

January 2026

Life Enrichment Monthly Calendar

Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Years 1	2	3
				10:00 Daily Chronicle 10:30 Music and exercise 11:00 Welcome to the New Year, How are you feeling? 1:30 Activities to you 2:30 Bingo	9:30 Rosary 10:30 Exercise 11:00 Daily Chronicle 1:30 Friendly Visits 1:1 2:30 Happy Hour 3:30 Your Choice	9:30 Daily Chronicle 10:00 Hydration Cart 10:30 Exercise Class 1:30 Visits to you 2:30 Holiday Movie and popcorn
4 9:30 Caring for the Finches 10:00 Catholic Mass Ch 43 10:30 Refreshment Cart 11:00 Daily Chronicle and Lite Movement Browns Game (TBH) 2:30 Bingo 3:30 Junk Detective	5 9:30 Discussing the Weather 10:00 Daily Chronicle 10:30 Balloon Volleyball 11:00 Songs and moves 1:30 Activities to you 2:30 Bingo 3:30 TV trivia	6 Communion 9:30 Communion 10:30 Daily Chronicle 11:00 Drum Circle 1:30 Activities to you 2:30 Name a Dozen 3:30 Seated Rhythm 6:00 Bingo	7 10:00 Daily Chronicle 10:30 Making Chocolate Kiss Cookies 11:00 Music Wall Fun 1:30 Room to Room Visits 2:30 Enjoying Cookies 3:30 Funny Videos with Friends	8 Hot Co-co Bar 10:00 Daily Chronicle 10:30 Hot Co-co Bar with Mahina 11:00 Tv Trivia 1:30 Activities to you 2:30 Enjoying Chocolate Pretzels 6:00 Music and More	9 9:30 Rosary 10:00 Nail Care 11:00 Daily Chronicle and conversation cards 1:30 Activities to you 2:30 Happy Hour 3:30 Your Choice	10 9:30 Daily Chronicle and Conversation 10:00 Music and Moves 11:00 Nail Care 1:30 Visits to you 3:00 Bingo
11 9:30 Caring for Our Finches 10:00 Catholic Mass Ch 43 10:30 Exercise with Carla 11:00 Hydration Cart 1:30 Visits to you 2:30 Indoor Bowling 3:30 Social hour with Friends	12 9:30 Discussing the Weather 10:00 Daily Chronicle 10:30 Balloon Volleyball 11:00 Songs and moves 1:30 Activities to you 2:30 Bingo 3:30 TV trivia	13 10:00 Daily Chronicle 10:30 Making Peanut Cookies 11:00 TV Trivia 1:30 Visits to you 2:30 Enjoying cookies and Conversation 3:30 Seated Workout 6:00 Bingo	14 10:00 Daily Chronicle 10:30 Morning Exercise 1:30 Activities to you 2:30 Ice Cream at McDonalds 4:00 Word Games	15 10:00 Daily Chronicle 10:30 Hydration Cart 11:00 Balloon Volleyball 1:30 Visits to you 3:00 Music with Melissa 6:00 Music Hour and Conversation with a Care Companion	16 10:00 Exercise 10:30 Assumption Mass 11:00 Daily Chronicle 1:30 Friendly Visits 1:1 2:30 Happy Hour 3:30 Music of your choice	17 9:30 Chronicle and more 10:30 Church Music and Friend 11:00 Conversation Starter 1:30 Visits to you 2:30 Craft 3:30 TV Trivia
18 9:30 Caring for Our Finches 10:00 Catholic Mass Ch 43 10:30 Exercise 11:00 Axe Throwing 1:30 Visits to you 2:30 Root Beer Floats 3:30 Hand Massage	19 National Popcorn Day 10:00 Daily Chronicle 10:30 Healthcare with Madison 11:00 Hydration Cart 1:30 Activities to you 2:30 Bingo 3:30 What's your Favorite popcorn?	20 Communion 9:30 Communion 10:00 Daily Chronicle and Conversation 10:30 Craft with Mary - Echo 11:00 TV trivia 1:30 Visits to you 3:30 Seated workout 6:00 Bingo	21 Pizza and Movie 10:00 Daily Chronicle 10:30 Morning Exercise 12:00 Pizza and a Movie 1:30 Activities to you 2:30 Travel to Vietnam	22 Ladies Tea 10:00 Daily Chronicle 10:30 Morning Stretches 11:00 Quilt Wall Words 1:30 Activities to you 2:30 Ladies Tea 3:30 Connection Pod interaction 6:00 Music and More	23 Birthday Celebration 9:30 Rosary 10:30 Exercise 11:00 Daily Chronicle 1:30 Friendly Visits 1:1 2:30 Happy Hour 3:30 Music by Tony	24 9:30 Daily Chronicle and Conversation 10:30 Hydration Station 11:00 Morning Exercise 1:30 Visits to you 2:30 Holiday Movie with Popcorn
25 9:30 Caring for Our Finches 10:00 Catholic Mass Ch 43 10:30 Exercise 11:00 Music and Hand Massage 1:30 Visits to you 2:30 Yoga workout 3:30 Afternoon Trivia	26 Painting Art Class 9:30 Discussing the Weather 10:00 Daily Chronicle 10:30 Painting Class 11:00 Songs and moves 1:30 Activities to you 2:30 Chocolate Pretzels 3:30 Ball Bounce	27 Music Therapy 10:00 Hand Massage 10:30 Daily Chronicle and Conversation 1:30 workout with Gina 3:00 Music with Melissa 6:00 Bingo	28 10:00 Daily Chronicle 10:30 Making Cookies 11:00 Music Wall Fun 1:30 Room to Room Visits 2:30 Enjoying Cookies 3:30 Funny Videos with Friends	29 10:00 Daily Chronicle 10:30 Morning Stretches 11:00 Quilt Wall Words 1:30 Activities to you 2:30 Bingo 3:30 Connection Pod interaction 6:00 Music and More	30 9:30 Rosary 10:30 Exercise 11:00 Daily Chronicle 1:30 Friendly Visits 1:1 2:30 Happy Hour 3:30 Disco Tunes	31 9:30 Daily Chronicle 10:00 Hydration Cart 10:30 Exercise Class 1:30 Visits to you 2:30 Movie and popcorn

Calender Key:

Birthdays:

Carol J January 8thHazel Z January 24th