

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abiitan's Life Enrichment Team: Tommaso Hettie Marques Mark	AR - Activity Room CR - Club Room L - Lobby T - Terraces K - Klassics Kitchen & Cocktails *All activities are subject to change			HAPPY 2026 ABIITAN	2 9:30 AM Chair Yoga w/ Elis. 4:00 PM - K Happy Hour 5PM/7:00 PM - AR Film: "Ladies in Lavender"	3 1:30 PM - CR Cribbage Group (New) 1:00/4:00/7:00 AR Film: "The Roses"
4 1/30/7:00 PM - AR Film "The Kids Are Alright"	5 9:30 AM - AR MoveFit 10:30 AM - AR Big Questions 1:00 PM - CR Caregiver Support 3:00 PM - AR Espanol Olé w. Nancy 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Series: TBD	6 10:00 AM - CR Community & Conversations 1:00 PM - AR Chair Yoga w/ Elis. 4:00 PM - CR Men's Social Hour 5:00 PM - CR Women's Little Christmas (event for women only) 5PM/7 PM - AR Documentary: TBD	7 0:30 AM - L Grocery Run 1:30 PM - CR "What's Your Story" writing group 1:45 PM - AR Tech Time 4:00 PM - AR "Decision-Making with Dementia" (Final Event of 3) 4:00 PM - K Women's Happy Hour	8 9:30 AM - AR MoveFit 10:30 AM - AR Aliveness Sandwich Project 1:00 PM Chair Yoga w/ Elisabeth 3:00 PM - T Lucy Rose and Mark F. 60th Anniversary celebration. All residents are invited. 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Thursday Classic Movie	9 ALL DAY - AR Abiitan's Focus Groups: 9:30 AM, 12:30 PM; 3:15 PM (Groups last approx. 90 min.) 1:00/4:00/7:00 AR Film: TBD	10
11 1:00 PM - CR Mahjong Group (New) 3:30 PM - T "A New Year Together": An afternoon appetizer/dessert potluck to celebrate Abiitan's long time and newest programs/events collaborators 7:00 PM - AR London's National Theatre (Play TBD)	12 9:30 AM - AR MoveFit 10:30 AM - AR Big Questions 11:30 AM - AR Social Justice Group w/ guest Sharon Abel (ED of Groveland Food Shelf) 3:00 PM - AR Espanol Olé w. Nancy 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Series TBD	13 10:00 AM - CR Community & Conv. 1:00 PM - AR Chair Yoga w/ Elis. 3:00 PM - AR Movies with Tommaso: Movie TBD 5:00/7:00 PM - AR Documentary: TBD	14 10:30 AM - L Grocery Run 1:15 PM - AR (New Time) Tech Time 4:00 PM - K Women's Happy Hour	15 9:30 AM - AR MoveFit 10:30 AM - AR Assemble Packets for Aliveness Project 1:30 PM - AR "Controversial Music" w. A. Leap 3:00 PM - L Abiitan Walks To... The Main Cinema for "Marty Supreme" (show at 3:30PM) 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Thursday Classic Movie	16 10:00 AM (New Start Time) Chair Yoga w/ Elis. 2:00 PM - AR History w/ Ethan 4:00 PM - K Happy Hour 5PM/7PM - AR Film: TBD	17 1:30 PM - CR Cribbage Group (New) 1:00/4:00/7:00 AR Film: TBD
18 3:00/7:00 PM - AR Sunday Movie: TBD	19 9:30 AM - AR MoveFit 10:30 AM - AR Big Questions 1:00 PM - CR Caregiver Support 3:00 PM - AR Espanol Olé w. Nancy 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Series: TBD	20 <i>Abiitan's Food Drive Begins!</i> 10:00 AM - CR Community & Conv. 11:15 AM - AR Henry Berman's "Middle East Conflict" Series - IRAN 1:00 PM - AR Chair Yoga w/ Elis. 4:00 PM - CR Men's Social Hour 5/7 PM - AR Documentary: TBD	21 10:30 AM - L Grocery Run 1:30 PM - CR "What's Your Story" writing group 1:15 PM - AR Tech Time 4:00 PM - K Women's Happy Hour	22 9:30 AM - AR MoveFit 10:00 AM - L Abiitan Goes To.... Thursday Musical - Hennepin Ave. United Methodist Church (Starts at 10:30 AM) 2:00 PM - L Residents meet with Life Enrichment Team for brainstorming & ideas 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Thursday Classic Movie	23 10:00 AM Chair Yoga w/ Elis. 3:00 PM - AR Movies with Tommaso: TBD 4:00 PM - K Happy Hour 7:00 PM - AR Film: TBD	24 1:00/4:00/7:00 AR Film: TBD
25 1:00 PM - CR Mahjong Group (New) 3:00/7:00 PM - AR Sunday Movie: TBD	26 9:30 AM - AR MoveFit 10:30 AM - AR Big Questions 3:00 PM - AR Espanol Olé w. Nancy 4:00 PM - K Happy Hour 5:00/7:00 PM - AR Series: TBD	27 10:00 AM - CR Community & Conv. 1:00 PM - AR Chair Yoga w/ Elis. 2:15 PM - AR Carla Steen discusses Guthrie's Macbeth 4:00 PM - CR Men's Social Hour 5/7 PM - AR Documentary: TBD <i>Abiitan's Food Drive Ends!</i>	28 10:30 AM - L Grocery Run 1:15 PM - AR Tech Time 2:15 PM - AR Humphrey International Fellows 2026 Series 4:30 PM - CR Book Club 4:00 PM - K Women's Happy Hour	29 9:30 AM - AR MoveFit 5:00/7:00 PM - AR Thursday Classic Movie 6:45 PM - L Abiitan Goes To.... Northrop Auditorium "Les Ballets Trocadero de Monte Carlo" (RSVP; transportation provided if minimum of 10 participants is reached)	30 10:00 AM Chair Yoga w/ Elis. 2:00 PM - AR History w/ Ethan 5:00/7:00 PM - AR Film TBD	31 1:30 PM - CR Cribbage Group (New)