# FREDERICK COMMUNITY

# January 2026

peopleCare communities

**Programs & locations are subject to change.**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | **1**<br>11:30am Calendar Handout - FCRR<br>2:30pm Wine & Cheese Social - FCDR<br>6:00pm Travelogue: Ethiopia - FCEL | **2**<br>10:00am Music Bingo - FCDR<br>11:45am Mini Putt - FCDR<br>2:30pm Buttermilk Biscuit & Tea Social - FCDR<br>6:00pm Short Stories - FCEL | **3**<br>10:30am Faith & Film - Chapel<br>11:30am Bean Bag Toss - FCEL<br>**2:30pm Specialty Coffee Time - MLDR** |
| **4**<br>10:00am Puzzles - FCDR<br>11:30am Number Bingo - FCDR<br>**3:00pm Church Service - RGDR** | **5**<br>11:30am Manicure Monday - FCRR<br>2:00pm Baking Blueberry Muffins - FCDR<br>2:00pm Over 80 Gentlemens Coffee Club-Chapel<br>3:00pm Creative Faith with Chaplain Megan-MLDR<br>6:00pm Travelogue: Egypt - FCEL | **6**<br>**10:00am Pump it Up - FCEL**<br>11:30am Guess the Word - FCEL<br>2:30pm Music Bingo - FCDR | **7**<br>10:00am Positive News - FCRR<br>11:30am Balloon Volleyball - FCEL<br>**2:30pm Bingo - FCDR**<br>6:00pm 1:1 Chaplain Visits w/ Chaplain Jen | **8**<br>10:00am Would You Rather - FCWL<br>11:00am Book Club w/ Chaplain Jen (FCEL)<br>2:30pm Whats in the Baking Cupboard? - FCWL<br>3:00pm Beach Ball Toss - FCDR<br>6:00pm Pop Culture Trivia - FCWL | **9**<br>**11:00am Music Therapy Group - FCDR**<br>**2:30pm Karaoke Social-FCDR**<br>6:00pm Short Stories - FCEL | **10**<br>11:30am Scattergories - FCEL<br>**2:30pm Community Movie - MLDR**<br>6:00pm Travelogue: Naples and Pompeii - FCEL |
| **11**<br>11:30am Darts - FCEL<br>**3:00pm Church Service - RGDR**<br>6:00pm Finish the Phrase - FCEL | **12**<br>11:30am Manicure Monday - FCRR<br>2:00pm Over 80 Gentlemens Coffee Club-Chapel<br>2:30pm Music Bingo - FCDR<br>3:00pm Book Club with Chaplain Megan-MLDR<br>6:00pm Gratitude & Grounding with Chaplain Jen - FCEL | **13**<br>**10:00am Pump it Up - FCEL**<br>11:30am Balloon Volleyball - FCDR<br>11:30am What's In The News? - FCEL<br>2:00pm Making Chicken Noodle Soup - FCDR<br>6:00pm True or False? - FCWL | **14**<br>**10:15am Travelling RC Communion - TC**<br>11:00am Chair Exercises - FCEL<br>**2:30pm Bingo - FCDR** | **15**<br>**10:00am Pump it Up - FCEL**<br>11:00am Book Club w/ Chaplain Jen (FCEL)<br>2:00pm Baking Red Velvet Cookies - FCDR<br>6:00pm Travelogue: The French Riviera - FCEL | **16**<br>11:30am Homemade Pizza Lunch - FCDR<br>2:30pm Tea Party - FCDR<br>6:00pm Short Stories - FCEL | **17**<br>10:00am One to One - FCRR<br>10:30am Faith & Film - Chapel<br>10:45am Puzzles - FCDR<br>**2:30pm Specialty Coffee Time - MLDR** |
| **18**<br>11:30am Balloon Volleyball - FCDR<br>2:00pm Travelogue - Anchorage, Alaska - FCEL<br>**3:00pm Church Service - RGDR** | **19**<br>**11:00am Memorial Service - RGDR**<br>11:30am Manicure Monday - FCRR<br>2:00pm Baking Cinnamon Coffee Cake - FCDR<br>2:00pm Over 80 Gentlemens Coffee Club-Chapel<br>3:00pm Faith and Friends with Chaplain Megan-MLDR<br>6:00pm Travelogue: The Greek Islands - FCEL | **20**<br>**10:00am Pump it Up - FCEL**<br>**10:00am Resident Council - FCEL**<br>11:30am Guess the Word - FCEL<br>2:30pm Music Bingo - FCDR | **21**<br>10:00am Riddles - FCRR<br>11:30am Music Videos - FCDR<br>**2:30pm Bingo - FCDR** | **22**<br>10:00am Colouring - FCDR<br>11:30am Bean Bag Toss - FCEL<br>2:30pm Finish the Line: Nursery Rhymes - FCEL<br>6:00pm Geography Trivia - FCWL | **23**<br>**11:00am Music Therapy Group - FCDR**<br>**2:30pm January Birthday Party with RC Country - FCDR**<br>6:00pm Short Stories - FCEL | **24**<br>10:30am Faith & Film - Chapel<br>11:30am Scattergories - FCEL<br>**2:30pm Community Movie - MLDR**<br>6:00pm Travelogue: Belfast, Ireland - FCEL |
| **25**<br>11:30am Basketball - FCEL<br>**3:00pm Church Service - RGDR**<br>6:00pm Finish the Phrase - FCEL | **26**<br>11:30am Manicure Monday - FCRR<br>2:00pm Over 80 Gentlemens Coffee Club-Chapel<br>2:30pm Music Bingo - FCDR<br>6:00pm A-Z Game - FCEL | **27**<br>**10:00am Pump it Up - FCEL**<br>11:30am A-Z Game - FCEL<br>2:30pm Creme Caramel Social - FCDR<br>6:00pm Trivia - FCWL | **28**<br>**10:30am Catholic Mass - CHAP**<br>11:30am Chair Exercises - FCEL<br>**2:30pm Bingo - FCDR** | **29**<br>11:00am Book Club w/ Chaplain Jen (FCEL)<br>2:30pm Ice Cream Sundae Social - FCDR<br>6:00pm Travelogue: Prague and The Czech Republic - FCEL | **30**<br>**8:30am Breakfast Club - GH**<br>11:30am Table Games - FCDR<br>2:00pm Lets Make Bread Pudding - FCDR<br>6:00pm Short Stories - FCEL | **31**<br>10:00am Card Games - FCDR<br>10:30am Faith & Film - Chapel<br>11:30am Basketball - FCEL<br>**2:30pm Specialty Coffee Time - MLDR** |

CHAP - Chapel
FCDR - Frederick Community Dining Room
FCEL - Frederick Community East Lounge
FCRR - Resident Room for 1-1 scoring
FCWL - Frederick Community West Lounge
GH - Grand Hall
MLDR - Market Lane Dining Room
RGDR - Rockway Gardens Dining Room
TC - Travelling Carts