

# Independent Living January 2026

| Sun                                                                               | Mon                                                                                                  | Tue                                                                                                     | Wed                                                                                                              | Thu                                                 | Fri | Sat |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----|-----|
|  |                     |                        |                                | 1 <i>Happy New Year!</i>                            | 2   | 3   |
| 4                                                                                 | 5<br>3:00 Exercise Class<br>at ESA                                                                   | 6<br>Trash & Recycling<br>Pick-Up for Villas<br><br><b>10:00 ESA<br/>Resident Meeting<br/>in Lounge</b> | 7<br>4:00 Communion<br>Service at ESA                                                                            | 8<br><b>10:00 Villa Resident<br/>Meeting at ESA</b> | 9   | 10  |
| 11                                                                                | 12<br>2:45 Wellness<br>Checks by<br>St. Francis Nurse at<br>ESA<br><br>3:00 Exercise Class<br>at ESA | 13<br>Trash Pick-Up for<br>Villas                                                                       | 14<br>4:00 Communion<br>Service at ESA                                                                           | 15                                                  | 16  | 17  |
| 18                                                                                | 19 <i>MLK Day</i><br>3:00 Exercise Class<br>at ESA<br><br>RSVP Deadline for<br>Eating Club           | 20<br>Trash & Recycling<br>Pick-Up for Villas                                                           | 21<br>11:30 St. Francis<br>Eating Club at<br>Buffalo Wild Wings<br><br>4:00 Communion<br>Service at ESA          | 22                                                  | 23  | 24  |
| 25                                                                                | 26<br>3:00 Exercise Class<br>at ESA                                                                  | 27<br>Trash Pick-Up for<br>Villas                                                                       | 28<br>11-12 Balance<br>Screening at<br>St. Francis Home<br>Therapy Dept.<br><br>4:00 Communion<br>Service at ESA | 29                                                  | 30  | 31  |