

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	 Resident Led  Team Led  Vendor Led	<u>Location Key</u> (AR) Arts/Crafts Room (BR) Billiards Room (MR) Media Room (L) Lobby				1 10am: LRC (L) 11am: Exercise (see reverse) 11am: PTSD Group (MR) 1-3pm: Phase 10 (L) 1-4pm: Party Bridge (BR) 2-3pm: We color (L)	2 10am: Spanish (AR) 10-12pm: Jokers (L) 11am: ESP (AR) 1pm: Bunco (BR) 1-3pm: Bridge Lessons (BR) 2pm: Diamond Dotz (L)
2pm: Rummikub (L) 6-8pm: Wine Group - Great Vines (L)	4 10am: Exercise (see reverse) 1pm: Canasta Group (BR) 1pm: Crochet Club (MR) 1pm: Canasta Group *Pennies from Heaven* (L) 6pm: Tripoley 6pm: Cue Up at the Table (BR)	5 10am: Nourish & Flourish 10:30am: Spanish Class (AR) 12:30-2:30pm: Scrabble (MR) 2pm: Intro to Origami (BR) 1:30-3:30pm: Mahjong (BR) 1-3pm: Quiddler & Euchre (L) 6-8pm: Dominoes (L) & Trivial Pursuit Tuesday	6 9am: Prayer Group Breakfast (L) 10am: Exercise (see reverse) 1-3pm: 5 Crowns (L) 2pm: Men's Bible Study 3pm: ESL (AR)	7 9:30am: Book Club (AR) *Closed 9:30am: Exercise (see reverse) 2pm: Origami (AR) 3pm: Tea Talk 3-7pm: NorthStar Game Night	8 10am: LRC (L) 11am: Exercise (see reverse) 11am: PTSD Group (MR) 1-3pm: Phase 10 (L) 1-4pm: Party Bridge (BR) 2-3pm: We color (L) 3pm: BYOBB (AR)	9 10am: Spanish (AR) 10-12pm: Jokers (L) 11am: ESP (AR) 1pm: Bunco (BR) 1-3pm: Bridge Lessons (BR) 2pm: Diamond Dotz (L) 6pm: Karaoke with "The Guys"	10
2pm: Rummikub (L)	11 10am: Exercise (see reverse) 1pm: Canasta Group (BR) 1pm: Crochet Club (MR) 1pm: Canasta Group *Pennies from Heaven* (L) 6pm: Tripoley 6pm: Cue Up at the Table (BR)	12 9:30am: Coffee & Conversations 10:30am: Spanish Class (AR) 12:30-2:30pm: Scrabble (MR) 2pm: Intro to Origami (BR) 1:30-3:30pm: Mahjong (BR) 1-3pm: Quiddler & Euchre (L) 6-8pm: Dominoes (L) & Trivial Pursuit Tuesday	13 9am: Prayer Group (L) 10am: Exercise (see reverse) 1-3pm: 5 Crowns (L) 2pm: Men's Bible Study 3pm: ESL (AR) 3:30pm: Milestone Mix & Mingle	14 9:30am: Exercise (see reverse) 10am: Line Dance w/Lori 2pm: Origami (AR) 3-7pm: NorthStar Game Night	15 10am: LRC (L) 10:30am: Georgetown WOWMobile 11am: Exercise (see reverse) 11am: PTSD Group (MR) 1-3pm: Phase 10 (L) 1-4pm: Party Bridge (BR) 2-3pm: We color (L)	16 10am: Spanish (AR) 10-12pm: Jokers (L) 11am: ESP (AR) 1pm: Bunco (BR) 1-3pm: Bridge Lessons (BR) 2pm: Diamond Dotz (L)	17
2pm: Rummikub (L) 6-8pm: Wine Club- Star Sippers *Full*	18 10am: Exercise (see reverse) 1pm: Canasta Group (BR) 1pm: Crochet Club (MR) 1pm: Canasta Group *Pennies from Heaven* (L) 3pm: Tea Talk 6pm: Tripoley 6pm: Cue Up at the Table (BR)	19 10:30am: Spanish Class (AR) 12:30-2:30pm: Scrabble (MR) 2pm: Intro to Origami (BR) 1:30-3:30pm: Mahjong (BR) 1-3pm: Quiddler & Euchre (L) 6-8pm: Dominoes (L) & Trivial Pursuit Tuesday	20 10am: Exercise (see reverse) 1-3pm: 5 Crowns (L) 2pm: Men's Bible Study 5pm: 2nd Annual Chili Cook-Off	21 9:30am: Book Club (AR) *Closed 9:30am: Exercise (see reverse) 10am: Matter of Balance Class begins *Private Group 2pm: Origami (AR) 3pm: Tea Talk 3-7pm: NorthStar Game Night	22 10am: LRC (L) 11am: Exercise (see reverse) 11am: PTSD Group (MR) 1-3pm: Phase 10 (L) 1-4pm: Party Bridge (BR) 2-3pm: We color (L)	23 10am: Spanish (AR) 10-12pm: Jokers (L) 11am: ESP (AR) 1pm: Bunco (BR) 1-3pm: Bridge Lessons (BR) 2pm: Diamond Dotz (L)	24
2pm: Rummikub (L)	25 10am: Exercise (see reverse) 11am: Crafts: Milestone Makers-Cards (L) 1pm: Canasta Group (BR) 1pm: Crochet Club (MR) 1pm: Canasta Group *Pennies from Heaven* (L) 4:15pm: NorthStar Veteran's Group Meeting (L) 6pm: Tripoley 6pm: Cue Up at the Table (BR)	26 9:30am: Coffee & Conversations 10:30am: Spanish Class (AR) 12:30-2:30pm: Scrabble (MR) 2pm: Intro to Origami (BR) 1:30-3:30pm: Mahjong (BR) 3:30: Holocaust Remembrance Day Presentation 1-3pm: Quiddler & Euchre (L) 6-8pm: Dominoes (L) & Trivial Pursuit Tuesday	27 10am: Exercise (see reverse) 11am: Resident Roundtable: Shaping our 2026 Story 1-3pm: 5 Crowns (L) 2pm: Men's Bible Study 3pm: ESL (AR) 5pm: Sweater Weather Bingo!	28 9:30am: Exercise (see reverse) 10am: Line Dance w/Lori 10am: Matter of Balance Class *Private Group 2pm: Origami (AR) 3-7pm: NorthStar Game Night	29 10am: LRC (L) 11am: Exercise (see reverse) 11am: PTSD Group (MR) 1-3pm: Phase 10 (L) 1-4pm: Party Bridge (BR) 2-3pm: We color (L)	30 10am: Spanish (AR) 10-12pm: Jokers (L) 11am: ESP (AR) 1pm: Bunco (BR) 1-3pm: Bridge Lessons (BR) 2pm: Diamond Dotz (L)	31

Mondays @ 10am: Fitness Strength & Stretch with Taylor

Wednesdays @ 10am: Get Fit with Christina

Thursdays @ 9:30: Yoga with Jennifer

Fridays @ 11am: Fitness Strength & Stretch with Taylor

*New Year
New Me!*

January Birthdays

Nancy B 01/02

Carol R 01/08

Juanita H 01/13

Carlton L 01/13

Nancy B 01/16

Marcy U 01/16

Margaret W 01/20

Ed K 01/21

Anna S 01/21

Carol S 01/28



"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

— Socrates

JANUARY



Events

01/06: Nourish & Flourish at 10am. Join us for a healthy breakfast and a craft to kick off the year. Our craft will be centered around your word/phrase of intention for the year. Don't have a word/phrase, no problem! You can pick one out. Come nourish your body and flourish your personal growth.

01/06 and every Tuesday at 2pm: Join Nathan for this brand-new Intro to Origami class!

01/08 & 22 at 3pm: Tea Talk: Just us for stimulating conversations and stories

01/10: It's Resident-led karaoke night! Come on down at 6pm to sing some tunes and have a great time with your neighbors!

01/13 & 27 at 9:30am: Questions that make you think and stories that will make you laugh. It's what Coffee & Conversations is all about.

01/14: Let's celebrate our resident birthdays, new residents and anything else we can say "HORRAY!" to as well.

01/15 & 29: Line Dance with Lori - Boot Scoot and Boogie your way to have fun. Bonus - you'll burn some calories!

01/16: The Georgetown WowMobile will be here at their new time of 10:30! Take a look, it's in a book!

01/21: It's Annual Chili Cook-off time! Think you've got what it takes to win this year's prize? Get your secret recipes ready to shine! NorthStar will provide all the extra stuff plus extra chili to ensure everyone has their fill.

01/22: For those signed up, Matter of Balance Class starts this day.

01/26: Milestone Makers Craft-come help assemble cards for our residents for the following month!

01/26: NorthStar Veteran's Meeting: Join the best Veteran's Group around.

01/27: Holocaust Remembrance Day: Join us for a special resident-led presentation

01/28: Resident Roundtable: Shaping our 2026 Story - Join us for a morning of collaboration. This isn't just a meeting, it's a brainstorm! Let's work together to make 2026 the best year yet!

01/28: It's time for Sweater Weather Bingo! Let's see the best sweaters you have! Colorful, soft, ugly, this old thing - let's just hope it's cold enough for them! Vegetable beef soup will be on the menu to help warm us up!

**Live here
Live well.**

See our
lifestyle
for yourself!

