

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Spunk Old Broad's Day 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 The Daily Chronicle & Snack 1:00 ZUMBA DANCE 2:00 Chicken Soup for the Golden Soul 3:00 BINGO 5:30 Classical Movie	Ground Hog Day 9:00 Morning Gratitude 9:30 Upper Extremity Exercises w/ Rebecca 10:00 Scenic Drive 10:30 The Daily Chronicle w/ Snack 1:00 Horse Racing 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Ground Hog Day Movie	Feed the Birds Day 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 The Bird is the Word Trivia 2:00 Parachute Beach Ball 3:00 Move & Groove 5:30 Evening Bingo	Homemade Soup Day 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Rebecca 10:00 The Daily Chronicle w/ Snack 10:30 Spot the Differences 1:00 Balloon Volleyball 2:00 Brain Games 3:00 Birthday Bash w/ Tony B. 5:30 Action Movie	Sweater Day 9:00 Morning Gratitude 9:30 Tai Chi Chair Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Karaoke Party 2:00 Travel Around the World "Spain" 3:00 Words w/ Friends 5:30 Classic Card Games	Bubble Gum Day 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Rebecca 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	Periodic Table Day 9:00 Music Appreciation 9:30 Guided Yoga with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:15 Arts & Crafts 3:00 Namaste Hour w/ HS Staff 5:30 Romantic Movie
Opera Day 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 The Daily Chronicle & Snack 1:00 ZUMBA DANCE 2:00 Football Toss 3:00 Super Bowl Watch Party! 5:30 Phantom of the Opera	Toothache Day 9:00 Morning Gratitude 9:30 Upper Extremity Exercises w/ Rebecca 10:00 Scenic Drive 10:30 The Daily Chronicle w/ Snack 1:00 Horse Racing 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Musical Monday	All the News that fit into print Day 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 Sign Language 101 2:00 Parachute Beach Ball 3:00 Move & Groove 5:30 Evening Bingo	Don't Cry Over Spilled Milk Day 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Rebecca 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	Darwin Day 9:00 Morning Gratitude 9:30 Tai Chi Chair Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Karaoke Party 2:00 Travel Around the World "USA" 3:00 Words w/ Friends 5:30 Classic Card Games	Galentine's Day 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Rebecca 10:00 Snack, Hydrate, & Trivia 10:30 Brain Teasers and Riddles 1:00 Galentine's Day Social 2:00 Snack and Hydrate 3:00 BINGO 5:30 Comedy Movie	Valentine's Day 9:00 Music Appreciation 9:30 Guided Yoga with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:15 Arts & Crafts 3:00 Simple Nail Care w/ Staff 5:30 Romantic Movie
International Angelman Day 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 The Daily Chronicle & Snack 1:00 ZUMBA DANCE 2:00 Kitchen Creations w/John 3:00 BINGO 5:30 Classical Movie	President's Day 9:00 Morning Gratitude 9:30 Upper Extremity Exercises w/ Rebecca 10:00 Scenic Drive 10:30 The Daily Chronicle w/ Snack 1:00 Horse Racing 2:00 Snack & Hydrate 3:00 Fun Facts about U.S. Presidents 5:30 Musical Monday	Mardi Gras 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 Mardi Gras Happy Hour 2:00 Parachute Beach Ball 3:00 Move & Groove 5:30 Evening Bingo Chinese New Year (Year of the Horse)	Cow Milked while flying Airplane Day 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Rebecca 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	Lash Day 9:00 Morning Gratitude 9:30 Tai Chi Chair Exercises 10:00 The Daily Chronicle w/ Snack 10:30 HIP-HOP for Seniors w/ John 1:00 Karaoke Party 2:00 Travel Around the World "Germany" 3:00 Words w/ Friends 5:30 Classic Card Games	Women in Blue Jean's Day 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Rebecca 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	Washington Monument Day 9:00 Music Appreciation 9:30 Guided Yoga with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:15 Arts & Crafts 3:00 Simple Nail Care w/ Staff 5:30 Romantic Movie
Woolworth's Day 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass In Living Room 10:30 The Daily Chronicle & Snack 1:00 ZUMBA DANCE 2:00 Meet the MC Life Enrichment John Bueno 3:00 BINGO 5:30 Classical Movie	Curling is Cool Day 9:00 Morning Gratitude 9:30 Upper Extremity Exercises w/ Rebecca 10:00 Scenic Drive 10:30 The Daily Chronicle w/ Snack 1:00 Horse Racing 2:00 Snack & Hydrate 3:00 Fun Facts 5:30 Musical Monday	Tortilla Chip Day 9:00 Zen Music Meditation 9:30 Range of Motion Exercises 10:00 The Daily Chronicle w/ Snack 10:30 Adult Coloring 1:00 Sign Language 101 2:00 Parachute Beach Ball 3:00 Move & Groove 5:30 Evening bingo	Tuaceton Cup Day 9:00 Morning Gratitude 9:30 Lower Extremely Exercises with Rebecca 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	For Pete's Sake Day 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 Karaoke Party 2:00 Travel Around the World "Africa" 3:00 Words w/ Friends 5:30 Classic Card Games	International Polar Bear Day 9:00 The Daily Chronicle 9:30 Dance Exercises w/ Rebecca 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	Sword Swallower's Day 9:00 Music Appreciation 9:30 Guided Yoga with Carol 10:00 The Daily Chronicle 10:30 Snack and Hydrate 1:00 Noodle Toss 2:00 Snack & Hydrate 2:15 Arts & Crafts 3:00 Simple Nail Care w/ Staff 5:30 Romantic Movie

January 2026 Heritage Sprinas Memory Care Events