

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2026

LOCATIONS:
CLUBHOUSE = CH **LYNDON HOUSE = LH** **St. Luke's Chapel = SLC**

					1		2	3
					HAPPY NEW YEAR 2026! 10.30am: Lyndon House exercise 2pm: Tai-Chi w/Susan & Ann, CH			
					New Year's Day			
4 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC	5 10.30am: Lyndon House exercise 2pm: Functional Exercise w/Gry, CH 4pm: Movie Night: "The Color Purple"	6 *Epiphany/3 King's Day Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 2pm: Dudley Maintenance Meeting, w/Keith & Fran, Clubhouse 6.30pm: Men's Choir w/Melanie, CH	7 10.30am: Lyndon House exercise 1pm: Mah-Jongg Game, CH 4.30pm: Dudley Social Hour & Dinner, CH	8 Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 2pm: Tai-Chi w/Susan & Ann, CH 3pm: Dudley Scrabble Game, CH	9 *Julie Preston & John Robinson 10.30am: Lyndon House exercise 11am: Women's Brunch, CH (sign up by 1/7) 3.30pm: Lyndon House documentary series: "Real Vikings - Rise of the Pagans"	10 * Curtis Barrett 90 10.30am: Morning Stretches, Lyndon House, all welcome! The Barrett's renting the Clubhouse?		
* Nancy Ragan 11 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC	12 10am: Hand & Foot Card Game, CH 10.30am: Lyndon House exercise 2pm: Functional Exercise w/Gry, CH 2-5pm: Dudley Exec. Council Com. Meeting, CH (closed session)	13 Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 11-1pm: Retired Episcopal Clergy mtg & lunch, CH 2pm: Documentary, CH: Rosa Parks, mother of a Movement 6.30pm: Men's Choir w/Melanie, CH	14 * Anne Ehrman 9am: Men's Breakfast, CH 10.30am: Lyndon House exercise 1pm: Mah-Jongg Game, CH 2pm: No Name Book Club, CH 4.30pm: Dudley Social Hour & Dinner, CH	15 Larry Transport 9am - 1pm Gry in Cincinnati 10.30am: Lyndon House exercise 2pm: Tai-Chi w/Susan & Ann, CH	16 10am: Coffee Concert w/Louisville Orchestra, sign up w/Gry for transportation 10.30am: Lyndon House exercise 3.30pm: Lyndon House documentary series: "Real Vikings - Rise of Ragnar & Sons"	17 10.30am: Morning Stretches, Lyndon House, all welcome!		
* Mike Abell & Sally Jackson 18 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC	19 10.30am: Lyndon House exercise 2pm: Functional Exercise w/Gry, CH 4pm: Movie Night: "The Butler"	20 Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 1pm: Trip to Speed Museum, sign up w/Gry 6.30pm: Men's Choir w/Melanie, CH	21 * Susan Bell 10.30am: Lyndon House exercise 1pm: Mah-Jongg Game, CH 4.30pm: Dudley Social Hour & Dinner, CH	22 Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 2pm: Tai-Chi w/Susan & Anne, CH	23 *Barbara Abell & Trish Burke 10.30am: Lyndon House exercise 3.30pm: Lyndon House documentary series: "Real Vikings - Viking Women"	24 10.30am: Morning Stretches, Lyndon House, all welcome!		
25 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC	26 * Ann Stevenson 10am: Hand & Foot Card Game, CH 10.30am: Lyndon House exercise 2pm: Functional Exercise w/Gry, CH	27 * Nancy Lutz & Pat Walker Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 2pm: Documentary, CH "Temple Grandin, An Open Door" 6.30pm: Men's Choir w/Melanie, CH	28 10.30am: Lyndon House exercise 1pm: Mah-Jongg Game, CH 4.30pm: Dudley Social Hour & dinner, CH	29 Larry Transport 9am - 1pm 10.30am: Lyndon House exercise 2pm: Tai-Chi w/Susan & Ann, CH	30 10.30am: Lyndon House exercise 2pm: Fitness & Wellbeing Presentation, CH 3.30pm: Lyndon House documentary series: "Mysteries of the Great Lakes" 4pm: "Dudley's got Talent", CH (flyer coming out soon)	31 *GG Temple 10.30am: Morning Stretches, Lyndon House, all welcome!		