


# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Key</b> GR—Gathering Room OV—Orchard View FW—Freedom Way FL—Front Lobby L—Library DR—Dining Room CR—Conference Room ** — Sign-up Required <i>Programs are subject to change</i>		9:30 Morning Start-Up (GR) <b>1</b> 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Bunco Dice Game (GR) 2:00 Movie Matinee: "Holiday Inn" (GR)	9:30 Morning Start-Up (GR) <b>2</b> 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Piano with Linda (GR)	9:30 Morning Start-Up (GR) <b>3</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 New Years' Jeopardy with Julie (GR) 2:00 Movie Matinee: "La La Land" (GR)
1:00 Worship Service (GR) <b>4</b> 2:00 Movie Matinee: "Little Women" (GR)	9:30 Morning Start-Up (GR) <b>5</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Craft: "Snowflake Suncatchers" (GR) 3:30 Bingo (GR)	9:30 Morning Start-Up (GR) <b>6</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Reading Circle: "Little House in the Big Woods" Pt. 2 (GR) 3:00 Documentary: "The Gettysburg Story" (GR)	9:30 Morning Start-Up (GR) <b>7</b> 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) <b>11:00 Lunch Out to the Old Farmhouse Tea Room (FL)(**)</b> 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) <b>8</b> 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 2:00 Resident Council (GR) 3:00 Reading Circle: "Little House in the Big Woods" Pt. 3 (GR)	9:30 Morning Start-Up (GR) <b>9</b> 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 "What's in the Bag?" Guessing Game (GR)	9:30 Morning Start-Up (GR) <b>10</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Hymn Sing with Freedom Community Church (GR) 2:00 Movie Matinee: "Felicity" (GR)
1:00 Worship Service (GR) <b>11</b> 2:00 Movie Matinee: "The Patriot" (Rated R) (GR)	9:30 Morning Start-Up (GR) <b>12</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) <b>13</b> 9:45 Exercise (GR) 10:30 Coffee and Crosswords (GR) 1:00 Service Project: "Thank-You Cards for St. John the Baptist Catholic School" (GR) 3:00 Bowling (GR)	9:30 Morning Start-Up (GR) <b>14</b> 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 1:00 Catholic Mass (GR) 1:30 Chair Dancing with Kim (OV) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) <b>15</b> 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) <b>11:00 Lunch Out to Cheddar's (FL)(**)</b> 1:00 Piano w/ Joan (L) 3:00 Reading Circle: "Who was Martin Luther King, Jr.?" (GR)	9:30 Morning Start-Up (GR) <b>16</b> 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Live Harp Music with Shelly Hopkins (GR) 3:30 Bingo (GR)	9:30 Morning Start-Up (GR) <b>17</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Piggy Bankers Word Game (GR) 2:00 Movie Matinee: "Doctor Zhivago" Pt. 1 (GR)
1:00 Worship Service (GR) <b>18</b> 2:00 Movie Matinee: "Doctor Zhivago" Pt. 2	9:30 Morning Start-Up (GR) <b>19</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Craft: "Northern Lights Paintings" (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) <b>20</b> 9:45 Exercise (GR) 10:30 Adelynn Wood Sings Favorites of 2025 (GR) 1:00 Documentary: "A Farm Winter" (GR) <b>1:00 Shopping at Walmart (FL)(**)</b> 3:30 Horseshoes (GR)	9:30 Morning Start-Up (GR) <b>21</b> 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) 10:30 Rosary Circle (OV) 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) <b>22</b> 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 3:00 Open House with Friends: Joan Ihle	9:30 Morning Start-Up (GR) <b>23</b> 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 "On the Trail of Moose Tracks" & Ice Cream Social (GR)	9:30 Morning Start-Up (GR) <b>24</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Virtual Voyager: "Anchorage, Alaska" (GR) 2:00 Movie Matinee: "Charade" (GR)
1:00 Worship Service (GR) <b>25</b> 2:00 Movie Matinee: "Iron Will" (GR)	9:30 Morning Start-Up (GR) <b>26</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Manicures (GR)(**) 3:30 Bingo (GR) 6:00 Color & Chat (GR)	9:30 Morning Start-Up (GR) <b>27</b> 9:45 Exercise (GR) 10:30 Coffee and Crosswords (GR) 1:00 Men at One: "Tales of the Last Frontier" (GR) 3:00 Bowling (GR)	9:30 Morning Start-Up (GR) <b>28</b> 9:45 Exercise (GR) 10:30 Trivia/Name 5 (GR) <b>1:00 Shopping at Shrewsbury Antiques (FL)(**)</b> 1:30 Chair Dancing with Kim (GR) 3:00 Bible Study with Rev. Bob (GR)	9:30 Morning Start-Up (GR) <b>29</b> 9:45 Exercise (GR) 10:30 Trivia/Tribonds (GR) 1:00 Piano w/ Joan (L) 1:00 Bunco Dice Game (GR) 3:00 Winter Hand Spa (GR)	9:30 Morning Start-Up (GR) <b>30</b> 9:45 Exercise (GR) 10:30 Faith Break (GR) 1:00 Bingo (GR) 3:00 Birthday Party with Mick Cochran: "Winter Wonderland" (GR)	9:30 Morning Start-Up (GR) <b>31</b> 9:45 Exercise (GR) 10:30 Trivia (GR) 1:00 Word Wheel (GR) 2:00 Movie Matinee: "North By Northwest" (GR)

The Village at Shrewsbury Personal Care Programs & Events



North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.



For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward, more than six decades ago, remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska’s motto, “North to the Future,” captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America’s northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn’t just a historical date; it’s an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new year.

As we settle into January, Alaska’s journey can encourage us to take our own steps toward renewal. Like the state that looked north and saw its future, we too can embrace new beginnings with strength, resilience, and hope for the year ahead.

Personal Care Newsletter

Q&A with Helen Wineholt



Rhea Amoss

Helen Wineholt

Did you have any family that lived to be over 100?

*My mother lived to be 103 years old and several of her nieces lived to be 102.*

What change in the world surprised you the most?

*Men travelled to the moon and back.*

What advice would you give to younger people today?

*Don’t smoke or drink alcohol.*

If you could relive one happy day, what would it be and why?

*The day that I got a job at the Stewartstown sewing factory.*

How has your idea of happiness changed over time?

*It made me happy when I was able to make my own money to spend on what I wanted.*

You have the most beautiful complexion! Do you have a secret to maintaining healthy skin?

*I took my skin for granted. I was raised on a farm where I picked potatoes, beans, etc. I didn’t know I looked any better than anyone else.*

