

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Activities Calendar

January 2026				Activities Calendar									
				9:30 Morning Movement 10:00 Walk This Way 10:20 Refresh & Daily Chronicle 10:30 Free Play 1:00 Namaste & Nails by Flo 2:00 New Years Celebration 2:30 Let's Play BINGO 3:30 Namaste Story Time 6:00 Movie & Snacks New Year's Day		9:30 Steel Feathers Exercise 10:00 Snack & Daily Chronicle 10:30 Residents Choice 1:00 Namaste & Nails by Flo 2:00 Mix & Mingle Social 3:00 Bean Bag Toss 6:00 Movie & Snacks		9:30 Move & Groove (YouTube) 10:00 Morning Refuel 10:30 Explore w/Rick Steves (YouTube) 1:30 Matinee Movie 2:00 Afternoon Snacks 2:30 Indoor Walk 3:00 Funny Animals (YouTube) 6:00 Dancing with the Stars (Disney)					
9:30 Move & Groove (YouTube) 10:00 Morning Refuel 10:30 Spiritual Eldercare (YouTube) 1:30 Matinee Movie 2:00 Afternoon Snacks 2:30 Indoor Walk 3:00 In the Kitchen Shows (Disney) 6:00 "Touched by an Angel" (Netflix)		49:30 Steel Feathers Exercise 10:00 Mid-Morning Refuel 10:20 Daily Chronicle 10:30 Let's Play Cards 1:00 Namaste Nails 2:00 Afternoon Refreshments 2:30 Chair Bowling 3:00 Arts & Crafts 3:30 Namaste Story Time 6:00 Evening Movie		59:30 Tune Up Tuesday 10:00 Daily Chronicle 10:20 Walk This Way 10:30 Morning Refresh 10:45 Free Play 1:00 Namaste & Nails by Flo 2:00 Snack & Chat 2:30 Let's Play BINGO 3:30 Namaste Story Time 6:00 Movie & Snacks		69:30 Steel Feathers Exercise 10:00 Daily Chronicle & Refuel 10:30 Don't Drop the Ball 1:00 Namaste & Nails by Flo 2:00 Afternoon Snacks 2:30 Bean Bag Toss 3:30 Namaste Story Time 6:00 Movie & Popcorn w/ Flo		79:30 Morning Movement 10:00 Walk This Way 10:20 Refresh & Daily Chronicle 10:30 Free Play 1:00 Namaste & Nails by Flo 2:00 Bites & Banter 2:30 Let's Play BINGO 3:30 Namaste Story Time 6:00 Evening Movie		89:30 Steel Feathers Exercise 10:00 Snack & Daily Chronicle 10:30 Residents Choice 1:00 Namaste & Nails by Flo 2:00 Mix & Mingle Social 3:00 Bean Bag Toss 6:00 Movie & Snacks		99:30 Move & Groove (YouTube) 10:00 Morning Refuel 10:30 Explore w/Rick Steves (YouTube) 1:30 Matinee Movie 2:00 Afternoon Snacks 2:30 Indoor Walk 3:00 Funny Animals (YouTube) 6:00 Dancing with the Stars (Disney)	
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