

January 2026

NORTH HUNTINGDON VILLAS

<div>January 2026</div> <div>NORTH HUNTINGDON VILLAS</div>				<div>1</div> <div></div>	<div>2</div> <div>Exercise 8:30/9:00 am</div> <div>Outing for those with reservations – depart Clubhouse @ 10:00 am</div>	<div>3</div> <div>Cardio Drumming w/Carol 9:30 am</div>
<div>4</div> <div>Chair Yoga & Low Impact Aerobics (YouTube videos) 5:45 pm</div>	<div>5</div> <div>Exercise 8:30/9:00 am</div>	<div>6</div> <div>Cardio Drumming w/Carol 9:30 am</div> <div>Chaplain Chat 1:00 pm</div> <div>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</div>	<div>7</div> <div>Exercise 8:30/9:00 am</div> <div>Games 2:00 pm</div> <div>Alzheimer’s Support Group 3:00 pm (top of hill)</div>	<div>8</div> <div>Great Courses 1:00 pm</div> <div>Private 10:00 am</div> <div>Dessert & Conversation with Redstone Senior Management 6:30 pm (top of hill)</div>	<div>9</div> <div>Exercise 8:30/9:00 am</div> <div>Heinz History Museum 10:00 am</div>	<div>10</div> <div>Cardio Drumming w/Carol 9:30 am</div>
<div>11</div> <div>Chair Yoga & Low Impact Aerobics (YouTube videos) 5:45 pm</div>	<div>12</div> <div>Exercise 8:30/9:00 am</div> <div>Men’s Lunch 12:00 pm (top of hill)</div> <div>Westmoreland Mall 1:00 pm</div>	<div>13</div> <div>Cardio Drumming w/Carol 9:30 am</div> <div>Chaplain Chat 1:00 pm</div> <div>Private 5:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</div>	<div>14</div> <div>Exercise 8:30/9:00 am</div>	<div>15</div> <div>Great Courses 1:00 pm</div> <div>Wine & Dine 4:00 pm</div>	<div>16</div> <div>Exercise 8:30/9:00 am</div> <div>Book Club 1:00 pm</div> <div>Abruzzi 11:45 am</div>	<div>17</div> <div>Cardio Drumming w/Carol 9:30 am</div>
<div>18</div> <div>Chair Yoga & Low Impact Aerobics (YouTube videos) 5:45 pm</div>	<div>19</div> <div>Exercise 8:30/9:00 am</div> <div>Private 11:00 am</div> <div>BP/Wellness Clinic 1:30 – 2:00 pm</div> <div>Giant Eagle 1:00 pm</div> <div>Martin Luther King Jr. Day</div>	<div>20</div> <div>Cardio Drumming w/Carol 9:30 am</div> <div>Chaplain Chat 1:00 pm</div> <div>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</div>	<div>21</div> <div>Exercise 8:30/9:00 am</div> <div>Community Management Meeting 11:00 am</div> <div>Drumming w/Cicely 2:30 pm</div>	<div>22</div> <div>Great Courses 1:00 pm</div>	<div>23</div> <div>Exercise 8:30/9:00 am</div> <div>Donuts 9:30 am</div> <div>Games 2:00 pm</div> <div>The Brick House 11:45 am</div>	<div>24</div> <div>Cardio Drumming w/Carol 9:30 am</div>
<div>25</div> <div>Chair Yoga & Low Impact Aerobics (YouTube videos) 5:45 pm</div>	<div>26</div> <div>Exercise 8:30/9:00 am</div> <div>Parkinson’s Support Group 1:30 pm</div> <div>Savvy Seniors 11:00 am</div> <div>Walmart/Target 1:00 pm</div> <div>Australia Day (Observed)</div>	<div>27</div> <div>Cardio Drumming w/Carol 9:30 am</div> <div>Chaplain Chat 1:00 pm</div> <div>Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am</div>	<div>28</div> <div>Exercise 8:30/9:00 am</div> <div>Lunch Bunch 12:00 pm</div>	<div>29</div> <div>Great Courses 1:00 pm</div>	<div>30</div> <div>Exercise 8:30/9:00 am</div> <div>Sienna of Norwin 3:30 pm</div>	<div>31</div> <div>Cardio Drumming w/Carol 9:30 am</div>