

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 48px; color: #0056b3; margin: 0;">January 2026</h1>				First Foot Day 1 9:00 Morning Gratitude 9:30 Functional Stretch Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Sing-A-Long 2:00 Travel Around the World 3:00 Words w/ Friends 5:30 Classic Card Games New Year's Day	World Introvert Day 2 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Gee Scott 10:00 Snack, Hydrate, & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring 2:00 Snack and Hydrate 3:00 BINGO 5:30 Comedy Movie	J.R.R. Tolkien Day 3 9:00 Music Appreciation 9:30 Guided Meditation with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:30 Arts & Crafts 3:00 Namaste Hour w/ HS Staff 5:30 Romantic Movie
Trivia Day 4 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 ZUMBA DANCE 2:00 Kitchen Soup for the Soul 3:00 BINGO 5:30 Classical Movie	Whipped Cream Day 5 9:00 Morning Scenic Drive 9:30 Upper Extremity Exercises w/ Gee 10:00 The Daily Chronicle w/ Snack 10:30 Horse Racing 1:00 What's in the Box 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Musical Monday	Technology Day 6 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 TED TALK Discussion 2:00 Bowling 3:00 Move & Groove 5:30 Evening Bingo	Harlem Globetrotters Day 7 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Gee 10:00 The Daily Chronicle w/ Snack 10:30 Spot the Differences 1:00 Basketball Shoot Out 2:00 Brain Games 3:00 Birthday Bash w/ Tony B. 5:30 Action Movie	Winter Skin Relief Day 8 9:00 Morning Gratitude 9:30 Functional Stretch Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Sing-A-Long 2:00 Travel Around the World 3:00 Words w/ Friends 5:30 Classic Card Games	Balloon Ascension Day 9 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Gee Scott 10:00 Snack, Hydrate, & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring 2:00 Snack and Hydrate 3:00 BINGO 5:30 Comedy Movie	League of Nations Day 10 9:00 Music Appreciation 9:30 Guided Meditation with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:30 Arts & Crafts 3:00 Simple Nail Care w/ Staff 5:30 Romantic Movie
Learn Your Name In Morse Code Day 11 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 ZUMBA DANCE 2:00 Kitchen Soup for the Soul 3:00 BINGO 5:30 Classical Movie	Kiss Ginger Day 12 9:00 Morning Scenic Drive 9:30 Upper Extremity Exercises w/ Gee 10:00 The Daily Chronicle w/ Snack 10:30 Horse Racing 1:00 What's in the Box 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Musical Monday	Make Your Dream Come True Day 13 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 TED TALK Discussion 2:00 Bowling 3:00 Move & Groove 5:30 Evening Bingo	Organize Your Home Day 14 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Gee 10:00 The Daily Chronicle w/ Snack 10:30 Spot the Differences 1:00 Balloon Volleyball 2:00 Brain Games 3:00 Happy Hour w/ Bobby Rumion 5:30 Action Movie	Happy Birthday Lourdes & Soon Young! 15 9:00 Morning Gratitude 9:30 Functional Stretch Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Sing-A-Long 2:00 Travel Around the World 3:00 Words w/ Friends 5:30 Classic Card Games	Appreciate A Dragon Day 16 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Gee Scott 10:00 Snack, Hydrate, & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring 2:00 Snack and Hydrate 3:00 BINGO 5:30 Comedy Movie	Popeye Day 17 9:00 Music Appreciation 9:30 Guided Meditation with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:30 Arts & Crafts 3:00 Namaste Hour w/ HS Staff 5:30 Romantic Movie
Gourmet Coffee Day 18 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 ZUMBA DANCE 2:00 Kitchen Soup for the Soul 3:00 BINGO 5:30 Classical Movie	Martin Luther King Jr. Day 19 9:00 Morning Scenic Drive 9:30 Upper Extremity Exercises w/ Gee 10:00 The Daily Chronicle w/ Snack 10:30 Horse Racing 1:00 What's in the Box 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Musical Monday Martin Luther King Jr. Day	Disc Jockey Day 20 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 TED TALK Discussion 2:00 Bowling 3:00 Move & Groove 5:30 Evening Bingo	International Sweatpants Day 21 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Gee 10:00 The Daily Chronicle w/ Snack 10:30 Spot the Differences 1:00 Balloon Volleyball 2:00 Brain Games 3:00 Happy Hour w/ Brenda Hebert 5:30 Action Movie	Answer Your Cat's Question Day 22 9:00 Morning Gratitude 9:30 Functional Stretch Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Sing-A-Long 2:00 Travel Around the World 3:00 Word w/ Friends 5:30 Classic Card Games	National Activity Professionals Day 23 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Gee Scott 10:00 Snack, Hydrate, & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring 2:00 Snack and Hydrate 3:00 BINGO 5:30 Comedy Movie	Beer Can Day 24 9:00 Music Appreciation 9:30 Guided Meditation with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:30 Arts & Crafts 3:00 Simple Nail Care w/ Staff 5:30 Romantic Movie
Happy Birthday Karen! 25 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 ZUMBA DANCE 2:00 Kitchen Soup for the Soul 3:00 BINGO 5:30 Classical Movie	Green Juice Day 26 9:00 Morning Scenic Drive 9:30 Upper Extremity Exercises w/ Gee 10:00 The Daily Chronicle w/ Snack 10:30 Horse Racing 1:00 What's in the Box 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Musical Monday Australia Day (Observed)	Auschwitz Liberation Day 27 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 TED TALK Discussion 2:00 Bowling 3:00 Move & Groove 5:30 Evening bingo	Data Privacy Day 28 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Gee 10:00 The Daily Chronicle w/ Snack 10:30 Spot the Differences 1:00 Balloon Volleyball 2:00 Brain Games 3:00 Happy Hour with Mike Jones 5:30 Action Movie	Freethinkers Day 29 9:00 Morning Gratitude 9:30 Functional Stretch Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Sing-A-Long 2:00 Travel Around the World 3:00 Word w/ Friends 5:30 Classic Card Games	Insane Answering Message Day 30 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Gee Scott 10:00 Snack, Hydrate, & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring 2:00 Snack and Hydrate 3:00 BINGO 5:30 Comedy Movie	Inspire Your Heart With Art Day 31 9:00 Music Appreciation 9:30 Guided Meditation with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 3:00 Namaste Hour w/ HS Staff 5:30 Romantic Movie

January 2026 Heritage Springs Memory Care Events