


JANUARY 2026 HILLSIDE MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLAUDIA REACH Life Enrichment Director</p> <p>ERIKO MORRIS Life Enrichment Coordinator</p> <p>JUSTIN STEWART Lif Enrichment Coordinator</p> <p>RENAY LABELLE Life Enrichment Coordinator</p> <p>205-956-2184 X172</p> <p>creach@kirkwoodbytheriver.com</p>			<p>For the most current Calendar of Events, please scan the QR code below.</p> 	<p>1</p> <p>No Chair Yoga! *Snack Social 11:00 Worship and Communion-C 1:30 <u>Connie Skellie</u> Violin/Vocals</p>	<p>2</p> <p>*Exercise Class *Snack Social 10:30 Crafty Corner with <u>She She</u></p>	<p>3</p> <p>*Ball Toss *Snack Social</p>
<p>4</p> <p>*Devotion-AL/AR 10:00 Dawson Worship on TV *Snack Social 1:45 <u>John Scalici</u> Get Rhythm! *Bingo</p>	<p>5</p> <p>Beauty Shop Day 9:45 Jazzercise *Snack Social</p>	<p>6</p> <p>PODIATRIST 9:45 Laughter Yoga with <u>She She</u> *Walking Club *Snack Social *Exercise Class</p>	<p>7</p> <p>*FITIFY Fitness *Snack Social 10:30 Bingo 1:30 SFX Catholic Communion-H 2:00 HS Bible Study</p>	<p>8</p> <p>9:45 Gentle Yoga *Snack Social *10:30 Cruisin' Round Town 11:00 Worship-C 1:00 <u>Pat Patrick</u> Guitar/Vocals</p>	<p>9</p> <p>*Exercise Class *Snack Social 1:15 <u>Blake Franklin</u> Guitar/Vocals</p>	<p>10</p> <p>*Ball Toss *Snack Social 2:00 <u>Winter Recital- Nick Neumann</u> Cello Students-CCC</p>
<p>11</p> <p>*Devotion 10:00 Dawson Worship on TV *Snack Social 1:45 <u>John Scalici</u> Get Rhythm! *Bingo</p>	<p>12</p> <p>Beauty Shop Day 9:45 Jazzercise *Snack Social 2:30 January Birthdays Celebration-CCC</p>	<p>13</p> <p>9:45 Laughter Yoga with <u>She She</u> *Walking Club *Snack Social *Exercise Class 2:00 Ukulele Sing Along with <u>Sandra</u></p>	<p>14</p> <p>*FITIFY Fitness *Snack Social 10:30 Bingo 1:30 SFX Catholic Communion-H 2:00 The <u>Slim Pickins Band-CCC</u> 2:00 HS Bible Study</p>	<p>15</p> <p>9:45 Chair Yoga 9:30 <u>Dr Jill Byrd</u> Audiologist-AL/AR *Snack Social *10:30 Cruisin' Round Town 11:00 Worship-C 2:00 <u>Walker Wright</u> Rejoicing Rhythms</p>	<p>16</p> <p>*Exercise Class *Snack Social 1:45 <u>Blake Franklin</u> Guitar/Vocals</p>	<p>17</p> <p>*Ball Toss *Snack Social 2:00 <u>Stephen Wheeler</u> Guitar/Vocals</p>

JANUARY 2026 HILLSIDE MEMORY CARE (CONTINUED)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>18</div> <div>*Devotion 10:00 Dawson Worship on TV 10:30 Snack Social 1:45 John Scalici Get Rhythm! *Bingo</div>	<div>19</div> <div>Beauty Shop Day 9:45 Jazzercise *Snack Social</div>	<div>20</div> <div>9:45 Laughter Yoga with She She *Walking Club *Snack Social 10:30 Loyce and Fred Piano/Sing Along *Exercise Class 2:00 Ukulele Sing Along with Sandra</div>	<div>21</div> <div>*FITIFY Fitness *Snack Social 10:30 Bingo 1:30 SFX Catholic Communion-H 2:00 HS Bible Study</div>	<div>22</div> <div>9:45 Chair Yoga *Snack Social *10:30 Cruisin` Round Town 11:00 Worship-C 1:00 Hand-In-Paw 2:00 Walker Wright Rejoicing Rhythms</div>	<div>23</div> <div>*Exercise Class *Snack Social 10:30 Jessica Scott Guitar/Vocals 1:00 GBHS Dog Petting Session</div>	<div>24</div> <div>*Ball Toss *Snack Social</div>
<div>25</div> <div>*Devotion 10:00 Dawson Worship on TV 10:30 Snack Social *Bingo</div>	<div>26</div> <div>Beauty Shop Day 9:45 Jazzercise *Snack Social 11:30 Pizza Picnic 1:30 Art Class with She She</div>	<div>27</div> <div>9:45 Laughter Yoga with She She **Walking Club *Snack Social *Exercise Class 2:00 Ukulele Sing Along with Sandra</div>	<div>28</div> <div>*FITIFY Fitness *Snack Social 10:30 Bingo 1:30 SFX Catholic Communion-H 3:30 HS Bible Study</div>	<div>29</div> <div>WESTERN DAY AT KIRKWOOD 9:45 Gentle Chair Yoga with Amy *Snack Social *10:30 Cruisin` Round Town 11:00 Worship-C 1:30 Bham Square Dancers-CCC 3:00 Walker Wright Rejoicing Rhythms</div>	<div>30</div> <div>*Exercise Class *Snack Social 1:45 Blake Franklin Guitar/Vocals</div>	<div>31</div> <div>*Ball Toss-Hall *Snack Social 2:00 Betty Bridges Accordion Sing Along</div>
				<div>*LEGEND*</div> <div><div>(C) Chapel (CCC) Cahaba Cultural Center (H) Hideaway (HS/AL/AR) HillSide Assisted Living Activities Room (HS/MC/AR) HillSide Memory Care Activities Rm (HS/AL/FR) HillSide Assisted Living Fitness Room (HS/AL/LR) HillSide Assisted Living Living Room</div><div>(HS/AL/PDR) HillSide Assisted Living (HS/AL/V) HillSide Veranda (L) Library-Riverview (MDR) Main Dining Room (MLR) Main Living Room (OLC) Overlook Cafe (P) Pool (RV/W C) RiverView Wellness Room (TTL) Tree Top Lounge Billiards Room (SN) Skilled Nursing</div></div>		

****DEPARTURE TIMES – PLEASE MEET IN THE HILLSIDE LOBBY AT THE DESIGNATED TIME-ALL ACTIVITIES ARE SUBJECT TO CHANGE.**