

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Meeting Places 2 F 2nd Floor ACT Activity Room Art Arts & Craft Room bis Bistro CR Card Room Cin Cinema Din Dining Room FL Front Lobby Gar Garden Room Gym Gym Lo Lounge								
01	02	03						
			9:00 Morning Chat & Daily Newspaper	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Coffee Chat		
			10:00 Morning Exercise	ACT 9:00 Scenic Drive	ACT 9:00 Scenic Drive	10:00 Morning Exercise	ACT	
			10:30 Picture This!	ACT 10:30 Morning Exercise	ACT 10:30 Singing & Dancing to the Oldies	10:30 Picture This!	ACT	
			11:30 Lunch & Music	Din 11:30 Lunch & Music	Din 11:30 Lunch & Music	11:30 Lunch & Music	Din	
			1:30 Jenga	ACT 1:30 Jenga	ACT 1:30 Jenga	1:30 Jenga	ACT	
			3:00 Let's Take a Trip Down Memory Lane...	ACT 3:00 Let's Take a Trip Down Memory Lane...	ACT 3:00 Let's Take a Trip Down Memory Lane...	3:00 Let's Take a Trip Down Memory Lane...	ACT	
			4:30 Dinner & Music	Din 4:30 Dinner & Music	Din 4:30 Dinner & Music	4:30 Dinner & Music	Din	
			7:30 Classic Movie Time	ACT 7:30 Classic Movie Time	ACT 7:30 Classic Movie Time	7:30 Classic Movie Time	ACT	
04	05	06	07	08	09	10		
9:00 Church	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Morning Chat & Daily Newspaper	ACT 9:00 Coffee Chat		
10:00 Morning Exercise	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise		
10:30 Fun and Games	ACT	10:30 Exercise & Meditation	ACT	10:30 Short Stories	ACT	10:30 Singing & Dancing to the Oldies		
11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music		
1:30 Nail Spa	2 F	2:00 Nail Spa	ACT	1:30 Game Hour	ACT	1:30 Jenga		
3:00 Adult Coloring w/ Staff	ACT	3:00 Chair Dancing to 50's Music	ACT	3:00 Happy Hour w/ John Adams	ACT	3:00 Let's Take a Trip Down Memory Lane...		
4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	4:30 Dinner & Music		
7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	7:30 Classic Movie Time		
11	12	13	14	15	16	17		
9:00 Church	ACT	9:00 Morning Chat & Daily Newspaper	ACT	9:00 Morning Chat & Daily Newspaper	ACT	9:00 Coffee Chat		
10:00 Morning Exercise	ACT	10:00 Exercise & Meditation	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise		
10:30 Fun and Games	ACT	10:30 Parkinson's Support Group	Cin	10:30 Short Stories	ACT	10:30 Singing & Dancing to the Oldies		
11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music		
1:30 Nail Spa	2 F	2:00 Nail Spa	ACT	1:30 Game Hour	ACT	1:30 Jenga		
3:00 Adult Coloring w/ Staff	ACT	3:00 Chair Dancing to 50's Music	ACT	3:00 Happy Hour w/ John Adams	ACT	3:00 Let's Take a Trip Down Memory Lane...		
4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	4:30 Dinner & Music		
7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	7:30 Classic Movie Time		
18	19 Birthday of Martin Luther King, Jr.	20	21	22	23	24		
9:00 Church	ACT	9:00 Morning Chat & Daily Newspaper	ACT	9:00 Morning Chat & Daily Newspaper	ACT	9:00 Coffee Chat		
10:00 Morning Exercise	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise		
10:30 Fun and Games	ACT	10:30 Exercise & Meditation	ACT	10:30 Reminisce with Me	ACT	10:30 Singing & Dancing to the Oldies		
11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music		
1:30 Nail Spa	2 F	2:00 Nail Spa	ACT	1:30 Game Hour	ACT	1:30 Jenga		
3:00 Adult Coloring w/ Staff	ACT	3:00 Chair Dancing to 50's Music	ACT	3:00 Town Hall	Cin	3:00 Let's Take a Trip Down Memory Lane...		
4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	3:00 Happy Hour w/ John Adams	ACT	3:00 Watercolor Painting		
7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	4:30 Dinner & Music	Din	3:00 Balloon Toss Up		
				7:30 Classic Movie Time	ACT	4:30 Dinner & Music		
25	26	27	28	29	30	31		
9:00 Church	ACT	9:00 Morning Chat & Daily Newspaper	ACT	9:00 Morning Chat & Daily Newspaper	ACT	9:00 Coffee Chat		
10:00 Morning Exercise	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise	ACT	10:00 Morning Exercise		
10:30 Fun and Games	ACT	10:30 Exercise & Meditation	ACT	10:30 Reminisce with Me	ACT	10:30 Singing & Dancing to the Oldies		
11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music	Din	11:30 Lunch & Music		
1:30 Nail Spa	2 F	2:00 Nail Spa	ACT	1:30 Game Hour	ACT	1:30 Jenga		
3:00 Adult Coloring w/ Staff	ACT	3:00 Chair Dancing to 50's Music	ACT	3:00 Happy Hour w/ John Adams	ACT	3:00 Let's Take a Trip Down Memory Lane...		
4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	4:30 Dinner & Music	Din	4:30 Dinner & Music		
7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	7:30 Classic Movie Time	ACT	7:30 Classic Movie Time		