



# JANUARY | 2026

## Jefferson Park Congregate Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31 CLOSED	1 CLOSED	2 Lunch Chat 10:00-12:00PM
5 Chair Exercises 12 – 1 PM	6 Bingo w/ Tim 12:00 – 1:00 PM	7 Stuff a Bear RSVP 12:00-1:00 PM	8 Bingo w/ Nikki 12:00 – 1:00 PM	9 Lunch Chat 10:00-12:00PM
12 Lunch Chat 10:00-12:00PM	13 Blood Pressure & Blood Sugar check w/ Nikki 12:00 PM	14 Lunch Chat 10:00-12:00PM	15 Clark County Blood Pressure Check 10:00 – 12:00	16 Lunch Chat 10:00-12:00PM
19 CLOSED	20 Peas and Carrots 12:00 PM	21 Trivia w/ Nikki 12:00 – 1:00 PM	22 Bingo w/ Steven 12:00 – 1:00 PM	23 Falls Prevention w/ Jessica 12 – 1 PM
26 Chair Exercises 12 – 1 PM	27 Lunch Chat 10:00-12:00PM	28 Nutrition Ed 12:00 PM	29 Lunch Chat 10:00-12:00PM	30 Lunch Chat 10:00-12:00PM

Jefferson Park  
2125 E 10<sup>th</sup> St  
Jeffersonville IN 47130  
Site Mgr. Traci  
Lehman  
502-741-5477



### Congregate Meal Site

*Mental Health Awareness Month*

*Notes:*

**Lunch Served  
M-F @ 11:30  
Reservations  
Required w/ Week  
Ahead Notice**