



# John Clarke



SENIOR LIVING



## JANUARY 2026 Happy New Year!

TRUSTWORTHY - RESPONSIVE - UNITY - SERVICE - THRIVING

Dear John Clarke Community,



Happy New Year!

We are excited to ring-in 2026 and look forward to all that it has to offer us!

Our Board of Directors and Senior Managers met in late September to develop a robust three-year Strategic Plan to ensure the Long-term success of our community. Our plan is anchored by three mission-driven initiatives:

- v Initiative One: Foster Our Commitment to Mission and Core Values
- v Initiative Two: Pursue Operational Excellence
- v Initiative Three: Strengthen Financial Stability

We are in the process of refining our measurable goals to achieve our initiatives and will be sharing our progress regularly.

Our renovations are going to be quieting down for a few months. I am expecting a new day room work will start in February.

Warm Regards,

Joan M. Woods, CEO

Reminder: Beginning in 2026, our newsletters will be sent out quarterly. Important announcements between letters will be sent out if necessary.



### **JCLS Winter Menu**

**Week 1 begins on Monday, January 5th**

**Week 2 begins on Monday, January 12th**

**Week 3 begins on Monday, January 19th**

**Week 4 begins on Monday, January 26th**

**Week 1 begins again on Monday, February 2nd, etc., etc., etc.**

**Please keep in mind that there will be occasional changes to the menu depending on stock issues, special occasions and holidays.**



### **Tips from Good Housekeeping on New Year's Resolutions**

New Year's resolutions have long been a way to take stock of what's truly important in our lives, allowing us to pause and reflect on the year behind us, as well as plan for the year ahead. If living through a global pandemic has taught us anything, it's that we shouldn't take health and wellness for granted. In 2026, improving your body, mind *and* soul is a great way to organize your long-term goals for the new year.

Focusing on your health and well-being doesn't have to translate to starting a new diet or workout plan, though. You can set your sights on taking charge of your mental health, finally **optimizing a better sleep routine** or diving headfirst into reclaiming your space (wave goodbye to messy closets and disastrous bathrooms).

Start here to create a list of attainable New Year's resolutions that allow you to make healthier lifestyle tweaks every day. You'll kick off the year with a stronger, well-nourished body and an enriched mind if you adopt any of these daily habits. Your resolutions can help you calm down, ease stress and anxiety and help tame the crazy ebb and flow of daily life.

Keep your new resolutions by using a planner to help you stay on track, checking off daily fitness goals and tackling frequent decluttering tasks.

This year, it's time to put you first!



**Grace Furtado and Gentle Guinguing, January 4th**

**David Mitchell, January 6th**

**Marialyn Riley and Keisha White, January 7th**

**Gabrielle Burris and Jason Amaral, January 13th**

**Lovelie Avril, January 14th**

**Valerie Murphy, January 16th**

**Anne Riley, January 21st**

**Shantel Levene, January 22nd**

**Jim Chase, January 24th**

**Edith Anthony, January 26th**

**Steve Reid, January 27th**

**Beth Snow-Tait, January 30th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2026</h1>				1 10:00 Coffee Hour Ma's Donuts <b>2:00 Dessert Social</b> 3:30 New Years Resolutions !!! <small>New Year's Day</small>	2 10:00 Catholic Mass/ Fr. Hiemp <b>2:00 Bobby B</b> 3:30 Blackjack w/Jackie 6-7 Time w/Jon	3 10:00 SweetBread Coffee/ Cooking Show 2:00 Bingo 3:30 Family Feud 6-7 Time w/Jon
4 Zoom Church 10:30 Rosary 2:00 Bowling w/ Boys 3:30 Snackivity	5 10:00 Music in Motion 11:00 Snowball Toss 2:00 Bingo 3:00 Shut the Box	6 <b>10:00 Cabin Fever Day/ Wear Flannel</b> 11:00 Hairdresser 2:00 Lincoln Logs 3:30 Cribbage Club	7 10:00 Memory Cafe 11:00 Resident Council 2:00 Hot Coco Bar 3:30 Stories w/ Armani 6-7 Time w/Jon	8 10:00 Coffee Hour Ma's Donuts Hairdresser 2:00 Van Ride 3:30 Bible Study 3:30 Everyone loves Raymond	9 10:00 Rosary/ Hymn Sing <b>2:00 Tony &amp; Pat</b> 3:30 Blackjack w/Jackie 6-7 Time w/Jon	10 10:00 Nails and News 2:00 Bingo 3:30 Front porch Travels 6-7 Time w/Jon
11 Zoom Church 10:30 Rosary 2:00 Spa Time w/ Dulce 3:30 Snackivity	12 10:00 Music in Motion 11:00 Snowball Toss 2:00 Bingo 3:00 Shut the Box	13 10:00 Making Bacon !!!! 11:00 Hairdresser 2:00 Babe the Pig Movie/Popcorn 3:30 Cribbage Club	14 <b>PIG PARTY</b> 10:00 Memory Cafe <b>2:00 GILBERT THE PIG TO VISIT PET/ FEED/TRICK</b> 6-7 Time w/Jon	15 10:00 Coffee Hour Ma's Donuts Hairdresser 2:00 Men's Group 3:30 Bible Study 3:30 I love Lucy! Nails/ Beth	16 10:00 Rosary/ Hymn Sing <b>2:00 Gary Farias</b> 3:30 Blackjack w/Jackie 6-7 Time w/Jon	17 10:00 Honey Babe Types of Honey 2:00 Bingo 3:30 Front porch Travels 6-7 Time w/Jon
18 Zoom Church 10:30 Rosary 2:00 Bowling w/ Boys 3:30 Snackivity	19 10:00 Music in Motion 11:00 MLK Trivia 2:00 Bingo 3:00 Shut the Box <small>Martin Luther King Jr. Day</small>	20 10:00 Sensory Morning Muffins 11:00 Hairdresser <b>2:00 Science for Seniors</b> 3:30 Cribbage Club	21 10:00 Memory Cafe 11:00 Trivia 2:00 International Day/ Italy 3:30 Stories w/Armani 6-7 Time w/Jon	22 10:00 Coffee Hour Ma's Donuts Hairdresser 2:00 Van Ride 3:30 Bible Study 3:30 The Waltons Nails/ Beth	23 10:00 Rosary Hymn Sing <b>2:00 Leon Gregory</b> 3:30 Blackjack w/Jackie 6-7 Time w/Jon	24 10:00 Nails and News 2:00 Bingo 3:30 Front Porch Travels 6-7 Time w/Jon
25 Zoom Church 10:30 Rosary 2:00 Spa Time W/Dulce 3:30 Snackivity	26 10:00 Music in Motion 11:00 Australia Trivia 2:00 Bingo 3:00 Shut the Box <small>Australia Day (Observed)</small>	27 10:00 Pancake Day / Sensory 11:00 Hairdresser 2:00 Van Ride 3:30 Cribbage Club	28 10:00 Memory Cafe 2:00 Bell Therapy w/Graham 3:30 Stories w/Armani 6-7 Time w/Jon	29 10:00 Coffee Hour Ma's Donuts Hairdresser 2:00 Ladies Group Tea Social 3:30 Bible Study	30 10:00 Rosary Hymn Sing <b>2:00 Steve Jordan</b> 3:30 Blackjack w/Jackie 6-7 Time w/Jon	31 10:00 Danish Travel Time 2:00 Bingo 3:30 Front porch Travels 6-7 Time w/ Jon

INDEPENDENT LIVING CALENDAR



# January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>NEW YEARS DAY!</b> 3:00 Bible Study w/Dr. Rev. Smothers	2 10:00 Catholic Mass w/Fr. Hiemp 2:00 Entertainment w/Bobby B.	3
4	2:00 Cribbage w/Pat & John 2:00 Next Door Bingo	5	6 9:30 Grocery Shopping	7 10:00 Coffee & Donuts 11:00 Chair Exercise 1:00 BP Clinic 2:00 Movie Time	8 10:30 Music Therapy w/Bells 1:00 Cooking Class 3:00 Bible Study w/Dr. Rev. Smothers	9 2:00 Entertainment w/ Tony & Pat
11	2:00 Cribbage w/Pat & John 2:00 Next Door Bingo	12	13 9:30 Daves Market Grocery Shopping 2:00 Movie "BABE"	14 10:00 Coffee & Donuts 11:00 Chair Exercise 2:00 Gilbert The Pig Visit (PET/FEED/TRICK)	15 10:00 Line Dancing 1:00 Cooking Class 3:00 Bible Study w/Dr. Rev. Smothers	16 2:00 Entertainment w/Gary Farias
18	19 <b>Martin Luther King Jr. Day</b> 2:00 Cribbage w/Pat & John 2:00 Next Door Bingo	20 9:30 Grocery Shopping 2:00 January Birthday Party	21 10:00 Coffee & Donuts 11:00 Chair Exercise 2:00 Horse Racing	22 10:30 Tenant Meeting 1:00 Cooking Class 3:00 Bible Study w/Dr. Rev. Smothers	23 2:00 Entertainment w/Leon Gregory	24
25	26 2:00 Cribbage w/Pat & John 2:00 Next Door Bingo	27 9:30 Daves Market Grocery Shopping 2:00 Chair Dancing Exercise	28 10:00 Coffee & Donuts 11:00 Chair Exercise 2:00 Game Time (TBD)	29 9:30 Breakfast at IHOP 1:00 Cooking Class 3:00 Bible Study w/Dr. Rev. Smothers	30 2:00 Entertainment w/Steve Jordan	31



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