

January 2026

Life Enrichment Monthly Calendar

See Daily Sheets for Details

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day I 9:45a - New Year, New You Exercises 10:15a - Rosary 10:45a - Resolution Jar 1:15p - The Music Man Showing 6:15p - Wind Down Activities	9:45a - Easy Stretch 2 10:30a - List It- Animals 11:15a - Singalong with Janet & Beth 1:30p - Activity Cart 2 nd Floor 3:00p - Happy Hour 6:15p - Wind Down Activities	Choc Cherry Day 3 9:45a - Exercise with 'dips' 10:30a - Cherry Blossom Art 1:45p - Chocolate Cherries 3:00p - Sorting 'Cherries' 6:15p - Wind Down Activities
4 9:45a - Card Exercise 10:30a - Sunday Church 10:45a- Card Games 1:45p-Sing Along with Suzie 3:00p- Movie with Popcorn 6:15p - Wind Down Activities	5 9:45a - Chair Yoga 10:45a Bingo 2:45p Uno 3:00p Magnet Designs 6:15p - Wind Down Activities	6 9:45a - Easy Stretch 10:30a - Pastor Beagle 11:15a - Napkin Folding 1:45p - Name 5 3:00p - Left Right Center 6:15p - Wind Down Activities	7 Happy Bday New Mexico 9:45a - Balance & Strength 10:30a - Snack Time with Chili w Beans 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:00p - New Mexico Trivia in Pictures 3:45p- Georgia O'keeffe Art 6:15p - Wind Down Activities	8 Elvis Lives Day 9:45a - Blue Suede Moves 10:15a - Rosary 10:45a - PB & Bananas 1:30p - Elvis Singalong 3:00p - Elvis Dress Up & Photo Op 4:00p - Scenic Drive 6:15p - Wind Down Activities	9 9:45a - Chair Yoga 9 10:30a - Activity Cart 2 nd Fl 11:15a - Sing A-Long with Janet & Beth 1:45pm- Music Therapy with Stacey 3:00p - Happy Hour 6:15p - Wind Down Activities	10 9:45a - Core & Back Workout 10:45a- Finish the Phrase 1:30p- Walk the Manor 3:00p - Puzzles 6:15p - Wind Down Activities
11 Let It Snow Day 9:45a - Exercise with Music 10:30a - Sunday Church 10:45a- 'Snowball Fight' 1:45p- Let It Snow Singalong 3:00p- Scrabble 6:15p - Wind Down Activities	12 9:45a - Morning Motion 10:45a Bracelet Making 2:45p Chutes and Ladders 3:00p Puzzles 6:15p - Wind Down Activities	13 9:45a - Gentle Cardio 10:30a - Pastor Beagle 11:15a - Walk the Manor 1:30p - List It- Winter 2:00p - Johnny B Performs 6:15p - Wind Down Activities	14 9:45a - Chair Yoga 10:30a - Snack Time 11:15a - Garden Club 1:30p- Bingo 2:00p - Exercise with Kaleigh 3:15p - Puzzles 6:15p - Wind Down Activities	15 9:45a - Easy Stretch 10:15a - Rosary 10:45a - Jenga 2:00p- Finish the Phrase 3:15p Activity Cart 1 st Floor 4:00p - Scenic Drive 6:15p - Wind Down Activities	16 Fig Newton Day 9:45a - Strong Back Workout 10:30a - Guess the Fig Newton Flavor 11:15a - Sing A-Long with Janet & Beth 1:30p - Activity Cart 2 nd Floor 3:00p - Happy Hour 6:15p - Wind Down Activities	17 9:45a - Perfect Posture Exercises 10:30a - Name 5 11:00a - Therapy Dog Visit 1:00pm- Frank Rossi Performs 3:00p - Snowflake Art 6:15p - Wind Down Activities
18 9:45a - Seated Yoga 10:30a - Sunday Church 10:45a- Left, Right, Center 1:45p- Word Search 3:00p- Movie With Popcorn 6:15p - Wind Down Activities	19 MLK Jr Day 9:45a - Easy Stretch 10:30a - Pastor Beagle 1:45p - Finish the Phrase 3:00p - Walk the Manor 6:15p - Wind Down Activities	20 9:45a - Easy Tai Chi 10:30a - 'I Have a Dream' 11:15a - Card Games 2:45p - Peace Themed Art 3:00p - Unity Handprint Mural 6:15p - Wind Down Activities	21 Have a Spa Day 9:45a- Core & Back Workout 10:30a - Healthy Snack Time 11:15a - Garden Club 1:30p- Hand Massage 2:00p - Exercise with Kaleigh 3:00p - Spa/Sleep Masks 6:15p - Wind Down Activities	22 9:45a - Gentle Cardio 22 10:15a- Rosary - 10:45a- Left Right Center 1:30p - 1 st Floor Activity Cart 3:00p- Name 5 4:00p- Scenic Drive 6:15p - Wind Down Activities	23 9:45a - Balance & Strength 10:30a - List It- Holidays 11:15a - Sing A-Long with Janet & Beth 1:30p - Activity Cart 2 nd Floor 3:00p - Happy Hour 6:15p - Wind Down Activities	24 Compliment Day 24 9:45a - Feel Good Music Exercise 10:45a- Compliment Tree 1:45p - Kindness Chain 3:00p - 'Sweets' Compliment Social 6:15p - Wind Down Activities
25 9:45a - Exercise with Music 10:30a - Sunday Church 10:45a- Crossword 1:45p- Magnet Tiles 3:00p- Shut The Box 6:15p - Wind Down Activities	26 9:45a- Better Balance 10:45a- Crosswords 2:00p- Watercolor Painting 3:00p January Trivia 6:15p - Wind Down Activities	27 Tea & Trivia Tuesday 27 9:45a - Chair Yoga 10:30a - Pastor Beagle 1:45p - Tea & Tuesday Trivia 3:00p - Flavored Tea Time & Sandwiches 6:15p - Wind Down Activities	28 9:45a- Gentle Cardio 10:30a - Snack Time 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:00p - Match It 6:15p - Wind Down Activities	29 9:45a -Strong Back Workou 29 10:15a- Rosary - 10:30a- Bingo 11:15a- Lunch Set Up 1:30p - 1 st Floor Activity Cart 2:45p- Finish the Phrase 4:00p- Scenic Drive 6:15p - Wind Down Activities	30 Beatles Breakup Day 30 9:45a - Boppin' to the Beatles 10:30a - Beatles Trivia 11:15a - Sing A-Long with Janet & Beth 1:30p - Activity Cart 2 nd Floor 3:00p - Beatles Happy Hour 6:15p - Wind Down Activities	31 Hot Chocolate Day 31 9:45a - Easy Stretch 10:30a - Make a Mug 11:00a - Therapy Dog Visit 1:45p - Guess that Cocoa Smell 3:00p - Hot Chocolate Bar 6:15p - Wind Down Activities

Calender Key:

FIRST FLOOR--

AS- Art Studio

C- Courtyard

DRI- Dining Room

HS- Horticulture Space

L- Lobby

MC- Man Cave

FIRST FLOOR

MUS1- Music Room

DRI - Dining Room

SECOND FLOOR--

DR2 - Dining Room

LA - Lounge Area

MUS - Music Room

OTHER

FT- Field Trip

MC - Memory Care Building