



# January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>HAPPY BIRTHDAY</b>  Susan C - 01/09 Maria A - 1/30 Kim J - 01/11 Irma A - 1/30 Alan C - 1/20			<b>CLOSED</b> 	1 8:00 Breakfast, Coffee & Social 9:00 WELCOME JANUARY 10:00 Zumba Seated Exercise 11:00 Corn Hole Toss 1:00 Bingo \$\$ 2:00 Musical Chairs 3:00 Snack/Winter Trivia Fun! 4:00 Relaxation/Music Therapy	2	
4	5 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 The Price is Right! 1:00 Bingo \$\$ 2:00 Volleyball 3:00 Snack/5 Second Question 4:00 Relaxation/Music Therapy	6 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Arts and Craft 1:00 Bingo \$\$ 2:00 Snowman Bowling 3:00 Snack/Reminiscing Photos 4:00 Relaxation/Music Therapy	7 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Band Exercise 11:00 Snowball Toss 1:00 Bingo \$\$ 2:00 Snowflakes Craft 3:00 Snack/Scrabble Words 4:00 Relaxation/Music Therapy	8 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Jumbo Jenga Challenge 1:00 Bingo \$\$ 2:00 Volleyball 3:00 Snack/January Quiz 4:00 Relaxation/Music Therapy	9 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 FLART Challenge 1:00 Bingo \$\$ 2:00 Carnival Games 3:00 Ice Cream Social 4:00 Relaxation/Music Therapy	3	
<b>JANUARY TRIVIA:</b>  January is the first month of the year in the Julian and Gregorian calendar. It was added to the original Roman calendar along with February in 713 BC.	11 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Basketball Challenge 1:00 Bingo \$\$ 2:00 Jumbo Jenga 3:00 Snack/Comedy Time! 4:00 Relaxation/Music Therapy	12 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Seated Exercise 11:00 Box It Game 1:00 Bingo \$\$ 2:00 Guess the Song Challenge 3:00 Snack/Bracelet Craft 4:00 Relaxation/Music Therapy	13 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 NERD DAY! 1:00 Bingo \$\$ 2:00 Live Music NOLAN 3:00 Snack/Painting with a Twist 4:00 Relaxation/Music Therapy	14 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxing Yoga 11:00 Winter Craft 1:00 Bingo \$\$ 2:00 Mini Golf 3:00 Snack/National Hot Tea Day 4:00 Relaxation/Music Therapy	15 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Bands Exercise 11:00 Pling Pong Competition 1:00 Bingo \$\$ 2:00 Seated Pickleball 3:00 Snack/Scrabble Words 4:00 Relaxation/Music Therapy	16 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Bands Exercise 11:00 Pling Pong Competition 1:00 Bingo \$\$ 2:00 Seated Pickleball 3:00 Snack/Scrabble Words 4:00 Relaxation/Music Therapy	17
18	19 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Relaxing Yoga 11:00 Football Challenge 1:00 Bingo \$\$ 2:00 Skill Ball 3:00 Snack/Martin Luther King Trivia 4:00 Relaxation/Music Therapy	20 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Bands Exercise 11:00 Geographic Fun Game 1:00 Bingo \$\$ 2:00 Live Music VALERIE 3:00 Snack/Healthy Trivia Time! 4:00 Relaxation/Music Therapy	21 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Seated Exercise 11:00 Chinese Lantern Craft 1:00 Bingo \$\$ 2:00 Traditional Game! 3:00 Snack/Zodiac Animal Readings 4:00 Relaxation/Music Therapy	22 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 January Magazine Hunt 1:00 Bingo \$\$ 2:00 Stick Racquet Ball 3:00 Snack/Stories Out of a Hat 4:00 Relaxation/Music Therapy	23 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Musical Volleyball 1:00 Bingo \$\$ 2:00 Target Golf 3:00 Snack/Cut and Paste Craft 4:00 Relaxation/Music Therapy	24	
25	26 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Ping Pong Toss 1:00 Bingo \$\$ 2:00 Floor Chess 3:00 Ice Cream Social 4:00 Relaxation/Music Therapy	27 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Bands Seated Exercise 11:00 Wii Bowling 1:00 Bingo \$\$ 2:00 Corn Hole Competition 3:00 Snack/Hang Man Fun 4:00 Relaxation/Music Therapy	28 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Pirate Boat Competition 1:00 Bingo \$\$ 2:00 Seated Pickleball 3:00 Snack/TLC SPA DAY 4:00 Relaxation/Music Therapy	29 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Armchair Traveling 1:00 Bingo \$\$ 2:00 Bocce Ball 3:00 Snack/ Did You Know? 4:00 Relaxation/Music Therapy	30 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Friday Zumba 11:00 GASPARILLA PARADE! 1:00 Bingo \$\$ 2:00 Live music CARMELLO 3:00 Snack/Pirate Cards Game 4:00 Relaxation/Music Therapy		