

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Assisted Living Activities Calendar

January 2026				Assisted Living Activities Calendar			
		Hand Pampering Day 1		9:45 Coffee & Chat in the Bistro 2		10:05 Sit & Be Fit 3	
		10:05 Morning Movement 10:35 Daily Chronicle Discussion 10:45 Quartet Card Game 1:30 Bean Bag Toss 2:30 Afternoon Refresh 3:00 Jopardy Trivia 6:15 Popcorn & Movie		10:05 Steel Feathers Exercise 10:35 Daily Chronicle Discussion 10:35 Daily Chronicle Discussion 10:45 Word Games 11:30 Brunch @Biscuits Café 1:30 BINGO 3:00 Nerf Challenge 4:00 Happy ½ Hour 6:15 Evening Movie		10:35 Daily Chronicle Discussion 10:45 Readers Theater 1:30 Coffee & Brain Games 2:00 Bocce Ball 3:00 Let’s Get Crafting 6:15 Popcorn & Movie	
		New Year’s Day					
Self-Lead Activities Day 4		10:05 Steel Feathers Exercise 5		9:45 Coffee & Chat in the Bistro 6		10:05 Steel Feathers Exercise 7	
9:30 Coffee & News in the Bistro 9:00 Worship Service (YouTube) 10:05 Video Exercise 1:30 Documentary “Simone Biles” 6:15 Evening Movie		10:35 Daily Chronicle Discussion 10:45 Banana Grams 1:00 Guide to Meditation 1:30 BINGO 3:00 Last One Standing 4:00 Happy ½ Hour 6:15 Evening Movie		10:05 Morning Movement 10:35 Daily Chronicle Discussion 10:45 Dominos 1:30 Bocce Ball 2:30 Afternoon Refresh 3:00 Who Am I? Trivia 4:00 Art Club 6:15 Popcorn & Movie		10:35 Daily Chronicle Discussion 10:45 Mystery Word 12:30 Regency Market 1:30 BINGO 2:00 Coffee & Brain Games 3:00 Uno Card Game 4:00 Wine Down Wednesday 6:15 Evening Movie	
Self-Lead Activities Day 11		10:05 Steel Feathers Exercise 12		9:45 Coffee & Chat in the Bistro 13		10:05 Steel Feathers Exercise 14	
9:30 Coffee & News in the Bistro 9:00 Worship Service (YouTube) 10:05 Video Exercise 1:30 Docuseries “Made in a Day” 6:15 Evening Movie		10:45 Classic Music w/ Terry 1:00 Guide to Meditation 1:30 BINGO 3:00 Uno Card Game 4:00 Happy ½ Hour 6:15 Evening Movie		10:05 Morning Movement 10:35 Daily Chronicle Discussion 10:45 Lucky Dog Card Game 1:30 Bocce Ball 2:30 Afternoon Refresh 3:00 What Am I? Trivia 4:00 Art Club 6:15 Popcorn & Movie		10:35 Daily Chronicle Discussion 10:45 Mystery Word 1:30 BINGO 2:00 Coffee & Brain Games 3:00 Last One Standing 4:00 Wine Down Wednesday 6:15 Evening Movie	
Self-Lead Activities Day 18		10:05 Steel Feathers Exercise 19		9:45 Coffee & Chat in the Bistro 20		10:05 Steel Feathers Exercise 21	
9:30 Coffee & News in the Bistro 9:00 Worship Service (YouTube) 10:05 Video Exercise 1:30 Documentary “STAN LEE” 6:15 Evening Movie		10:35 Daily Chronicle Discussion 10:45 Word Games 1:00 Chefs Chat & Town Hall 2:00 BINGO 3:30 Documentary “Remembering MLK Jr.” 6:15 Evening Movie		10:05 Morning Movement 10:35 Daily Chronicle Discussion 10:45 Dominos 1:30 Bocce Ball 2:30 Afternoon Refresh 3:00 Last One Standing 4:00 Art Club 6:15 Popcorn & Movie		10:35 Daily Chronicle Discussion 10:45 Mystery Word 12:30 Regency Market 1:30 BINGO 2:00 Coffee & Brain Games 3:00 Uno Card Game 4:00 Wine Down Wednesday 6:15 Evening Movie	
		Martin Luther King Jr. Day				Hand Pampering Day 22	
						10:05 Morning Movement 10:35 Daily Chronicle Discussion 10:45 Color Relaxation 1:30 Bean Bag Toss 2:30 Afternoon Refresh 2:30 Support Group 3:00 The Price is Right 6:15 Popcorn & Movie	
Self-Lead Activities Day 25		10:05 Steel Feathers Exercise 26		9:45 Coffee & Chat in the Bistro 27		10:05 Steel Feathers Exercise 28	
9:30 Coffee & News in the Bistro 9:00 Worship Service (YouTube) 10:05 Video Exercise 1:30 Docuseries “Super Structures” 6:15 Evening Movie		10:45 Banana Grams 1:00 Guide to Meditation 1:30 BINGO 3:00 Uno Card Game 4:00 Happy ½ Hour 6:15 Evening Movie		10:05 Morning Movement 10:35 Daily Chronicle Discussion 10:45 Lucky Dog Card Game 1:30 Bocce Ball 3:00 Move&Groove w/ the Angels 6:15 Popcorn & Movie		10:35 Daily Chronicle Discussion 10:45 Mystery Word 1:30 BINGO 2:00 Coffee & Brain Games 3:00 Last One Standing 4:00 Wine Down Wednesday 6:15 Evening Movie	
		Australia Day (Observed)				10:05 Morning Movement 29	
						10:35 Daily Chronicle Discussion 10:45 Quartet Card Game 1:30 Bean Bag Toss 2:30 Traveling Historian Presents History of Films made in Oregon 3:30 Banana Grams 6:15 Popcorn & Movie	
						9:45 Coffee & Chat in the Bistro 30	
						10:05 Steel Feathers Exercise 10:35 Daily Chronicle Discussion 10:45 Word Games 11:30 Lunch @Red Robins 1:30 BINGO 3:00 Nerf Challenge 4:00 Happy ½ Hour 6:15 Evening Movie	
						10:05 Sit & Be Fit 31	
						10:35 Daily Chronicle Discussion 10:45 Readers Theater 1:30 Coffee & Brain Games 2:00 Bocce Ball 3:00 Let’s Get Crafting 6:15 Popcorn & Movie	