

January MC 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
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4	9:00 AM Morning Journal 9:30 Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM No-Bake Cookies (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge)	5	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Walk the Halls 2:00 PM Blink Card Game (Dining Room) 6:30 PM Tea Time (Dining Room)	6	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.)	7	9:00 AM Morning Journal 9:30 AM Coffee Time 10:30 AM Scenic Drive 1:30 PM Popcorn & Movie (TH) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge)	9:00 AM Morning Journal 10:00 AM Men's Mug Club (FR) 2:00 PM Paint Suncatchers (Dining Room) 6:30 PM Essential Oils (Lounge)	2	10:30 AM Cardio Drumming (Exercise Room) 11:00 AM Blink Card Game (Dining Room) 2:00 PM Movie (Lounge)		
11	1:00 PM Rummikub (Dining Room) 2:30 PM Church Service; Bob Johnson (AL DR) 3:00 PM Coffee Time (C)	12	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM Fudge Tasting (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge)	13	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Walk the Halls 2:00 Rummikube (Dining Room) 6:30 PM Tea Time (Dining Room)	14	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.)	9:00 AM Morning Journal 9:30 AM Coffee Time 10:30 AM Scenic Drive 1:30 PM Hot Tea & Cookies Cart 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge)	8	9:00 AM Morning Journal 10:00 AM Men's Mug Club; Coffee (FR) 2:00 PM Bird Feeder Craft (Dining Room) 6:30 PM Essential Oils (Lounge)	9	10:30 AM Cardio Drumming (Exercise Room) 11:00 AM Blink Card Game (Dining Room) 2:00 PM Movie (Lounge)
18	1:00 PM Rummikub (Dining Room) 2:30 PM Church Service; Doug Harris (AL DR) 3:00 PM Coffee Time (C)	19	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 Make Protein Balls (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge)	20	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 2:00 PM Blink Card Game (Dining Room) 6:30 PM Tea Time (Dining Room)	21	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.)	9:00 AM Morning Journal 9:30 AM Coffee Time 10:30 AM Scenic Drive 1:30 PM Balloon Volleyball (Lounge) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge)	15	9:00 AM Morning Journal 10:00 AM Men's Mug Club (FR) 11:15 AM Music with Morgan (Lounge) 2:00 PM Sock Snowman Craft (Dining Room) 6:30 PM Essential Oils (Lounge)	16	10:30 AM Cardio Drumming (Exercise Room) 11:00 AM Blink Card Game (Dining Room) 2:00 PM Movie (Lounge)
25	1:00 PM Rummikub (Dining Room) 2:30 PM Church Service; (AL DR) 3:00 PM Coffee Time (C)	26	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM Make Your Own Pizza (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge)	27	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Walk the Halls 2:00 PM Rummikube (Dining Room) 6:30 PM Tea Time (Dining Room)	28	9:00 AM Morning Journal 9:30 AM Coffee Time 10:00 AM Chair Exercise (ER) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.)	9:00 AM Morning Journal 9:30 AM Coffee Time 10:30 AM Scenic Drive 1:30 PM Travel Documentary (Lounge) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge)	22	9:00 AM Morning Journal 9:30 AM Coffee Time 11:15 AM Lunch Outing 1:30 PM Pattern Puzzles (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge)	23	10:30 AM Cardio Drumming (Exercise Room) 11:00 AM Blink Card Game (Dining Room) 2:00 PM Movie (Lounge)
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Calender Key:

AL DR - AL Dining Room
IL DR - IL Dining Room
C - Cafe

CA - Common Area
ER - Exercise Room
FR - Family Room

GR - Game Room
TH - Theater

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