



HAPPY BIRTHDAY

Brunette , Therese-1-24-2026

Cade , Virginia-1-25-2026

Carlson, Jan-1-27-2026

Rees, John-1-21-2026



Quail Haven

January 2026



Special Events

January 5th Massage Therapist at 10am-ECB

January 6-9 Denise in a conference

January 12 -19 Denise on vacation



Good Morning
Make it an
Awesome
Day.



January 2026
IL Monthly Calendar



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				"Activities subject to change. All accurate and current activities will be posted on the TV on the main floor daily"	New Year's Day 10:00 Sit & Fit-ECB 1:30 Noodle Ball-ECB	Walk & Fit 10:00 Balance-ECB 1:15 Bingo-ECB	1:15 Poker-ECB
Living Room-LR Conference Room-CR Dining Room-DR East Community-ECB Bill Lowdermilk -BLB Off Campus -OC	Gospel Channel-101-102 1:15 Mexican Train-ECB	Walk & Fit 9:00 Gentlemen's club-DR 10:00 Massage Therapist-ECB 1:30 Corn Hole-ECB 6:30 Ladies' Card Night-LR	10:00 Sit & Fit-ECB 10:30 10 minutes of meditation-ECB 1:15 Bingo-ECB	Walk & Fit 1:00 Blood pressure check in Home care 2:00 Book Club-ECB 6:30 Poker-ECB	10:00 Sit & Fit-ECB 10:30 10 minutes of meditation-ECB 10:40 BookMobile-10:40am-11:10am 1:30 Noodle Ball-ECB	Walk & Fit 9:00 Donuts & Coffee-DR 1:15 Bingo-ECB	1:15 Poker-ECB
	Gospel Channel-101-102 1:15 Mexican Train-ECB	Walk & Fit 10:00 Sit & Fit-ECB 1:30 Corn Hole-ECB 6:30 Ladies' Card Night-LR	10:00 Sit & Fit-ECB 10:30 10 minutes of meditation-ECB 1:15 Bingo-ECB	Walk & Fit 1:00 Blood pressure check in Home care 6:30 Poker-ECB	10:00 Sit & Fit-ECB 1:00 Sandhill Audiology with DR. Brittany Brown-CR 1:30 Noodle Ball-ECB	Walk & Fit 10:00 Sit & Fit-ECB 1:15 Bingo-ECB	1:15 Poker-ECB
	Gospel Channel-101-102 1:15 Mexican Train-ECB	Martin Luther King, Jr. Day Walk & Fit 9:00 Gentlemen's club-CR 10:00 Sit & Fit-ECB 1:30 Corn Hole-ECB 6:30 Ladies' Card Night-LR	10:00 Sit & Fit-ECB 1:15 Bingo-ECB	Walk & Fit 9:00 All Residents Meeting with Breakfast-DR 1:00 Blood pressure check in Home care 2:00 Birthday Party-ECB 6:30 Poker-ECB	10:00 Sit & Fit-ECB 10:30 10 minutes of meditation-ECB 1:30 Noodle Ball-ECB	Walk & Fit 9:00 Donuts & Coffee-DR 1:15 Bingo-ECB	No poker at the ECB Reserved-ECB
155 Blake Blvd Pinehurst, NC 28374 (910) 238-3590	Gospel Channel-101-102 1:15 Mexican Train-ECB	Walk & Fit 10:00 Balance-ECB 1:30 Corn Hole-ECB 6:30 Ladies' Card Night-LR	10:00 Sit & Fit-ECB 1:15 Bingo-ECB	Walk & Fit 11:00 Women's Brunch at Brixx wood fired pizza 1:00 Blood pressure check in Home care 6:30 Poker-ECB	10:00 Sit & Fit-ECB 1:30 Noodle Ball-ECB 3:00 Burk Long -LR	Walk & Fit 10:00 Balance-ECB 1:15 Bingo-ECB	1:15 Poker-ECB