ 11:30am (MH)	Choir 28 Practice 9:30a-11:00a (CR) ARTS & CRAFT 11:30AM (CR)	Birthday 29 Celebration Potluck 11:30am-1:00pm THEME: All Demin Day	Living Well 30 Diabetic Series #4 11am-1pm (CR)	31

Schedule subject to change due to weather, programing needs, or scheduling conflicts