

Resident January Birthdays!

Lily B.	January 2nd
Cynthia M	January 4th
Margaret D.	January 14th
James H (Jim)	January 15th
Jobie C.	January 16th
Peter C.	January 17th
Gayle D	January 20th
Sylvia F.	January 20th
Miriam W.	January 20th
Chi C.	January 28th
Alan R.	January 29th

Happy Birthday from The Carrollton!

Welcome New Residents!

Cynthia D.

Buster U.

Betty U.

Marta G.

Jeanine L.

Madelene W.

Enid B.

We're so glad you're here!

Friendly Reminders

Transportation:

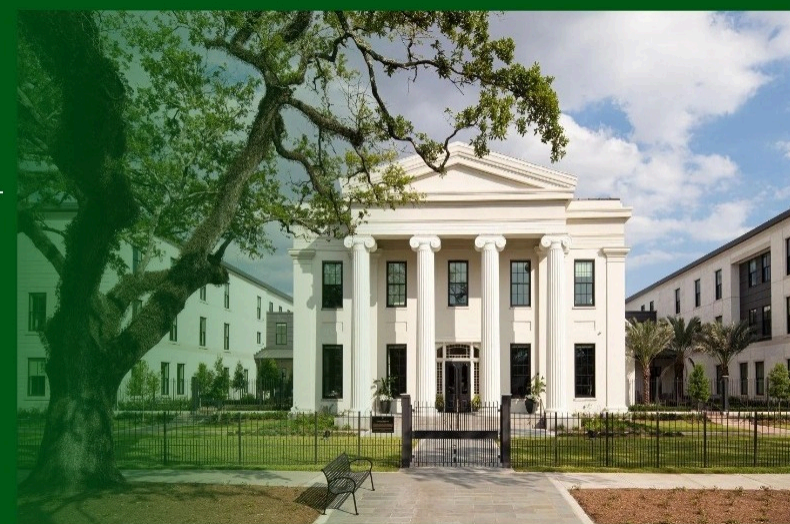
Just a reminder we offer transportation to medical appointments only on Mondays, Tuesdays and Thursdays from 8:00am - 4:00pm. Request for other transportation needs can be requested, however medical appointments will always have priority before non-medical transportation request. Please fill out a transportation request card at the front desk for any transportation needs. On Wednesdays and Friday's van transportation is scheduled for activity outings and shopping trips and other request cannot be made. Thank you so much.

Maintenance Requests:

Please complete maintenance requests with the concierge.



Carrollton Living
Celebrating lives.



January 2026

Activity Highlights of the Month

January 2	Tim Nielsen
January 4	Sit and Be Fit Wellness Class
January 5	Brain Games: Spintopia
January 6	Resident Town Hall Meeting
January 7	Van Ride to Canal St
January 8	Meal of the Month
January 8	Speaker Mark Anderson
January 9	Grocery Trip to Trader Joe's
January 9	Mixing with Maintenance
January 10	Tech Help for Seniors
January 13	Pianist & Singer Ron Jones
January 14	Mardi Gras World
January 15	Cooking with Culinary
January 16	Resident Anniversary Social
January 18	Dance for Good
January 19	Documentary on Dr. King
January 20	Standing or Seated Hole Toss
January 21	Restaurant of the Month Cafe Reconcile
January 22	Mass every Thursday
January 22	Prize Bingo
January 23	Grocery Trip to Canseco's
January 23	Mixing with Maintenance
January 26	Aroma Therapy
January 27	Get Fit Class w/Therapy (Tues)
January 27	Mardi Gras Ball
January 28	Van Ride French Press Coffee
January 28	Monthly Birthday Party
January 29	Demonstration with Greg Reggio from Zea Rotisserie
January 30	Trip to Walgreens or Walmart







Resident Spotlight **Garlan Sisco**

Mrs. Garlan was born in Memphis, Tennessee. She married A.B Sisco and together they had 3 daughters. She graduated from the UT Medical Unit, where she was one of only three women to earn a degree at the time. Mrs. Garlan was previously a Bridge Live Master and now enjoys playing Rummikub with the residents at the Carrollton. She loves walking, laughing with friends and staying busy. Mrs. Garlan volunteer weekly at the Presbyterian Church in New Orleans. She feels the Carrollton is beautiful, loves the people and thinks the food is wonderful.



January 2026
Activities Calendar



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div></div> <div>Sign up for outings and shopping trips in the lobby at the front desk.</div> <div><div>Location Keys</div><div>Activities Center AC Ben Franklin Bar & Bistro BFBB Great Room (2nd Floor, North) GR Henry Howard Library HHL Jefferson Parlor JP La Colonnade LC Liberty Room LR Main Lobby ML Meditation Room MR Orangerie Courtyard OC</div></div> <div><div>"Yesterday was not your defining moment. The calendar moved forward; why not you?"</div><div>— Dr. Steve Maraboli</div></div> <div></div>		<div></div> <div>The Monthly Activities Calendar is subject to change without advance notice. Any schedule changes will be reflected on the Daily Schedule available in the La Colonnade.</div>		<div></div>		<div>Last Day of Kwanzaa New Year's Day</div> <div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:30 ⛔ Mass with Reverend Herbert [LR] 11:00 ⛔ Rosary [LR] 2:30 ☀ Prize Bingo! [GR] 7:00 🏆 2026 Allstate Sugar Bowl</div> <div>1</div>		<div>Black & Gold Fridays</div> <div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:00 🛒 Weekly Grocery Trip: Canseco's Market 3:30 🎵 Tim Nielsen [LC] 6:30 🎬 Movie Night [LR]</div> <div>2</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 4:00 ⭐ Rummikub [GR]</div> <div>3</div>					
		<div>8:00 ☀ Daily Packet [LC] 10:30 🧩 Puzzles in the Parlor [JP] 2:00 ☀ Scrabble with Friends [HHL] 3:30 ➡ Sit and Be Fit Wellness Class [AC]</div> <div>4</div>		<div>Last Day to Vote for Town Hall Members</div> <div>8:00 ☀ Daily Packet [LC] 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 ☀ Brain Games: Spintopia [LR] 6:30 🎬 Movie Night [LR]</div> <div>5</div>		<div>King's Day</div> <div>8:00 ☀ Daily Packet [LC] 10:30 🎨 Decorating Mardi Gras Umbrellas [AC] 11:15 ➡ Get Fit Class with the Therapy Clinic [AC] 2:00 🗳 Resident Town Hall Meeting [LR] 3:30 🌿 King Cake Social [BFBB]</div> <div>6</div>		<div>8:00 ☀ Daily Packet [LC] 10:10 🚗 Van Ride to Canal St. 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 🍷 Wine Down Wednesday [BFBB] 6:30 🎬 Popcorn & Movie Night [LR]</div> <div>7</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:30 ⛔ Mass with Reverend Herbert [LR] 11:00 ⛔ Rosary [LR] 12:00 🍴 Meal of the Month [LC] 2:00 🌿 Speaker Mark Anderson [LC] 3:30 ☀ Prize Bingo! [GR]</div> <div>8</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:00 🛒 Weekly Grocery Trip: Trader Joe's Market 3:00 🎨 TGIF: Mixing with Maintenance [BFBB] 6:30 🎬 Movie Night [LR]</div> <div>9</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 11:00 🌿 Tech Help for Seniors [LR] 4:00 ⭐ Rummikub [GR]</div> <div>10</div>	
		<div>8:00 ☀ Daily Packet [LC] 10:30 🧩 Puzzles in the Parlor [JP] 2:00 ☀ Scrabble with Friends [HHL] 3:30 ➡ Sit and Be Fit Wellness Class [AC]</div> <div>11</div>		<div>8:00 ☀ Daily Packet [LC] 10:30 ⭐ Play a game of Bunco [GR] 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 ☀ Brain Games: Word Maker [LR] 6:30 🎬 Movie Night [LR]</div> <div>12</div>		<div>8:00 ☀ Daily Packet [LC] 11:15 ➡ Get Fit Class with the Therapy Clinic [AC] 3:30 🎵 Pianist & Singer Ron Jones [LC]</div> <div>13</div>		<div>8:00 ☀ Daily Packet [LC] 10:00 🚗 Mardi Gras World \$ 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 🍷 Wine Down Wednesday [BFBB] 6:30 🎬 Popcorn & Movie Night [LR]</div> <div>14</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:30 ⛔ Mass with Reverend Herbert [LR] 11:00 ⛔ Rosary [LR] 3:00 🍴 Cooking with Culinary [BFBB]</div> <div>15</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:00 🛒 Weekly Grocery Trip: Rouses Market 3:00 🌿 Resident Move in Anniversary Social with Candice [GR] 6:30 🎬 Movie Night [LR]</div> <div>16</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 4:00 ⭐ Rummikub [GR]</div> <div>17</div>	
		<div>8:00 ☀ Daily Packet [LC] 10:30 🧩 Puzzles in the Parlor [JP] 2:00 🎵 Dance for Good [LC] 3:30 ➡ Sit and Be Fit Wellness Class [AC] 4:00 ☀ Scrabble with Friends [HHL]</div> <div>18</div>		<div>Martin Luther King, Jr. Day</div> <div>8:00 ☀ Daily Packet [LC] 10:30 🎬 Dr. Martin Luther King Jr: A Historical Perspective : Documentary [LR] 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 ☀ Brain Games: Word Maker [LR] 6:30 🎬 Movie Night [LR]</div> <div>19</div>		<div>8:00 ☀ Daily Packet [LC] 11:15 ➡ Get Fit Class with the Therapy Clinic [AC] 3:30 ⭐ Standing or Seated Hole Toss [OC]</div> <div>20</div>		<div>8:00 ☀ Daily Packet [LC] 10:30 🍴 Restaurant of the month: Cafe Reconcile 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 🍷 Wine Down Wednesday [BFBB] 6:30 🎬 Popcorn & Movie Night [LR]</div> <div>21</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:30 ⛔ Mass with Reverend Herbert [LR] 11:00 ⛔ Rosary [LR] 2:30 ☀ Prize Bingo! [GR] 3:45 🌿 Evening Chats in the Courtyard [OC]</div> <div>22</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:00 🛒 Weekly Grocery Trip: Canseco's Supermarket 3:00 🎨 TGIF: Mixing with Maintenance [BFBB] 6:30 🎬 Movie Night [LR]</div> <div>23</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 11:00 🌿 Tech Help for Seniors [LR] 4:00 ⭐ Rummikub [GR]</div> <div>24</div>	
		<div>8:00 ☀ Daily Packet [LC] 10:30 🧩 Puzzles in the Parlor [JP] 2:00 ☀ Scrabble with Friends [HHL] 3:30 ➡ Sit and Be Fit Wellness Class [AC]</div> <div>25</div>		<div>8:00 ☀ Daily Packet [LC] 10:30 🌿 Aroma Therapy and Self Meditation [MR] 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 ☀ Brain Games: Spintopia [LR] 6:30 🎬 Movie Night [LR]</div> <div>26</div>		<div>8:00 ☀ Daily Packet [LC] 11:15 ➡ Get Fit Class with the Therapy Clinic [AC] 3:00 🌿 The Carrollton's Mardi Gras Ball [LC]</div> <div>27</div>		<div>8:00 ☀ Daily Packet [LC] 10:30 🚗 French Press Coffeehouse \$ 2:00 ➡ Stay Active Class with Arturo [AC] 3:30 🎨 Monthly Birthday Party and Wine Down Wednesday! [BFBB] 6:30 🎬 Popcorn & Movie Night [LR]</div> <div>28</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:30 ⛔ Mass with Reverend Herbert [LR] 11:00 ⛔ Rosary [LR] 3:00 🍴 Cooking Demonstration with Greg Reggio from Zea Rotisserie [LC]</div> <div>29</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 10:00 🛒 Weekly Grocery Trip: Walgreens or Walmart 2:30 ⭐ Prize Bingo! [GR] 6:30 🎬 Movie Night [LR]</div> <div>30</div>		<div>8:00 ☀ Daily Packet [LC] 9:30 ➡ Walk the Block [ML] 4:00 ⭐ Rummikub [GR]</div> <div>31</div>	