

## January 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>MEAL TIMES:</b> 8:30-9:30 Breakfast 12:30-1:30 Lunch 4:30-5:30 Dinner				<b>New Years Day</b> 9:45 Refresh & Reset 10:30 Search & Find 11:00 Flex & Stretch 2:00 Nail Care 3:30 Music & Movement 6:00 Wind Down with Music	<b>1</b> 10:00 Happy Walkers 11:00 Winter Snow Globes 1:45 Afternoon Freshen Up 2:30 Balloon Games 3:00 New Years Social 6:00 TGIF	<b>2</b> Relax & Refresh New Years Puzzles Movie: Annie	<b>3</b>
<b>4</b> Family Visits	<b>5</b> 9:45 Fresh Start 10:30 Music & Memories 11:00 Nail Care 2:00 Chair Yoga 3:00 Snacks & Story Time: Elvis Presley: a Little Golden Book Biography 6:00 Settle In	<b>6</b> 9:45 Refresh & Reset 10:30 In The Image 11:00 Flex & Stretch 11:30 Elvis Trivia 1:45 Bingo 3:00 Music with Noah Back 6:00 Wind Down with Music	<b>7</b> 9:45 Morning Reset 10:30 Kitchen Fun: Sausage & Potato Soup 11:00 Tai Chi with Buckeye 11:30 Brain Aerobics 2:00 Kitchen Fun Snack 3:00 Game: Go Fish 6:00 Evening Calm	<b>8</b> 9:45 Refresh & Reset 10:30 Elvis Sing-Along 11:00 Move & Groove 2:00 Nail Care 3:30 "All Shook Up" Exercise 6:00 Wind Down with Music	<b>9</b> 10:00 Happy Walkers 11:00 Paper Plate Vinyl Records 1:45 Afternoon Freshen Up 2:30 Putt-Putt Golf 3:00 Elvis's Favorite Bites Social 6:00 TGIF	<b>10</b> Relax & Refresh Elvis Coloring Pages Movie: Jailhouse Rock	
<b>11</b> Family Visits	<b>12</b> 9:45 Fresh Start 10:30 Music & Memories 11:00 Nail Care 2:00 Chair Exercise 3:00 Snacks & Story Time: The Snow Queen 6:00 Settle In	<b>13</b> 9:45 Refresh & Reset 10:30 In The Image 11:00 Move & Groove 11:30 Popcorn Trivia 1:45 Bingo 3:00 Brukner Nature Center 6:00 Wind Down with Music	<b>14</b> 9:45 Morning Reset 10:30 Kitchen Fun: Hot Chocolate Dip 11:00 Tai Chi with Buckeye 11:30 Fill In The Blank 2:00 Kitchen Fun Snack 3:00 Game: Old Maid 6:00 Evening Calm	<b>15</b> 9:45 Refresh & Reset 10:30 Search & Find 11:00 Flex & Stretch 2:00 Nail Care 3:30 Music & Movement 6:00 Wind Down with Music	<b>16</b> 10:00 Happy Walkers 11:00 Snow Dough 1:45 Afternoon Freshen Up 2:30 Balloon Games 3:00 Cinnamon Roll Social 6:00 TGIF	<b>17</b> Relax & Refresh New Years Puzzles Movie: Little Women	
<b>18</b> Family Visits	<b>19</b> <b>Martin Luther King, Jr. Day</b> 9:45 Fresh Start 10:30 Music & Memories 11:00 Nail Care 2:00 Chair Yoga 3:00 Snacks & Story Time: Who Was Martin Luther King, Jr.? 6:00 Settle In	<b>20</b> 9:45 Refresh & Reset 10:30 In The Image 11:00 Flex & Stretch 11:30 Music Trivia 1:45 Bingo 3:00 Music with Brian & Becky 6:00 Wind Down with Music	<b>21</b> 9:45 Morning Reset 10:30 Kitchen Fun: Chicken Gnocchi Soup 11:00 Tai Chi with Buckeye 11:30 Brain Aerobics 2:00 Kitchen Fun Snack 3:00 Game: Uno 6:00 Evening Calm	<b>22</b> 9:45 Refresh & Reset 10:30 Search & Find 11:00 Move & Groove 2:00 Nail Care 3:30 Music & Movement 6:00 Wind Down with Music	<b>23</b> 10:00 Happy Walkers 11:00 Popsicle Stick Snowman 1:45 Afternoon Freshen Up 2:30 Ring Toss 3:00 Music with Vaughn Welches 6:00 TGIF	<b>24</b> Relax & Refresh Winter Coloring Pages Movie: It's A Wonderful Life	
<b>25</b> Family Visits	<b>26</b> 9:45 Fresh Start 10:30 Music & Memories 11:00 Nail Care 2:00 Chair Exercise 3:00 Snacks & Story Time: The History and Tradition of Peanut Brittle 6:00 Settle In	<b>27</b> 9:45 Refresh & Reset 10:30 In The Image 11:00 Move & Groove 11:30 January Trivia 1:45 Bingo 3:00 Music with Spittin' Image 6:00 Wind Down with Music	<b>28</b> 9:45 Morning Reset 10:30 Kitchen Fun: Crockpot Corn Dip 11:00 Tai Chi with Buckeye 11:30 Fill In The Blank 2:00 Kitchen Fun Snack 3:00 Game: Crazy Eights 6:00 Evening Calm	<b>29</b> 9:45 Refresh & Reset 10:30 Search & Find 11:00 Flex & Stretch 2:00 Nail Care 3:30 Music & Movement 6:00 Wind Down with Music	<b>30</b> 10:00 Happy Walkers 11:00 Sensory Pouches 1:45 Afternoon Freshen Up 2:30 Chair Soccer 3:00 Hot Cocoa Social 6:00 TGIF	<b>31</b> Relax & Refresh Winter Puzzles Movie: MOVIE TITLE	